

Chapter 1 : The Ruler Trick | Popular Woodworking Magazine

The Ruler Trick on Popular Woodworking Magazine | Radically reduce the time it takes to prepare and sharpen a plane iron with the help of a \$5 steel ruler. Radically reduce the time it takes to prepare and sharpen a plane iron with the help of a \$5 steel ruler.

Cognitive maps[edit] Heuristics were also found to be used in the manipulation and creation of cognitive maps. Cognitive maps are internal representations of our physical environment, particularly associated with spatial relationships. These internal representations of our environment are used as memory as a guide in our external environment. It was found that when questioned about maps imaging, distancing, etc. These distortions took shape in the regularization of images i. There are several ways that humans form and use cognitive maps. Visual intake is a key part of mapping. The first is by using landmarks. This is where a person uses a mental image to estimate a relationship, usually distance, between two objects. Second, is route-road knowledge, and this is generally developed after a person has performed a task and is relaying the information of that task to another person. A person estimates a distance based on a mental image that, to them, might appear like an actual map. These are presented in five ways: Right-angle bias is when a person straightens out an image, like mapping an intersection, and begins to give everything degree angles, when in reality it may not be that way. Symmetry heuristic is when people tend to think of shapes, or buildings, as being more symmetrical than they really are. Rotation heuristic is when a person takes a naturally realistically distorted image and straightens it out for their mental image. Alignment heuristic is similar to the previous, where people align objects mentally to make them straighter than they really are. Another method of creating cognitive maps is by means of auditory intake based on verbal descriptions. A good example is a model that, as it is never identical with what it models , is a heuristic device to enable understanding of what it models. This means that the "ideal city" as depicted in The Republic is not given as something to be pursued, or to present an orientation-point for development; rather, it shows how things would have to be connected, and how one thing would lead to another often with highly problematic results , if one would opt for certain principles and carry them through rigorously. Law[edit] In legal theory , especially in the theory of law and economics , heuristics are used in the law when case-by-case analysis would be impractical, insofar as "practicality" is defined by the interests of a governing body. In truth, actual investors face cognitive limitations from biases, heuristics, and framing effects. For instance, in all states in the United States the legal drinking age for unsupervised persons is 21 years, because it is argued that people need to be mature enough to make decisions involving the risks of alcohol consumption. However, assuming people mature at different rates, the specific age of 21 would be too late for some and too early for others. In this case, the somewhat arbitrary deadline is used because it is impossible or impractical to tell whether an individual is sufficiently mature for society to trust them with that kind of responsibility. Some proposed changes, however, have included the completion of an alcohol education course rather than the attainment of 21 years of age as the criterion for legal alcohol possession. This would put youth alcohol policy more on a case-by-case basis and less on a heuristic one, since the completion of such a course would presumably be voluntary and not uniform across the population. The same reasoning applies to patent law. Patents are justified on the grounds that inventors must be protected so they have incentive to invent. In the United States, the length of this temporary monopoly is 20 years from the date the application for patent was filed, though the monopoly does not actually begin until the application has matured into a patent. However, like the drinking-age problem above, the specific length of time would need to be different for every product to be efficient. A year term is used because it is difficult to tell what the number should be for any individual patent. Johnson, have argued that patents in different kinds of industries " such as software patents " should be protected for different lengths of time. Stereotypes, as first described by journalist Walter Lippmann in his book Public Opinion , are the pictures we have in our heads that are built around experiences as well as what we are told about the world. The heuristic is derived by using some function that is put into the system by the designer or by adjusting the weight of branches based on how likely each branch is to lead to a goal node. Critiques and

controversies[edit] The concept of heuristics has critiques and controversies. The "We Cannot Be That Dumb" critique shows that the average person has low ability to make sound and effective judgments. Wikibooks has more on the topic of:

Chapter 2 : Heuristic - Wikipedia

Suppression Techniques that we refer to as ruler techniques are, according to A...s, either methods employed to obtain or maintain negative power over other people, or ways to assert oneself by oppressing other individuals.

