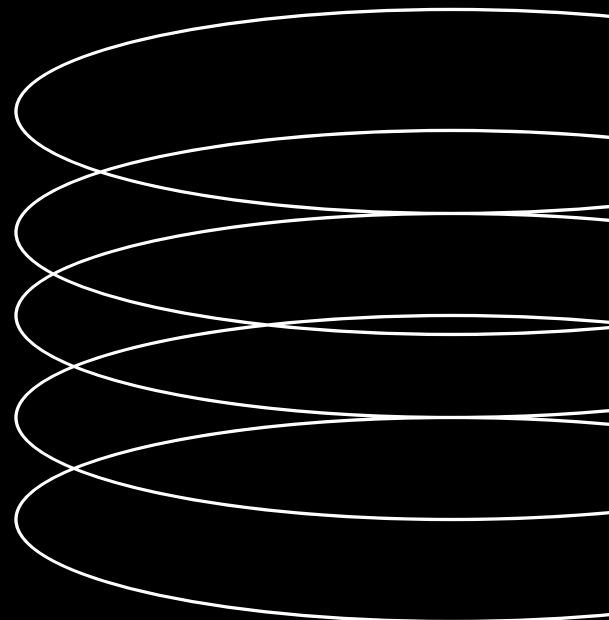




Improve your concentration



FOR DAILY TRAINING
ZA series of exercises to help you practice
concentration and focus





Maciej Szczepaniak

LET'S MEET

I have been sitting in the right seat of various rally cars for over 25 years. During my adventure I have driven all kinds of car types and classes. Starting from F2 over S1600, S2000, Gr. N, RRC, Rally2, up to WRC+. My career has developed in such a way that I had and still have the pleasure to co-drive the most outstanding drivers of our continent and the globe ;-). I started my way with Tomek Kuchar, then with Janusz Kulig, Leszek Kuzaj, Michał Kościuszko, Robert Kubica, Hubert Ptaszek, and now I have been forming a duo with triple European champion Kajetan Kajetanowicz for over five years. I won Polish Rally Championship in 2004/2005/2006 and the title of WRC3 world champion in 2021. I have participated in over 260 rallies, including over 140 outings in the World Rally Championship. I am fortunate that my great passion has turned into a full-time profession, which I consider the best in the world. I have worked very hard for my knowledge and position, and now the time has come when I have decided that it is worth sharing it with those who, like me, once dreamed that rallies would become an important part of their lives. So I invite you to visit my virtual ACADEMY.

MORE ON [CODRIVER.ACADEMY](https://www.codriveracademy.com)

INTRO

Concentration is the ability to focus and sustain attention on specific tasks. It is required in all kinds of conscious actions. This ability develops gradually in the course of a person's life. Thanks to it, we are able to direct our attention, notice and do what is important for us at a given moment. The task of concentration is to complete a certain task, achieve a goal, solve a problem or understand an important topic. Therefore, a high level of concentration is associated with better memory, spatial skills and logical thinking. Concentration is the ability to focus attention, direct it to a specific stimulus, and sustain it over an extended period of time. This means that the ability to concentrate can be trained and improved, i.e. you can learn to "direct" your attention through appropriate exercises. Include such exercises in your daily routine and repeat them regularly.





CONCENTRATION FACTOR FOR CO-DRIVER

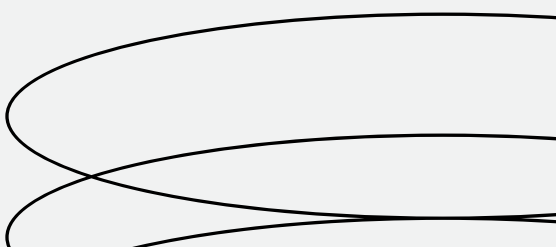
A rally CO-DRIVER is exposed to many factors that can distract his attention. Loud engine noise, the sound of tires losing grip, the moving scenery, and sometimes even the pressure from competitors are just a few examples of factors that can affect a co-drivers's concentration. However, to maintain concentration, co-driver must learn to ignore these factors and focus on the most important task at hand.

Maintaining concentration is critical to staying in sync with other crew members. Rally co-driver must be in full harmony with the driver in order to react quickly to changing road conditions and give the right instructions at the right time.

The ability to concentrate for a long period of time helps players control their emotions. Rallies are full of stress, emotions and adrenaline. Co-drivers must be able to stay calm and keep their emotions under control in order to perform their tasks effectively. Concentration allows you to focus on the task at hand and minimize the influence of emotions on decision making.

