



GOLD MEDAL BODIES
The Missing Link

The Missing Link

©2012 Gold Medal Bodies, Super 301, Inc
Ryan C. Hurst, Jarlo L. Ilano, PT, MPT, OCS, & Andy Fossett

All rights reserved. Brief excerpts may be reproduced for review purposes, but other reproduction requires written permission from Super 301. Please contact us at GoldMedalBodies.com for more information.

The information in this document is presented in good faith, but no warranty is given, nor results guaranteed. Since we have no control over physical conditions surrounding the application of information in this book the author and publisher disclaim any liability for untoward results including (but not limited) any injuries or damages arising out of any person's attempt to rely upon any information herein contained. The exercises described in this book are for information purposes, and may be too strenuous or even dangerous for some people. The reader should consult a physician before starting this or any other exercise program.

When purchasing products from Gold Medal Bodies / Super 301, the purchaser understands the risk associated with using this type of product, and the purchaser understands the risk associated with following instructions from related products, and agrees not to hold Super 301, its agents and/or representatives responsible for injuries or damages resulting from use without proper supervision.

This course and its authors accept no responsibility for any liability, injuries or damages arising out of any person's attempt to rely upon any information contained herein. Consult your doctor before beginning training. Be sure to follow all safety and installation instructions included with your equipment carefully. The authors and publisher of this course are not responsible for problems related to the equipment you use to perform these exercises.

Please be sure to thoroughly read the instructions for all exercises in this course, paying particular attention to all cautions and warnings shown to ensure safety.

If you experience acute injury or persistent, chronic pains, consult a licensed health practitioner. Nothing in this document can be considered a substitute for qualified medical advice.

CONTENTS

| | |
|---|-----------|
| INTRODUCTION..... | 4 |
| A Quick Illustration | 4 |
| What's In This Guide | 5 |
| WHAT'S STOPPING YOU? | 6 |
| Developing Body Control | 7 |
| THE PROBLEM WITH TRADITIONAL SKILL PRACTICE..... | 10 |
| Learning the Steps | 10 |
| Why Everyone Hates P.E. | 11 |
| Mindfulness | 12 |
| THE PATH FORWARD | 13 |
| Essential Skill Categories | 13 |
| Exploring New Movements | 14 |
| OUTRODUCTION..... | 15 |
| The Next Step | 15 |

INTRODUCTION

Hey, thanks for downloading this short document and accompanying video on...

The Missing Link

If the title is any indication, this is either going to be about a possible evolutionary predecessor of humankind, or perhaps GMB has some ideas about an oft-neglected step in your practice that's preventing you from bridging the gap from the fundamental movements *you can do* (stand, walk, run, jump, etc.) to the really cool stuff *you'd like to do* (handstands, cartwheels, back flips, and so on).

Though *Encino Man* is one of Ryan's favorite movies (actually, we just made that up), GMB is a lot more interested in the latter topic.

A Quick Illustration

When was the last time you thought about how to jump?

Probably not since you were a kid - that is, unless you've been involved in basketball, martial arts, dance, or some other discipline that requires you to jump with control.

Unfortunately, if you ask most adults to spontaneously jump, it's a pretty sorry sight.

Most can only get a few inches off the ground, and they don't know what to do with their arms, have no control over their legs while airborne, and land with a clumsy thud.

How is somebody who can't jump going to learn to do a back flip?

Sure, maybe back flips aren't a necessary movement skill for the average person, but you know what? They're crazy good fun! And they're exactly the kind of skill people constantly ask us to teach them...

But without a solid basic jump, they are impossible.

This guide is about establishing a link between the things you can already do and the things you would like to do.

And one of the ways we do that is by revisiting movements you take for granted but never practice - like jumping.

We'll explain a few more in a bit, but the gist is that almost everyone has missed out on "intermediate" physical skills practice. After mastering standing and walking, most of us just never really bothered to work very hard at more advanced types of movement.

The exception, of course, is those who were involved in sports or dance in school and had to learn these skills to improve. But even then, the curricula are usually extremely narrow and specific to the particular activity.

What's missing for most people is a comprehensive and generalized form of "adult physical education" that fills gaps and covers bases for a wide variety of applications and goals.

As it happens, we've got just the thing...

