

Controlling the Mental State

This class will cover techniques on controlling the mental state during a fight. We will discuss and move through exercises on breathing through anxiety, as well as how to free up cognitive resources to sharpen focus and movements.

Instructor Bio

Nathaniel Bryant “Nate” is the lead instructor of the Lake Charles Louisiana HEMA club. He has been involved in HEMA since early 2017, and has an extensive background in Hoshin Jiu Taijutsu, Systema, Taekwondo, and esoteric yoga. Professionally, Nate is a registered nurse currently working with patients with post-surgical needs, and patients with severe neurological conditions. Formerly, he worked as a psychiatric RN. Nate loves HEMA and the entire community. His is goals for HEMA are to be a productive member of the SHFL, as well as a humble, knowledgeable teacher and a fierce competitor.