

# THE BRAIN BRAKE

the film, read through

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50 panels · version 4

[ 1.1 ]



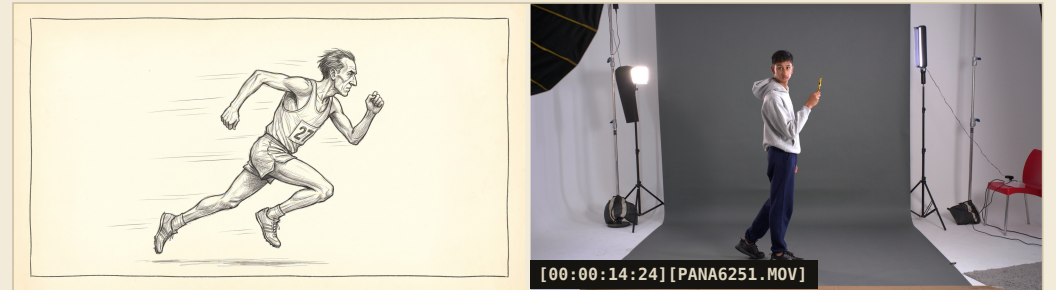
[ 1.2 ]



[ 1.3 ]



[ 1.4 ]

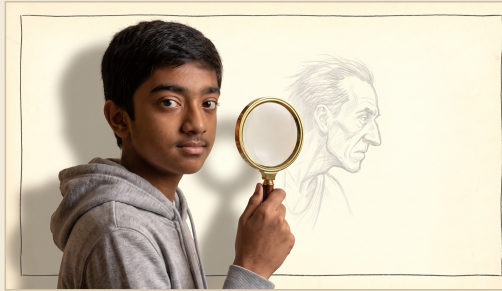


MANAN

**"For a hundred years we blamed the muscles."**



[ 1.5 ]

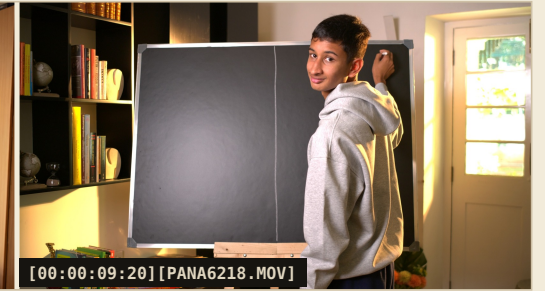


[00:00:19:08] [PANA6255.MOV]

MANAN

**"Hold on. He had nothing left. So where did THAT come from?"**

[ 2.1 ]

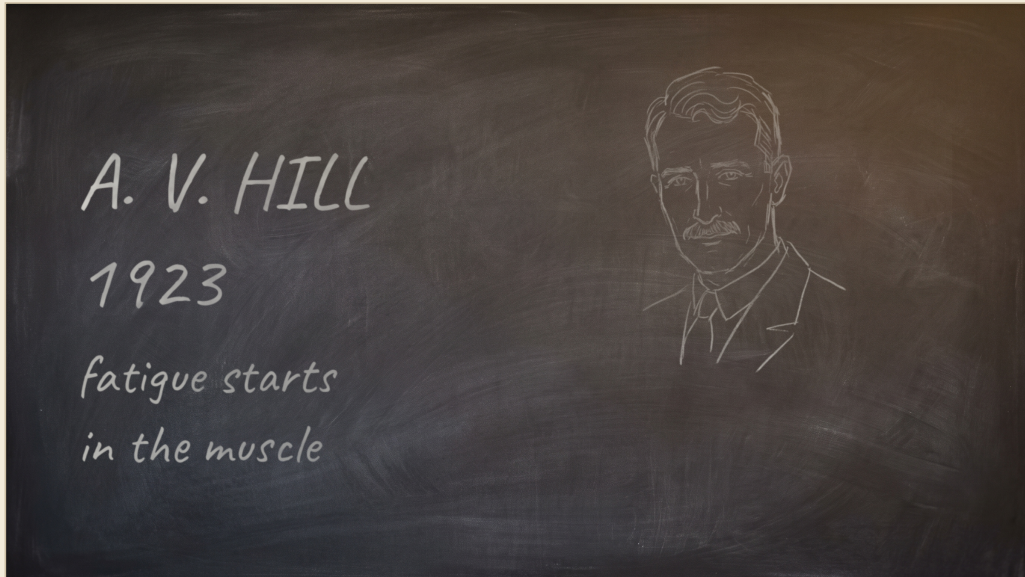


[00:00:09:20] [PANA6218.MOV]

