

Piano and Conditioned Reflexes

At home, I only use bath towels, even after washing my face, and only use cute face towels when I go out. I actually want to carry a bath towel with me,

(1) Getting soaked every day

- ① After washing your face, your bath towel will be soaked.
- ② If you don't wash your face with your upper body naked, your shirt will get soaked.
- ③ The floor of the unit bathroom also gets soaked.

So I have quite a few bath towels.

By the way, the man who came towards me on his bicycle earlier was touching his mouth...

Even though it may be dangerous to drive with one hand, is this gesture a conditioned reflex?

Humans also have conditioned reflexes like Pavlov's dogs.

By the way, this morning I did some skipping rope, ballet, shadow boxing, and flexibility exercises.

Even though it's so hot and humid, I'm not crazy.

- ① By being strict with yourself, you will understand the pain

Be prepared to act within your limits

The goal is to achieve a result