



## PROGRAMME 4: ADVANCED PROGRAMME 1

WE RECOMMEND YOU START THIS PROGRAMME AFTER YOU COMPLETE THE DEVELOPMENT PROGRAMME BEFORE PROGRESSING THROUGH FURTHER PROGRAMMES IN SEQUENCE

WEEK	CATEGORY	PROGRAMME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	DECISION MAKING	THE JUDGE, THE JURY AND THE EXECUTIONER	INTRODUCTION	STAGE 1: THE JUDGE	STAGE 2: THE JURY	STAGE 3: THE EXECUTIONER	STAGE 4: FULL PROCESS	REST	REST
2	OVERTHINKING	THE FOREST	THE FOREST: STAGE 1	THE FOREST: STAGE 2	THE FOREST: STAGE 3	THE FOREST: STAGE 4	THE FOREST: STAGE 5	THE FOREST: FULL PROCESS	REST
3	CONFIDENCE	NEVER BACK DOWN	INTRODUCTION	SPEED & SKILL	HUMOUR & CHARISMA	ENDURANCE & ENERGY	KINDNESS & INTELLIGENCE	STRENGTH & POISE	REST
4	AROUSAL REGULATION	AUTOGENIC AFFIRMATION	KICKS: DEVOTION - COMMITMENT - DEDICATION	SCRAMBLES: DEFINITIVE - DECISIVE - FOCUSED	PUNCHES: REINFORCE - ACKNOWLEDGEMENT - APPRECIATION	CLINCH: EVALUATE - ASSESS - CALCULATE	STRIKES AGAINST THE CAGE: HEROIC - FEARLESS - COURAGEOUS	TAKEDOWNS: STRENGTHS - ASSETS - QUALITIES	REST
5	CONCENTRATION	FOCAL-POINT REGULATION	PUNCHES	KICKS	ELBOWS AND KNEES	TAKEDOWNS	FULL SPAR	REST	REST
6	ANXIETY	P.P.A ANXIETY	INTRODUCTION	STAGE 1: ACCEPTANCE AND GROUNDING	STAGE 2: ENERGY	STAGE 3: SPEED	STAGE 4: STRENGTH	STAGE 5: TECHNIQUE	STAGE 6: FINAL EXERCISE
7	PRESSURE	THE DIAMOND	INTRODUCTION & STAGE 1: ESTABLISH A TEAM	STAGE 2: DETAIL POTENTIAL PROBLEMS	STAGE 3: SHORT TERM WINS	STAGE 4: LONG TERM WINS	STAGE 5: EMPLOY PRESSURE CONTROL TECHNIQUES	STAGE 6: ACTION PLANNING	STAGE 7: VISUALISE TASK SUCCESS & STAGE 8: FULL PROCESS
8	FEAR	BRING THE HAMMER DOWN	STAGE 1: SHAKE DOWN	STAGE 2: FACE SLAP	STAGE 3: BITE DOWN	STAGE 4: CLENCH FISTS	STAGE 5: STAMP FEET	STAGE 6: THUMP CHEST	STAGE 7: FULL PROCESS
9	RELAXATION	P.P.P	INTRODUCTION & ROOT CHAKRA: FULL VERSION	SACRAL CHAKRA: SHORT VERSION	SOLAR PLEXUS CHAKRA: SHORT VERSION	HEART CHAKRA: SHORT VERSION	THROAT CHAKRA: SHORT VERSION	THIRD EYE CHAKRA: SHORT VERSION	CROWN CHAKRA: SHORT VERSION
10	AROUSAL REGULATION	STATE CONTROL	STAGE 1: PRIMING	STAGE 2: SUCCESS AND REWARDS	STAGE 3: MOOD CONGRUENT JUDGEMENT	STAGE 4: PERCEPTUAL CONTRAST EFFECT	STAGE 5: AGGRESSION FRUSTRATION	STAGE 6: FULL PROCESS	REST