

5.1 READ THE ARTICLE

## Training 0: Be There

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### Purpose

This drill trains you to be able to comfortably BE there.

### Position

You and another person are seated about three feet apart, facing each other with your eyes closed.



## **Instructions**

There is no conversation. This is a silent drill. There is no twitching, moving or anything else. Just sit there and BE there. You will usually see blackness or an area of the room when your eyes are closed. COMFORTABLY BE THERE.

## **Patter**

There is very little coaching used in this drill.

The coach says "Start" to begin the drill. The coach uses "That's it" to end the drill or to point out an error to the student. For example, if the student falls asleep, the coach says, "That's it. You went to sleep. Start."

## **End Result**

The drill is done until you can comfortably BE there.