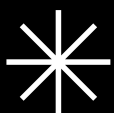
Maintaining concentration allows rally co-drivers to respond effectively to unexpected events. Whether it's an unexpected departure from the road, sudden changes in weather conditions, or technical problems, co-drivers must be able to react quickly and accurately. Concentration allows them to closely observe the environment and make decisions based on the available information. In this way, they can avoid potential hazards and minimize the risk of mistakes.

The following exercises, if performed regularly, can help you practice and improve your ability to concentrate over the long term. The exercises have been compiled with increasing difficulty and time pressure ;-)



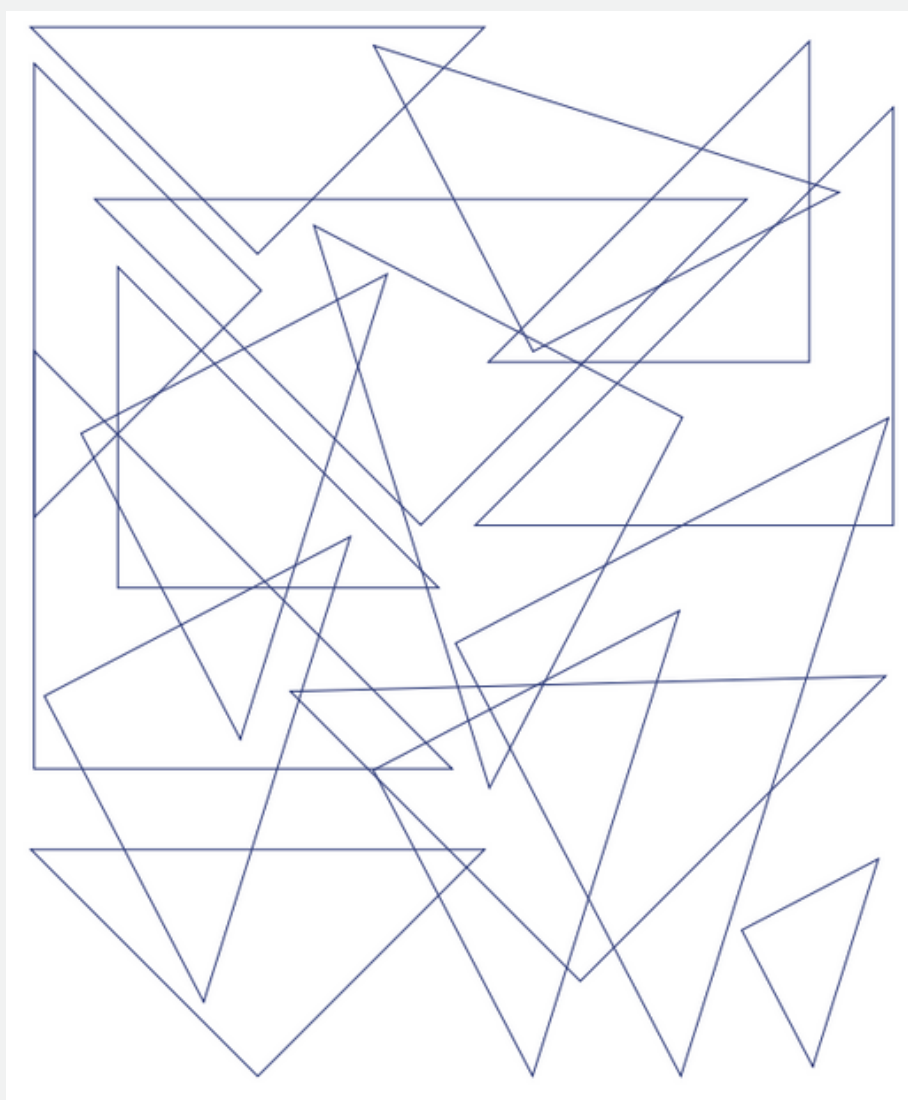
EXERCISE 1 - WARM UP

Find the shape and count



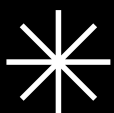
Prepare a stopwatch, paper, and pencil. Calmly count whether you have done the exercise correctly after you have finished it on time

LOCATE and COUNT ALL THE TRIANGLES.



