

Lentation 8 1/2 week crash-course

Foreword

A good day to you, and thank you for looking into this file. What lies before you is the endresult of a little over 2.5 years of research, and trail and error. This guide teaches you the basics and usage of **Lentation**. Lentation is a skill that allows you to 'slow things down'. Of course, there is so much more theory behind it than just that, but it is the easiest to just assume that for now. This guide will supply a full detailed explanation of the phenomenon, and much more.

Right now, this is an older version of the guide. It will be completely redone, with a new layout and such. But the exercises will stay roughly the same, so you don't have to worry about missing anything, you can just pick up the new guide once it's done.

Have fun training!

Darkduck

Chapter 1: Lentation- the introduction

Lentation is, unlike one would expect, an occasionally occurring phenomenon. But it is mostly ignored because it is too brief to pay serious attention to. I do know the exact procedure that goes with Lentation, but I will keep it a little easier by just explaining the main lines.

When Lentation is 'triggered' your body produces a substance called Adrenalin. Adrenalin is a pretty well-known hormone, the fight, flight and fright hormone. Adrenalin causes a widening of the main arteries, a simultaneous opening off all the bronchitis, a faster heart-rate, increased blood pressure, widening of the pupils, and increased neurotransmitter generation rate. And it's that last one is interesting to us. I will not go in-depth on Neurotransmitters, there are books and articles out there that give a way better explanation than me, but roughly it works like this. The Neurotransmitter is the substance that triggers the electrical impulse in nerves. This (these) substances are synthesized at the end of each nerve in special glands. This rate is extremely fast, but it is also variable. Neurotransmitters in your brain work at incredibly high rates, while the Neurotransmitters coming from your saliva glands work dead slow. Why? Because they don't need to work fast! The generation of these Neurotransmitters requires energy from your body, and why put a lot of energy into something that goes slow already? It is possible to increase the rate of this neurotransmitter generation by the release of Adrenalin, heck it has even been proved. If your Adrenalin levels are high, you react much faster and your movements are much more coordinated than usual. Through training, you will learn to increase your Adrenalin secretion, and thus induce ('generate') Lentation. What I will teach you in the lessons are: (from the top) learning to induce un-controllable Lentation bursts, then learning how to control them, and finally learning how to vary their intensity, in the end thus being able to induce the slow-motion effects...but that is of later worries. In the early stages of your training, you'll 'speak' a lot to yourself, encouraging yourself to push it just that little step further. When your training is complete, you will be able to instinctively generate Lentation without having to manually 'activate it'.

Also, just in between, the old format of the teachings was designed through a timetable, a dead strict 8-week system that will most definitely will NOT work for new ones to self-mind-control and subconscious reactions. I switched to a system where you can decide how long you'll take for each lesson. You're not supposed to advance to the next lesson until you have completely mastered the previous one. This way, only the students who really put their noses to the grindstone will master it.

I can tell you this: this is **not** easy. This is very hard to do and to master, so be warned, you will not do it on your first try, your second, and a lot more tries after that. This also requires a great deal of discipline from your side. If you slack off and think 'Ooh, I can take my time... **yawn** I'm bored with this lesson...I'll go do the next one' you won't make it. Lentation requires a degree of subconscious control that beginners just don't possess. In other words:

Lentation is not for newbies!

Chapter 2: Lentation sequencing

But what does exactly happen if you Lentate?

As far as I know (and I believe this gets pretty close) the speed at which your neurotransmitters is generated/fired increases. This also directly increases the speed of your nerves 'firing', thus making the process all-around a lot faster. Fortunately, this also happens in your brain. The increased speed allows for you to pick up and receive signals a lot faster. And yes I checked both theories with my physician and neurologist, and they both agreed on the theory.

As I said earlier, this 'shift' happens all the time. The speed at which the impulses travel varies constantly, but only under the influence of certain hormones (such as Adrenalin) the speed can increase as dramatically as in Lentation. If your brain starts to go on 'overdrive' (if the speeds increase by more then 43%) the famous 'slow-motion' is engaged. Basically your brain moves faster then your surroundings, and to encompass that, your surroundings seem to 'slow down'. This is what you are aiming for if you're training Lentation, and I can tell you, the actual experience itself is unbelievable. There are other 'sensations' that come with this but I will handle them later.

The slow-motion effect is the actual back bone of Lentation (heck, that's what it's all about). It's an incredibly sensation, which I can't really word out. You'll know when you'll get there. But, keep in the back of your head that there's much more to it than just the Lentating.

Now, as I said before training Lentation is hard, I have to admit. In the beginning, you will have lots of drop-outs and voids, but it will become easier over time. I'll explain what a 'drop-out' and a 'void' are. When they are relevant in the training, I will briefly review them.