MANAN

**"A. V. Hill. Nineteen twenty three."**

[ 2.2 ]



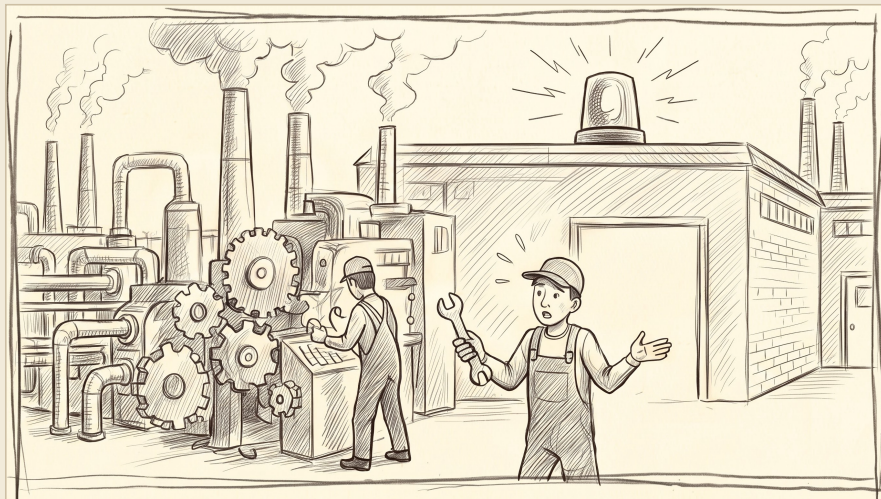
[ 2.3 ]



[00:00:07:12] [PANA6197.MOV]



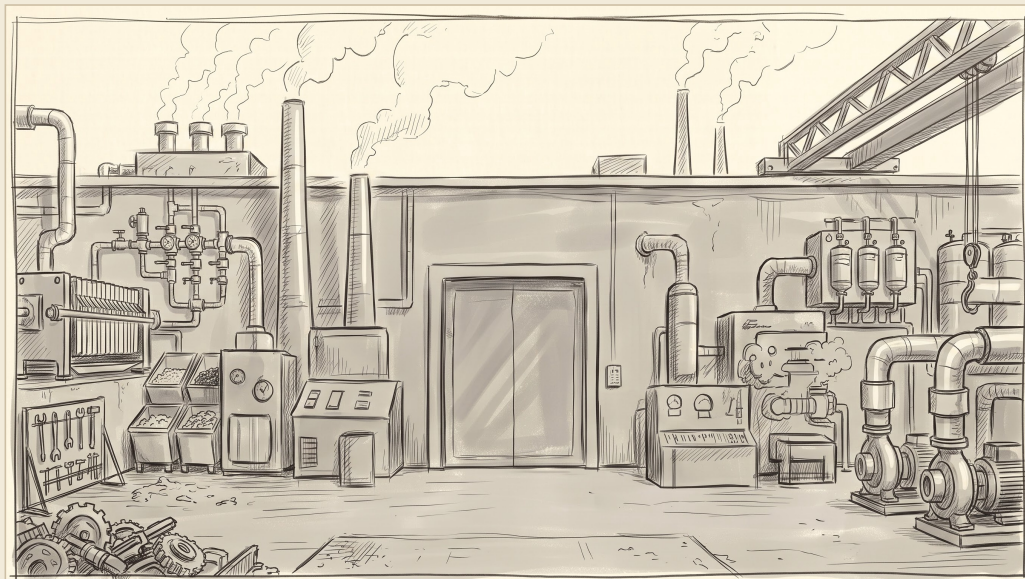
[ 2.4 ]



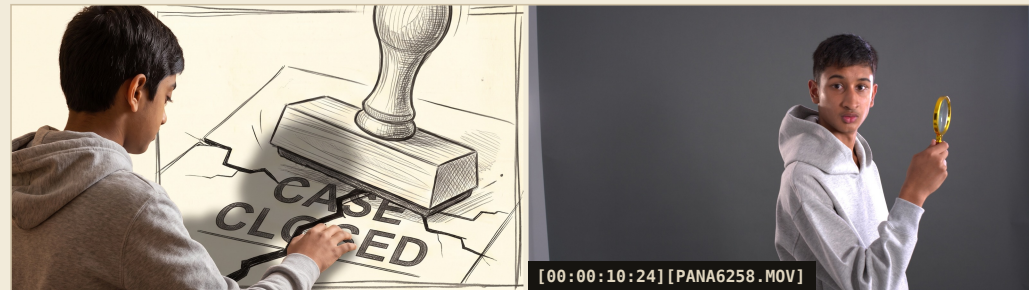
WORKER

**“That's it. We're done.”**

[ 3.1 ]



