

Post Bootcamp Action Guide

Why did you take the bootcamp? What are your goals? By when? (intention) what is your intention? Is it to own your masculinity? Is it to get married? Is it to sleep with multiple girls?

What is it going to take from you?

How are you going to reach your goals logistically?

How can you incorporate pick up into your daily life?

Commitments after bootcamp are the following:

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*Remember, the real results are created through time, practice, and self-reflection. Bootcamp is not a magic pill you take and suddenly you're a God (although it can certainly feel like it at times). Take responsibility and hold yourself accountable by continuing your journey and growth after bootcamp. If you find yourself lacking the motivation even if you have a wingman. We have resources that you can have access to.

How to get the best out of your post boot camp experience:
Incorporate these challenges to your practice!

Run Body Language and Improv + Storytelling Drills By Yourself And With Wingmen

SCHEDULE (see worksheet):

Have Different Challenges Per Month

- Month #1: Approach 100 sets in a month and then reward yourself
 - Month #2: Make BT and Banter your bitch; practice making girls laugh
 - Month #3: Go for every single number close in every set you approach, even if they're on the verge of walking away
 - Month #4: Create your dating funnel; call all the numbers, setup dates, and create a monthly social circle party for you and your wingmen
 - Month #5: Work on sexual escalation and go DIRECT 24/7. Practice sexual compliance testing and kiss closing on any sets that last more than 12 minutes.
 - Month #6: Evaluate if it's time to take another boot camp or long term training
- Regardless of how you did, tally your results, keeping a counter/numbers of your results

1. Game on a weekly basis minimum 3 days/nights a week. Do a combination of both night a day game (this number is based on results).

- Venue research (research your local bars, clubs, restaurants, parks, etc)
- Ask local hot girls which venues they go to
- Keep track of who the promoters/doorman/hostess/owner/bouncers are. Remember names!
 - Are your venues target rich?
 - Do your venues have isolation areas?
 - Is your venue 10-15 minutes away from your pull location?
 - Create a notepad on your cellphone and track notes of each location

2. Write out field reports for every infield and post on Club Khan so the coaches can continue to support you in your sticking points. Field reports are how progress is tracked and knowing your own sticking points. See page 3

- Write out your field reports in ABCDEF format
- Include as many infield pictures as you can
 - Is any of the coaching from the coaches making any sense to you?
 - What areas can you improve on? How?

*Do not be concerned about whether the field report is "good" or "bad". The more you textualize

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your thoughts, it allows you to become a lot more self aware of where you are in game and who you are as a person. It's almost the same exact process as journaling

3. Look for local wings to wing up with even if they are outside of ABC's. If they are bringing value to your game, offer to pay for their food, uber, or drinks.

- Reach out to look for wings. Don't wait around expecting wings to hit you up. Take initiative!
- Bring value to the community and your wing with field reports
- Are you usually the one opening or are you being a leech and letting your wing do all the work?

4. Solo game itself is a different experience when you don't have a wing to rely on. It also increases your learning curve.

- Solo game a minimum of one day a week
- Are you always going to rely on a wing?
- What if there are no wingman available? Are you going to use that as an excuse to not game?

5. For extra infield products and research go through the members website

- See "continuing education" on page 5
- Reach out for coaching and continuing your education/self development. These include Katie's fashion day (Outer game), Katie's date critique (Day 2's), Andrew's 1 on 1 (Inner game), Loii's Skype session (Tinder/online game), Sebastian's weekly calls (coaching).
- Why limit your knowledge to only night/day game?

6. Keep track of your statistics and progress with a spreadsheet/excel

Example by Thomas:

2016 (from Jul. 1 to Dec. 31)

Approaches	Contact info	iDate	Date 1	Date 2	Date 3	Date 4	Lays	SDL[1]
367	107	14	26	9	3	1	11	1
	29.16%	3.81%	7.08%	2.45%	0.82%	0.27%	3.00%	0.27%

Approaches by cities

Kiev	106	29%
Prague	88	24%
Budapest	52	14%
Tallinn	49	13%
Vilnius	37	10%
Paris	22	6%
Bucharest	13	4%

Approaches by location types

Street	211	57%
Mall	132	36%
In-Store	22	6%
Coffee shop	2	1%

IMPORTANT

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There is a difference between studying and applying. Pickup is a skillset and an art form. In order for results to be created it requires initiative, application and self-motivation. You are not going to get good picking up women by reading about them all day secluded in your room. For every 1 hour of study whether it's through books/videos/info graphs, take 2 hours to practice and apply what you have learned. This also becomes a journey of trial and error, you get to figure out exactly what works for you and what doesn't.

Long Term Goals:

- Go to the gym on a daily/weekly basis
 - Maintaining your health/fitness increases both your inner and outergame

- Develop a fashion identity
 - Remember, you have to play the cards you are dealt. If you are not stereotypically "good looking", it does not hurt to boost your image. You want to take advantage every single possible way to increase your odds for success even if it's by 1%
 - The long term goal is to create a sexual identity (after all, you are not your job). Women are not sexually attracted to your job, they have to be sexually attracted to YOU (not an engineer, not an IT guy, etc). What is the sexual identity that you will create and project that she will find sexually attractive?

- Hairstyle and grooming
 - The way you groom your hair also increases your odds. If you look at every male fashion magazine, high sexual valued males groom and do their hair a certain way
 - Research hairstyles that suits your facial structure and is easy to maintain
 - Air-dried hair and bowl cut (ie Asian bangs) scream "Asian FOB" or "asexual foreigner"
 - It doesn't matter if you're Asian and don't smell, wear cologne, deodorant and other body odor controlling devices including breath control.

- Pimping out your house
 - Maintaining a clean and odorless house
 - Your house should be female friendly
 - Comfortable bed with lots of soft pillows
 - A decent alcohol collection (wine, liquor, and know how to make your basic cocktails)
 - Your bathroom is your best wingman: Keep It Clean!
 - Have chick crack (things a woman would find interesting or participate in a couple activity like hookah, hot tub, guitar, candles etc)
 - Messy and disorganized is ok, but dirty and disgusting is not
 - Good style and decorations to show that you are a good host and not an asexual hermit who plays video games
 - If you have roommates, discuss ground rules for having female company over or when you do an afterhour party when you pull

Month _____

Continuing Education

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Week 1 _____

_____ Field Report

_____ Field Report

_____ Field Report

Week 2 _____

_____ Field Report

_____ Field Report

_____ Field Report

_____ Field Report

Week 3 _____

_____ Field Report

_____ Field Report

_____ Field Report

Week 4 _____

_____ Field Report

_____ Field Report

_____ Field Report

Members Site Material

Long Term Training

Immersion/Euro-tour

Las Vegas Immersion

1 on 1's (Andrew's Inner game, Katie's Day 2/Fashion critique, Ozzie's Day Game, Jeff's Polyamorous game, etc).