

SUCCESS TIPS

- 1. Be patient, don't attempt too much too soon. Push yourself but listen to your body.**
- 2. Don't compare yourself to others.**
- 3. Seek a school where you feel comfortable.**
- 4. Take time to watch the classes being taught.**
- 5. Find a school that is empathetic to your concerns.**
- 6. Training doesn't begin and end at the front door. Do your homework.**
- 7. Age is not an excuse. It is a state of mind**
- 8. Always be courteous inside and outside of the training hall. "You catch more flies with honey than vinegar"**
- 9. Muscle memory needs repetition to remember. It doesn't forget even when you get older or get injured**
- 10. Have fun training, it is a life long journey. Enjoy it!**