[ 2.5 ]



MANAN

**“Except it doesn't explain this.”**

[ 3.2 ]



MANAN

**“At the back, a door nobody opens.”**

[ 3.3 ]



[ 3.4 ]



MANAN

**"Tested the moment they gave up, the muscles could still do far more."**

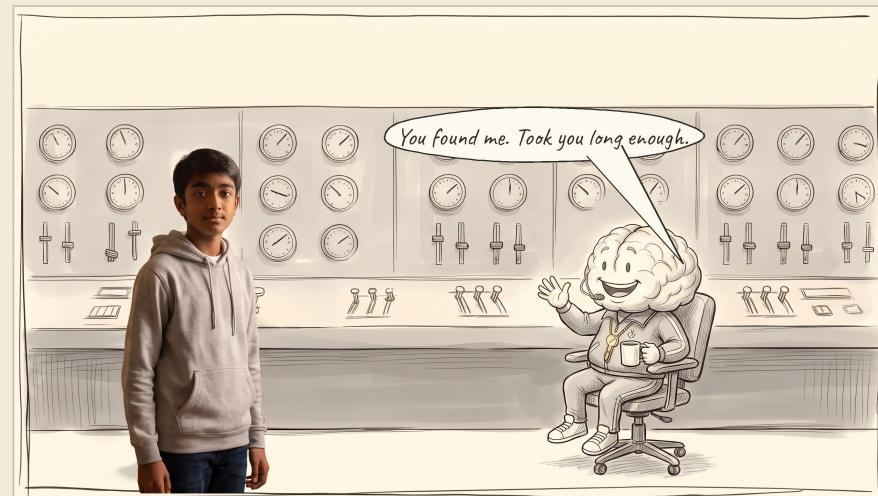
[ 3.5 ]



MANAN

**"It was never empty. Somebody closed that door."**

[ 4.1 ]



COACH BRAIN

**"You found me. Took you long enough."**



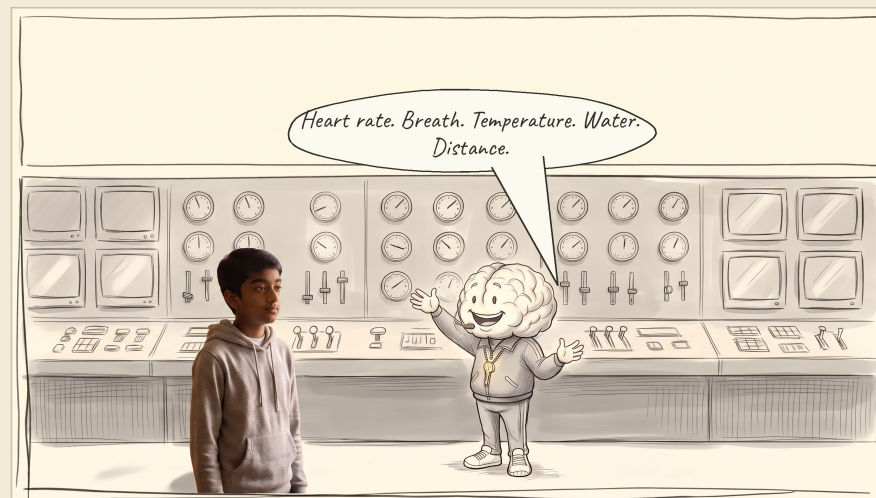
[ 4.2 ]



MANAN

**"You closed that door."**

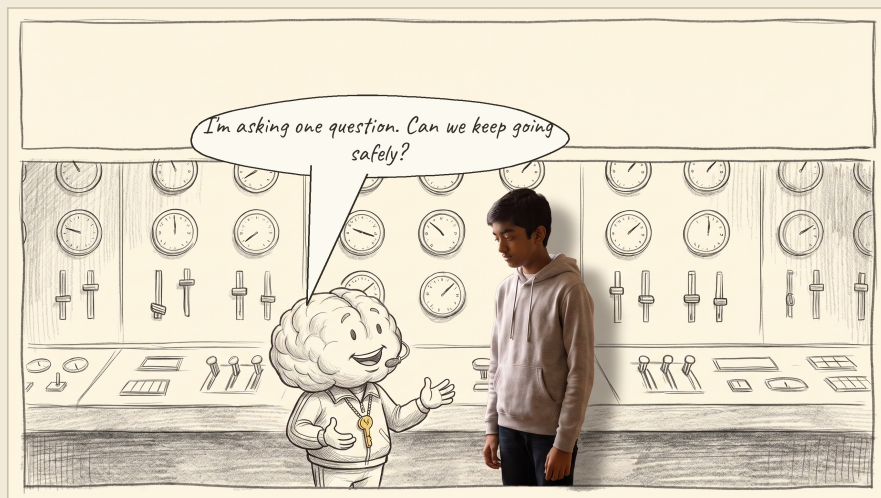
[ 4.3 ]



