



## *Attitudes for Productive Participation*

1. Be involved at your 100% level (not 50%; not 120%).  
Don't waste your time "checking it out", jump in.
2. Personalise every experience. How does this fit me  
Don't make this training something outside yourself.
3. Informality and fun encourage exploration of limits.  
Don't forget that a spirit of fun permits freedom.
4. Be responsible for your own health.  
Don't do anything that seems too risky for you!
5. Introduce yourself. Expand your own personal network.  
Don't forget that a ninja is always making contacts.
6. Use breaks to take notes. Concentrate on experience!  
Don't confuse the vessel with the contents.
7. Work at your own level – concepts, details, or overview.  
Don't compare – other people, times, or systems.
8. Remember that relaxation leads to speed naturally.  
Don't be concerned with mastering technique in here.
9. None of us here has anything to prove  
Growth involves risk; feel free to try it out!
10. Sincerity is demanded of the warrior.  
Express what you think; ask what you need to hear.
11. What do you want? Where do you need assistance?  
Don't hesitate to create your own learning opportunities.
12. Form your own relationships leading to rank.  
Belt ranks are personalised symbols of involvement.