



# TIP OF THE WEEK... PRACTICE THE **RIGHT SKILLS** THE **RIGHT WAY**.

01		<b>WHAT CORRECT TRAINING MEANS</b> Correct training means practicing the right skill, the right way, until it becomes reliable.	
02		<b>HOW THE BRAIN LEARNS</b> <ul style="list-style-type: none"> <li>• Each repetition helps build neural pathways for that skill.</li> <li>• Repeated practice helps coat those pathways with myelin, which makes the signal faster, smoother, and more efficient.</li> </ul>	
03		<b>WHY REPETITION MATTERS</b> <ul style="list-style-type: none"> <li>• The thicker the myelin coating, the more efficient the pathway becomes.</li> <li>• Correct repetition builds dependable performance under stress.</li> </ul>	WEAK / THIN MYELIN      STRONG / THICK MYELIN 
04		<b>THE CATCH</b> <ul style="list-style-type: none"> <li>• Your brain strengthens what you repeat.</li> <li>• If you practice the right skill incorrectly, that flawed pattern gets reinforced.</li> <li>• If you practice the wrong skill correctly, that gets reinforced too.</li> </ul>	
05		<b>THE REAL QUESTION</b> In a deadly force situation, which neural pathways do you want to rely on?	

— YOU WILL NOT DEFAULT TO WHAT YOU INTENDED TO PRACTICE. —  
 ★ ★ YOU WILL DEFAULT TO WHAT YOU ACTUALLY PRACTICED. ★ ★

TRAIN RIGHT. | REINFORCE RIGHT. | PERFORM RIGHT. | STAY READY.