

# WEEK 1: KEY TAKEAWAYS

12 things to remember from Learning to Fall

## 01. [AI]KIDO™

Don't fight the LLM. Learn its tendencies and redirect its energy. The goblins want to help -- guide them, don't wrestle them.

## 02. LEARN TO FALL

Breaking things is how you truly learn. There's always a safety net. Give Claude one folder to work in. Small experiments first.

## 03. START SMALL

Begin with widgets (contact forms, sign-ups) before building complex systems. The first things RJ ever built with Claude were widgets.

## 04. THE TWO KILLER QUESTIONS

"Does that make sense?" + "Please explain that back to me." The entire class was worth those two questions together.

## 05. FRONT ROW PROTOCOL

When things get confusing, step back and look at the big picture. "Let's go sit in the front row. Look at the entire stage."

## 06. CLAUDE.MD IS EVERYTHING

Write it once, Claude remembers forever, update anytime. About Me, How I Work, My Projects, Hard Rules. One file changes everything.

## 07. KNOWN vs. UNKNOWN QUANTITIES

Be brief with familiar concepts (spreadsheets, forms). Be detailed with creative or unique work (your world, your brand).

## 08. AI DOES WHAT YOU SAY, NOT WHAT YOU MEAN

Be specific. Check the output. Always. "I asked for it" does not equal "it happened right."

## 09. TWO-ATTEMPT RULE

Two tries at a fix, then research mode. "Time to sharpen the axe." Never let Claude keep guessing down rabbit holes.

## 10. INPUT, PROCESS, OUTPUT

Every computer operation follows this pattern. Every widget you build follows it. Remember this and you will feel safer using computers.

## 11. CONNECTIONS EXTEND CLAUDE'S REACH

Email, calendar, Slack, Google Drive, and more. Claude can reach into connected tools and pull what you need.

## 12. ALWAYS BE BRANDING

Custom widgets > generic forms. Make everything reflect your world. You are the creator of worlds. Choose to reflect that in everything you produce.

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## **HOMEWORK FOR WEEK 2**

- Write your Claude.md (About Me, How I Work, My Projects, Hard Rules)
- Optional: Build a widget
- Submit to [rj@blackbeltbots.com](mailto:rj@blackbeltbots.com)
- Week 2 is LAB WEEK -- bring everything you've built or broken!