



BRING YOUR MIND TO THE GAME  
**SPORT PSYCHOLOGY**  
&  
**MENTAL TRAINING**

**KUNASHNI PARIKH**  
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## The Deception State Protocol

*Stay Loose. Hide Your Intentions. Execute Deceptively.*

### Purpose

This protocol is designed to help performers stay calm and relaxed so their movements remain unpredictable.

Deception in performance is not just a technical trick.

It is a mental state.

When your body is tense or your mind is over-controlling every movement, your intentions become visible before the action happens. Opponents, judges, or even audiences begin reading subtle signals in your preparation.

This protocol helps you regulate your body and mind so your movements stay fluid, adaptable, and harder to predict.

It can be used in:


- Sports competitions
- Tactical game situations
- Combat or racquet sports
- Any performance where reading your intention gives others an advantage

The goal is simple:

Relax the body.

Delay the decision.

Let skill express itself naturally.



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## What Happens When You Get Read

Many performers believe opponents react to the final action.

But in reality, people read your preparation.

Before you execute a movement, your body reveals small clues:

- Shoulder rotation
- Grip pressure
- Foot positioning
- Muscle tension
- Speed of preparation

Experienced opponents learn to read these cues before the action even happens.

Under pressure, this becomes worse.

Instead of letting trained skills flow automatically, performers begin consciously controlling their mechanics. Psychologists call this **explicit monitoring**.

The brain's **prefrontal cortex** tries to take over automatic, smooth movements.

The mind starts thinking:


“Don’t mess this up.”

“Keep the technique perfect.”

“Make sure this goes exactly there.”

This creates stiffness in the body.

And stiffness reveals intention.



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When the body becomes rigid, movements lose disguise and become predictable.

The performers who stay hardest to read are usually not the most tense.

They are the most relaxed.

They allow their trained motor memory to decide the final action at the last possible moment.

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## The Deception State Protocol

Use this routine before practice or competition, and occasionally during breaks.

It takes about **60 seconds**.

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### Step 1 — Release Hidden Tension (20 seconds)

Scan your body from head to hands and release unnecessary tension.

Check three key areas where performers unknowingly tighten:

- Jaw
- Shoulders
- Grip or hands


Ask yourself:

“Am I holding tension that doesn’t help me?”

Then soften the body slightly.

Drop the shoulders.

Unclench the jaw.



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Loosen the hands.

A relaxed body moves more fluidly.

Fluid movement hides intention.

This type of quick body awareness practice is similar to the calming routines used in mental training exercises where performers deliberately relax the body before focusing on execution.

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## **Step 2 — Slow the Mind (20 seconds)**

Now regulate your nervous system.

Take **two slow breaths**:

Inhale through the nose.

Slowly exhale through the mouth.

Let the exhale be longer than the inhale.

As the breath slows, the nervous system settles.

A calm nervous system prevents the mind from gripping too tightly onto technique.

When the brain feels safe and calm, automatic motor memory can run more smoothly.


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## **Step 3 — Hold the Decision (10 seconds)**

Remind yourself of one key principle:

**“I decide in the moment.”**

Do not pre-decide every action before the moment arrives.



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Instead:

Prepare neutrally.

Stay adaptable.

Allow the final decision to occur close to execution.

When decisions are held, opponents receive fewer advance signals.

Your movements stay ambiguous longer.

This is the psychological foundation of deception.

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## **Step 4 — Use a Fluidity Cue (5 seconds)**

Choose a simple cue word that reminds your body to stay loose.

Examples:

- “Loose”
- “Flow”
- “Smooth”

Cue words work because they occupy the conscious mind just enough to prevent over-control, allowing automatic skill execution to run more naturally.


Say the cue internally just before execution.

Let the body move naturally.

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## **Step 5 — Train the Disguise (Practice Drill)**

You cannot rely only on mindset.



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You must also train your body not to reveal signals.

During practice:

1. Perform two different actions from the same preparation.
2. Record yourself or ask a teammate to observe.
3. Ask them:  
“Could you tell which action was coming before contact?”

If they can guess early, your preparation is still revealing intention.

Practice until the preparation looks identical.

The goal is not just technical disguise.

It is a **relaxed disguise**.

A tense body always leaks information.

A relaxed body keeps options open.

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## What This Protocol Trains

With repetition, this routine develops:

- Relaxed movement under pressure
- Reduced mechanical overthinking
- Delayed decision-making ability
- Fluid execution
- Unpredictable body language

You are not trying to trick your opponent.

You are removing the signals that allow them to read you.



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## **Final Reminder**

Deception is not about hiding the action.

It is about hiding the intention.

When the mind grips tightly, the body reveals everything.

When the mind stays calm and loose, the body keeps its secrets.

Relax the body.

Delay the decision.

Execute naturally.

Keep going! :)

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