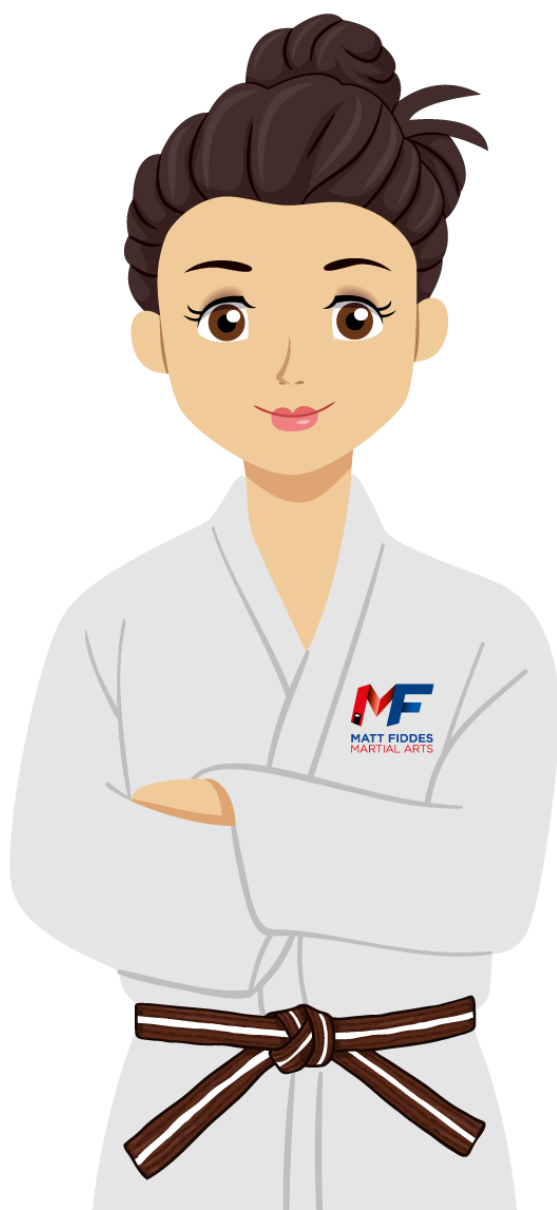


# MF BROWN STRIPE BELT PHILOSOPHY

## 4 Areas of Mental Focus

1. Rate yourself on a scale of 1 - 10
2. Am I the sharpest in the class?
3. Is it real?
4. Am I Improving?



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