

# PUGLAR SEASONAL DRILL CARDS

## COLD — JOINT LAW

- Longer warm-up
- Breathe through nose
- Shorter hangs
- End early

"Cold teaches patience."

## COLD — LOAD

- Lighter loads
- More trips
- Slower set-downs

"Preserve heat, preserve service."

## HEAT — WATER LAW

- Drink before thirst
- Shade pauses
- Reduce load

"Heat punishes ego."

## HEAT — FLOW

- Short flows
- Longer rests
- Stop before dizziness

"Clarity first."

## RAIN — FOOTING

- Place steps
- Test surfaces
- Lower hips

"Rain reveals truth."

## RAIN — SUSPENSION

- Short hangs
- Controlled releases

"Wet lies to no one."