Persian Rulers Cyrus the Great and Darius Both Cyrus and Darius were Kings of Persia who expanded the empire by conquering vast territories and overseeing what their people were doing. Cyrus ruled for only twenty years, from BC to BC. Darius took over after the short rule of Cambyses, and used different approaches than Cyrus to continue building upon the Persian empire. While Darius ruled for a longer time than Cyrus, his methods were not nearly as welcoming to the people and he was not the same kind of benevolent ruler. Cyrus was a conqueror who, like most rulers of great civilizations and empires of the past, focused on expanding the empire and leaving a legacy behind him. But most leaders of great conquering empires ruled by force and intimidation. They believed fear was the way to prevent uprising for no one would dare to challenge their authority knowing the punishment for taking such actions. Cyrus disagreed with this approach. He believed in uniting the conquered peoples with his own people of Persia, and treating those he conquered as equals to those in his own service. Cyrus believed in showing honor and respect to the leaders he conquered and often keeping people who held power in the same positions of authority which they held before he conquered them. In , Cyrus conquered the King of Medes, who was his father-in-law at the time. He immediately united the people of Medes with the Persians and allowed them to keep their religious and cultural beliefs. Whereas most leaders considered it a sign of their power to change the culture of a conquered people and force them to adapt the beliefs of the leader and his own people, Cyrus believed this approach would only bring resistance. He let people keep their own cultural identities claiming that it was the way to avoid rebellion. Not only did Cyrus unite the people of Medes with his own people, whereas other rulers might have kept them off to the side and perhaps even enslaved them as a humiliated and conquered people, but he also allowed them to keep their systems of living. By doing this he was upholding the strength of the empire by keeping strong leaders who were well-practiced in their positions, serving the same roles. He was also giving these people in high-powered positions, kind treatment and little reason to rebel. In , Cyrus captured the kingdom of Lydia and gained access to the Mediterranean Sea and control of several Greek city-states. He now had a position to attack Greece if he so desired, but Cyrus was not so greedy as to attack just because he could. Instead of Greece, Cyrus looked toward Mesopotamia, and he conquered them without even a fight. Cyrus did this by finding the tribes who had trouble with the Chaldeans, who controlled Mesopotamia, and allying himself with these tribes. Judge, By the time he was ready to march into Mesopotamia, the Chaldeans saw the opposition that was headed in their direction, knew that they would not be treated poorly by Cyrus, and allowed themselves to be conquered. A leader who could conquer powerful peoples without even a fight was truly great. Cyrus allowed people under his authority to live where they wanted. When he conquered an area, such as Babylon, he allowed the enslaved Jews who were living there to return to their homeland of Jerusalem. Cyrus even encouraged these people to rebuild their temple once they arrived in their land. He knew that he would reap the rewards of this through taxes that would flow into the Persian empire, but more importantly he would have the support and gratitude of the Jewish people. Darius did not share the same approach. Darius was not a leader of the people and used authority and even spies to make sure that his rule was followed and went unquestioned. Cyrus tried to make allies out of the people he conquered and welcomed them into his empire. He did not permit tolerance of religious and cultural beliefs in the manner that Cyrus had done before him. Darius divided the empire into twenty provinces and called these provinces satrapies. The men he put in charge as governors of these areas were known as satraps. But Darius did not trust these men either, for most of them were not Persian, and so he had his own spies watch over the satraps in disguise and report back to him if anyone in the province seemed disloyal. As Darius continued his reign, he began to change his approach to leadership, more in the favor of the techniques used by Cyrus. Darius built a royal road system where messages could be delivered throughout the provinces at great speed. This opened up communication and allowed Darius to see that his authoritative approach was no longer necessary. He now

began to allow his messages to be spread by persuasion, rather than by force. Darius was beginning to learn that a benevolent ruler was one who would have the trust and support of his people. Cyrus and Darius were both leaders who expanded the Persian Empire and were together responsible for the first polyglot multi-ethnic empire in history. Cyrus began with the land of Iran and then he and Darius continued to spread over the lands of Mesopotamia, Egypt, and the Indus River Valley. Yet despite their similar conquests and incorporation of the new areas into the Persian Empire, Cyrus and Darius were very different rulers. Cyrus believed in showing benevolence to the conquered people and allowing them to keep their cultural ways. In this way, he was different from other rulers who came both before and after him. Darius began his rule as an authoritative figure, who did not show mercy to conquered peoples, but instead ruled through fear and the threat of punishment.

Chapter 3 : Rule of Thirds in Photography

Cool quilt tools and techniques: Square up your fabric, cut accurate quilt pieces fast & accurately with no fatigue. Sew consistently accurate scant 1/4" seam allowances using our Prep-Tool.