The void is when you can't synthesise enough Adrenalin to keep the nerves anymore. All of a sudden the generation rate falls back down to it's regular rate. This is quite unpleasant if you're doing heavy Lentation, because the little lag it takes your blood from reaching your brains, gives you suddenly the feeling that your limbs are filled with concrete. You can still see the slow-motion, but you can't do anything! Once 'fresh' blood reaches your brain, the slow-motion effect will also die out, and you'll return back to normal.

A drop-out is a little different. You see, to sustain Lentation your body and mind need to work together. If your body fails, you get the Void. If your mind fails, you get a drop-out.

Drop-outs occur when you lose focus. It's much more intense then a Void, because your subconscious won't cooperate anymore. As I explained, you need to use your subconscious to keep all the other processes, that come with Lentation, running. Let's just say you're trying a wall run. You're busy doing the second step, and you're so preoccupied with the wall, you lose focus on Lentation. Now you know why it's called a **drop**-out. Drop-outs only occur when doing physical motions, and that's what makes them so unpleasant. Suddenly the ground will rise up pretty quickly... There are other (side-)effects to Lentation. I will cover all I know now. Don't worry, not all of them are hurtful...

Migraine. If you're prone to Migraine attacks (like me) do NOT try to Lentate if you're having one. This will seriously split your skull, and we all know how unpleasant severe Migraine attacks are...

Regular Headaches. This is not very common, but it happens sometimes if you're doing lots of short bursts. Just rest for a while, and don't push it.

Adrenalin overdose Also known as the 'red-out', this might happen to people prone to violent behaviour or mental disorders. Basically you just 'freak out' and get the famous red-out. Only happens if you do lots of bursts in combat, and if you're prone to get them.

Aching muscles The #1 problem for Lentation artists. Lentation increases your speed (I'll explain later) far beyond your regular rate. If you do a lot of physical motions in Lentation (especially if you're just beginning) you'll get some serious muscle pains. With time, this phenomenon will die it (thankfully).

Waved vision This is rare, but it occurs to me sometimes, when the edges of my sight get a little 'wavy'. Don't know why or how this occurs, but it's not much of a problem either. Looks pretty cool too ;-).

Black out A harmless but still unpleasant side-effect. It is comparable to standing up too fast, when your vision temporarily shuts down. This has something to do with blood pressure, but it's harmless. Happens mostly when having a serious drop-out or void.

Nausea Happens when you're doing lots of wall runs and other complex motions. Pause, have something to eat, and you'll be good to go again.

Rush One of the positive side-effects of Lentation, this is the incredible feeling that accompanies the activation of Lentation. You'll have to experience for yourself.

Full vision Because of the higher perceptive rate, you tend to 'see' everything in your field of view, not focussing on anything but still seeing everything.

Burn out Energy artist be aware! Lentation and energy work do not mix! You'll use way too much energy already while Lentating, and putting energy work on top of that will put you in burn out faster than you can say "Milli Vanilli Chilly Willy".

General Pain A common effect when you do something your body was not meant to do, in example, Lentating and crashing into a wall or something. Stay out of harms' way and you'll be fine. ^_^

These are the most common feelings. There are tons more different feelings, but they are too uncommon to put down here.

Now that you know the basic lay-out of Lentation, continue on reading. The next chapter will go in depth on the effect on your body.

Chapter 3: The physical side

Let's face it. Lentation wasn't created as a fun party trick, I made it for and around combat purposes. This is a guide that will, in the end, teach you how to use Lentation in combat too. But, that's also what this chapter is about. This chapter is about how to use Lentation in combat and how to use it to its full extent.

I will also go over the principles of the **Mach attack**, but I'll start off with a definition of Lentation combat.

There is a difference between Lentation combat and **Tineko**. Tineko is a much more complicated form of Lentation, and you need not worry about that now. It will show up in a follow-up on the Lentation guide.

Lentation combat is the main goal to achieve in Lentation training. It works by the principle of speed, because Speed = Impact. The faster you move your (attacking) limbs, the harder it will hit. The basic foundation of the punches is a Shotokan Karate style, for those interested.

Because your nervous system is generally 'faster', not only the input signals to your brain work faster, but also the output from your brain is increased. This results in a general increase in speed for all body parts (that is also why you are faster when Lentated). The punches hit harder than usual, etcetera. This gives you an incredible edge in combat, because not only are you faster, your punches pack more power too.

And that is what brings us to our next subject, the **mach attack**. I'm going to break my promise, because I will explain a little about Tineko. The mach attack is a general name for a group of attacks supercharged with Tineko. A Lentated punch packs roughly 50% more power than a regular punch. Mach attacks add another +-75% to the attack, by using a special technique called **Tempus Morari**. And, as I said, I'll get to that later. Ha! *sticks out tongue* :-P.

