

A Holistic Approach to Performance Enhancement for Men's Basketball

Jonas Sahratian MS, CSCS

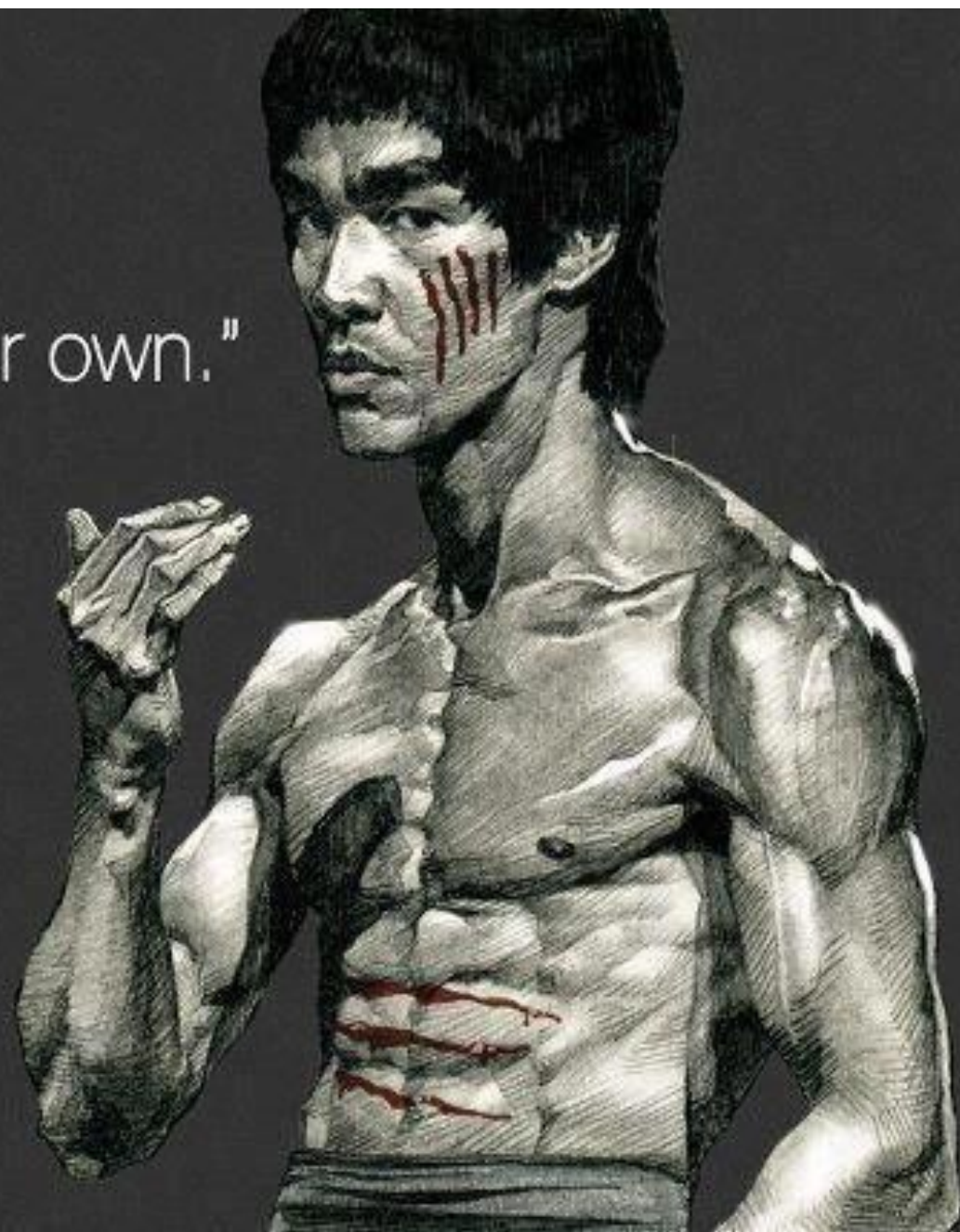
- 1) Some of my history on my journey in this field
- 2) Insight into things that I feel are important qualities in health and human performance
- 3) Paying respect to those who's ideas and methodologies I have adapted into my own philosophy of training athletes



I'm the Originator of Little but I am the Thief of A lot! -AL Miller

"Absorb what is useful,
Discard what is not,
Add what is uniquely your own."

