

Wed 9-18-13

3 things that you learned at the seminar in your personal training that you got better at (language of krav; basic flow of knife -- draw to draw; Powers of Highlight (etc))
— you can not stop training because you don't have enough repetitions.
— Who did you work with at the seminar and why?

When you're teaching you need to highlight everyone.

What did you learn that you can use?
What 5 people do you spend most of your time with?? average what they make that is what you will make.

Treat each other with respect within the team.

When it comes to repetition when you think you know it don't stop.

Our real business is levels 1, level 2, cash & retention.

What could I have done last week

To affect my retention??

Special class / call everyone / Public lessons

Rate ABC list -! Presentations for cash goal -

Level 2 - what could I have done?

1. Show / Tell
2. Appointment! Appointment!

Lesson of the month: Honor. Use the I & P Manual for assignments.

Basics to work

Stance - posture - loaded position (ap/contract)
lined up directly - ending position (locked out position)