

SPECIAL MODELS

<https://youtu.be/qe5GjQGMnXc>

<https://youtu.be/UIM8IVh2FcQ>

<https://www.youtube.com/watch?v=7sDeenmVx3M>

01.04.2025

WHAT
|
LEARNT?

01.04.2025

<https://youtu.be/dUYC-FM7jg8>

I THE POINT OF VIEW

**There are
multiple points
of view**

**Reality can
depend on the
point of view**

<https://youtu.be/bHslwYyXWsw>

2

CONNECT THE DOTS

**Vision is
helping the
motivation**

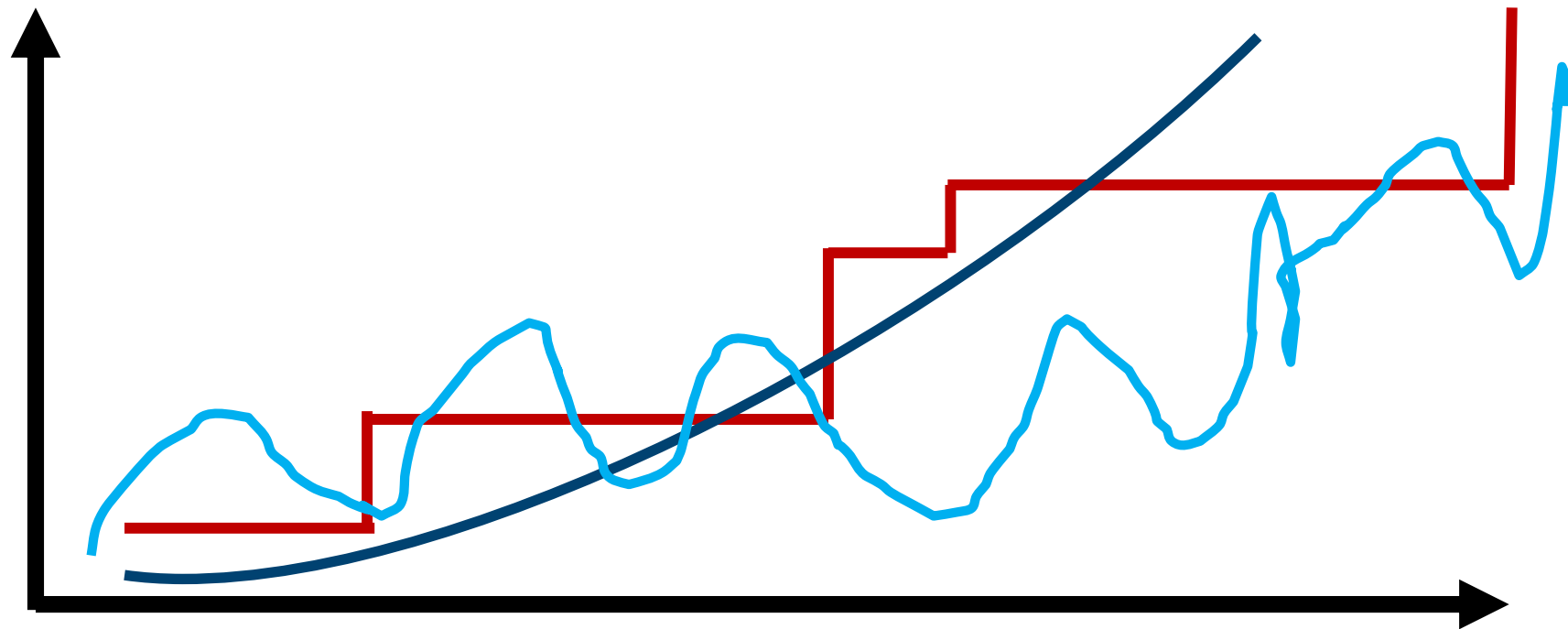
**There is a
before, a
during, an after**

**Time is a
special key
tool**



3

the learning process occurs through qualitative leaps



MY LATVIAN EXPERIENCE

**SENSE OF
GUILTY**

FEAR

VS

**THE RIGHT
TO MAKE
MISTAKES**

WHAT IS THE BEST WAY TO GO
FROM **A** TO **B**?



