

DAVE HALE

'the coach with the fighting spirit'

Striking Coach

2008 North American Muay Thai Champion

2008 International Myah Thai Champion

DETERMINATION, COMMITMENT, PASSION

QUESTIONS FOR THOUGHT

Flexibility, endurance, strength, speed. Which of these do you think is more important if any?

All 4 aspects of athleticism are equally important. To be the best athlete one can possibly be, the above 4 aspects must be focused on.

For example:

-Flexibility must be obtained to maximize the full potential of strength.

-Endurance must be obtained to maximize and maintain speed and strength throughout the entire fight.

-Strength must be obtained to maximize full flexibility, as well as monitored to maintain endurance

-Speed must be monitored and decided when to be used to maintain endurance and maximize the full impact of strength

All 4 aspects must be used together and maintained equally to form the full potential of a real, and most dangerous Athlete.

When injured, what should a fighter do in the sense of training?

Every injury varies in seriousness. An injury usually means that the patient or athlete is immobile in the affected area. As a coach, the first thing I would do is assess the situation and decide whether the athlete is hurt, or in fact injured.

If injured, I would make my decision on how to proceed based on the problem area. For example: If the athlete had an injured knee. I would inform the Athlete that he must take the proper time to talk to a doctor. In the mean time, rest and recuperation would be his agenda.

If the Athlete had a hurt or injured wrist, this is a totally different scenario. I would still advise him or her to see a doctor immediately and seek proper professional help. However the difference between this injury and the last, is that no body weight is being supported by this specific injury of the wrist. In the sport of Muay Thai, there are 8 weapons. If one weapon is injured (in this case the wrist) we can still train and strengthen the remaining 7 weapons. In other words, keep training.

Most important advice I would give to another trainer?

The most forgotten thing I see in trainers is not knowing, or forgetting, that fighters have a lost piece missing somewhere deep inside of them. A fighter is not a normal person. Somewhere deep down every fighter has a pain so strong that they are subconsciously trying to show and remove.

The best, fastest and most efficient way to build a champion is to void this gap. Get into a fighters head and heart, find out what this pain is and replace or hinder it. Every trainer knows fighters strengths. It is the true and best of trainers, who find not only the fighters physical, but mental and emotional weaknesses and fix them. This is rare in a trainer.

Most annoying act displayed by Coaches/Trainers around me?

“Thought Process” Fighting is a game of chess. You must pick your moves wisely in order to get the “check mate”

This being said, I see multiple trainers forgetting the fact that a fight must be planned like a robbery. How do I most effectively and efficiently get in, get what I want, and leave with the least amount of damage towards myself? Every step of the way should be blueprinted along with not only an A plan, but a B plan in case A fails.

Every trainer has the solution, which is winning. But only the best trainers have the strategic planning and calculations on how to obtain this solution.

There are certain memories, occasions, or success stories that tend to mold us and ignite the passion for our career what is one that you hold dear?

I once had a mother come into my gym and tell me "thank you". I responded to her with nothing more of an answer than "for what?", followed by a chuckle.

The mother then explained to me that her son has gone from a C average in school to an A since starting the sport of Muay Thai. She also informed me that he had had many issues in prior years with his father passing, and has found me to be the role model that he needed.

As a coach I don't just teach the *sport*, but the morals and values the sport can lead you into obtaining goals and becoming a better person in the real world. Without even expecting my teachings to have such a huge impact on such a young man, I then realized what I was doing was what I was supposed to be doing. Not just coaching, but also to inspire individuals to take the obstacles they overcome in the gym and in the ring, and apply them to real life situations. If an individual can overcome the pains and pressures of a fight, the world's conflicts will seem nothing more than minute.

The most important thing people should know about working out?

Nothing comes easy, especially in the sport of fighting. I have people from kids to adults who come to me on a weekly basis and think they are just going to wake up as the next UFC Champion! These people never last. I have always said that 1 out of a 1000 individuals have what it takes to compete as a fighter. The single handedly most important thing that people should know is it takes hard work and dedication to become a fighter. Forget everything else, to be a fighter you must breath eat and sleep fighting. Until that decision is made, fighting is not for you. It is not for the recreational person, it is for the habitual.

What would you change about the fitness industry?

I have given intellectual insight up until this point. My following statement conforms as the answer to the question provided, will not be as much as intellectual, but more as the emotion of anger. If I had the power to change anything about the fitness industry it would easily be the habitual use of steroids.