There The division of the Roman Empire after Diocletian is more complexity in these empires than the above maps show. The Roman Empire, under Diocletian, was divided into several administrative zones, which led to the establishment of a western Latin empire and an eastern Greek portion see map on the right. The later would continue as the Byzantine Empire for another thousand years after the western side fell in C. The antagonism between the Persians and Greek civilization would provoke the wrath of Alexander the Great, whose conquest of Persia ended the Achaemenid Empire. This conflict evoked the most famous political propaganda in Roman history, the Augustus of Prima Porta on the left. Brazened on the breastplate of Augustus is the Parthian general returning the battle standards lost to the Romans in earlier defeats, a great diplomatic triumph for Caesar Augustus. The collapse of the Sassanid Empire in C. One result of these Persian Empires was the diffusion of religious ideas associated with Zoroastrianism. Empires and states developed new techniques of imperial administration based, in part, on the success of earlier political forms. Empires are large and diverse. As they expanded during the classical age, ruling them became more difficult. Governments had to implement methods to project power over large areas, something that presented a challenge in the age before modern transportation and communication. Drawing from the successes of earlier civilizations, empires in the classical age were able to centralize their power and rule over vast domains. A centralized government is one in which most decisions for the entire state are made by one executive power. This usually involves one leader, or a small group of individuals, having authority over all regions of a state from a single location, such as a capital city. Although all states are necessarily centralized to some degree, some governments can lean more toward decentralization. A decentralized government allows more control and decision making to be made at the level of local provinces or counties. An illustration would be a school in which the administration allows teachers to create many of the rules and procedures for their own classrooms, as opposed to a more centralized system in which an administrator micro-manages every aspect of the classroom from an administrative office. Each of these models of government has its own pattern of strengths and weaknesses. Although decentralized governments put people more in touch with the powers that govern them, they often find it difficult to unite for the common good in times of crises. Centralized states can be efficient, but require some apparatus to project power and hold distant provinces together. They can also be the target of blame when people become discontented. Although a time of conflict and strife, this period was one of the most fruitful in terms of intellectual output. In the quest to understand how China could have fallen into a period of instability, great thinkers pondered questions such as "What is the best form of governance? The Period of Warring States ended when the warrior Qin Shi Huang centralized power and destroyed regional opposition. Although it lasted only 14 years, the Qin Dynasty set in place many important aspects of Chinese civilization. The Qin Dynasty and its administrative regions. Each region was subdivided and placed into the bureaucratic chain that enabled the emperor to have his hand in every area of the empire. The Qin emperor is best known for his famous tomb discovered in The amount of man power and resources required to build this tomb display the centralized power of emperor Qin Shi Huang. One of the most important things the Qin did was create a bureaucracy. Bureaucrats are employees of the state whose position in society, unlike nobles or aristocrats, does not rest on an independent source of wealth. Members of the bureaucracy only had positions and power as granted by the emperor. Land owning aristocrats, on the other hand, have large estates and personal fortunes to fall back on; they have a vested interest in influencing the government in their personal favor. Aristocrats also tend to make decisions based on what is best for their location, thus becoming a decentralizing force. By assigning bureaucrats to regions, the Qin bypassed the powerful aristocracy and governed through those whose position depended on loyal obedience to the state. Additionally, the practice of Legalism reinforced the bonds of obligation between bureaucrat and superior. In this manner, the bureaucracy became a tool of centralization for China and placed the entire empire under the leadership of the Qin