What's In This Guide

Over the next few pages, we're going to lay down exactly why most people can't just get up and move the way they want to move. We'll look into the roots of the problems and why most training methods don't offer much improvement.

Then we'll share some insight into how we address the issue while avoiding the deficiencies of traditional practice.

Sounds like a plan?

OK. Let's do it.

WHAT'S STOPPING YOU?

Back in the old days (circa ten years or so ago), we didn't know what we were missing.

Our perceptions of "strength" and physical prowess were shaped almost entirely by bodybuilding and professional sports.

Sure, every four years, the Olympics would roll around, but it was too easy to dismiss the skills on display as irrelevant and freakish. After all, how often do most people throw a javelin in this day and age?

So we were left with only a couple of metrics for fitness:

- ★ How much can you lift?
- ★ How fast can you run?

Which is a pretty limiting way to look at life.

But now, we live in an age of wonder. Information is plentiful. Information not only about what's *possible*, but about how others have achieved it.

The Interwebz have made it possible to discover just what's possible with the body without waiting around for the Olympics. And with that information much more readily available, the number of people putting it to use is greater than ever before.

Now that people have heard of handstand push-ups, one-arm chin-ups, single-leg squats, planches, and any number of other skills, they are trying them out - with varying degrees of success.

So, what's stopping you from doing all that cool shit?

Well, the obvious answer is that you haven't trained for it.

You don't have the strength. You haven't practiced. You need more flexibility. You're lacking any number of specific physical attributes you might need to develop.

But let's take it a step deeper.

The real reason you can't do what you'd like to do is that you don't have control over your body.

Developing Body Control

Body control is our code word for all the things you might need, to do what you'd like with your body. It's not just the attributes (strength, flexibility, etc.) but it also entails applying them skillfully.

Learning to Crawl

The learning of body awareness, coordination, and agility should start when we are young.

Children naturally play with their body movements from the day they were born. This is how we learn about the world and our place in it. The sensory information you receive as a child is incredible, everything is new!

Look at children learning to sit up, crawl, walk and run.

Once a certain level of body control is attained, they quickly push boundaries to see what's possible. They can do this, in part, because they haven't yet developed the fear of injury, but also because the size of their bodies limits the amount of force they can produce.

As a kid, the biggest reason for not being able to do a physical task is always simple - you're too little.

But as we grow up and mature physically, we stop exploring and refining skills. Since we're too little to jump as far as we'd like, we often turn to less physical activities while our bodies catch up.

But let's not get ahead of ourselves...

Playing with Yourself

Though we initially learn them without much instruction, proper running, jumping, rolling are not genetically ingrained behaviors.

Many romanticize children's physical development by saying "we just need to get out of their way and let them express their natural abilities." That's like saying we don't need to teach children the alphabet because they will "naturally" divine what the symbols mean.

In other words, it's BS.

Yes, children will explore and play with their movements, and with their seemingly infinite amount of energy they'll

discover ways to do certain skills. But not necessarily in the most efficient - or safest! - way.

Children have a lot to learn and master. They have pressures and time constraints on achieving certain developmental stages and milestones in step with what society deems “normal” and important.

There’s nothing wrong with that, but it means that, once a child learns to run reasonably well, there’s not much incentive to really work on running better.

Once you can hop over a stone or jump a rope, there’s little practical reason to spend the time developing the proper mechanics of a truly effective jump.

Those things are only practiced if they are rewarded.

Rewards can be joining a Little League team and winning trophies or simply not being picked last for dodgeball. But make no mistake: when the rewards cease to be enticing, you quit playing.

The Skill of Control

There are fundamental principles of good movement in every skill.

Now we don’t mean that there are so-called “universal” ideas that are applicable to every movement. Rather, each skill has essential qualities that need to be there for consistent efficient performance. As a child, you simply don’t care about this, which is why you probably never developed the movement quality that, looking back, you kind of wish you had.

Body control is a learned skill.

What do we mean by that?

It means that aside from the occasional athletic genius child who seems to pick up any skill without difficulty, people have to learn how to move their body. Usually as a matter of trial and error over years of repetition and failure.

It’s developed the same way you develop skill in writing the alphabet, tying your shoes, playing guitar, shuffling a deck of cards, shaving, cooking the perfect hamburger, etc. All those

“life skills” that are important at various stages of our social development are built on repetition and practice.