- Bruce Lee

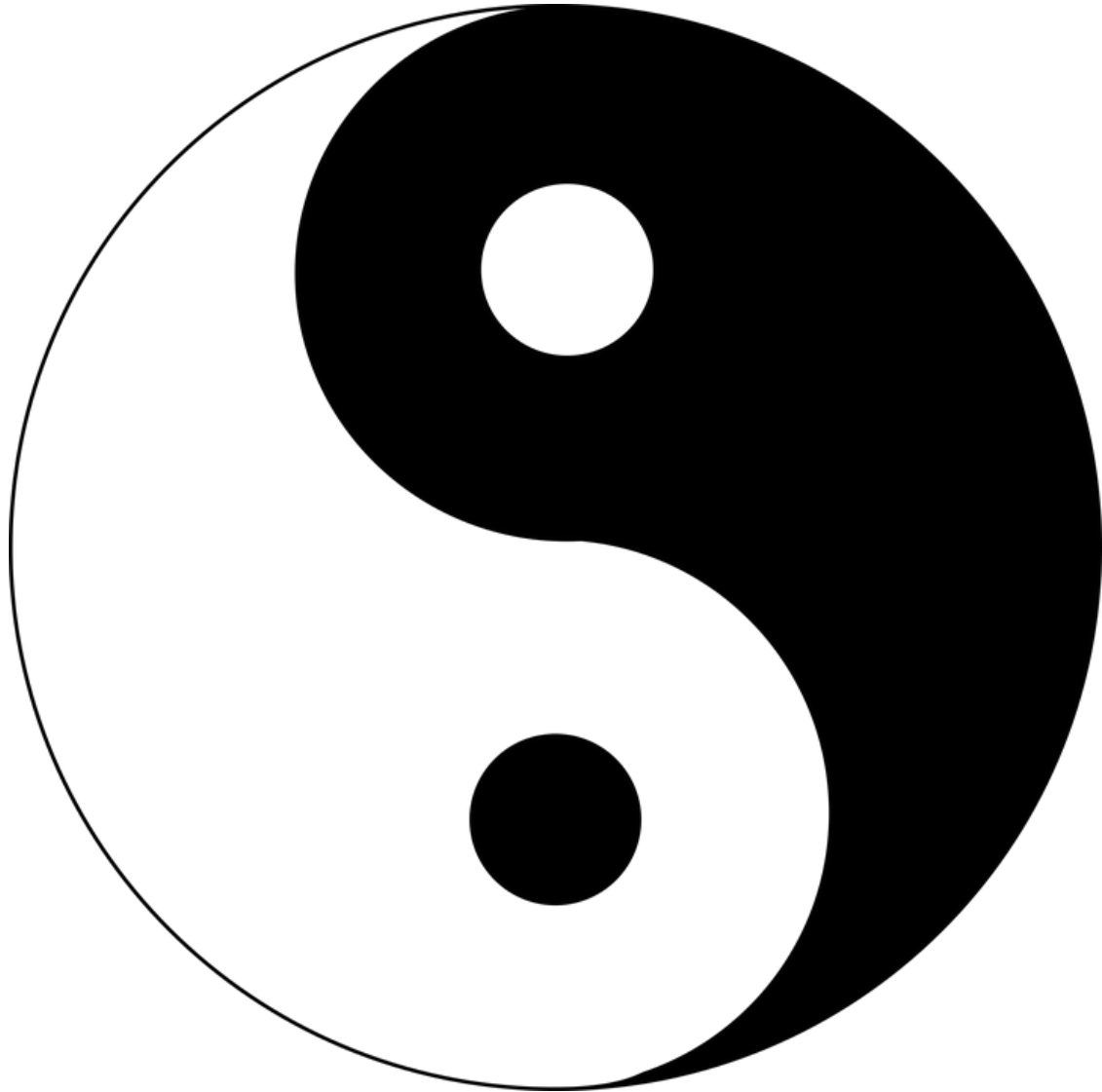


NINJUTSU

HISTORY AND TRADITION



Dr. Masaaki Hatsumi
34th Grandmaster of the Togakure Ryu



Holistic Approach

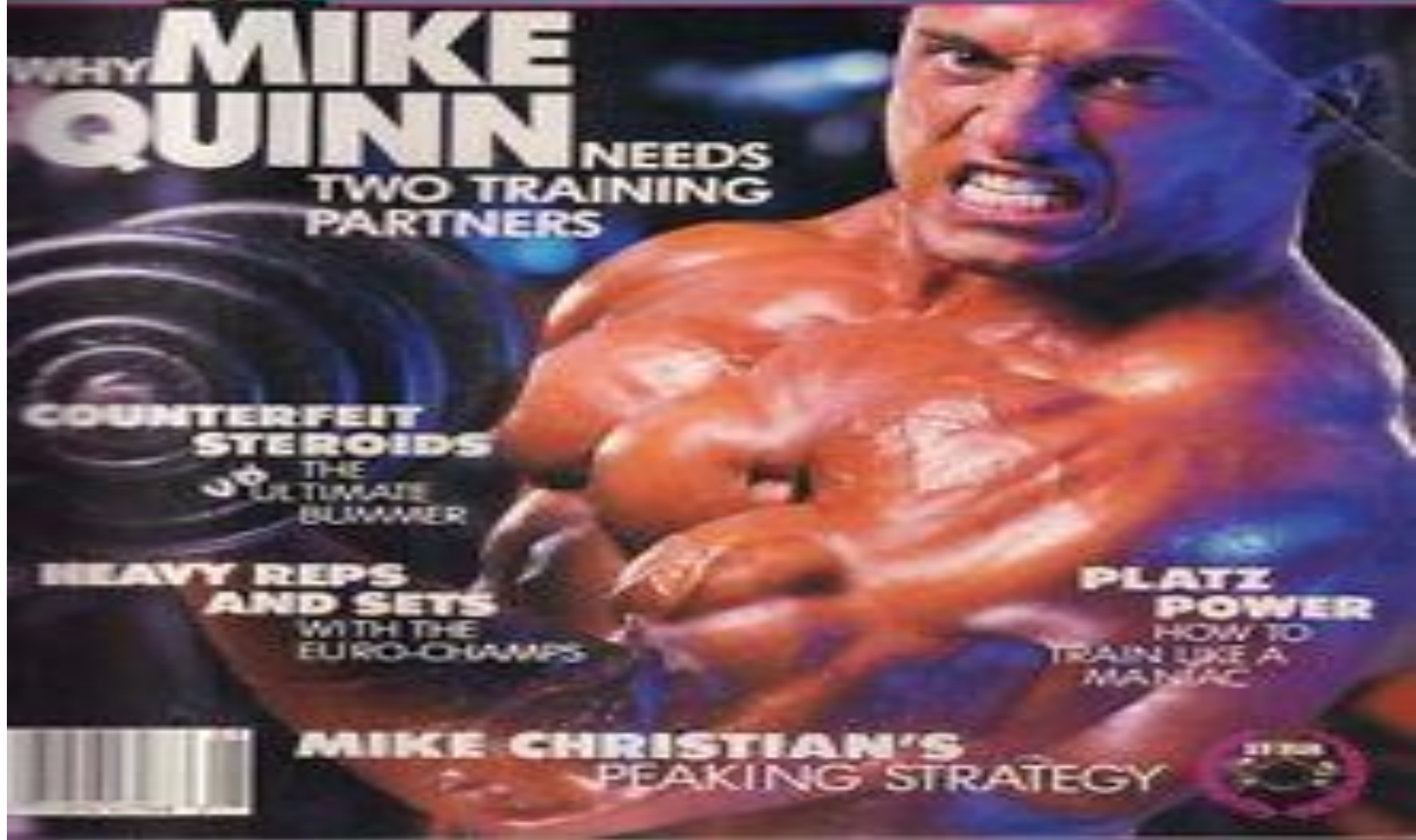
Eastern vs. Western Medicine