A BIT OF ANATOMY AND PHYSIOLOGY

AROUND 100 BILION OF
NEURONS



30 BILION OF NEURONS
IN THE CEREBRAL CORTEX

EVERY NEURON AROUND
500/200 SYNAPSES
IN ALL THE BRAIN AROUND
 10^{13} AND 10^{15}

EVERY SYNAPS
THOUSANDTHS OF
SECOND

STIMULUS

SUBCORTICAL CENTERS

ENCEPHALON

AMYGDALA



STIMULUS

BRAIN ACTIVATION

**BRAIN
FREQUENCIES**

AT THE NEUROFUNCTIONAL LEVEL



ZONE OF PROXIMAL
DEVELOPMENT

STRENGTHENING OF
NEUROLOGICAL STRUCTURES

EMOTIONAL
SYSTEM

MEMORY

COGNITIVE
SYSTEM

SHORT TERM LONG TERM DEEP

LEARNING
EVOLUTION

AT THE NEUROFUNCTIONAL LEVEL

**If I learn with fear the
fear will appear
immediately when i
will activate the
knowledge connected**



**If I learn with
disesteem the
disesteem will appear
immediately when i
will activate the
knowledge connected**

**If I learn with challenge with myself i will activate
the challenge every time**

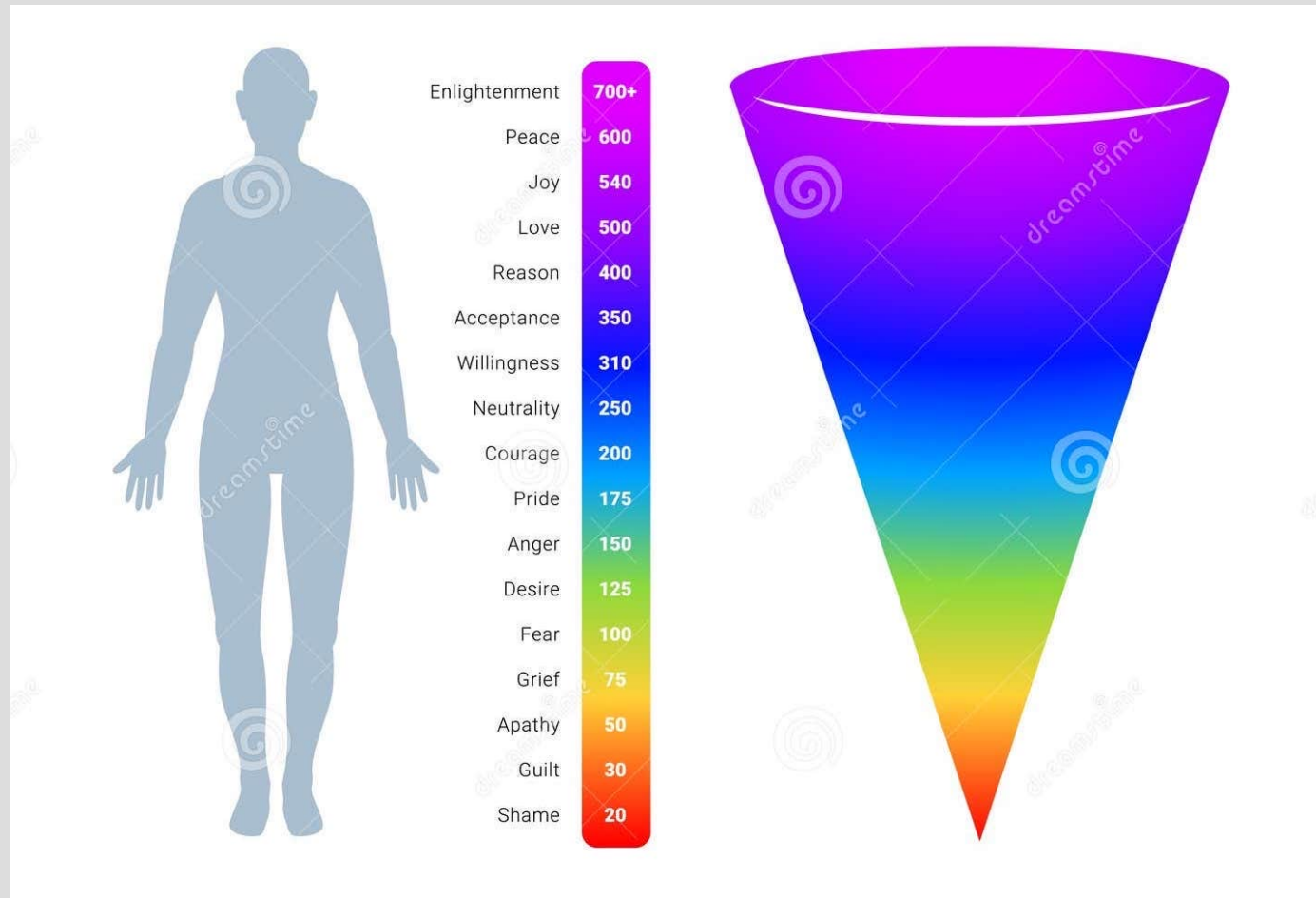
If I learn with JOY, PASSION, ENERGY, LOVE...

