

ESTABLISH YOUR ROUTINE

THE MENTAL TECHNIQUE

BEHIND THE MAT

- *Free your mind from hasty decisions
- *The brain is in open-analysis mode
- *Weigh the pros and cons
- *Evaluate your chances of success, not the other way around
- *Examine your preferred sides and throws
- *This is done calmly, leaving doubts aside...making a firm decision.

IT IS A PANORAMIC VISION

ON THE MAT

- *Concentration is activated
- *Our self-awareness is completely focused on the task; we work in harmony with the body
- *When we begin to visualize, we use our intuition, we imagine a path
- *Once the decision is made, we eliminate doubts; our plan is clear and precise
- *We breathe. We reach the **STILL POINT.**

IT IS A TUNNEL VISION

DELIVERY

- *Doubts are eliminated, we stick to our plan...there is silence within, we let the body express itself with ease and pleasure.

WE LET GO