But, what does this all have to do with combat? (stupid question).

Now I'll discuss Lentation combat with you (duh). The basic idea is that you, of course, use Lentation to be faster and more powerful than your opponent. But this is not at all practical. If you wanted to stay Lentated for the whole fight (it is possible, mind you) you'd have to have an immense Lentation capability. It's wiser to just fight, but use sudden, violent 'bursts' of Lentation, than to tire yourself out. Okay, confusing, I know. Example: you get into a fight (gee...). He throws a punch, and you use Lentation to intercept it. Because you're so fast, you can kick him hard in the ribs without he being able to retaliate. He stumbles back, and you tune down again, ready to go another round.

Know that fights never last long, the human body can't take much. A mach kick to the chest will definitely take someone down.

What can you expect from Tineko itself? Tineko is designed completely around Lentation. Kindof like an 'upgrade' to Lentation. Tineko will teach you...shortly said...a lot of 'cool' things, such as using your surroundings while fighting, and using weaponry combined with Lentation. Sounds like fun eh?

Chapter 4: Before you start

Well, you're almost to the Training Chapters. In this short chapter I will give you some last-minute pointers. Throughout the entire guide, you have **Training** chapters and **Learning** chapters. Both chapters are equally important for your training, so study them both. As you know, there is no time-limit for the chapters, you can proceed to the next article when you can do the current article into perfection, or when you're just too lazy to do the actual exercise (don't!)

- Firstly, never give up. This is very hard to learn, but it definitely is worth it.
- Have patience, nobody will succeed the first time.
- Learn to crawl before you can walk, learn to do Lentation properly before trying your hand at Tineko
- Read the theory!
- If you're really dedicated, spend as much free time as you have in it for speedy results :-P
- Don't get frustrated, it doesn't help at all.
- Don't go around bragging you can do Lentation, and certainly never let an opponent know you have an edge on him. There's always someone stronger right around the corner. With a heavy object.
- Be sure you're in an area where you can concentrate. Distractions are the worst things that can happen during Lentation training.

And now for something a little less nice. All these lessons were designed with safety in the back of my head. They are as safe as I can possibly make them, but of course there always will be risks. I take no responsibility whatsoever for injuries caused by the training, because if you got hurt you either did not follow my instructions correctly, or are just not ready yet.

I am always open for questions, just mail me at darkduck@veritasonline.net if you have any questions.

(Legal Mumbo Jumbo)

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Training Chapter 5.

Welcome to the first training chapter. Here, your Lentation training starts! Ready? Go! Okay that was silly ☺, let's get started. As you know, you can choose your own tempo of training. My research proves, that people doing the intense training get better at generating short, intense bursts of Lentation at higher levels, while the people who take their time can generate longer Lentation sessions. Intense training is 3 hours or more per day, the low training is 1 hour or less per day. The entire training will, with the intense training, last roughly 4 months, with the lowest training roughly 6-8 months. Choose your own training method, the one you think is best suitable for you. Bare in mind, for you who have some experience with it, the training is intended for someone who knows absolutely nothing about Lentation. Just know, that if you rounded off the intense training in 4 months, you could've done it in 8 months and became even better...

Okay...less thinking, more drink...er...Lentating! Basically, Lentation is a subconscious act. It actually happens a lot if times during the day, you just don't realise it. Oftenly it happens when something falls, and you suddenly 'see' the entire object for a brief moment suspended in air. This is a typical example of spontaneous Lentation.

Although the speed of the synapses (that's what it's all about) is already a tad variable, Lentation takes it a step further. You trick your subconscious into thinking that it is vital that you Lentate at this point in time. Although the subconscious is a lot more powerful, and has tons more potential then our conscious mind, it can also easily be tricked. How?

It's all just mental exercises. Like with affirmations, you can make your subconscious believe just about anything. You are your subconscious, and you're pretty stupid too ;-).

Let's just start with some basic exercises. Just go sit somewhere, where you're comfortable, maybe meditate a little, but just sit there. Don't worry, I won't go and do creepy mystical rituals, just some basic brain exercise! Pick a paradox/problem/koan that suits you. Like, "can god create a stone too heavy for him to lift?" Here are some nice ones that I use. If you have some good ones, send 'em over!

- * What's the point of a bucket if it doesn't have a bottom?
- * What's the sound of one hand clapping?
- * What would happen if I reach the end of the universe?
- * What does a black hole LOOK like?
- * Will DBZ'ers ever grow a brain?
- * The universe expands...but in what?
- * If god is almighty, can god create a stone too heavy for him to lift?