There’s also a way to cut down this time and learn how to control and master your body.

You’ll need to know the fundamentals of body control, and how exactly to learn them. These fundamentals lay the proper foundation for advanced skills. Without them the road will be long and full of obstacles.

Master them and you’ll be on the short path to your goals.



You really think some people are just “naturals” at this?

THE PROBLEM WITH TRADITIONAL SKILL PRACTICE

HOW MOST PEOPLE TRY TO LEARN PHYSICAL SKILLS:

1. Do something a whole bunch until you can do step 2.
2. Do the next thing a whole bunch until you can do step 3.
3. The skill.

One of the “hot” skills that people often ask us about is the planche - a gymnastic skill that looks as if you’re supporting your body in a push-up position without your feet touching the ground. It’s extremely difficult and takes years to develop fully.

Learning the Steps

Of course, “the steps” to doing a planche are well known thanks to YouTube. In fact, there are over two hundred videos that claim to tell you exactly how to do it. Apparently, it’s as easy as 1, 2, 3...

1. Hold tuck planches as long as you can. When you get of to 30 seconds,
2. Hold a tuck planche with a flatter back as long as you can. When you get up to 30 seconds,
3. Do the full planche.

Easy, right?

Easy as “1, 2, Fail”

Unfortunately, it simply doesn’t work for everyone. It *does* work for some, but some people simply can’t do a tuck planche at first. Maybe they have weak wrists, or stiff shoulders, or a muscle imbalance, or they need core work, or they should lose weight...

But “the steps” don’t take any of that into account. If you follow the wisdom of the “YouTube Gurus,” the answer is to just keep trying until you can.

Now take a second to let the inanity of that sink in:

If you can’t do it, just do it more, until you can do it, then you’ll be doing it.

Riiiiight.....

Ideally, the progressions build naturally into the next step, and the jump from step to step is reasonable.

But often it's not as simple as working on a step for a while until you can move on to the next one. And when that happens, the step-by-step mentality can lead to plateaus and frustration.

It may be that certain deficiencies in technique and strength are preventing improvements in a particular progression, and simply repeating the exercise over and over again will get you nowhere.

Going back to fundamental skills can often tease out the deficiencies that are not as obvious, and get you moving past the plateau.

Why Everyone Hates P.E.

Depending on where you grew up (and when), Physical Education can conjure up not-so-pleasant memories of gym teachers forcing kids to run and jump and stretch, and sorting kids into categories based on how they look and performed on standardized tests.

And by the second week of class, pretty much everyone was sorted out according to their "natural" athletic ability, with no real hope of improving.

Weaklings are forever relegated to play positions that require the least of them, and it's the "athletes" that get to play the fun positions and enjoy the games.

What Happens without Real Teaching

Unfortunately, there was no actual teaching in P.E.

"Just go do this" is not teaching. So the default groups in P.E. class were those lucky kids that just "got it", and the rest that didn't.

That's no way to do things.

It's certainly not "education" if nobody is learning anything. No matter how loudly your "coach" would yell at you to "watch the ball!" or "jump higher!" those aren't useful instructions if you don't know how to act on them.

When the advice isn't actionable, you have to back it up. Sometimes all the way to scratch.

Return to the fundamentals and practice the steps that got glossed over or neglected. Only by practicing those can you really move forward.

Mindfulness

Ideally, that practice is “mindful” - meaning that we engage with it fully and give attention and positive expectation to each performance. A lot of recent research shows that mindful practice produces much better results than simply repeating a task you don't care about.

Which is another reason treadmills suck.

But it's also our best argument for the importance of play and exploration in training. If it's fun, you're going to come back to it and work at it, regardless of how much time or effort it takes.



Turns out, the missing link is just paying attention and practicing the stuff you never bothered practicing before...

THE PATH FORWARD

It's probably pretty clear by now that we're going to suggest you work on building fundamental movement skills and practicing them in a playful manner.

What remains is identifying which skills to work and choosing a practice method.

Essential Skill Categories

When we began working on ideas for Floor One, we set out to determine a handful of skill types that represented the most important fundamentals of athleticism.

