



# Chuck's Gym

## Hitting & Pitching System

“It’s all about the movement”

**Chuck’s system of teaching** is based on the ancient truths of traditional martial arts training: *That repeating correct movements to the point of memorization frees the mind to perform those movements effortlessly when needed.*

**The brain and nervous system** will learn what you give it. Therefore, the way a person trains is crucial for success in the real world of baseball, self-defense, or anything for that matter.

**Learning technique is the easy part** – but successfully applying that technique under pressure requires that a person put in the work – just wanting it is not enough. *It bears repeating that practicing technique incorrectly will lead to insufficient results.* Just getting “reps” won’t do it – getting *quality* reps with precision is the key, until your brain and nervous system are able to recruit the muscles in the only way they know how – the correct way.

**Correct movement is essential.** Whether practicing off a batting tee, coach toss, or a machine, the objective is to start in a good balanced position, maintain that position throughout the swing, and end in a good position – **EVERY TIME**. Hitting a baseball requires absolute precision for a good result and on-field success will depend on how you train. Skill development does not happen by accident.

**Mastery of movement – the goal.** To compete at a high level, repeatable swing and pitching mechanics are mandatory. Not only in practice, but in games. Mental and physical training go together – one depends on the other. But *the body follows the mind*, therefore a person may do well in practice but not in games under pressure, because an over-aggressive mind leads to an out-of-control swing, or pitch. The higher up the ranks you go, the more control of mind and precision of movement you will need. Correct mental and physical training is what leads to sustainable results.

Chuck Schumacher has been coaching and teaching baseball for the past 32 years. His extensive knowledge of movement and mental preparation is the result of 46 years of martial arts training in which he holds the rank of 7<sup>th</sup> degree black belt. This experience combined with 10 years as a certified personal trainer with NASM has become the backbone of Chuck’s movement-based teaching methods. For more info, call or check out the website below: