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Dominance

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I have long held the opinion that for many the first year of a top's life is spent training their hands. Their mental focus is how to handle implements. When their hands become automatic and skilled, the mind begins to wander. This may be the moment that dominance begins. It is when there is a need for "more."

Where do tops go from here? How do we develop ourselves after the first 3 years? 5 years? 10 years?

Catherine

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