

Wed June 6, 2012

Mental artists who get burned out but can't control their own emotional feelings for their work. The ones who are very successful don't get burned out.

Business goes up and down.

If you don't have money you don't have the system. Whatever you're doing is broke.

1. Your own self talk! (Talk negative about yourself, your school etc... you will get worse, not better!)
Replace every single negative ~~self~~ thought with a positive. Burnout → is really demotivation.
Thought control!!

Levels 1 & Levels 2!
150-200 Students will make you successful.

- Black Belt Testing (Master Move)
Starts at 9!!
B/K Belts need to be there at 8!
Instructors at 7am!!
8am → Students meeting!
8:45am → Warm up!
12 noon tournament starts
Trad forms Sparring
Creative forms (Lombard)
Trad weapons
Creative weapons
Uma weapons

2 events → 1 trophy (the place trophy)
3 events → 2 trophies (place + competitor)
3 events → 2 place + 1 competitor.

From Kernan → 1st building on left
(student alumni center). All juniors should
be timekeepers. And ask for board
holders in uniforms.

Everyone needs to stay to clean up after
the tournaments.

Stand in the street with signs! High
ranks are doing it. It works! Make
it fun!

Working on our model. What does it look
like when it's finished.
Work on the easiest thing & fill it.