

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.

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
- Week 2 is LAB WEEK -- bring everything you've built or broken!