



**Kotan Australia®**

The Secret to “*Elegant Simplicity*” in Business & Life

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# Mind, Breath, Body

## Think it, Breathe it, Do it!

One of the sayings that is often used in marital arts, yoga, meditation and healing is “*Mind, Breath, Body*”. Translated into plain English they mean, “Think It” – Mindset, “Breathe It” – Power and “Do It” – Action.

The core of how you tap into and generate your power in any movement, action or technique is through learning how to breathe correctly. It is the mortar that joins and builds the foundations of knowledge.

This is the key element that we can control when we’re in a training class or a self-defence situation. On average people are breathing around 14 – 15 breathes per minute. Food and water provide a slow release of food and energy into our body, but the one that is instantaneous for us is what we do when we breathe.

Our breathing patterns are directly related to the amount of energy that we can expel in a very short period of time. It also oxygenates our blood; it allows us to quickly access the glucose energy molecule in our muscles and to be able to utilize that energy very rapidly. For example, when someone’s in a potentially dangerous situation, our bodies automatic response is to go into the *fight or flight response*, this is when our muscles in the body are accessing all of the energy/ glucose needed to be able to run and get way quickly; or in a stressful situations, provide the ability to lift unbelievable heavy objects such as cars, to free victims that have been crushed as a result of car accidents.

Breathing is the foundation of where our energy comes from. By controlling our breathing patterns, we can control the amount of power that we make available for to do a technique. A punch, a kick, a self-defence movement, our breathing patterns controls the amount of the energy that we can give out which results in the amount of power that produce. From a physiological perspective the slower we breathe slower the more we shift our nervous system from *fight or flight to rest and relaxation*, i.e. we activate our *Para-sympathetic nervous system*.

This allows the body to be relaxed and the more relaxed we are the more power and speed we can generate within our body. Creating tension in the arms and the body activates the sympathetic nervous system. When your muscles are tense, they shorten up and have restricted movement not allowing full power or speed to be achieved. In addition a lot of the energy is consumed through the tension in the muscles; we actually loose part of the



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power that we produce because it has been consumed into tenseness in the muscles in the contraction.

Breathing provides a relaxation, which gives us more power and provides us with increased speed at the same time. Students forget to breath and hold their breath, now you know why your instructors are always telling you to “*Breath*”. All styles teach students to yell a Kiap, this is to help the students develop the correct breathing, which provides you and the student with power and speed that you can access at any time you want during training in the dojo, or to get the focus and clarity needed at work, rest or play...to achieve the outcome and success you want.

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**Resource Box:**

Mr. Paul Mracek has worked for **over 25 years experience** in Asia, Europe, USA and Australia establishing and building **successful businesses**. Author of several books on success, business, balance and how to apply the “Warrior Mindset”.

Experienced as a Coach, Mentor, Trainer and Consultant supporting both **Businesses & Individuals** who are looking to be at the **Next Level of Performance and success...Personally or Professionally**.

7th Degree Black Belt - Taekwonjitsu

6th Degree Black Belt - Taekwondo

OCFM Certified Coach; PPDT Certified Instructor

Trainer & Master Coach – NLP & Kotan Method

Chartered Professional Engineer; Fellow: Australian Institute of Management

Graduate: Australian Institute of Company Directors

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