

"LIVE IN THE NOW"

This is also very underrated as a skill but can easily be improved upon. Multiple times a day, place your attention on what your 5 senses are taking in to get into the present moment. Why do this drill? Because FEAR cannot exist in the present moment (unless you are faced with physical danger). FEAR is our biggest enemy in sports. Conquering fear is also one of the biggest SKILL's in sports. Email us back at myrmidonwrestling@gmail.com your response.