

Mental Toughness Video Course – Jorge Capestany

Video 4 – Nerves and Choking - Quiz

1. How many **performances** are there during a tennis match? _____
2. It is easiest to see someone's mental toughness _____ points.
3. What are the 4 parts to the **16 second cure**?
 - 1.
 - 2.
 - 3.
 - 4.
4. The 16 second cure happens **during** the point. (circle one:) **True** **False**
5. Watching Pro tennis matches is a good way to see the 16 second cure in action.
(circle one:) **True** **False**
6. When you first practice doing the 16 second cure, it may feel weird.
(circle one:) **True** **False**
7. A great way to get better at the 16 second cure is to video yourself doing it.
(circle one:) **True** **False**