emperor. A bureaucracy is an hierarchical chain of authority that allows a central leader to project power across a large area divided into many administrative regions. In order to bring unity to China, the Qin also built roads and bridges, constructed defensive walls, standardized units of weight and measurement, created a standard currency, and made one common form of Chinese writing. The harsh Legalism of the Qin allowed it to do much during its short reign of 14 years, but this same strict political philosophy also generated much resentment among the common people. As soon as the emperor died, the people revolted and slaughtered many of the remaining Qin officials. Unlike previous eras, Chinese civilization did not regress into chaos for long. The Han dynasty came to power and ruled China for about years, roughly B. The ability of the Han to maintain a strong central government over such a vast area was greatly facilitated by the Qin reforms under Legalism. Under the leadership of emperor Han Wudi, the Han Dynasty is responsible for some very important innovations that would have a lasting effect on China: The Han adopted Confucianism because it was the most organized educational network from which they could draw people for the bureaucracy. To make certain new recruits were educated well, they began testing them through a rigorous system of civil service examinations; to be in the Han bureaucracy, one had to demonstrate a mastery of Confucian ideas on these tests. One effect of this was that the Han bureaucracy was filled with people profoundly influenced by Confucian thought. They were taught to model good behavior for those under them and to respect and submit to those in authority over them. Thus Confucianism not only became deeply embedded in Chinese culture, it also came to re-enforce the political bureaucracy by advocating obedience and benevolent rule. Although Alexander left no lasting impression on India, he did clear out several small Aryan states and create the power vacuum which allowed Chandragupta Mauryan to establish his namesake dynasty. Under Mauryan rule much of the Indian subcontinent was united for the first time under one central government. The Gupta Empire was smaller and concentrated in the north. Chandragupta maintained his bureaucracy with a systematic use of spying, brutality and intimidation. The most important ruler of the Mauryan dynasty was Ashoka. He retained the bureaucracy created by this grandfather Chandragupta, but imposed a system of law across his empire known as the Edicts of Ashoka. These rules brought cohesion and legal consistency across the empire, as the Code of Hammurabi did for the Babylonians. Thus Ashoka relied on both a bureaucracy and a codified legal system to centralize his rule. He created central organizations to ensure that his edicts and policies were carried out across his empire. When Ashoka died the Mauryan empire soon crumbled. After a period of disorder and regional kingdoms, the Gupta Dynasty emerged and once again united India under a single government. The Gupta empire never grew to the size of the Mauryan. The organization of their empire was considerably different as well. Ashoka used the bureaucracy to manage most details of the empire. The Gupras, on the other hand, let most decisions and policy making up to local leaders. They also preferred to negotiate or intermarry with local rulers to keep the peace. Although they ruled over a smaller area than the Mauryans, the Gupta era was the greatest period of political stability in classical India. However, this lack of centralized rule came with an eventual price. The various regions of India had their own distinctions and were never integrated into the whole as they were under Ashoka. In fact, the Gupta empire would break along these regional divisions as the empire was threatened by internal corruption and nomadic invaders. After the fall of the Gupta dynasty, the Indian subcontinent would remain fragmented into regions for over years. Thus the pattern of rule in classical India alternated between large but decentralized empires and networks of disjointed regional kingdoms. As its territory expanded it grew from a monarchy, to a Republic, and finally became an Empire. The first laws implemented in Rome were the Twelve Tables. These laws were produced early in Roman history BCE in order to relieve tensions between the upper classes the patricians and the common classes the plebeians of citizens. The Twelve Tables, which guaranteed procedural equality and consistency in courts of law, was the first major concession won by the plebeians on their road to political equality and republican government. Roman The enduring influence of Roman law can be seen in this work on Natural Law. Jus gentium, or law of all nations, refers to universal principles that are true of all people. These are fundamental to being human and all societies have some version of them. They embody principles such as: The Romans thought these basic precepts were universal to all people; without them different cultures could not even engage in trade. Because they are universal, a foreigner in Rome could be charged for breaking one

of these principles even if that person did not see them written down. Ignorance can never be an excuse for violating jus gentium. By the second century C. After recognizing the general principles jus gentium that make society possible, the Romans realized that these general principles do not look the same within different societies; specific cultural norms and practices vary widely across civilizations. Thus the Romans came up with the idea of jus civile, or civil law. This codified system of law is what the jus gentium looks like inside a specific culture. They differ from place to place, but always manifest the general principles common to all people. For example, in all cultures it is wrong to cheat in trade. In both cultures cheating is wrong, but the written law concerning this principle looks different in both places. In short, general principles of right and wrong jus gentium are customized to fit the specific circumstances of local conditions; at the local level they become civil law jus civile. This system of law had coherence because it was based on principles thought to be universal to all men, and it had flexibility in that it allowed for local variances. Thus rendered, this system of law allowed Rome to administrate its massive empire with all its diverse cultures and local customs. After the Visigoths laid waste to Rome in C. You made of foreign realms one fatherland, the lawless found their gain beneath your sway; sharing your laws with them you have subdued, you have made a city of the once wide world. This took place through a variety of techniques: Diplomacy The Han acquired allies through diplomacy in order to defeat the Xiongu confederation. The Gupta Empire and the region of its tributary states.

Create more dynamic artwork with your oil pastels using the Rule of 3's. Watch how to blend your oil pastels to get a real oil painted feel. Visit my art web.