HERE'S WHAT WE SETTLED ON:

- ★ Single-Leg Balance
- ★ Somersaults
- ★ Jumps and Leaps
- ★ Basic Hand Balancing

The F1 program identifies these four primary skills as necessary for body control, agility, coordination, and general athleticism. They don't cover every possibility, but they're a great general framework.

Why You Need These

Balancing on one leg is a skill that integrates strength, body awareness, and proper alignment. It's also been shown that the act of balancing requires a lot of neurological resources, which improves mind-muscle connectivity.

Somersaults involve moving your body through space safely and with control. This builds spatial awareness and positional sense in addition to improved reckoning of distances. They also look cool.

Jumps and leaps are a basic part of nearly all physical activities. And, as we noted earlier, most adults have truly pathetic jumping skills without training, so we felt this was important to include.

Balancing on your hands is a skill that is likely the most foreign to your normal daily activity. This is what makes it so valuable to learn and develop. And once again, it looks cool, which makes it a worthy goal in itself.

These skills build your strength, flexibility, and all the other physical attributes we discussed earlier, but - being *skills* - they also build...wait for it... skill! Skill in applying those attributes to a desired movement goal.

Are you seeing how this all fits together now?

We also like to think that putting these skills together into a movement flow routine like we do in Floor One makes the practice more fun, which increases mindfulness and makes you want to keep working at it.

Exploring New Movements

But before you can run, you have to be able to walk. And before that... you crawl.

Which is why we've included a video on Ryan teaching a few of our favorite basic locomotion drills - sometimes referred to as "animal movements" - that will get you on the floor and moving around.

Note: *Sorry about the video quality; it was recorded on the fly by a participant during a "break" at one of Ryan's seminars in Thailand.*

We didn't invent any of these movements. They've been around since the beginning of time, but the fact that they remain popular today is a testament to their usefulness in building the basic coordination we've tried to describe in this guide.

There are no sets or reps to count. No rest periods to keep track of. Simply watch, mimic, and enjoy.

And, since we've mentioned teaching in this document, also notice how Ryan breaks down movements and creates alternatives for people who struggle with certain progressions. Even though this is just a simple selection of movements to play with, they still won't help if you can't figure them out...

Try It!

And on that note, there's very little else for us to say.

Get out there and try these. Play with them. Enjoy them.

Make them part of your continued practice and use them as a base to practice the skill of body control and explore your own unique movements as well.

OUTRODUCTION

We hope this look inside the GMB Method has given you some ideas for moving past your limitations by exploring new movements and building up your skills. Use the included video for some basic movement examples you can use to “re-educate” your movement patterns.

The Next Step

In just a few weeks, we’ll be releasing our Floor Two program. F2’s going to cover intermediate tumbling and balancing skills like flips, aerials, and more advanced handstands.

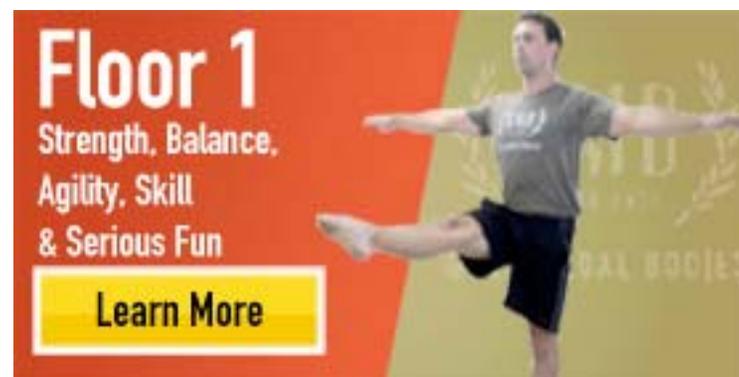
Obviously, that stuff requires a solid foundation to build upon.

Which is why we want to offer you a chance to build that foundation systematically with the essential strength and skill exercises in Floor One.

F1 covers all the basic jumps, tumbles, and arm/leg balance skills you need to prepare for more exciting moves.

And if you order Floor One by November 30th, we’ll upgrade you with our Floor ‘BBCC’ conditioning circuit program for free.

AND you’ll get a chance to pre-order F2 at a discount before it’s available to the public.



[Just click here to check it out.](#)

Thank you. We hope to see you soon!

The GMB Team

Ryan, Jarlo, Andy, Amber, Rachel, and Clayton