- * Why does a kamikaze pilot wear a helmet?
- * What is total emptiness?
- * Can you vacuum a vacuum?

Once you have picked or created a nice paradox (it doesn't specifically have to be from this list), do nothing but try to solve it. Even if it is unsolvable. After the meditation, stop, and continue on with your day. Go do something else (Homework!). This exercise literally exercises your brain. The brain is like a muscle, the more you use your brain, the stronger it becomes. And what we need is a strong brain! You see, to sustain Lentation, not only your subconscious has to act, but you have to use your conscious mind too!

Lentation (or at least tries to) induces a massive adrenalin-boost, so you have to keep your mind straight if you don't want to freak out. Also, the brain tends to slowly build down on the output of Adrenalin. If you suddenly have an Adrenalin-shortage, you'll get the void. Without any prior warning, your limbs become heavy, and your Lentation-rate falls harder than a sumo wrestler on ice skates. To counter this, you have to focus on sustaining Lentation, and indirectly this keeps upping your Adrenalin levels.

Unfortunately, the very first lesson is 'special'. It is impossible to not give a time limit to this exercise, so move on after a week (if you're doing 1 hour per day that is!).

Now, I've had a lot of questions about this first exercise. The point of this exercise is, as you know, to make your brain 'stronger'. But, this is not limited to just baking your brain over some paradoxes...Chess is also a very good substitute for this exercise. Or doing math. Heck, just about anything that gets you thinking. I know that in 1 week of training, your mind won't be much stronger...that's why I also advise to keep training your mind. Believe me, you'll need it later on.

Training Chapter 6

This week, the real physical training begins. The first few exercises may sound a bit...well, funny, but hey, start simple, okay?

Oh, by the way, you have to keep on doing the first week's exercise. You still have a relatively 'weak' mind, and you still need to exercise it. Remember what I said!

We are going to two exercises today! (Yay! Party!) Of course, we will start with the first exercise! (Duh -_-) It's called the 'fan', is to induce spontaneous Lentation, to get your brain more used to it. What you need is basically a common household fan (those things that keep you cool in the summer), and a clock (or some other device that makes a periodic sound. A metronome would be perfect). Do **not** expect these exercises to work the very first try. They won't.

Exercise: the fan

Just go sit right in front of the fan, and place the clock/whatever right behind it. Turn on the fan on a low level, and keep it there for a moment, getting used to the speed

and motion of the blades. Try to memorise the speed of the blades. Now after a few moments, turn the fan's speed up a notch, but keep the 'slow' motion of the lower settings in the back of your head. Just keep staring at the rotating blades, with the slower motion in the back of your head. The moment you notice a 'dip' in the speed of the blades, look at the clock. Not to time you, but to switch focus quickly enough to notice the slow-motion effect. Oh, and keep in mind that you'll probably get (at least) 50 'dips' in speed before you actually notice them...

Since there are two exercises, I suggest that you divide the time per day for an exercise. I do highly recommend that you do both exercise on the same day, the second after the first of course...

Exercise: Pong/ fallup/ breakout

Okay, I'll be honest, this exercise sounds incredibly dumb, but it does work. The idea was given to me by Vox, after ranting on about some silly game on his calculator. At first I wasn't paying any attention, as usual (Vox is going to rip my head off when he reads this ^_^) but it caught my attention when he mentioned spontaneous Lentation by the game 'fallup' on the TI83 calculator. I checked it out, and by golly, if you consistently play the game, and focus on it, it actually does work! This gave me the idea, get either one of the three games in the title, and set the speed up to the highest level. Try to focus on the game as hard as you can, and try to keep track of the ball as it speeds across your screen (note: you can also play these games on your 'puter, you don't have to buy an expensive calculator for that). If you just keep telling yourself that you really need to keep track of the ball, you'll be amazed at the results. Many thanks to Vox for this exercise **raises thumbs**

How does one go about noticing the spontaneous Lentation? That's actually one of the hardest parts in Lentation training. The first few times I actually started noticing it, it felt as if I was looking cross-eyed, it felt a bit straining almost. But try to don't force yourself into spontaneous Lentation...heck, that's pretty impossible too, else it wouldn't be 'spontaneous' Lentation anymore...

Training Chapter 7

Previous exercise was fun, wasn't it? But now, we can get started(read: frustrated) for real. Good luck!

This is the very first exercise in actual Lentation you'll do, and therefore, I wrote it as detailed as possible. The purpose of this exercise is simple; use a little trick to induce Lentation.

