

# One page reminder of the 24 Training Principles, for those who have read HotIronLearning

1. **Tackle what you can't do yet**
2. Don't stop the session until you've cracked it
3. **Invest your best**
4. Focus your full attention (Totally immerse yourself)
5. Train when you're fresh, but train frequently to maintain momentum
6. Recuperate wisely
7. **Keep the training highly realistic**
8. Keep it whole-skill (rather than split the skill into bits & pieces)
9. Master it with slow-motion
10. Road-test the real thing
11. Make training hyper-realistic: even harder than the real thing.
12. Find ways to taste success

**www.HotIronKnowHow.com**  
**offers 24 Training Principles.**

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*How well are your Passions  
balancing each other?*

**The better you can balance  
the further you can reach  
in all directions.**

13. **High-quality instant feedback**
14. Have enough time to put things right, there & then
15. Measure what you treasure
16. Reflect on your thoughts & feelings
17. **Relax to learn**
18. **Imagine doing it in vivid detail many times**
19. **Neutralise negative memories**
20. **Dare to be trail-blazing** : explore & experiment, improvise & vary
21. Play for the joy of it
22. Be prolific not perfectionist
23. Challenge the experts
24. Be beautifully daring, but don't risk more than you can afford to lose.