



A Tournament Mindset

By Steve Knight

As I expressed in my last article (September issue), as we look to the coming season, for most of you increasing your competitive confidence is what will make the greatest impact on your tournament per-

formance. Improving technique and expanding conditioning is also necessary, but I think you'll find that increasing your competitive confidence is what will most dramatically impact your win column.

Why? Because most of you are excel-

lent technicians already, and have an adequate level of conditioning, but knowing how to mentally maintain a high level of confidence as you square off with formidable opponents at big tournaments is a skill you haven't developed. And, it is a skill.