

# PUGLAR YOUTH TRAINING CARDS

## PLAY & FLOW

- Crawl
- Roll
- Climb carefully

"Joy trains balance."

## CARRY LIGHT

- Light loads
- Many trips

"Grow slowly."

## WATCH ELDERS

- Copy movement
- Ask little

"Wisdom moves quietly."

## STOP EARLY

- No pain
- End smiling

"Return tomorrow."