

# NO BS AI

CLASS MATERIALS

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## Week 7: Key Takeaways

*(The Dojo — The 12 Things That Matter)*

Pilot Class // May 2026

Instructor: RJ // Platform: Rippily

*The Goblin Mining Cave // Print Edition*

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# The Dojo — The 12 Things That Matter

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*"You are always the tallest person in the room."*

— RJ, Week 7

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## SECTION 1: THE 12 TAKEAWAYS

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### 1. We learn at the edge of what we know

The most important sentence of the day. Said twice. Take something you already understand and build on top of it. When a concept won't land, ask Claude for a physical analogy you can actually hold in your head.

### 2. Goblins love boundaries

Goblins, unlike puppies, LOVE FENCES. *"This is my playground, fantastic."* When you give them too many options, they get confused. When you say *"you cannot go beyond this fence"* — it's so much easier for them. NotebookLM is just goblins with a fence written down. You can do this anywhere.

### 3. You are always the smartest person in the room

Goblins have huge hearts and smaller brains. They want to bring you an answer — ANY answer — at the fastest possible speed. You are the director. You can always say *"that's not a good idea, let's do it this way."* That's not rude. That's the job.

### 4. Fabrication is not malice — it's enthusiasm

When the goblin makes something up, it's not against you. It's a tiny creature that loves you and wants to serve, who needed more direction. Redirect that energy. Don't reprimand it. Show them where the truth lives.

### 5. Talk to your goblins BEFORE you send them off

*"Correct them before they leave the house."* Don't ask "do you understand?" — ask *"reflect that back to me."* If they haven't got every detail, fix it now, not after they come back with a popcorn bucket instead of groceries.

## 6. Connect the dots BACKWARDS

Don't be the kid filling in the dot-to-dot picture. Be the architect:

- Here's what I have to give you
- Here's where I want to get to
- Here's what I'm going to do once I'm there
- What the hell are the steps in between? Explain it to me like I'm five.

## 7. Sonnet is your workhorse. Opus is the symphony.

Model	Job
Haiku	Short answers. Fact-finding.
Sonnet 4.5	Daily driver. System design. Building.
Opus 4.7	Big complex symphony work. Don't burn it on simple stuff or you'll wait five hours every ten minutes.

## 8. Spreadsheets are for structured stuff. Documents are for prose.

The basement jar analogy: looking through unmarked boxes takes forever. Labeled jars on a shelf — you can scan from the stairs. If your info has repeating fields (recipe, character profile, business data), it goes in a spreadsheet. If it's prose, narrative, or system rules, it goes in a doc. **When in doubt, ASK Claude which would be better.**

## 9. The Change Log keeps Claude caught up

In software, every project has a change log: *"On November 23rd, we changed this and squashed that bug."* RJ keeps one on every project. Pair it with the */carry-on* skill from Week 6 and your goblins always know exactly where to pick up.

## 10. Build the Master Command Center one widget at a time

The Helm wasn't built in a day. RJ built one widget. Then another. Then said *"Claude, make these talk to each other."* Each part is small. The whole is enormous. **Do not try to build it all at once.**

## 11. Don't FIGHT the goblin's nature — work with the rhythm

The instinct when frustrated is to write harder rules, get more prescriptive, demand the goblin behave. That makes things worse. [AI]Kido = blend with the energy. Goblins WILL bring back an answer. Goblins WILL improvise. Your job is to set up the conditions so when they fetch, the right thing is in reach.

## 12. Give every character a BRAIN, not just a personality

Personality is voice. Brain is information. If you've built a fictional character (or a client persona, or a niche audience), give them BOTH:

- A document with their voice, history, mannerisms
- A spreadsheet with their codified knowledge, references, key facts

Then Claude can BE them, not just imitate them.

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## SECTION 2: HOMEWORK CHECKLIST FOR WEEK 8 (LAB)

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This week's mining assignment — bring it to lab whether it's working, broken, or stuck:

### Required (do at least ONE):

- **Build a brain for one character or project** — .md file with personality + spreadsheet with codified knowledge
- **Try the Boundary Pattern** — write the "fence" into one of your project.md files: *"These are the total boundaries of your world. The documents in this folder. Never go anywhere else."*
- **Sketch your Master Command Center** — even on paper. What do you want to see when you wake up? What do you check daily? What gets buried? Bring the sketch to lab.

### Bonus (if you're flying):

- **Try a scheduled task** — set up a daily morning briefing in Claude (Tier 0, free)
- **Build the change log habit** — start a CHANGELOG.md in one project this week
- **Migrate one thing** — like Hermie did. Pick a website, an event calendar, a PDF library. Move it to your stack.

### For Jamie specifically:

- Each character gets an .md
  - Each character gets a spreadsheet
  - All link back to your primary world .md
  - Test it. Verify Claude is pulling from your boundaries only.
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## SECTION 3: THE THREAD ACROSS ALL THREE LEVELS OF [AI]KIDO

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Just so you can see the arc as one shape:

### LEVEL 1 — OBSERVATION

*"Study before you scold."*

Watch how the goblins work. Get to know YOUR goblins. They will always bring back something. They will fabricate when stuck. They get excited and forget the task. None of this is malice. All of it is observable.

### LEVEL 2 — ORCHESTRATION

*"Always the tallest person in the room."*

You direct. Goblins fetch. Some get it right. Some go off task. Some make up numbers. You're not in any of the chaos — you're at the platform, redirecting one goblin, encouraging another, watching the room. Authority through engagement, not force.

### LEVEL 3 — TRANSLATION

*"Redirect to where the truth lives."*

The fabricated scroll, the wrong fetch, the off-task moment — you kneel down. You meet the goblin where they are. You gently turn them toward the real ledger. They learn. They feel guided. No shame. Just light pointing in the right direction.

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## SECTION 4: WHAT'S COMING

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Week	Type	What
8	Lab	Bring your homework. Get unstuck.
9	Teaching	Master Command Center deep build
10	Lab	Build your dashboard
11	Teaching	Building for clients (the back-of-the-arc reveal)

You're at week 7 of 12. *"How the hell did we get here?"*

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***"Goblins are so great at logic."***

***— RJ, on what to delegate***

***"I'm a hundred times more excited than I'm here now."***

***— Jamie Buckley, mid-class***

***"Run along, little goblins. We love you."***

***— RJ, Week 7***

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**End of Week 7 — The Dojo**