For those of you interested, yes the catching cards exercises was here first. Except it took me about 6 months to catch just a couple of those freaking cards. Not only was the exercise dead hard because the cards tend to fall in a 'not-so-steady' pattern, they are also too light to catch them correctly, i.e. when you grab one it tends to slip very easily through your fingers. However, I did not leave the precious cards out entirely...the second exercise here is quite good for your finger coordination and your Lentation training!

Exercise: bouncing balls

Get a couple of bouncing balls (those little rubber things that...bounce...). Get 4 of them. Now go stand somewhere where you can be alone, (and where your parents won't ask you what that thumping noise is), and, simultaneously drop them with a straight arm stretched all the way up as high as possible (make sure they bounce straight up). First bounce, catch one ball, second, catch another, third bounce, catch another, fourth bounce, catch the last one. It isn't required that you keep holding on to the balls after you catch them. The real neatness of this little exercise is, that you'll have to increase your speed. The balls keep on getting closer to the ground after you release them, so you'll just have to catch them, if you don't want to fail.

That was quite easy wasn't it? Now try it again, but lower your hand for the drop a bit, so the balls will bounce shorter. Keep on decreasing the height of the drop to keep it challenging. Try it from a seated position, it becomes even harder that way.

The real neatness of this exercise, is that because the bounces keep getting shorter, you actually build an artificial 'ramp' for Lentation! Because the bounces keep getting shorter and shorter, you have to keep getting faster and faster! Automatically, this triggers Lentation.

Exercise: cutting the deck

This exercise I thought up while boring myself on my couch. I always have deck of cards in my room (don't ask why...heck, I don't even know why), and I was shuffling the cards, because I had nothing better to do. For fun, I started increasing my speed, up to 'Lentational' levels. It turns out that the repetitive motion of cards forward, finger down, hold finger down, cards backwards, cards forward, finger down, hold finger down, cards backwards, lather, rinse, wash, watch it go down the drain, repeat, is an incredible stimulant for spontaneous Lentation. If you can't really grasp when it kicks in, it's when your hands start to 'cramp' up, the cards start to bend and you lose control over the repetitive motion (You lose control over the cards because you're not used to the fast motion of your hands yet.)

Training Chapter 8

In this chapter, we will work on your coordination. Hand-eye coordination is an essential factor with Lentation, because it would be kind of silly if you missed your target.

As you know, Lentation increases the speed and thus the general power of your limbs. The downside of this is that it becomes much harder to do small, quick and precise motions, which are required in certain Martial Arts. Thus, you must always practice on your coordination and the subtlety of your movements.

But, since we are practicing Lentation, this exercise would be silly if it didn't have anything to do with Lentation, right? Therefore, the second exercise [^]_^.

Exercise 2 is called a so-called 'shock' exercise. If you followed my teachings regularly (you did, didn't you?) this exercise will generate a form of (spontaneous) Lentation, called 'bursting'. Bursting is the most common form of both controlled and spontaneous Lentation, as the word itself says, short, intense bursts of slow-motion.

Enjoy!

Exercise: Rolling

The next exercise will make you look kind of silly, so do it when you have some private time ^_^ . Take one of those bouncing ball, and place it between the index and middle finger's knuckle, of your writing hand. Keep your fingers stretched out (all four of them) and tilt your hand down, so that the ball starts to roll forward between your closed middle and index fingers. When it reaches your nails, bring your fingers up, so that ball flies upwards. Catch the ball between your middle and ring finger (closed of course, just have it lying on top of them). Roll it backwards, then forwards again, and repeat with your index and middle finger. This exercise is to increase your hand-eye coordination; you'll need it later on. It's also a fun thing to do when you're bored.

Exercise: catching the falling object

Once again, take a bouncing ball, and throw it up into the air (straight up). Take a step backwards, and catch the object. The trick to doing this is NOT to look up, and NOT to pre-form your hands so it'll just fall in. Keep your hands to your side, and once your eye's peripheral vision catches and locks on to the ball, start moving. Don't catch it until it's below your neck. This is another one of those 'impossible exercises' that although seem impossible when you try it, still have some hidden meaning ^_^ like I said, this exercise is to generate spontaneous bursts of Lentation. You'll get a little 'fright' or 'jump' when you see the ball coming down your vision, and if you did your training correctly (and practiced a LOT) 5 out of 10 times you'll burst right into Lentation. To help aid the process convince yourself that, with Lentation, it'll be a lot easier. A LOT.

When you burst into Lentation, try to keep calm. The first 20 attempts you'll probably be too riled up if it happens to focus on Lentation...

Keep telling yourself how great it would be to have Lentation, and keep telling yourself that you can do it! Because you can do it ^_^ just dü it.

