

CT:

Now I want talk a little bit about the "True Warrior Athlete". The book "The True Warrior Athlete" and I want to read you a sentence and get your response and how it effects you and who you are and your sport. "To perform at our best, we need to fight the enemy within, as well as vanquish our opponent outside ourselves."

Narbe:

I feel that the enemy within is a much more grandiose enemy than the outside. You cannot control the outside factors, but you can control what's inside you and I do believe that once you quell the negative voices inside your head and the negative thoughts, it will fall into place. It does not guarantee that you will get first place. That is almost irrelevant. But it does seem that your performance will be better once you vanquish the enemy within.

CT:

What were some of the negative thoughts that stood in your way?

Narbe:

You can't do it or you're too small. What are you doing wasting your time with this?

CT:

I see. You have those thoughts and how would you deal wit them? How would you vanquish those thoughts?

Narbe:

How do you vanquish those thoughts? By reminding myself that I am the same person who's been working hard at the gym and if it does not work out then I am still the same person walking away.

CT:

Here is another segment. "What is the inner enemy? It is every thought, feeling, sensation or attitude that diminishes our performance."

Narbe:

I think that this branches off from the first question. I think the inner enemy is, as I said, that conversation that you have within yourself. That inner enemy, I feel, is worse than anybody around you. If the inner enemy says, for instance, look at this person, look at his size or this person is going to beat you or what have you, you've already shot yourself in the foot. Whereas, all you have to do is play your game, just like anything in life, and you don't have to worry about the people around you.

CT:

Let's go to your specific ones. The more specific we make them, the more it can help other people. Let's use you size because that's one of those things that is amazing about you. That you only weigh about 145lbs and that you have all of this power. Anyone looking at you wouldn't know you are a world champion. It's unbelievable. What kinds of things were you telling yourself, very specifically, the negative conversations that you tell yourself?

Narbe:

Because I have a very confident side of myself and I tell myself that I've almost perfected my stance and my technique. I've worked hard. I'm no fluke; I've done it many, many times. If I can't do it this time, I'll do it the second time. There's a certain calmness in me where I can sit there and have conversations with people, but two minutes before going up there, all of a sudden, I go back to my serene side. I think it's really worked for me.