

## Step 1 Theory Classes

☐ Behavior Modification

☐ Event Marker

☐ Stop Signal NO

☐ Stress 4F's

☐ Training vs Competition

☐ Classical Conditioning

☐ Helping tools

☐ Direct & External Reward

☐ Opposing Commands

☐ Stairs to success

☐ The 4 Quadrants

☐ More on Timing & Dosage

☐ Learning Pyramid

☐ Our Training System