All of us are suffering. Here, we take a leaf out of his book by examining the facts when it comes to spot kicks. What are the laws of penalty shootouts? Penalty shootouts have been used to determine the winners of World Cup knockout matches since , in the event that teams are level after extra time. Teams face-off in a best of five contest with additional "sudden death" penalties taken if scores are level after five apiece. Prior to the kicks a coin is flipped to determine which team goes first. The regulations around run-ups are also important. Fundamentally though, there are two main ways to take a spot kick. By taking this type of penalty you are running the risk that the goalkeeper is going to guess correctly and dive to the side of the goal into which you are trying to score. It is therefore necessary to try to place your kick towards the extremities of the frame of the goal. Kane prepares for penalty Credit: Goalkeeper dependent This method involves waiting for the keeper to make a move before stroking the ball into the vacant part of the goal. However, if you succeed in waiting for the keeper to commit to one side of the goal, the other side of the goal becomes completely free and you need only roll the ball into the empty portion of the net Victor Moses did this expertly against Argentina in the third group game. Messi used to wait for the keeper to make a move, but changed tack and now has a worse record. Moses sends the keeper the wrong way Credit: And can England win one? Should they watch the keeper or pick their spot in advance? Should they hit in the direction of their natural foot or away from it? Should they do some research into game theory? It seems very obvious but preparing and practicing with purpose can, more often than not, be the difference between winning and losing in a penalty shootout. This might seem like overkill, but Lyttleton argues that preparing for the mental side of the situation is just as important as the practicing physical act of hitting the ball: Nothing motivates top-level athletes like competition - especially if the losers have to buy dinner for the winners. He controlled the situation perfectly. It seems likely that England have never been more prepared for penalties than they are at this World Cup and it is paying off - so far.

Chapter 5 : Breathing Exercise: Three To Try | Breath | Andrew Weil, M.D.

The 3-D scanner measurement technique was found more reliable and valid compared to other three techniques, the ruler method (average difference of 75%), acetate grid tracing (average difference of 41%), and 2D planimetric measurements (average difference of 52%).

Lengthwise Strokes As you move the blade, allow it to drift up and down the length of the stone. Using considerable downward pressure on the handle, I move the blade steadily up and down the length of the stone. I call this the long stroke. While making the long strokes I allow the edge of the blade to drift onto the stone and move just one third of the way across the width. This might take 10 to-and-fro long strokes. The cutting edge of the tool spends half the honing time off the edge of the stone. After about 50 strokes the surface of the stone will no longer be flat. By drawing a pencil grid on the surface of the stone and rubbing it a few strokes on the diamond stone, you can see that the long edges of the stone have become hollow and that the width has developed a bump. This bump is infinitely preferable to the usual hollow created on waterstones. A bump promotes a slight hollowing in the length of the flat side of the tool. By keeping the edge of the tool off the edge of the stone for 50 percent of the working time, a hollow stone can be avoided. However, the slight hollowing of the length of the stone could be causing a slight belly or bump in the width of the plane blade. To check for and eliminate this problem, I change to a second movement on the freshly flattened stone. The stroke is crosswise, bringing the edge of the tool one-third of the way across the stone before returning to the start position. Considerable pressure is exerted on the center of the handle. During about 40 to-and-fro strokes the blade is allowed to drift up the length of the stone, and then back down to the starting position. The stone should now be flattened again before doing any more work. Observe the scratch patterns on the back of the blade. The scratches from movement one will lie across the width of the blade. You will have done enough of movement two when all those crosswise scratches have been replaced by lengthwise scratches. If a slight bump has been formed after movement one, you will see lengthwise scratches in the center of the blade only. This would be a signal to do more of movement two on a freshly flattened stone. The two types of movement may have to be repeated several times. With A2 blades and careful sharpening technique this will last a long time, and you can do more back flattening in the future when necessary. And thanks to the ruler trick, a few seconds work later on will be all that is needed to complete work on the back side? For speed of resharpening I like to use three bevels. This is my recipe for bench planes used on hardwoods. By keeping the grinding angle significantly lower than the honing angles, I can resharpen at least seven times between grindings. I am lucky to have a water-cooled grinder, so there is no danger of overheating the blade when grinding. Honing a Straight Blade I have a strong preference for the Eclipse-type honing guide with the narrow roller. It only takes a few seconds to clamp to the blade in the guide and ensures accuracy, repeatability and speed. Then I feel the back for the wire edge. After setting the blade at the proper angle, I measure how far it projects from the jig. I then scribe these measurements on the top of the flat side of the blade. This prevents me from having to work the angles out every time I sharpen. This makes the stone cut fast. Worn wet-and-dry sandpaper can glaze the surface of a stone so that it will not cut fast after the first few minutes. It should take only two or three firm pull strokes to raise a wire edge on the flat side of the blade. I have a bench light set up so that I can see light reflected from the finest of wire edges. You can feel for a wire edge by gliding a fingertip off the flat side surface. It feels like a tiny hook. With traditional waterstones, you need to create a light slurry on the polishing stone to aid cutting. Rubbing the Nagura stone on the polishing stone creates this slurry. The blade projection is then reset in the guide, i. Now clean the wheel of the guide and the edge of the blade to avoid contaminating the superfine 8,grit waterstone. That surface is prepared by spraying with a plant mister, and then rubbing a Nagura over the stone to create a little slurry on its surface. A Nagura is a smaller stone that creates a mud on a polishing stone that speeds polishing and cleans the surface of the stone. Three or four pull strokes with gentle finger pressure on the blade are all we need to polish the front end of the narrow bevel created on the grit stone. The 8,grit stone is a polishing stone and I caress its surface with the blade. The Ruler Trick This is the radical part! I freshen the slurry on the 8,grit stone with the Nagura. If it is wet, I sweep the