Gardner vs. Mechanic

NEW WEEKLY'S

FILEX

SENIORITY
1998 \$10.99



WHY **MIKE QUINN** NEEDS TWO TRAINING PARTNERS

COUNTERFEIT STEROIDS
THE ULTIMATE BLOWER

HEAVY REPS AND SETS
WITH THE EURO-CHAMPS

PLATZ POWER
HOW TO TRAIN LIKE A MANIAC

MIKE CHRISTIAN'S PEAKING STRATEGY





John Parillo, Vince Gironda, Dan Duchaine, Gunnar Sikk, Mauro Di Pasquale, Don Ross, Greg Zulak, Bill Reynolds, etc...



Charles Poliquin:



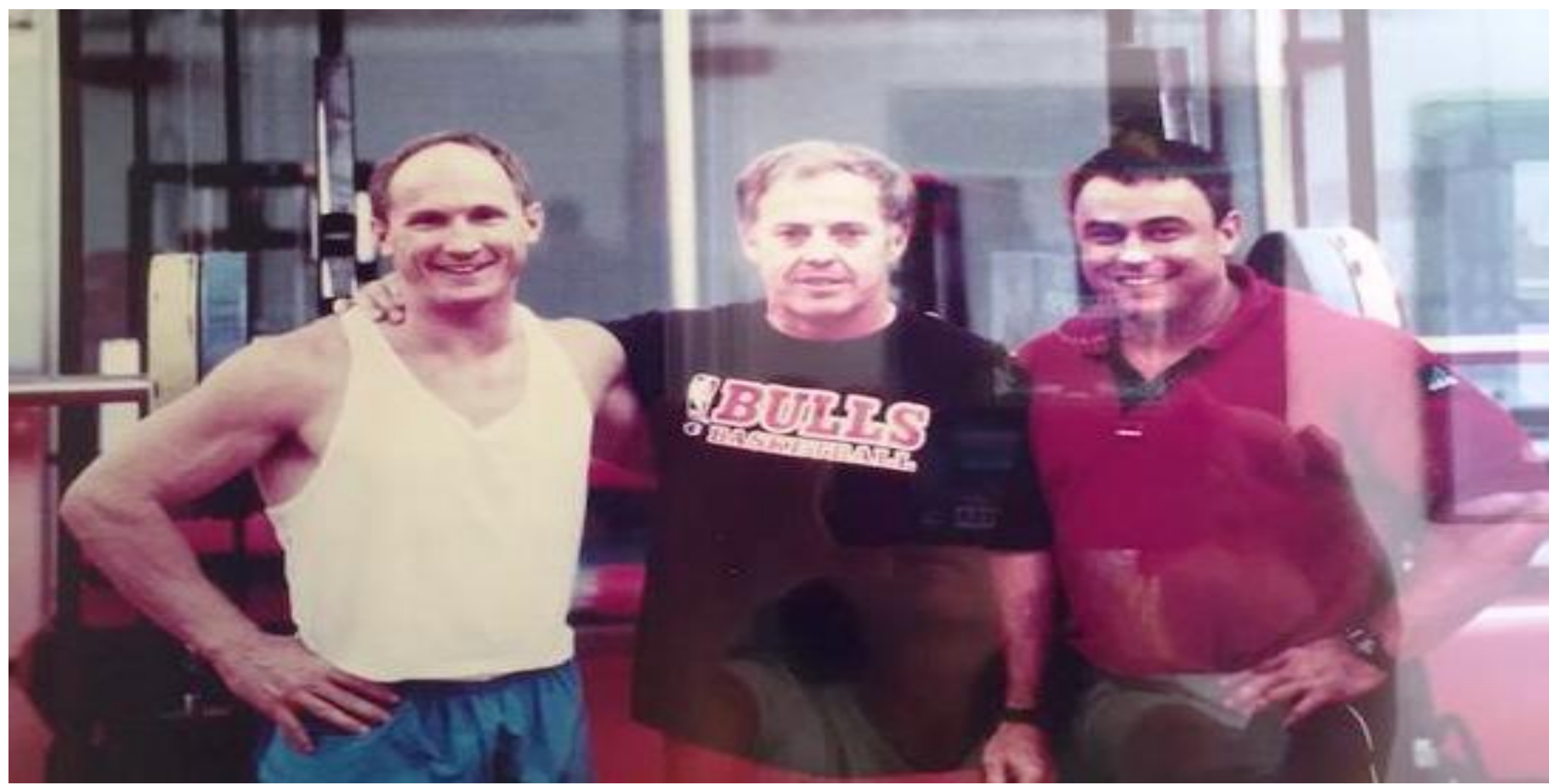
Charles Poliquin:

Ian King:





Paul Chek:

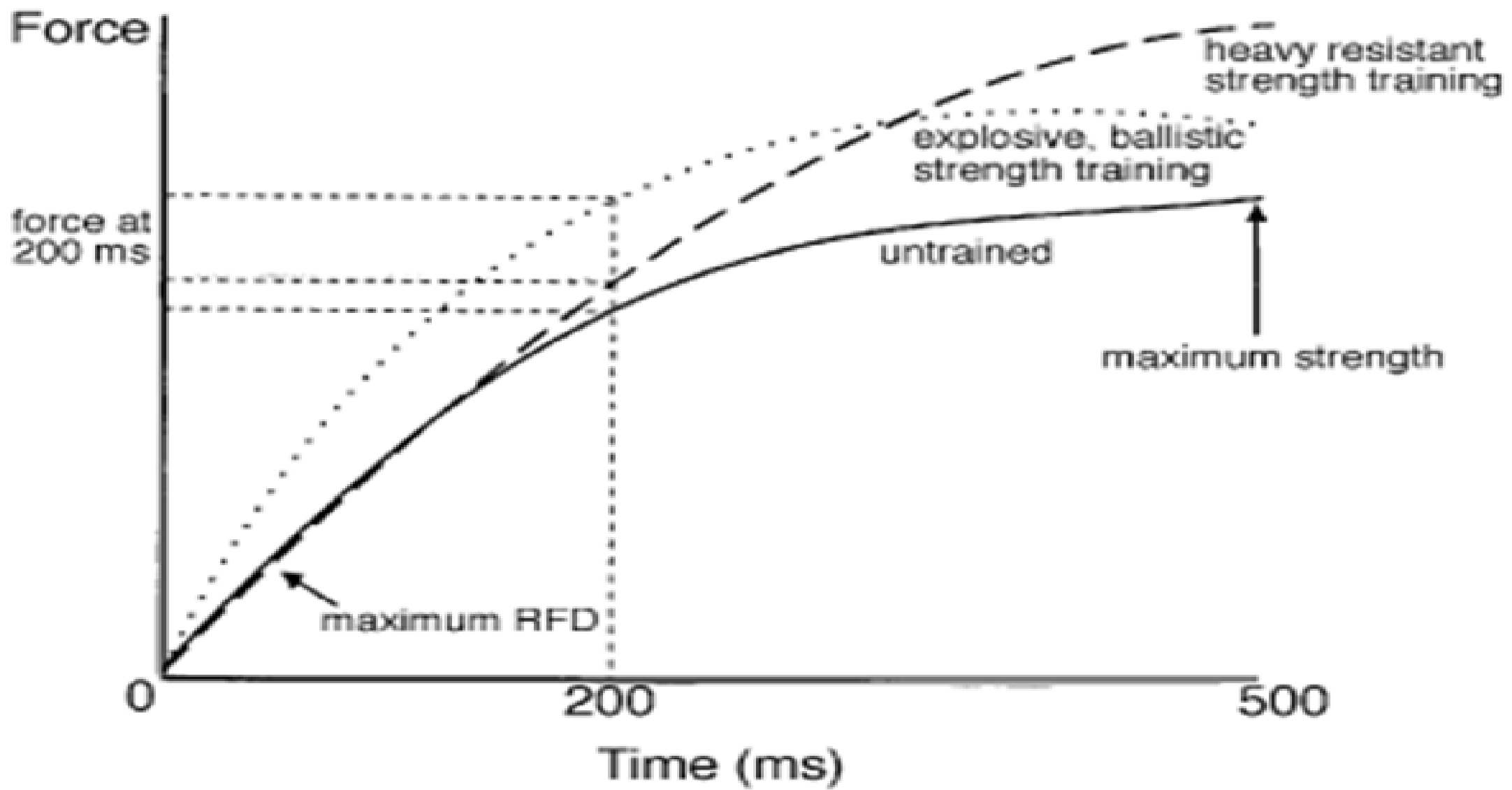




Erik Helland & Al Vermeil: VSF/Chicago Bulls

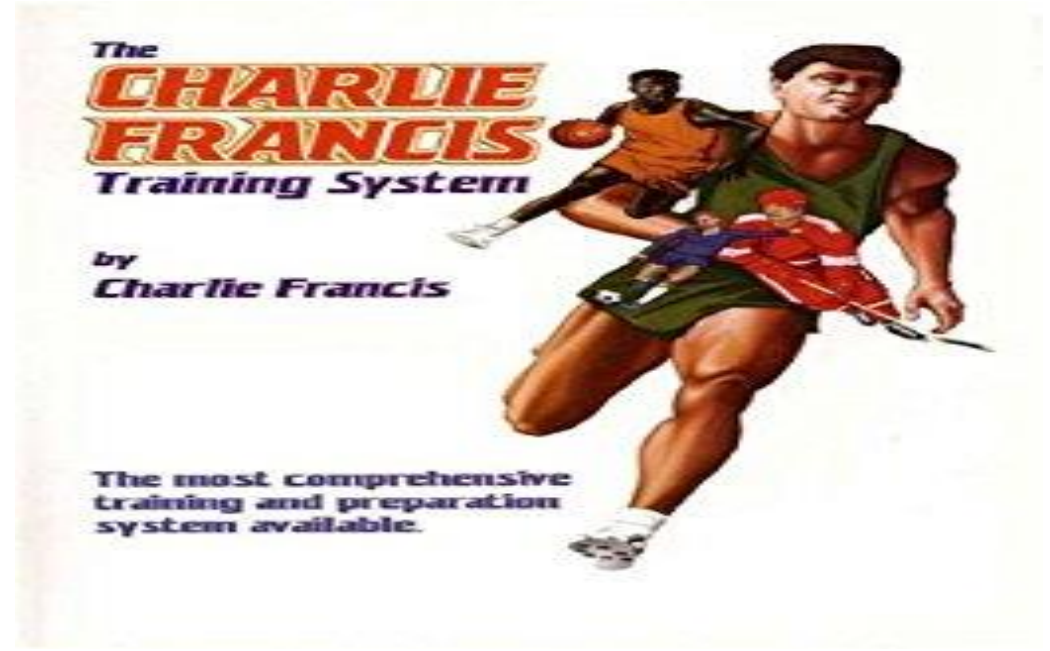


Al Vermeil:





Al Vermeil:

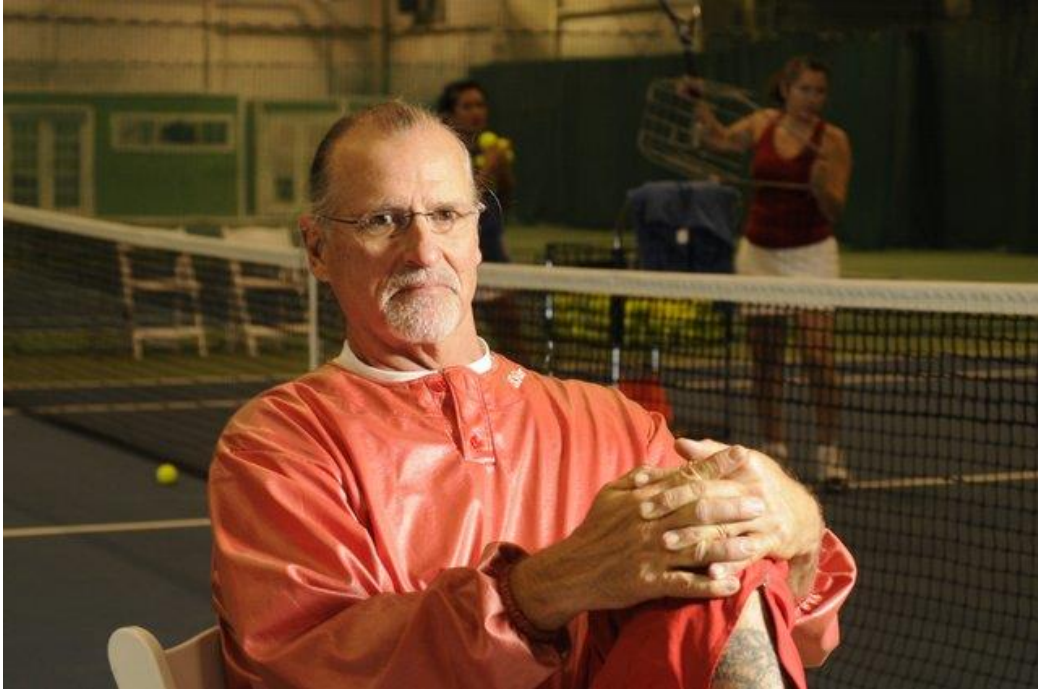


Quality Not Quantity

Hi-Low

Vertical Integration Periodization

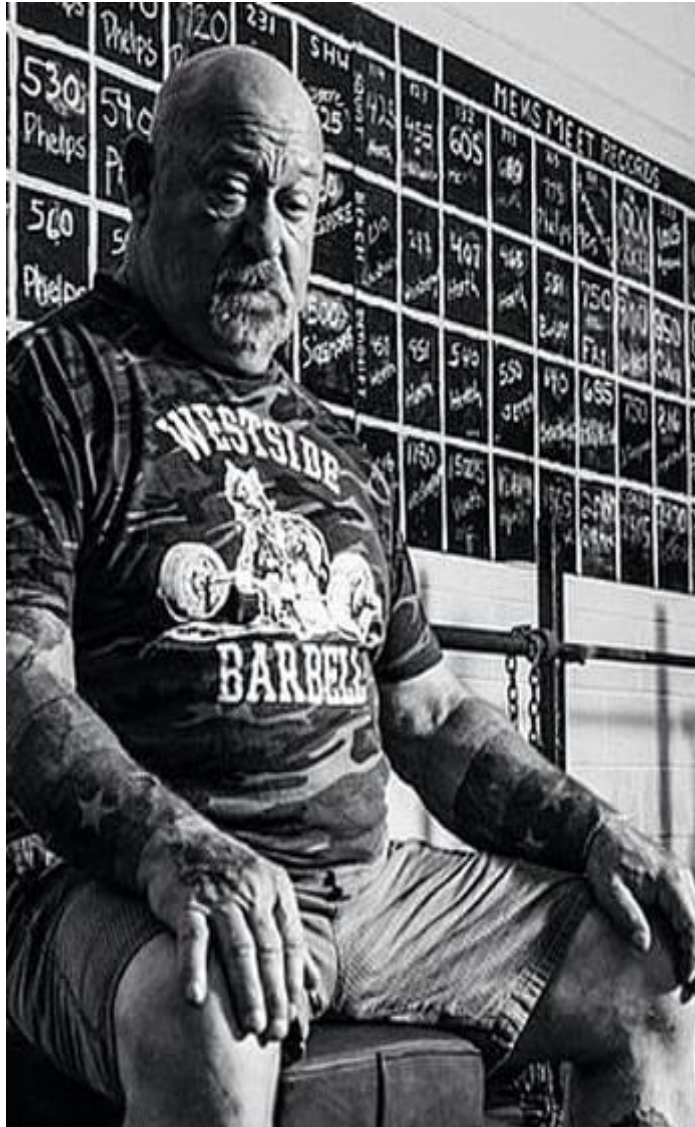
Med Ball, Tempo, EMS



Fred Roll: University of Kansas



Roy Williams:



Louie Simmons-Westside Barbell

Istvan “Steve” Javorek:

Complex I: 30Kg (66 lbs.) 1 Set = 1,980 lbs. 4 Sets = 7,920

40Kg (88 lbs.) 1 Set = 2,640 lbs. 4 Sets = 10,560

Complex II: 30Kg (66lbs) 1 Set = 2,970 lbs. 4 Sets = 11,880

40Kg (88 lbs.) 1 Set = 3,960 lbs. 4 Sets = 15,840



Johnny Parker:





Rob Panariello:



Dr. Eric Serrano:

Nutrition-Traditional/Paleo Diets, PPNF, Biochemical Individuality

BCAA's/EAA's

Fats

Functional Medicine

Unique Prehab & Rehab



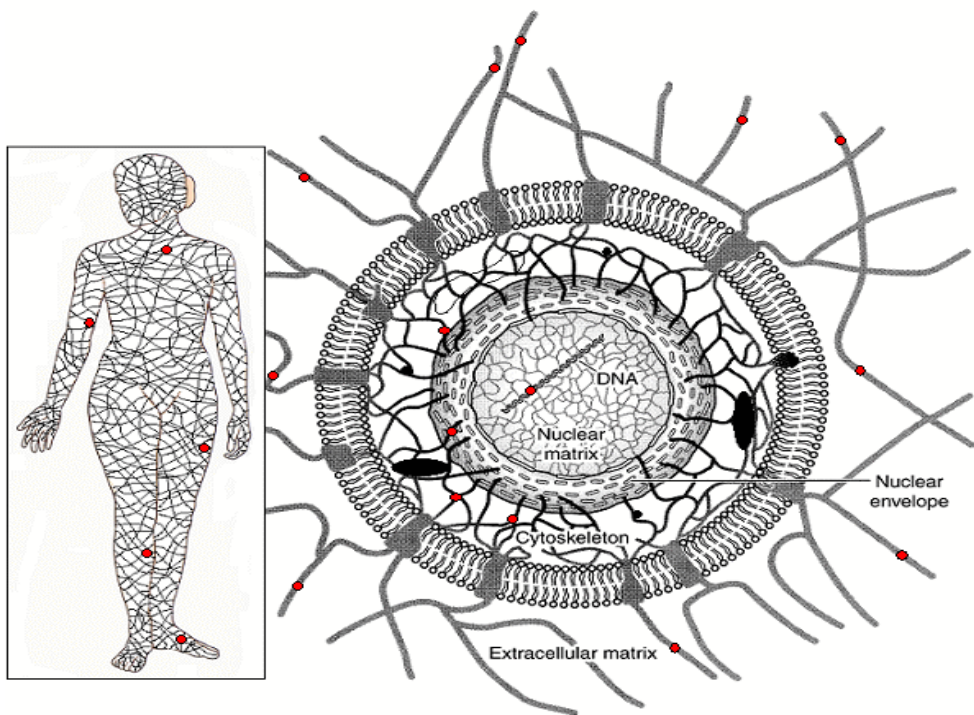
Stu Mcmillan:



Dan Pfaff:



Dan Pfaff:



Spencer, Oschman, Mcmakin

Bill Knowles:



Dr. KP:

Osteopathic Wizard

Soft Tissue Therapy-Driving neuroplastic change

The body is an information system to the brain which is the hard drive, this information tells you where are in your environment. The body uses muscles, joints, spindles, tendons, meniscus etc, as receptors to relay information to the brain that helps you to navigate your reality. Quality therapy is an information input to the brain, the more precise the input is the faster and more effective the outcome is for patient recovery.

Guy Voyer-Myofascial Stretching, Eldoa, Pompage





Donnie Thompson
Kelly StarretT