Addendum: instinctive Lentation

If you followed my exercises regularly, by now you should have lots more 'spontaneous' Lentations occurring. Now what I want you to do, is try to 'implant' these feelings with situations. For as much possible combat situation as you can think of, think about how you would react with Lentation. Do this a lot, because this will train your instinctive ability to Lentate, and allow for more spontaneous Lentation!

Learning Chapter 9: Lentating

part 1: learning

It is time for you to learn how to actually use Lentation. When you did the previous exercise into perfection (you get spontaneous Lentation 90% of the time the ball passes in front of you) you were actually already using a form of Lentation! It is called **Object Focussed Lentation**. OFLentation is a specific form of Lentation, where the Lentation trigger is caused by an **event** in this case the ball dropping. In my eyes, I find Object Focussed Lentation easier, thus I put it up earlier in the training :p . But, I'm drifting.

Currently you are at Basic Lentation (slow-motion). With NOFLent (I'll get to that later on in the teachings, don't worry about it yet) and, what you just learned, Object Focussed Lentation, or OFLent.

Now to the point. Non Object Focussed Lentation is what you really want to learn. Basically NOFLent is the same as object focussed Lentation, except you generate for yourself a reason. There is no real trick to this, you have to brutally force it in your brain, and that's all there really is to it. Now you know why I let you do all those exercises for you brain ^_^ this is the time where hard work will start to pay off, and the real fun starts. And yes, in the beginning it does feel like you're pushing your brain through a meat-grinder.

In the following exercises I'll go through the basics of forcing your mind into non object focussed Lentation, then we'll do a few concentration exercises to help you sustain Non Object Focussed Lentation. The rest of the articles are about how to vary the Lentation generation rate, and concluding the teachings, we'll start a little fighting motions.

Part 2: reviewing

Before we start the real 'heavy' training, let's take a second and review. Can you remember why you started training Lentation in the first place? Perhaps it was to learn a new art. Perhaps you are a martial artist looking to further his knowledge. Or perhaps you just want to show off to your friends :p. Whatever reason you have for starting Lentation doesn't interest me and is actually of no importance. What is important, is that you review your progress at this point in time, and be honest with yourself. Are you faking it? Or are you doing great? Are you just sifting through this material, and later on brag to your friends that you can Lentate? Or are you really putting your nose to the grindstone for it? If you are faking it, I won't say anything about it, it's your own responsibility. I just think it's too bad.

This is a pretty hard training, I know that. I would be really proud if those who train this actually can bring up the discipline to actually complete it, and succeed in doing Lentation. I hope you have that particular discipline to repeat each exercise until you can do it to perfection, if you don't, well, you're just wasting your time here then. Just so you know. ^_^

Training Chapter 10.

Ke=1/2*m*v^2

Kinetic energy equals ½ times the mass, times the velocity squared. Basically, increase the velocity, and thus the impact of your punch/kicks will increase. It's really that simple. Thanks to Denvil for pointing that out for me.

Now, as I already explained (in detail) Lentation makes both your perceptive skills, and your physical skills faster. You punch faster and harder, kick faster and harder, can jump higher, run faster, etcetera etcetera. But, do not expect to punch through concrete walls with Lentation or Tineko! You'll bust your hand up bad with that...

Now, I'm guessing you know how the punching system works. Let's do something completely different. What we all want to learn, is to Lentate when we please. This is

a lot more difficult than it sounds. With object-focussed Lentation (hereafter referred to as “burst Lentation”), the cause you were Lentating for was *real*. The bouncing balls and cards were real, touchable, and it’s much easier for your mind to accept something like that. With Non-object focussed Lentation (hereafter referred to as “free Lentation”) your mind has a lot more trouble accepting the fact that there is nothing to Lentate for. You see, Lentation is inherently a Limit Break sub-group. And Limit Break always happens for a reason, which is 9 out of 10 times mortal danger. “There is no danger, no reason, no nothing” your mind thinks “Why in the name of my big toe should I do this then?”. Well, we’re not going to try and reason with him, we’re just going to brutally force him! Ha! ^_^

Exercise: forcing

Okay, here goes. Stand comfortably; back straight, in a fighting position if you wish. Your goal: Lentate by forcing your subconscious into Lentation, just like you did with the rest. **Recreate the feeling you got from the bouncing balls.** Pound your brain with the thought that you desperately need to Lentate **NOW** so hard it could make your skull crack...now open your eyes, stop clenching your teeth, and try again, this time relaxed, calmly, with little physical tension...keep your eyes open...**and once again tear your mind up forcing yourself into Lentation!** God I wish I had a better way to explain this, but I honestly DON’T! I tried a bunch of visualisations and mental triggers, but they all failed. You just have to force your brain to Lentate by attempting to re-create the feeling you got from the bouncing balls. Do this exercise until you can generate Lentation without having to shout at yourself, but can just ‘flip the switch’. This is done by lessening the amount of thoughts you have each time you try. Thus, eventually you’ll be able to activate Lentation without too much thoughts in your mind distracting you. Practice it until activating Lentation is about as easy as bending your arm.