water away with a finger. Place the steel ruler on one long edge of the stone – friction from the water will hold it in place. Place the blade on the stone with the cutting edge off the stone. This short stroke removes the wire edge and polishes the back of the blade. The blade is placed in position on the stone for movement two with its edge off the stone. The middle of the blade is resting on the steel ruler. You may feel a slight catch as the wire edge meets the edge of the stone. This short stroke is repeated about 25 times for a new blade and about 12 times when re-sharpening. Because the flat side of the blade has been raised up by a degree or so on the ruler, you will see a narrow band of mirror polish across the tip. If examined closely, you should see that the mirror polish has replaced the grit scratches at the edge. I wipe the blade on a sponge cloth, dry it and apply a thin coat of Camellia oil. The job should be complete and the wire edge should have floated off on the stone, or sometimes on the sponge cloth. It should shave hairs from your hand without difficulty.

Chapter 6 : Power Lines - A Ruler Quilting Workshop I am

The rule of space relates to the direction the subject(s) in your photo are facing or moving towards. If you are taking a photo of a moving car for example, there should be more space left in the.

Bench-plane blades are a good example. I can resharpen a blade in less than four minutes, which includes washing my hands and putting the stones away. This short break from the work at hand should be welcomed as it gives us an opportunity for planning the next stage and the pleasure of working with a razor-sharp tool when we resume. Struggling on with a blunt tool is both tiring and counterproductive. The methods I have developed to ensure that my students start with razor-sharp tools from day one are unusual it involves a trick with a ruler. However, they are well-tested and guaranteed to produce the result we want. The techniques have been developed as practical solutions to issues that gave us trouble when we used a more traditional approach. One of the main problems occurs as the surface of a sharpening stone wears hollow in use. The flat side of our plane blade develops a bump in its length. See the illustration at right. One day we flatten the stone and have a disastrous situation where the critical edge area no longer touches the stone at all. This makes it impossible to polish away the wire edge, which is a vital part of the sharpening process. A Word About Waterstones

Movement 1: Begin flattening the back of the plane blade with the cutting edge off the surface of the stone as shown. As you move the blade to and fro, allow the cutting edge to drift onto the stone. This fast cutting action is a result of the rapid wear of the surface. Fresh sharp particles of aluminium oxide grit are constantly being exposed as the friable surface breaks down. This is great for rapid removal of metal but it does dictate that we use a disciplined approach to keeping them flat. I probably do a little flattening about every four minutes of use. I fix the wet and dry sandpaper to the glass with a light spray of water from a plant mister. The surface tension of the water is sufficient to keep the paper from sliding about. The waterstones are simply rubbed to and fro until they are flat. I find 60 grit is suitable for an 80 grit waterstone and 80 grit may be used for fine stones like the 6, or 8, grit. If you draw a pencil grid on the surface of the stone before starting it will give you valuable feedback about your progress. The pencil lines will be removed from the high spots first and the stone will be flat when the final traces of pencil disappear. After strokes or so using movement one, the back of a premium blade should be covered in scratches across its width. Some people recommend rubbing two waterstones together, but this does not necessarily produce a flat surface. It is possible for the two surfaces to be spherical and still fit perfectly. To be certain with this method, one needs three surfaces to agree with each other. There is endless discussion about the merits of different types of stones, but I am sure that the differences between brands are minimal. We use a King grit stone for coarse work and either a King 6,grit or King 8,grit stone for super-fine polishing King-brand stones are available from many suppliers. These are the only stones required to produce a superb edge. I have been testing the new Norton waterstones for some years and they are very good, wearing slightly slower than King stones. You will only need the 1,grit and 8,grit stone for plane-blade sharpening. With this second movement the blade is rubbed across the width of the waterstone. Arkansas oilstones cut rather slowly and diamond stones do not yet have grit sizes as small as the super-fine waterstones. In other words, the quality of polish is not so fine. I will assume that you are starting with a new plane blade, as old blades, which have been sharpened on hollow stones, can be almost impossible to deal with. I would also advise anyone still using standard blades to consider changing to an A2 cryogenically treated replacement blade from Ron Hock Hock Tools or hocktools. I use a King grit stone for fast metal removal, but a 1,grit Norton stone will also do. I find it helpful to stick a small wooden or plastic handle to the blade with double-sided tape. This gives a better grip with less chance of grinding away your fingertips on the stone. The handle is fixed crosswise, just behind the top of the bevel. The grip of the tape is considerable if you clamp the handle for half a minute. We use two types of movement.