EXERCISE 2

FIND AND COUNT REPEATING CHARACTERS



Prepare a stopwatch, paper, and pencil.
Calmly count whether you have done the
exercise correctly after you have finished it
on time

WITHIN **45** SECONDS, LOCATE AND COUNT REPEATING CHARACTERS VISIBLE IN A BOX

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WITHIN **35** SECONDS, LOCATE AND COUNT REPEATING CHARACTERS VISIBLE IN A BOX

6

8 4 8 10 6 9 4 9 3 1 6 1 5 6
0 5 7 7 1 8 3 3 1 8 7 1 5 6 8
3 4 1 7 10 8 6 2 10 9 2 3 6
3 9 5 9 8 0 2 10 6 0 1 10 10
4 2 3 7 6 0 4 6 1 7 10 9 6 0
8 3 2 2 6 5 9 5 3 4 6 6 4 3 1
0 6 6 8 4 0 6 7 8 6 1 7 2 6
10 3 7 10 6 2 6 4 9 8 6 0 10
3 0 6 3 10 6 6 3 6 7 4 0 4 1

WITHIN **35** SECONDS, LOCATE AND COUNT REPEATING CHARACTERS VISIBLE IN A BOX

mak

q o f m a k a e m a k a h x m a k o x n w a n w m a k
k l z n b e h i o e z u t m a a g d j s f x b m a k g n
t e r f m a k s m o k a z v l d e s o y c g l v b f z m
m a k i u i m a k c p b u i m a k z a t e c y c u o t j
m a k o f x t a m a k u q m a k a l t m a k a h i f m a k i
o a o e d m a k a u o p h w k f m a k m a k j b a f o l
o a h u k a v r x t e c m a k b i e m a k m a a q e
m a k b c g p g m a k l r o i a w c l s l h a x x t p v p
k m a k v x l l a h t q w a a m a k v q y l u l n n e q
i o u w j x n z k g t d v o x i w m a k m j i o x o
m a k w i h a m a k a a y e e m a k i a u k g m a k u
m a k h e m a k f o o o z g e y m a k m w l i m a k d e
k y i v m a k i t n s m a k s w s w l v b b u c a r h y
q a s z o m a k x m a k b g n y o a t b o k a h t m a k
b t u u o q b t j e w y a m a k w a k j v a m m a k i
o a b i u e t a m a k e f m a k t o m m a k i d a k b i
m a k m a k t z y l f y o n f a e o z a m a k b a s c d r

T COUNTING TIME, LOCATE AND COUNT THE REPEATING **ING** LETTERS AS FAST AS POSSIBLE

ZJLINGYINGINGAOINGWAINGTTXAFAUMDFATFBXOJTINGA
HALPINGIBIUOWMINGDXHAOALDOINGNKKWYEINGINGAAO
HPDINGJOTIINGINGGEYDBTMYAINGCINGRQOZINGKSINGWK
INOTSINGINGINGPTEPGQAUAINGXLVIRJINGNVLINGRAUKLE
ATINGUEINGAFATJYINGWUIPATQCPQRMWTZMINGFAXSU
TVSGSFOTRUZRUNOIIINGJYRLLWEINGEBINGIGNHINGZDP
OKJMPLNBOIJZINGIUAAYEYLDINGIZPAAXHTNINGPEAXN
KZGIESVAINGINGREYIQINGFOINGEYFAAEAIPYAWCXAPDC
LVDZINGZRWMWINGJPVINGOMWLBXINGYDAAEKSTTTTFJH
KKUINGOTVQQUSATDASINGRGUKINGINGBKLVTTEAMUURING
LTEAIASTJINGHFFWLUNOOJINGOJNBINGYINGCRBLHAAH
TAYEBWBTOUADIWJKMINGPISVINGXQINGZPKKFLBTECN
AVZINGIIRSPENWTKTGAZZTAODJALINGUTHHOTINGINGFC
INGIGUVGHIILIBOKAYIINGHAAIYWGINGHWJMUEUESAAS
NJWOKTAGVJABINGINGEINGLINGIAIINGSSOHTCOXZDKUU
MINGBWDSNJJINGVINGXUQRZEINGBJIDUSINGUWAINGPXO
INGZSTORMINGHINGDCPYINGJZGNINGUINGINGINGINGEINGV
MWINGXINGFUINGBTQPZJRINGBDPFAINGGOIKHNINGWING
TINGINGIINGOJINGUUTKJLIHWAPDVYINGAAWZIINGJTJING
CINGNSEKLYOZWVYAINGQOQUEYINGTJINGJWAOFBTUYE
MINGEYSEINGINGWFEOINGJUMIAFCINGUUMAINGCXINGNV
AXYQAINGANXPINGTBZOTEINGTATUQNLEINGINGINGJINGG
INGAPVINGWIDOUINGINGUSIARINGCLOESBWINGINGZHENQ

