

Battle Tested

by Shawn Moody 06_01_06

Hey there! Here are some things that I thought you should know about me.

I recently went to the library and studied up on arthroscopic surgery. Amazing stuff! About a week later I was reading some online journals about the knees and I took this online test and scored very well. I was informed that they would be sending me a certificate in the mail. Cool! Certified Arthroscopic Specialist! My parents are going to be so proud!

So, what do you say we get together, and I could cut open your knee and see how that thing works? WHAT? What do you mean NO? But I'm certified, I just told you...

Well truthfully, I don't blame you. I wouldn't let me cut open you knee either. I'm trying to create a point here. The point being, that I believe your trainer should be "battle tested".

In today's day and age there are so many organizations that offer generalized and / or specialized certifications to people who want to be trainers. Hell there are even events where you simply review some material and then take a quick test. Now that's who I want to train me!

Next you have your "gadget trainers". These are the men and women that strap you up, lace you up and have you stand on a stability ball and touch your finger to your nose! Your training shouldn't be some theatrical performance. These trainers hide behind the gadgets and marketing ploys because they don't possess the knowledge of proper training protocols. If you were to ask them what this "device" does? The answer will sound just like the voice of Charlie Brown's teacher!

Finally, you have the "docs". These are the trainers that have studied everything under the sun. They wear the white lab coats and have read each other's books. They know that if you squat moderate weight during full planetary alignment you be at your optimal performance levels. You know the type, usually some old guy from another country telling you how to sprint.

Ask the guy in the lab coat to show you how to squat....he can't because he's never had any weight on his back! Ask the old guy from another country to show you how to accelerate out of the blocks.....he can't because he can barely bend over to touch his toes!

Make sure your trainer is "battle tested". I want to learn an arm-bar from an instructor who has mastered jiu-jitsu. I want to learn how to throw a punch from a trainer that's been in the ring. I want to learn how to test my mettle and conditioning from a trainer that's been a soldier. I want to learn how to train for my sport by someone who's played that sport. And I want to be trained by someone, who looks like they train!

Although there are some exceptions to the rule, be aware and ask questions. Find out if your trainer is "battle tested".