



*the preferred neuroactivator of the Adam Kalkn Tennis Academy*



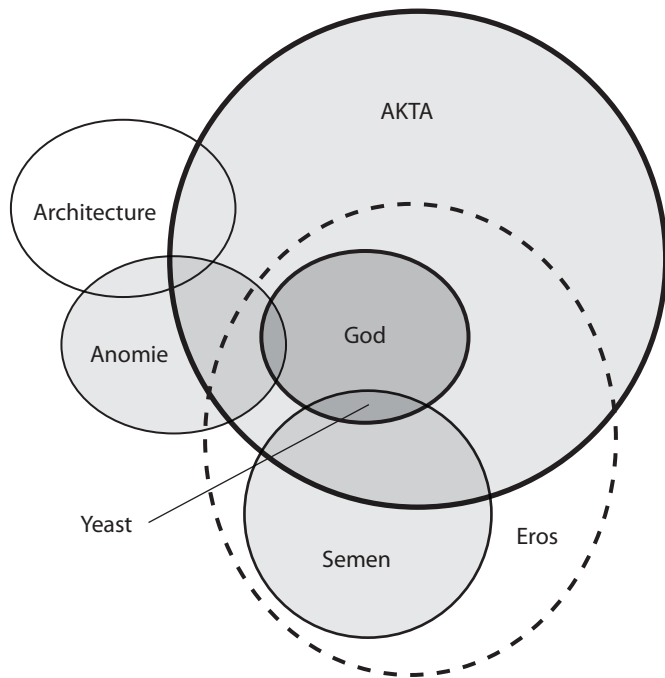
**The Adam Kalkin Tennis Academy** is a religion dedicated to worship, meditation and contemplation through action. Tennis is the primary form of prayer as students articulate themselves spiritually and physically following the four-path method of growth. Through right mind/right body prayer drills, students will achieve moments of perfection that will seed their lives with clarity, grace and flow.

Each day is designed to maximize spiritual focus and enlarge spiritual capacity. The day begins with directed silence, slowly builds to maximal systems output and tapers toward a contemplative state of activity-induced exhaustion.

A typical Monday:

6:00 Wake-up chimes  
 6:30-7:00 Breakfast  
 7:30-9:00 Run the length of a golf course  
 9:00-9:30 Snack and hydration  
 9:30-11:00 Five hundred ball drills  
 11:00-11:15 Directed Silence  
 11:15-11:45 Monk led prayers, meditation, chanting  
 11:45-12:45 Yogi led Yoga  
 12:45-2:00 Lunch and socializing  
 2:00-3:00 Lecture  
 3:00-4:00 Instructor led speed and elastic movement drills  
 4:00- 4:45 Nap on towels  
 4:45-5:45 Backhand prayers  
 5:45-6:45 Videography and stroke analysis  
 7:00-8:00 Dinner  
 8:00-8:45 Daily summary, ritual leave-taking and evening home-work assignment (usually a visualizing or dream assignment)  
 10:00 Lights out

Each day will feature a lecture. The lectures will serve as a rich and complex set of AKTA references which will form a composite view of the deep structure of performance based realities.



Lectures for September:

- 1) On "No Theater" (by academic)
- 2) On "The Nose" by Gogol (by an academic)
- 3) MisDesign (Grace McQuilten)
- 4) On the Old Testament (by a bearded rabbi or professor)
- 5) On "Tractatus" by Wittgenstein (by a symbolic logician or professor)
- 6) On "Infinite Jest" (by academic)
- 7) On String Theory (by physicist)
- 8) Nutrition for high performance Athletes "Glucose and Consciousness" (academic)
- 9) Motivational speaker (possibly bad)
- 10) Tennis Legend, Rod Laver
- 11) Tennis Journeyman, Teymuraz Gabashvili
- 12) "The Strange Case of Roscoe Tanner" (by a reporter or journalist/journalism student)
- 13) "New String Technologies" (by physicist or string manufacturer salesman)
- 14) On "Compassion" by Buddhist monk
- 15) Sports career management (by sports agent)
- 16) Tennis Historian (from Aussie Tennis Assoc)
- 17) lecture by child (possibly gifted) on his school science experiment
- 18) Tax Accountant (professor or from local tax preparer)
- 19) Umpire lectures on umpiring (from Aussie Tennis Assoc)
- 20) "Anaerobic Fitness" (by strength coach)
- 21) Hypnotist (with demo)
- 22) Court Geometry (by a Geometer)
- 23) Sports psychology
- 24) Physiotherapist on sports injuries and rehabilitation
- 25) "Tactics in Space-Time"
- 26) "The Mind as a Metaphor for God"
- 27) "Tennis as an Actuarial Activity"
- 28) On "Don Quixote" (professor)

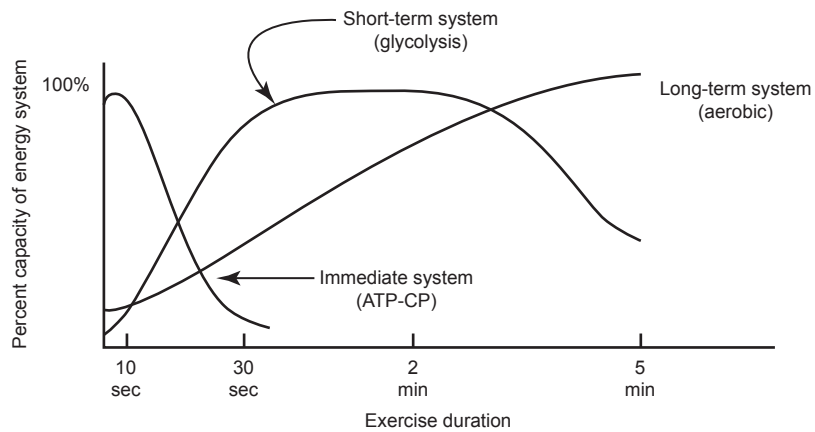
Glucose and Consciousness:

Glucose is the fuel that activates all the connections in the brain. All our thoughts and feelings, our attentional and intentional apparatuses, flow in these glycolic tides. Glucose is to consciousness what oxygen is to breath. This chart illustrates how we manage the sugars in our body and, consequently, our thoughts and actions:

**Food Speed Rating (Glycemic Index)**

FAST (speed rating)					
100-110%	100%	90-99%	80-90%	70-79%	
maltose	glucose	carrots	Cornflakes	bread(whole meal)	
		parsnips	potatoes (instant)	white bread	
		lucozade	honey	millet	
			Puffed Wheat	white rice	
				Weetabix	
				potatoes (new)	
				broad beans	
MODERATE-SLOW (speed rating)					
60-69%	50-59%	40-49%	30-39%	20-29%	10-19%
brown rice	spaghetti (white)	spaghetti (whole meal)	butter-beans	kidney beans	soya beans
shredded wheat	All Bran	porridge oats	blackeye peas	lentils	peanuts
Ryvita	digestive biscuits	sweet potatoes	chick peas	fructose	
bananas	yams	sponge cake	apple	sausages	
raisins	sucrose	custard	ice cream		
Mars bar	sweet corn	tinned beans	skim milk		
Muesli	pastry		yogurt		
short-bread			whole milk		
			tomato soup		

This is how glycolysis affects systems output over time:



Energy production during exercise of various durations  
 McArdle, Katch, and Katch, 1981, *Exercise Physiology: Energy, Nutrition, and Human Performance* (Philadelphia: Lea and Febiger), 134.

Since 90% of points last less than 15 seconds, tennis is an intense anaerobic activity and blood glucose levels set hard limits on maximal systems output, both physical and mental. Yet there can be 500 bursts of energy required during the course of a three-hour match. Students at AKTA spend six hours per week in the gym to build a robust, efficient anaerobic plant.

### Big Calm

“I think I stayed very well mentally in that moment. I was playing with big calm and big concentration.” Rafael Nadal, Australian Open, 2010

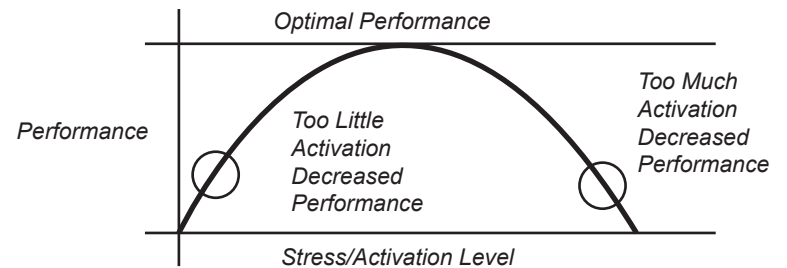
### What is big calm?

This is an elevated state of consciousness that players sometimes achieve in the eye of the emotional and physical storm of competition. All elements of the player’s universe are balanced at that moment yet vast reserves of stored energy remain poised to be

released at will. We call this “elastic energy” because it explodes as it is actuated. Elastic energy is essential to quantum leaps in physical and spiritual performance. The Adam Kalkin Tennis Academy is dedicated to understanding and harnessing the non-Newtonian feedback loops that underlie the physics of tennis.

### Violence

Tennis is the theater of controlled violence. As we act violently, we create momentary energy dislocations which open new access gates to inner calm. Advanced students will learn to opportunistically exploit this process in order to accumulate and intensify their stores of inner peace.



**Activation and performance** (adapted after Yerkes & Dodson, 1908)

What is in our mind is in our body. We have a strong influence over what aspects of the environment enter our consciousness. By controlling our attention, we select what will enter our internal ecologies. We supervise the flow of inward traffic. The more we pay attention to something, the more cortical real estate becomes devoted to it. Students at AKTA are taught biofeedback and Vedic exercises which enable them to become responsible stewards of their own consciousness.

All students will become familiar with the following sacred texts:

Books:

Old Testament

“Don Quixote” Cervantes

“The Nose” Gogol

“Infinite Jest” David Foster Wallace

Recordings:

Bach Toccatas played by Glenn Gould

“Beezus and Romona” by Beverly Cleary, read by S. Channing

Blue Album, by Weezer

“Pet Sounds” by the Beach Boys

Bach Piano Concerto in D minor by Dinu Lipatti

Cinema:

“Borat” Sacha Baron Cohen

“Alphaville” Jean-Luc Godard

<http://www.youtube.com/watch?v=N9oxmRT2YWw>

“The Ladies Man” Jerry Lewis

Architecture:

Hagia Sophia, Turkey

Bunny Lane by Adam Kalkin

Stone Church, Lalibela, Ethiopia

Painting:

Still-life 1941, Giorgio Morandi

Sculpture:

Gates of Hell, Rodin

The following work must be forgotten or expunged from the mind through pharmaceutical means:

All work by Billy Joel.



*spiritual progression (typical)*