AND THE PERFORMANCE???

BRAIN FREQUENCIES

ENERGY

BRAIN ACTIVATION



AT THE NEUROFUNCTIONAL LEVEL



**EMOTIONAL
SYSTEM**

**COGNITIVE
SYSTEM**

**IT IS NOT THE MIND THAT
CONTROLS THE EMOTIONS**

AT THE NEUROFUNCTIONAL LEVEL

**EMOTIONAL
SYSTEM**



**COGNITIVE
SYSTEM**

IT IS NOT THE MIND THAT CONTROLS THE EMOTIONS

So are we controlled by emotions?

Maybe some...SWITCHS...INTERRUPTORS...TRAININGS...exists

<https://youtube.com/shorts/LnLwABW3FKU>

https://youtu.be/Ib0_p9-Zqfs

https://youtu.be/xQs4MHRA_O8

MAIN PILLARS OF THE SYSTEM AND TRAINING PROCESS

- **Mistake is the basement of the IMPROVEMENT PROCESS**
 - **The GOALS are part of the TRAINING EVERY TIME
(PRESSURE TO REACH GOALS AND LEARN TO “FAIL” FOR NEXT)**
<https://youtu.be/KLFxTZRiRiU>
- **The COOPERATION is part of the TRAINING (DISCLIPINE??? OR SYSTEMS???)**
- **THE TRAINING PROCESS IS BASED ON 3 METHODS:**
 - Analytical
 - Synthetic
 - Global
- **EVERY TRAINING ONE BASIC PHILOSOPHY:
I READ 2 PLANE 3 DO**
- **TO IMPROVE THE INDIVIDUAL TECHNIQUE the POSITIVE REPETITION
are IMPORTANT**
<https://youtu.be/mmL4le7jlbk>
- **WHAT DOES THE SPORT WANT (PERFOMANCE MODEL)?**
<https://www.youtube.com/watch?v=ILk8Yai3Wo>
<https://youtu.be/7NONK2EtII0>

LONG TERM PROCESS

WHAT IS A TRAINING PROCESS? TO DISCIPLINATE??? TO TAME??? TO BREED???