This will probably be your longest exercise yet, as it takes quite a while for your brain to adjust to the idea of ‘forcing’ it.

Also, once you get it right, try to sustain it for just a little while, then just drop out. Don’t go do movements or such, it’ll ruin the next exercise ~_~.

Learning/ Training Chapter 11

This chapter is a combination of learning and training, because there’s just as much theory as practice. This chapter, we’ll talk about movement in Lentation, varying the Lentation levels, and the rare Hyper Lentation! You should be able to fully Lentate by now (of course, you practiced Chapter 10 until it came marching out of your nose, right? ^_^) although it’s probably hard to keep Lentated, while focussing on something else (such as movement). Which is also our first point of attention right now.

Part 1: Moving through a barrel of syrup

New to Lentation eh? Just learned to free Lentation, and although you can do burst Lentation, you just can’t get the hang of free Lentation. It seems as if your mind is

fast enough, but your body is lagging behind! I call this **Lethargy**. This is a common fact around many free Lentation trainees. Your body needs some time to get used to the fact that it's faster. Basically, the more you Lentate the less Lethargy hinders you. However, you'll never be 'truly' real time. it's like an asymptotic graph, it never reaches a certain number, but it does get unbelievably close! This Lethargy is quite an annoying factor, I know, so I developed a little exercise to get rid of the extreme lethargy in the beginning

Exercise: lag timing!

What I want you to do, is basically Lentate, and move a certain part of your body. Try to make an estimate of how long it takes You don't have to be precise in seconds or anything, you can even use a fictional number if you wish. Place this number in the back of your head, and drop out of Lentation. Now go do something else for a few minutes *Tip: I usually play a song on my harmonica (use any instrument) but you can use any instrument. It works wonders at bringing your Adrenalin levels down.* A couple of minutes later, try it again, and once again 'time it'. It should have decreased a tiny bit. Eventually the lag will become so little, it is hardly noticeable, and then this exercise/piece of theory loses it's purpose, because the lag is so small, you can't time it anymore. Once you've reached this point, you can stop timing yourself. However, if you're just beginning, timing yourself you may notice the delay between each lag can decrease lethargy with up to 50% each time you try it! You do realise that this number decreases with every period right? ^_^ Okay, too complicated.

Part 2: varying Lentation (important!)

Next up is varying the Lentation generation rate. Of course, this goes for free Lentation, because burst Lentation is too short. This is a very important lesson, because Lentation to your utmost max is a) way too tiring b) useless, because you can achieve the same results with lower Lentation and c) will reveal more of your power which could work in your disadvantage. The goal of the following exercises are (first) to generate Lentation without having to go drill-instructor on your mind, and (second) to generate low-levelled Lentation. And believe me, this is a WHOLE lot harder then it sounds!

Shifting the Lentation rate is, once again, something you have to do completely with your mind. In the previous lesson, you learned to force your mind, and trained yourself until you can do Lentation.

Exercise: subtlety? (is that a word?)

So, you can Lentate now, but the Lentation is just mediocre, and can't be held for long, now can it? You want to be able to do extremely high/ low Lentation, right?

We'll start off with increasing the Lentation generation rate.

In your very first lesson, we exercised our mind, just like a muscle. Now it's time to flex that muscle. When you're Lentating, and you want to increase the generation rate, it works just like tensing a muscle. This is hard to explain, but I'll try. You have to increase the feeling manually, push yourself further to increase the generation rate. This sounds hard, it is hard, but if you don't understand you should go practice the previous chapter again. Lentation kinda makes your brain feel like a muscle, you can loosen and tense it when you please.

It basically just works the same decreasing the generation rate, except there are a few points you should pay attention to. First of all, decreasing is easier then increasing. All you have to do to decrease the generation rate, is relax a bit more,

contrary to increasing your concentration with increasing the rate.

And, as you know, it takes concentration to keep Lentation steady, so if you concentrate 'a bit less' the rate will drop. Beware however, dropping concentration is harder than it seems, which brings us to our second point. If you loosen up, the rate falls incredibly fast. Be very careful that you don't immediately drop out of Lentation when you lower the rate!

Practice this exercise until you can flex Lentation pretty good. A good way of exercising would be like this:

Start off, basic Lentation. Start increasing it until you can't go any further, then slowly start decreasing it in tiny steps. Once you drop so far, Lentation ends, start off by Lentating very slowly, and increase from there until you can't get any further.