Chapter 7 : Definitive guide to a penalty shootout: the rules, techniques - and how to win

General rules, techniques and advice for all drivers and riders (to) Signals, stopping procedures, lighting, control of the vehicle, speed limits, stopping distances, lines and lane.

Since breathing is something we can control and regulate, it is a useful tool for achieving a relaxed and clear state of mind. I recommend three breathing exercises and techniques to help relax and reduce stress: Try each of these breathing exercises and techniques and see how they affect your stress and anxiety levels. Its aim is to raise vital energy and increase alertness. Inhale and exhale rapidly through your nose, keeping your mouth closed but relaxed. Your breaths in and out should be equal in duration, but as short as possible. This is a noisy breathing exercise. Try for three in-and-out breath cycles per second. This produces a quick movement of the diaphragm, suggesting a bellows. Breathe normally after each cycle. Do not do for more than 15 seconds on your first try. Each time you practice the Stimulating Breath, you can increase your time by five seconds or so, until you reach a full minute. If done properly, you may feel invigorated, comparable to the heightened awareness you feel after a good workout. You should feel the effort at the back of the neck, the diaphragm, the chest and the abdomen. Try this diaphragmatic breathing exercise the next time you need an energy boost and feel yourself reaching for a cup of coffee. The or Relaxing Breath Exercise The breathing exercise is utterly simple, takes almost no time, requires no equipment and can be done anywhere. Although you can do the exercise in any position, sit with your back straight while learning the exercise. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward. Exhale completely through your mouth, making a whoosh sound. This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths. Note that with this breathing technique, you always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position the whole time. Exhalation takes twice as long as inhalation. The absolute time you spend on each phase is not important; the ratio of 4: If you have trouble holding your breath, speed the exercise up but keep to the ratio of 4: With practice you can slow it all down and get used to inhaling and exhaling more and more deeply. This breathing exercise is a natural tranquilizer for the nervous system. Unlike tranquilizing drugs, which are often effective when you first take them but then lose their power over time, this exercise is subtle when you first try it, but gains in power with repetition and practice. Do it at least twice a day. You cannot do it too frequently. Do not do more than four breaths at one time for the first month of practice. Later, if you wish, you can extend it to eight breaths. If you feel a little lightheaded when you first breathe this way, do not be concerned; it will pass. Once you develop this technique by practicing it every day, it will be a very useful tool that you will always have with you. Use it whenever anything upsetting happens " before you react. Use it whenever you are aware of internal tension or stress. Use it to help you fall asleep. This exercise cannot be recommended too highly. Everyone can benefit from it. Breath Counting If you want to get a feel for this challenging work, try your hand at breath counting , a deceptively simple breathing technique much used in Zen practice. Sit in a comfortable position with the spine straight and head inclined slightly forward. Gently close your eyes and take a few deep breaths. Then let the breath come naturally without trying to influence it. Ideally it will be quiet and slow, but depth and rhythm may vary. Read more tips, recipes, and insights on a wide variety of topics from Dr.

