

How to Strengthen and Maintain Your 2-On/2-Off Contacts Syllabus

Lesson 1: Forward Focus & Control Over Reinforcement

Lesson 2: Level One and Level Two Proofing Games

Lesson 3: Level 3 Proofing, Game 1 - Short Ones from Ahead

Lesson 4: Level 3 Proofing, Game 2 - Short Ones from Behind

Lesson 5: Level 4 Proofing, Games 1 & 2

Game 1: Back & Forth Game from Ahead

Game 2: Figure-Eight

Lesson 6: Level 4 Proofing, Game 3 - Back & Forth Game from Behind

Lesson 7: Level 4 Proofing, Game 4 - Loop work

Lesson 8: Competition & On-Going Maintenance