This is similar to push ups by the way, the way up is just as important as the way down, and vice versa.

Part 3: Hyper Lentation

Hyper Lentation. This is a sensitive subject, as it's about as common as a snowball in hell. If you train Lentation, and get into a life-endangering situation, your Adrenalin-levels will go straight through the roof, and you'll blast into a form of Lentation unlike any other. This form of Lentation is similar to all forms of Tineko combined, times 5. Practitioners of extreme sports are most likely to experience it. I had it only once, when I went bungee jumping with a couple of my friends. I'll be honest, I was scared shitless when I wound up at the top of that crane, and the moment I jumped, it literally hit me like a steamroller. I can't really explain exactly how it felt, but the first 5 seconds of the jump felt more like 10 minutes. It died out fast when the cord tightened though, and I realised I was not going to be scraped of the asphalt. ^ _ ^.

Of course there is no exercise for generating Hyper Lentation, because it can't be recreated or generated °_°. Just be glad (or not) when it happens, and pray that it never happens again :P.

Learning/ Training chapter 12

Well now, we've come pretty far, haven't we? So far, we've found out how Lentation works, how to do it, and how to vary the amount. There is just one thing missing...fighting with it! No matter what you keep telling yourself, Lentation is inherently a combat art. Thus, this is a combat chapter! Of course, you can skip this character, forget about the martial side of Lentation and go hug some more trees, but of course I would like it way more if you choose the martial side of Lentation, study this chapter extensively, and prepare yourself to learn Tineko! It's up to you ^ _ ^. If you don't want to fight, stop right here, and return to the woods.

First of all, you are a martial artist right? If you haven't studied and practiced at least one martial art, go back to your room and sulk, because it's useless upgrading your fighting skills if you don't know how to fight in the first place. Oooh...sensitive subject eh? Okay, calm down. Just because you don't have a martial art doesn't mean you

can't fight. But Tineko is based around certain martial principles/stances/strikes (etc.) that are taught in Martial Arts. Hence, you need one.

Reviewing Lentation combat. How does it work?

Since you're in slow-motion, one of the most important features is that you have much more time to think about your actions, before having to carry them out. If you look at it from the other way, from your opponent's point of view you are inhumanly fast.

The second important feature is your (slightly) increased fighting power. This is always handy, since more power in your punches = shorter fights.

From your point of view, Lentation combat is quite fun actually. You're a lot faster than your target, so you can end it quickly by kicking in his face real fast. ^_^ But seriously. Lentation gives you a major advantage in combat. You're a lot faster and stronger than your opponent, so why waste time? Finish it quickly with a combination manoeuvre ('combo'), and waste not time. Or you could just get fancy on him, and firstly pull off some awesome stunts, and THEN kicking his face in. I'm for the first approach, but hey, who am I?

An example of fanciness and how it really works.

If anyone were to actually SEE you Lentating, they would notice no real difference around you, except that you are moving faster. I'm sure at least someone will try to re-create the famous 'trinity-kick' from 'The Matrix'. From your POV (Point Of View), you'll actually jump up, go into the squatted position, 'hang' there for a sec or two, and then kick the person, before gracefully jumping down to earth. To another person, you've just jumped up, squatted aurally and kicked, all in 1-2 seconds. Of course, this is all pretty useless if you want to end fights quickly. Why waste time if you can just block his first punch and counter it with a haymaker to his face? The choice is yours.

Exercise: training

Since you're going to practice Tineko, you better get used to the feeling of fighting Lentation. This isn't a real exercise, just a mere tip, try to use Lentation while training/practicing Kata's. Practicing these mostly complicated movements will make sure your limbs will get used to the increased strain on the muscles.

In the end

^_^ Hi there. Welcome to the last chapter. Why don't we look back upon our training time now? If I'm correct, it must've been quite a while since you first started training, eh? Well, I hope when you trained, you did your very best, and succeeded Lentating. If you did, congratulations, you made it all the way through the training! If you didn't you shouldn't be reading this but practicing harder!

Whether or not you are going to continue practicing Tineko, I'd still like to know what you thought about my guide. Can it be improved? Do things need to be added? Removed? Or should it stay the same? I need your input to continue giving the best to all the students at Veritas Online, so help us out and mail me with your comments at darkduck@veritasonline.net.

Of course, I've said this before, but just to make sure, this document is intended for publication ONLY at <http://www.veritasonline.net> and subgroups. If you find this document anywhere else, it has been stolen!

Well, good luck to your future training life, and enjoy Lentating! And be sure to look out for the new Lentation guide! (already dubbed "Lentation: reloaded" ;-)

~Gerjan 'Darkduck' Eilander,

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