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General rules, techniques and advice for all drivers and riders to General rules, techniques and advice for all drivers and riders to Signals, stopping procedures, lighting, control of the vehicle, speed limits, stopping distances, lines and lane markings and multi-lane carriageways, smoking, mobile phones and sat nav. This section should be read by all drivers, motorcyclists, cyclists and horse riders. The rules in The Highway Code do not give you the right of way in any circumstance, but they advise you when you should give way to others. Always give way if it can help to avoid an incident. You should always give clear signals in plenty of time, having checked it is not misleading to signal at that time use them to advise other road users before changing course or direction, stopping or moving off cancel them after use make sure your signals will not confuse others. If, for instance, you want to stop after a side road, do not signal until you are passing the road. If you signal earlier it may give the impression that you intend to turn into the road. Your brake lights will warn traffic behind you that you are slowing down use an arm signal to emphasise or reinforce your signal if necessary. Remember that signalling does not give you priority. Rule You should also watch out for signals given by other road users and proceed only when you are satisfied that it is safe be aware that an indicator on another vehicle may not have been cancelled. You MUST then pull over and stop as soon as it is safe to do so. Then switch off your engine. Other stopping procedures rules to Rule Driver and Vehicle Standards Agency officers have the power to stop vehicles on all roads, including motorways and trunk roads. It is an offence not to comply with their directions. If traffic officers in uniform want to stop your vehicle on safety grounds e. Only flash your headlights to let other road users know that you are there. Do not flash your headlights to convey any other message or intimidate other road users. Rule Never assume that flashing headlights is a signal inviting you to proceed. Use your own judgement and proceed carefully. Rule The horn. Use only while your vehicle is moving and you need to warn other road users of your presence. Never sound your horn aggressively. Lighting requirements rules to Rule You MUST ensure all sidelights and rear registration plate lights are lit between sunset and sunrise use headlights at night, except on a road which has lit street lighting. Night the hours of darkness is defined as the period between half an hour after sunset and half an hour before sunrise. Rule You MUST NOT use any lights in a way which would dazzle or cause discomfort to other road users, including pedestrians, cyclists and horse riders use front or rear fog lights unless visibility is seriously reduced. In stationary queues of traffic, drivers should apply the parking brake and, once the following traffic has stopped, take their foot off the footbrake to deactivate the vehicle brake lights. This will minimise glare to road users behind until the traffic moves again. Rule You should also use dipped headlights, or dim-dip if fitted, at night in built-up areas and in dull daytime weather, to ensure that you can be seen keep your headlights dipped when overtaking until you are level with the other vehicle and then change to main beam if necessary, unless this would dazzle oncoming road users slow down, and if necessary stop, if you are dazzled by oncoming headlights. Rule Hazard warning lights. These may be used when your vehicle is stationary, to warn that it is temporarily obstructing traffic. Never use them as an excuse for dangerous or illegal parking. You MUST NOT use hazard warning lights while driving or being towed unless you are on a motorway or unrestricted dual carriageway and you need to warn drivers behind you of a hazard or obstruction ahead. Only use them for long enough to ensure that your warning has been observed. Control of the vehicle rules to Braking Rule In normal circumstances. The safest way to brake is to do so early and lightly. Brake more firmly as you begin to stop. Ease the pressure off just before the vehicle comes to rest to avoid a jerky stop. Rule In an emergency. Try to avoid braking so harshly that you lock your wheels. Locked wheels can lead to loss of control. Skidding is usually caused by the driver braking, accelerating or steering too harshly or driving too fast for the road conditions. If skidding occurs, remove the cause by releasing the brake pedal fully or easing off the accelerator. Turn the steering wheel in the direction of the skid. For example, if the rear of the vehicle skids to the right, steer immediately to the right to recover. Rear of the car skids to the right. Driver

steers to the right Rule ABS. If your vehicle is fitted with anti-lock brakes, you should follow the advice given in the vehicle handbook. However, in the case of an emergency, apply the footbrake firmly; do not release the pressure until the vehicle has slowed to the desired speed. The ABS should ensure that steering control will be retained, but do not assume that a vehicle with ABS will stop in a shorter distance. Rule Brakes affected by water. If you have driven through deep water your brakes may be less effective. Test them at the first safe opportunity by pushing gently on the brake pedal to make sure that they work. If they are not fully effective, gently apply light pressure while driving slowly. This will help to dry them out. This term describes a vehicle travelling in neutral or with the clutch pressed down. It can reduce driver control because engine braking is eliminated vehicle speed downhill will increase quickly increased use of the footbrake can reduce its effectiveness steering response will be affected, particularly on bends and corners it may be more difficult to select the appropriate gear when needed. Rule The Driver and the Environment. You MUST NOT leave a parked vehicle unattended with the engine running or leave a vehicle engine running unnecessarily while that vehicle is stationary on a public road. Generally, if the vehicle is stationary and is likely to remain so for more than a couple of minutes, you should apply the parking brake and switch off the engine to reduce emissions and noise pollution. However it is permissible to leave the engine running if the vehicle is stationary in traffic or for diagnosing faults.

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Motivational)Techniques)and)Skills)))

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