

PDR Self Mastery Formula (PDR Training Cheat Sheet)

Treat yourself like a good one on one trainer would

- What your trainer knows
  - you know what bad repairs look like
  - You know when you make a mistake
  - you need your feet held to the fire on some key things
  - and to let you off the hook at times



- tricks
  - Give you fixable dents
    - the only way to make a dent
    - you are convinced you can fix even large dents

rounded rubber mallet \$8 <http://amzn.to/PxPBsy>

first question I ask

Did you make your dents properly?

- yes
  - rounded rubber mallet or tire tool
- no
  - no golf balls
  - ball pein hammers
  - nothing smaller than a softball
- body shop example
  - we're just working on existing dents
- why?
  - you must be convinced of your potential
- hold your feet to the fire on the type of dents

- skip this and you are not serious about learning
- a trainer will not let you skip it

How to practice

- fundamentals
  - sports team loses
  - Monday its back to basics
- start with finding your tip in undented area
- work on small dents about the size of a dime (10-15mm)
- Move up to nickel size (20mm)
- then quarter and half dollar (25-30mm)
- Sharp dents created with knock down tool

If you find yourself struggling:

- Go back to dents you can fix
- brain must see you as a success
- You must see your tool movement clearly in undented metal
- Remember this is practice
- PDR is not rocket science
- Others have learned it, some with no training at all. I can do it to.
- Dent Dr. example
- Did you make your dents properly?
- be kind to yourself like a trainer would
- Not expect more than your level of skill can deliver
- Remind yourself all who are now good, were once where you are now

Common mistakes starting out

- making dents too sharp
- Light placed wrong
- dragging the tool
- not releasing pressure when reading dented area
- thinking there is some mystical secret you're not being told
- Not believing in yourself
- Non supportive environment
- keep tool in contact, but no pressure
- how you practice matters
  - one hand on tool and the other on computer mouse
  - in front of tv
- set yourself up to win
  - what you measure gets improved
  - practice log
  - have fixed amounts of time for practice
  - don't stay on chewed up dents
  - other techs are trying to keep you out
  - forums and fb groups
  - tainted advice
  - beware the industry darlings