

# DAY 4:

Watch the Scouting Report video [here](#).

Take ten minutes... wherever you are... and imagine a fight starting in your mind. What hand does he have in front? Which way do you move?

Also take note of how THINKING about fighting makes you feel... you feel jittery? Does your anxiety or tension elevate when you imagine a fight first breaking out?

This is a crucial timepoint to MEDITATE UPON if you want to be able to control it when it happens. If you've imagined it happening, and you have already played it out in your head 100 times, you're not going to have the same level of negative emotional response, should you encounter this in real life.

Today is mental training.

Look at the clock, take note of what time it is. For the next ten minutes, I want you to imagine yourself in a fight.

Any time you think of something OTHER than the fight in your mind (your brain *will wander*) I want you to casually dismiss the 'random' thought, acknowledge that it's hard to only focus on **one imaginary thing**, and immediately move back into the fight in your head.

Are there any points in the fight where you don't know what to do next? If so... don't worry about it. Just start the fight back over, identify elements of your imaginary opponents form that *matter*, and execute the part of the strategy that you DO know... dropping front kicks, and moving elusively.

Make it the whole ten minutes. Otherwise, mentally speaking, you are a pussy... and you are not leveraging your imagination to be as nearly as powerful of a tool as you could be.