

# WANT TO BECOME A MASTER?



## 1. Searching articles

Feel free to Google it, there's articles and books that say it takes 10,000 hours to master a skill. 10,000 hours is roughly 9 years, if you train five days a week at four hours a day. Find a professional athlete that isn't training a lot, sure there's freak athletes out there but I guarantee they put in the hours.



## 2. Teaching

The second one is teaching because when you teach, you're going to learn it again. It's all one big experiment for me some days are great, others not so great

## 3. Think outside the box

The other thing that has helped me is people asking questions - I'm on autopilot when teaching and it forces me to think outside the box.



## 4. Filming

Filming is better as everyone has a mobile phone with a camera these days.



## 5. Using Devices

I'm a big fan of using a mnemonic device, to help me remember. A mnemonic device is a system such as a pattern of letters, ideas, or associations which assists in remembering something. Pretty sure people that have attended my classes have heard me use terms such as the phoenix fist, retard hands, t-rex arms, put your thumb in the hole, use your stumps, climb the mountain, put four fingers in the wizard sleeve, the third hook, the power hook and everyone's Favourite the gay rainbow.

*find out more at:*

[www.prodigymma.com.au](http://www.prodigymma.com.au)