EXERCISE 3

Find pairs



Prepare a stopwatch, paper, and pencil.
Calmly count whether you have done the
exercise correctly after you have finished it
on time

COUNTING TIME, LOCATE AND COUNT AS FAST AS POSSIBLE PAIRS OF NUMBERS

25569369

12546982

3265987

14785269

14789635

25596369

14586324

12546982

39869836

14785269

14789635

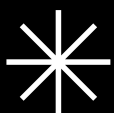
3265987

25569369

39869836

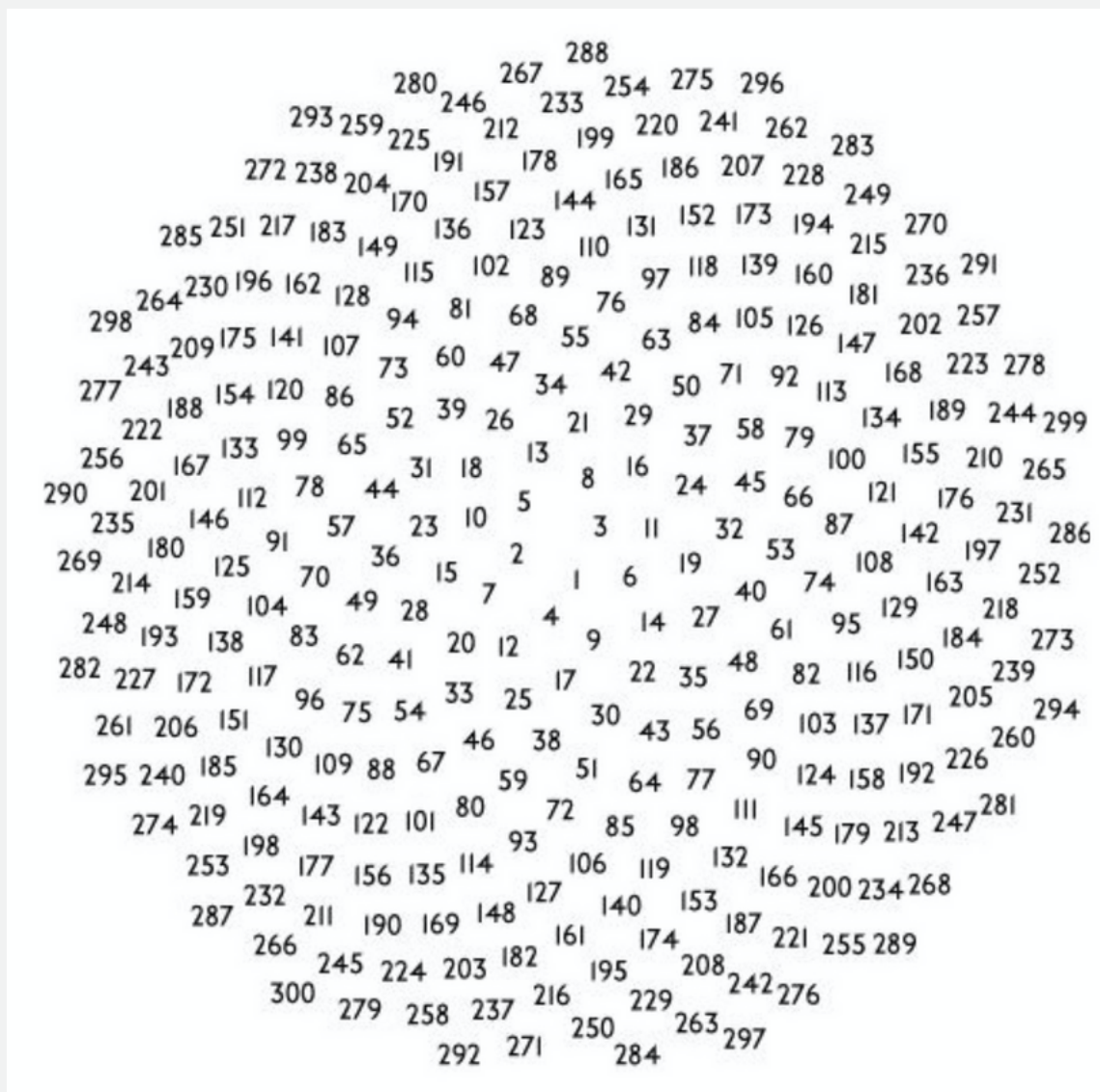
EXERCISE 4

Find the numbers



Prepare a stopwatch, paper, and pencil.
Calmly count whether you have done the
exercise correctly after you have finished it
on time

