

Winner's Checklist

After losing a match, check all the reasons for the loss. Apply the various solutions so that the next time you'll be a WINNER!

Opponent was better than you...Today!

Solution: Use the loss to motivate yourself to improve in all areas. Look forward to a rematch by preparing for it with intensity and a sense of purpose.

Mistake(s) in technique.

Solution: Drill to perfection. Do not be satisfied learning 90% of a move. The 10% you miss could cost you a title!

Ran out of gas.

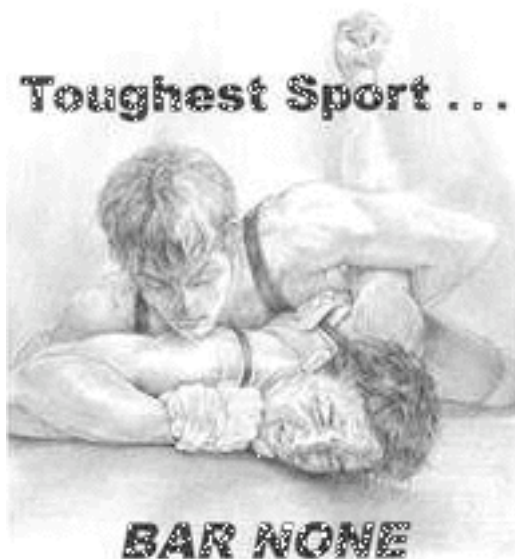
Solution: Get in shape. Run. Practice harder and longer. Run. Even the world's best race car driver in the world's fastest car will lose if he runs out of gas!

Referee made a bad call.

Solution: Get over it - it's part of the game! If Cael Sanderson wrestled your opponent the ref could make a lot of mistakes, but it won't alter the outcome. Sanderson still pins him. Strive to be so good that bad calls can't make a difference.

You were scouted so your opponent countered your best and only moves.

Solution: You must have a large arsenal of moves so that if your favorite ones don't work, you can confidently go to others. Don't ever say, "I'll never use that move!"



Bottom Line

It's a fact: Losing is a far better teacher than winning. It clearly indicates where you need to improve and it can be a good thing if you learn from it! Rarely does one improve when they win. One wrestler said, "If I lose 1,000 matches, I'll become an Olympic Champion." He didn't lose 1,000 matches, but he did win the Olympics!