

THE FIVE KEYS TO WINNING IN LIFE

WITH NADINE CHAMPION



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NADINE CHAMPION
WIN.YOUR.FIGHT

**THANKS FOR SUBSCRIBING TO
FIND OUT MORE FROM ME.**

My goal is to share with you the lessons it's taken me a lifetime to learn, so that you might win a little more in your daily life.

As a welcome pressie and to give you some strategies you can use straight away, we've put together this bonus booklet. We hope you enjoy it and find ideas of value. It contains 5 Key strategies and also 5 ways you can use them practically today. These are just a preview of the tips you'll find regularly on our website.

We are so proud to have you as part of our courageous community.

Whatever your fight is, I really hope you win.

Nadine



5 KEYS TO WINNING

Being an undefeated champion fighter means you learn a lot about how to win. Victory is rarely an accident. There are a number of key factors to winning that happen before you even attempt to reach your goal. Yes, any goal, not just a fight. We all have our own personal battles & are fighting for something, big or small. But when your goal means you have to fight to protect yourself, the stakes are quite high along with the motivation to win.

I've spent 20 years being taught by one of the world's greatest fighters- the legendary undefeated World Kickboxing Champion Benny "the Jet" Urquidez. He taught me that to win, you need to have "the mental edge". If you are equally matched in skill with your opponent, then it is the person with the greater psychological understanding of themselves who will succeed.

As an undefeated fighter myself, I've learnt many hard won lessons along the way. My passion is passing these on and helping my students achieve their dreams. The vast majority of the many fighters I've trained have won. Not because of amazing skills or secret weapons, but simply because they had been trained with the 5 Keys to Winning. I will explain how I use them to train fighters, but you can apply them to any goal to improve your chances of success.



WINNING IS IN THE PREPARATION.

01

To train a fighter for a bout it takes at least 6 weeks. No, it's not just a matter of showing up on fight night and climbing through the ropes. It takes weeks of hard work, sacrifice, dedication and perseverance to build to a fight ready peak. We start out with a clearly defined goal, a plan to achieve it mapped out over the coming weeks (training schedule), a list of the supporting factors (nutrition, massage, designated rest), a way to measure improvement (fitness tests, before/ after photos), and the critical element of an Internal Training plan (psychological & emotional strengthening).

As I warm my fighter up in the dressing room before their bout, I talk to them about all the hard work they have put in over the past few months. I remind them of all they conquered during their training plans, the diet they adhered to, the gruelling training sessions, the blood, sweat and tears. I put front and centre in their minds all of the key Internal Training elements we've built such as trusting themselves, confidence, performing under pressure, never quitting and self belief.



Nothing builds confidence like knowing how hard you've worked to earn the right to compete. Arrogance is transparent when you're looking another fighter in the eye before a bout. True confidence based on solid preparation is a force to be reckoned with.



KNOW HOW BADLY YOU WANT TO WIN.

02



Sensei Benny would look me in the eye before a fight and ask me 2 questions:

- 1. How badly do you want it?**
- 2. What are you prepared to do?**

Anyone can say they want to win- it takes such little effort. Truly knowing how badly you want to succeed requires being brave enough to really go to the dark side in your mind. You have to be prepared to pre-emptively feel the negative feelings that would come with losing & use them as fuel. You have to think about the reality of the challenge you're undertaking and be realistic about what could go wrong. The pain and discomfort of failure makes excellent motivation for winning, especially when the going gets tough.

On the flip side attaching to the positive emotional chemicals of victory is a great place to be in the lead up to your challenge. Thinking about how satisfied you'll be when you've given everything you have, about the pride you and others will experience and about how good it will feel when all your hard work pays off.

I've seen many fighters walk into the ring unsure of themselves. Now it's ok to be unsure of who is going to win, but it's not so good to be unsure of yourself. You need to walk towards any challenge knowing you're ready to give all you have in pursuit of success. Decide it before you even begin. Not kind of, not maybe, not that you'll "try"... but instead really know that you want it, that you want it so badly you'll do whatever it takes.



DECIDE WHAT YOU ARE PREPARED TO DO

03

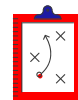


**WHAT. ARE. YOU.
PREPARED. TO. DO?**

It's not enough to want to win, but you've also got to be prepared to do what it takes to get there. You have to be ready to do what your opponent will do, but also whatever they aren't prepared to do. However many punches they throw, you have to throw more. If they're fast then you have to be faster. If they hit hard, you have to be smarter. You have to deal with the challenge head on. There are no half measures or excuses.