COUNTING TIME. Find the numbers from the smallest to the largest number



EXERCISE 5

Multiple functions



Prepare a stopwatch, paper, and pencil.
Calmly count whether you have done the
exercise correctly after you have finished it
on time

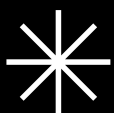
RUN **AUDIO FILE NO.5**. WITHIN **45** SECONDS LOCATE THE REPEATING CHARACTER VISIBLE IN THE BOX. AT THE SAME TIME, WRITE ON A SHEET HOW MANY TIMES THE COMMAND 4L (FOUR LEFT) IS SPECIFIED IN THE RALLY NOTES

2

1 2 2 7 10 3 5 5 1 2 10 7 8
2 3 7 3 6 0 8 2 5 1 8 2 9 9 0
7 7 3 2 4 1 10 8 10 2 5 2 9
6 2 5 1 5 2 6 2 10 4 0 3 10
9 10 2 7 1 5 5 3 4 6 1 8 6 5
2 3 0 6 2 6 1 10 7 2 7 0 3 6
3 2 7 7 0 1 10 1 2 7 10 0 8
6 5 0 0 6 10 5 5 1 4 4 9 6 1
2 7 4 6 6 7 5 6 6 2 7 3 5 2

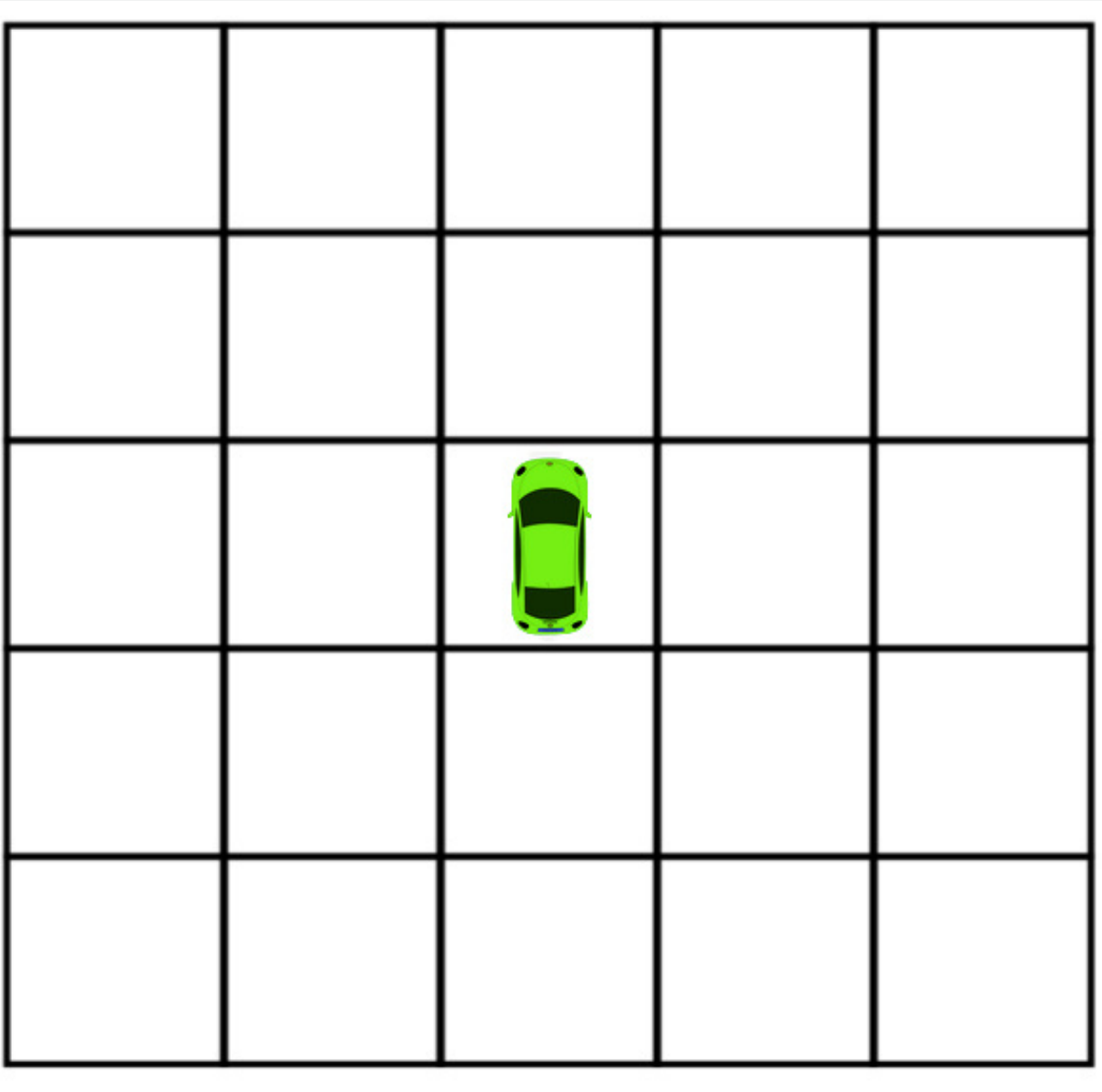
ĆWICZENIE 6

FOLLOW THE CAR



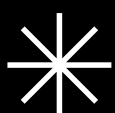
Prepare a stopwatch, paper, and pencil.
Calmly count whether you have done the
exercise correctly after you have finished it
on time

START **AUDIO FILE NO. 6.** FOLLOW THE CAR'S MOVEMENT ACCORDING TO THE INSTRUCTIONS. AFTER FINISHING, WRITE HOW MANY TIMES THE VEHICLE HAS LEFT THE BOARD