A steroid like any other drug is addicting and what most people don't think about, highly infective. Let me explain: Steroid users like any other drug user infect the people around them by pushing or inspiring other people to obtain, inject or ingest this drug. I have seen so many grown men in the fitness industry talk young boys, who are not mature enough to balance a right decision from a wrong, into buying and taking this drug. This vicious act then becomes a cycle. The boy will then pass it to his friends and their friends and so on and so forth. The very unfortunate side effect is that most end up abusing the drug and end up with nothing more than regret and horrible side effects.

If I had the power, I would immediately without any sense of hesitation or regret remove the (for better lack of description) "Juice Pig" trainers so far from a weight that nothing but their own Gynecomastia affected man breast would be the only and last thing left for them to lift.

Do you believe it possible for an individual to achieve 'strength' without actually lifting weights?

Some of the most effective exercises for functional strength come from everything BUT lifting weights. Although I do agree with weights, I fully believe in the direct balance of weights and what the fitness industry refers to as "functional" workouts. Functional workouts are generally designed for or capable of a particular function or use. In other words, functional workouts are designed for your sport, activity, muscle imbalance, or just a general amazing and tough challenge. Functional workouts generally are based on your sport to emulate movements which will be used during competition. Exercises like battle ropes, sledge hammers, tire flips, sled pushes, and I could basically go on and on, but just want to put a basic idea into the readers mind. The most effective or better yet "functional" strength comes from the very few above examples.

I will use monkeys and their exercises as the best example of functional strength. A monkey has approximately 10 times the amount of strength a man does. Yet on average, the chimpanzee weighs 90 pounds. Now the most interesting part about why I have brought this up, and yes of course the monkey has a completely different DNA structure, they do not lift weights. A monkey climbs all day, swings from trees and jumps around using nothing but their own body weight as their form of exercise, i.e "Functional". If you take the time to research some of the strongest athletes in the world, you will find that they not only lift weights, but balance it with strenuous exercises of function which have nothing to do with weights. All this being said, do I believe strength can be possible without lifting weights? My answer is yes, the best most functional athletic form of strength can be achieved.

Most important lesson you've learned during your training career?

The most important lesson I learned in my training career is simple. The answer is that only you as an individual can stop yourself from achieving success. Never give up or doubt yourself and through hard work, your goals and dreams will become a reality.

Would you say that there is a difference between training men and women?

I want to start off by saying: I LOVE this question. I see a massive difference in training men and women. Now the second line of this answer probably has 9 out of 10 men reading this with the thought that I am about to go on, saying men are superior in the training room... WRONG! A woman comes into the room with two of the most needed and most under rated aspects of becoming a fighter. That is no EGO, and a clear mind. 99 out of a 100 men come into my gym and have the belief that they are fighters. Somewhere placed deep in a man's brain lays the silly thought that we are tough, we are strong, and we are fighters. This being so far from the truth not only is laughable, but also makes things very hard for the trainer to teach and even harder for the man to learn. A man once told me that the more you think you know, the more you talk, the more you talk, the less you listen and the less you listen the less you learn. A man is very hard to teach the form of fighting to. Women on the other hand, do not think they are fighters and do not think they are tough. Therefore they come into the gym with no ego, an open mind,

and literally eat up and listen to every single word that comes out of my mouth, making them much easier to train.

Greatest mistake most trainers make?

The greatest mistake most trainers make is answered in the first answer of the Affective questions. Many Trainers do not find out the reasoning behind the fighters want to fight. Without knowing your fighters strengths and weaknesses, you cannot break him down when he is too high, and you cannot build him up when he is too low. Trainers - get in your fighters mind, heart and soul and help them as a person, which will then have them excel in life, and in athletics.

What do you feel about training two people at a time?

Most of fighting preparation is conformed of a team environment. A team environment is best for a fighter because without people pushing your limits, your progress will increase much less. A team can bring you down; a team can bring you up. That is why it is very important to form not only a skilled team, but a team of people who care for one another. A team that will pick you up after your lowest of lows, as well as bring you back to reality in your highest of highs. A world class fighter cannot be built without a strong team supporting him/her. I believe that training as a team is the most important aspect to the training environment.

WORDS TO LIVE BY...

"In life attitude determines altitude..."