MAIN A TEACHING PROCESS

TO TEACH IT MEANS TO EDUCATE

TO EDUCATE IS COMING FROM THE LATIN WORDS:
EDUCERE OR EX+DUCO
TO BRING OUT

OBSERVATION

LISTENING

STUDYING

DIALECTIC APPROACH

ADAPTATION

EQUITY

SIMPLICITY

COOPERATION

COHERENCE

CONSISTENCY

MY LATVIAN EXPERIENCE

**SENSE OF
GUILTY**

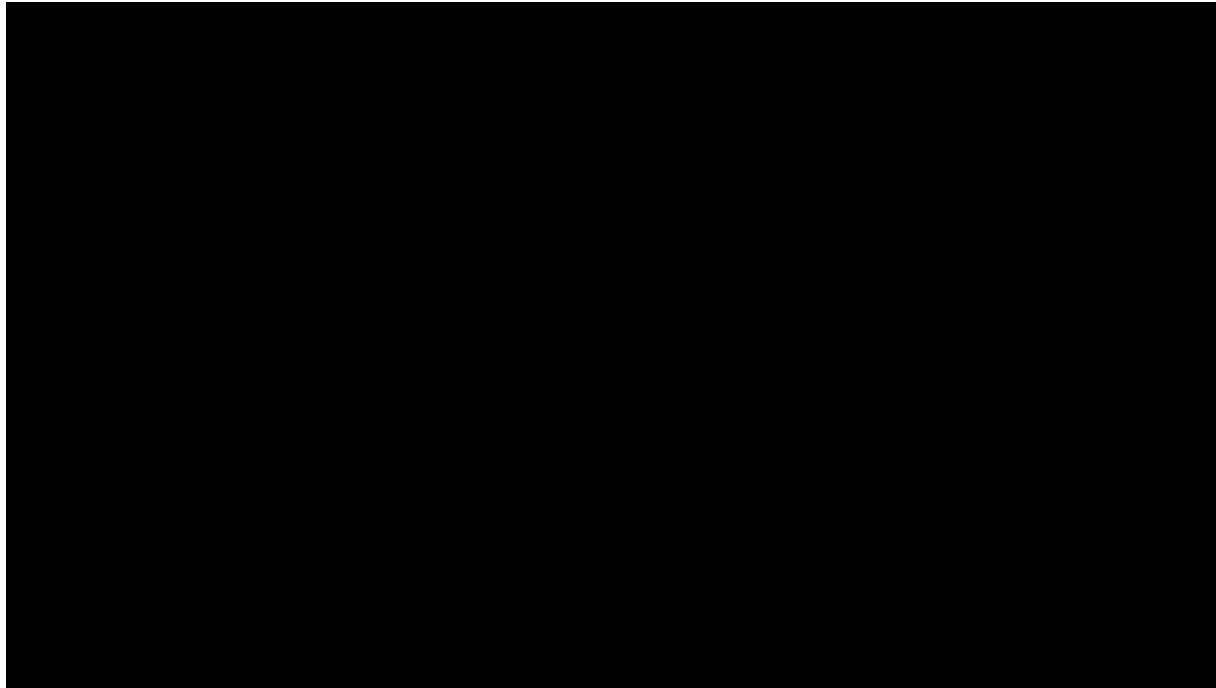
FEAR

VS

**THE RIGHT
TO MAKE
MISTAKES**

HOW IS GOING THE "FIGHT"???

<https://studio.youtube.com/watch?v=GSXYHqs0KPo>



“WATCH YOUR THOUGHTS, THEY
BECOME YOUR WORDS; WATCH
YOUR WORDS, THEY BECOME
YOUR ACTIONS; WATCH YOUR
ACTIONS, THEY BECOME YOUR
HABITS; WATCH YOUR HABITS,
THEY BECOME YOUR
CHARACTER; WATCH YOUR
CHARACTER, IT BECOMES YOUR
DESTINY.”

-LAO TZU-

WHAT WE THINK WE BECOME

Thanks a lot for the opportunity