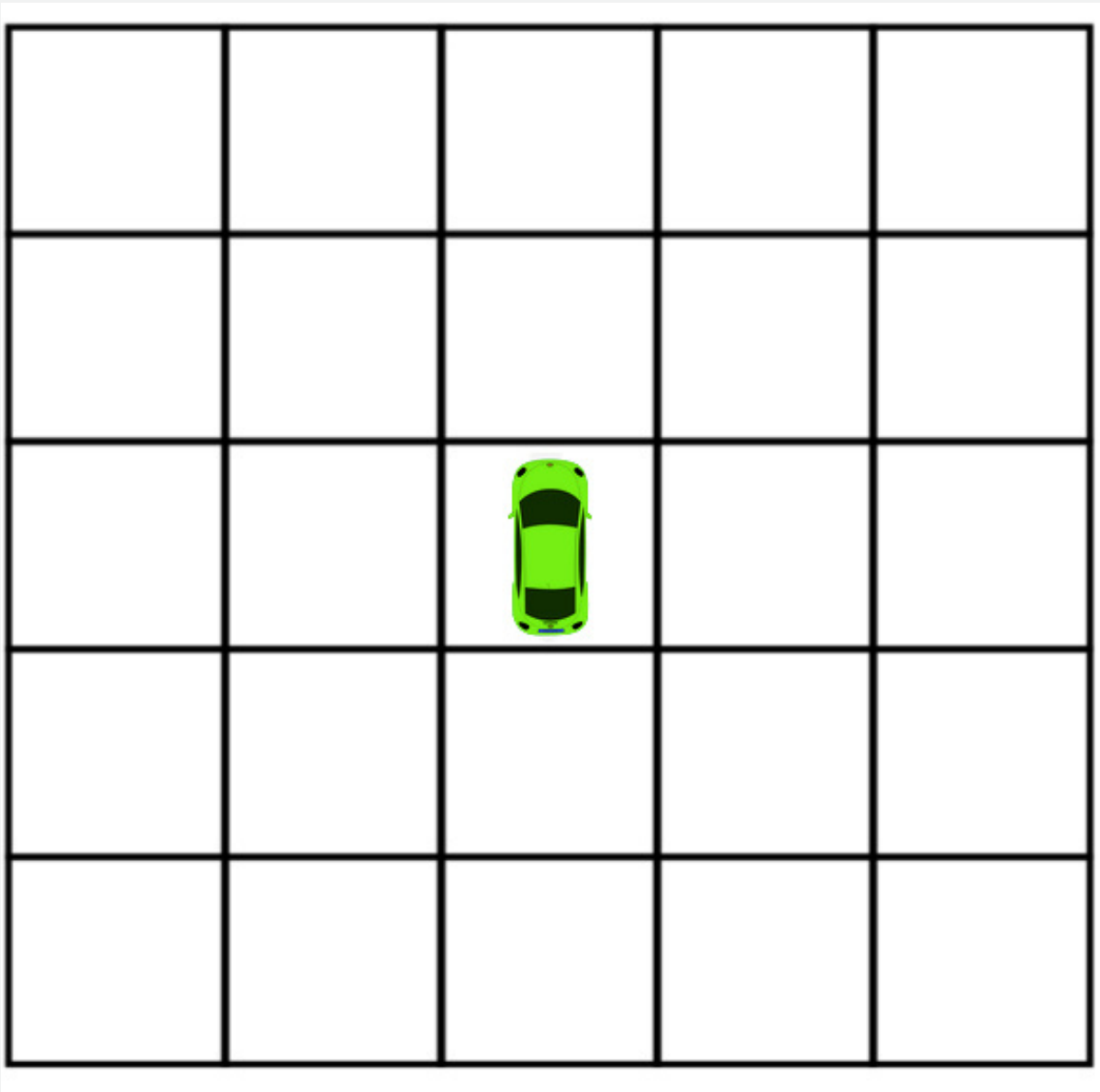
ĆWICZENIE 7

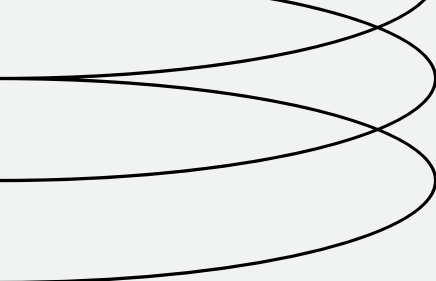
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Prepare a stopwatch, paper, and pencil.
Calmly count whether you have done the
exercise correctly after you have finished it
on time

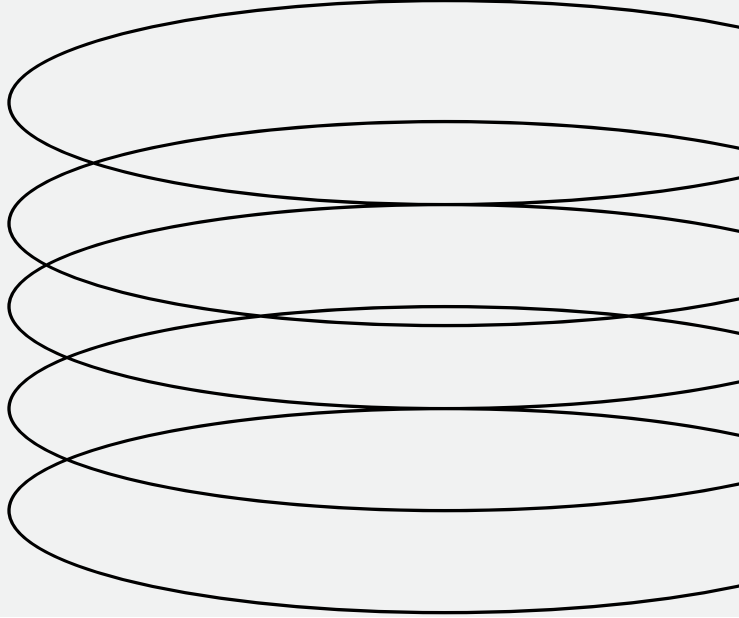
START **AUDIO FILE NO. 7.** FOLLOW THE CAR'S MOVEMENT ACCORDING TO THE INSTRUCTIONS. AFTER FINISHING, WRITE HOW MANY TIMES THE VEHICLE HAS LEFT THE BOARD





EXCELLENT ! I HOPE YOU HAVE DONE ALL THE
EXERCISES AND WILL COME BACK TO THEM
FROM TIME TO TIME

I am glad you made it to the end. I myself use the above exercises regularly, and although they seem trivial at first glance, they really help me stay mentally fit. I encourage you to send your results to info@codriver.academy. The content of this e-book is only a small part of the knowledge that [CODRIVER.ACADEMY](https://codriver.academy) offers. If you are serious about becoming a rally co-driver, I invite you to take courses.





SEE YOU SOON