I've felt the snap of my own bones in the ring and kept fighting on to win. I'm not saying that to sound tough, but only to show the reality- if a little blonde girl can do it, then why not you? When I tried so hard that my spirit wanted to break mid-fight, I learnt to never give up.

I was prepared to give everything I had in those hard moments, and that's why I'm undefeated. That's also why I won my battle with cancer. I just gave all I had when it mattered the most. I had decided what I was prepared to do to achieve things that really mattered to me and then at crunch time I pushed to stay strong.



RECOVERING FROM A KNOCKDOWN

04



In a fight, it is less common for a fighter to be knocked totally unconscious than it is for them to be rocked and then not rise to beat the 8 count. That means they often have a chance to keep fighting but don't take it. This is either because they physically aren't able to, but more often that they are mentally unable to continue. They see a way out and they take it.

We all get knocked to the canvas at times, whether in the ring or in life. Do you stay down or get back up in those difficult moments? We all know somebody who just can't get back up and stays splattered all over the mat. But if you want to win, you have to drag yourself back up to standing, even when you have no idea how you will do it. The point is that you try. You choose to

attempt to get back up. Sure, maybe you'll wobble, or fall back over, but you've got to try!

I train my fighters not to show the pain on their faces. That doesn't mean pretending you're not hurt, but instead just acknowledging to yourself that you feel pain but not outwardly reacting to it. Whether you show it or not, the pain will be the same. Hopping around in circles saying "ow, ow, ow" after you stub your toe doesn't relieve the injury. When someone is looking for a sign of weakness in you, then it is better to not show it on your face. Just accept it, not get emotionally caught up in reacting to it and get back on with the business of winning. Get up & keep fighting!



BE A STRONG FINISHER

05


Most people can start strong but it takes something special to finish strong. This is a learnt skill that becomes stronger with practice. Sensei Benny always made us finish every round in training with a burst of hard work. His logic was the way we trained in the gym was the way we would react in the ring at fight time.

You are what you do all the time. It made me unafraid of pushing past what I thought was my limit. I became gradually more comfortable with the idea of charging ahead when I thought I was at breaking point. That type of effort doesn't come from your muscles, it comes from your inner strength. I learnt to accept the discomfort of burning lungs and aching muscles as a trade off for the awesome feeling that came after the end of the round—that I had given my all.

You have to fight to the very last bell. I've watched a fighter heartbreakingly get knocked out in the last 5 seconds of a fight. If you never stop trying, there's always a chance to win until the very last second. There is honour in giving your best despite the threat of defeat. Everyone respects a fighter who fought hard through the whole bout despite being outclassed from the outset.

In the ring you never know what the judges final decision might be. If you think you've probably lost and then put in an average effort, then you've sealed your own fate. It's those who demand that final push from themselves who open up the chance of victory at the final bell. If you're a strong finisher in practice, then you'll be a strong finisher in life.



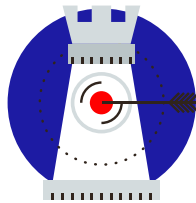


It's really hard to win if you're not prepared, are somewhat ambivalent on the outcome or doing what it would take to win, if you give up when things get tough or fade away towards the finish line. So the keys to winning lie in being well prepared to succeed, having made clear decisions about your level of desire and effort, knowing you'll fight through adversity and give your best right up until the final bell.

HOW YOU CAN MAKE THE 5 KEYS PART OF YOUR LIFE:

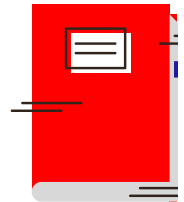
01

Set a goal you want to be well prepared for. Make a plan & work hard towards it in order to approach it with confidence on challenge day.



02

Write about how much it means to you so you're clear on how badly you want it.



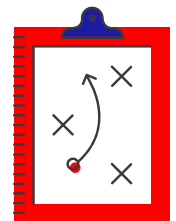
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Decide what you're prepared to do to win & never, ever give up.



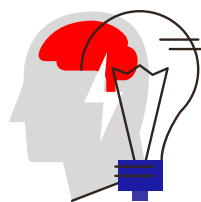
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Have a plan for how you'll overcome adversity along the way. Decide in advance how you'll stay strong.



05

Commit to making your last effort as strong as your first. Know in your heart that Champions are made by regularly practicing finishing strong, so they can win when it matters most.



**STAY TUNED TO THE WEBSITE FOR ONLINE COURSES ON
INTERNAL TRAINING AND TO TRAIN LIKE A FIGHTER.**



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