COACH BRAIN

**"Heart rate. Breath. Temperature. Water. Distance."**

[ 4.4 ]



COACH BRAIN

**"I'm asking one question. Can we keep going safely?"**

[ 4.5 ]



MANAN

**"So you're secretly pacing me?"**

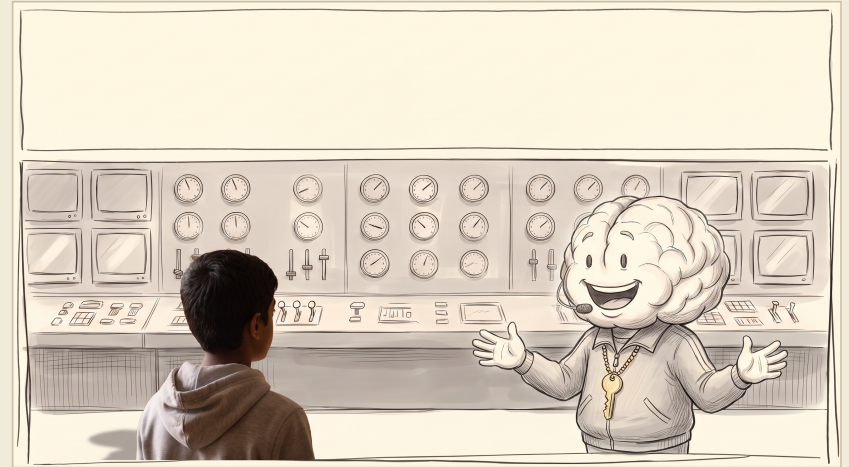
[ 4.6 ]



MANAN

**"Like a phone at twenty percent. Not broken. Protecting itself."**

[ 4.7 ]



COACH BRAIN

**"Fatigue isn't your body failing. It's me slowing you down before real danger."**

[ 4.8 ]



MANAN

**"So the limit isn't my body. It's your judgement. They call it the Central Governor Theory."**

[ 4.9 ]

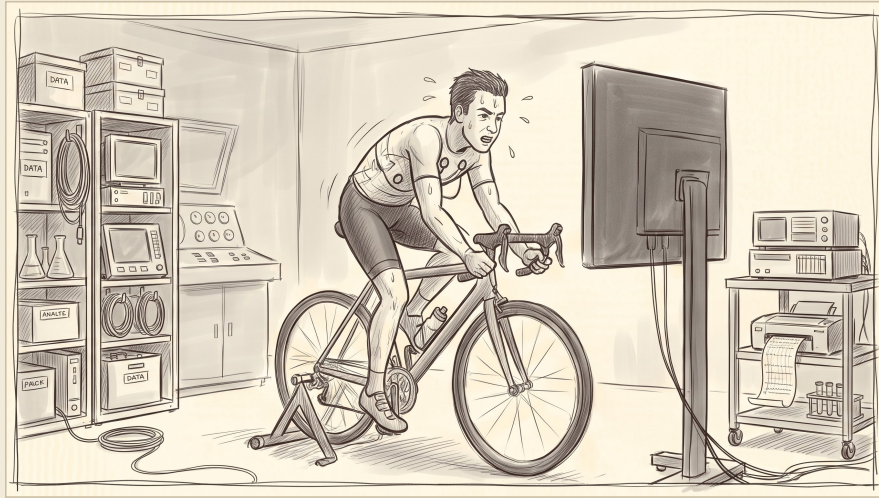


MANAN

**"It sets your limit in advance, and keeps something in reserve."**



[ 5.1 ]



MANAN

**“They let him race his own best ride.”**

[ 5.2 ]



MANAN

**“He beat it. So it was never his maximum.”**

[ 5.3 ]



[ 5.4 ]



MANAN

**“So I tried it.”**

[ 5.5 ]



[ 5.6 ]



[ 5.7 ]



MANAN

**“Nothing about my legs changed.”**

[ 5.8 ]

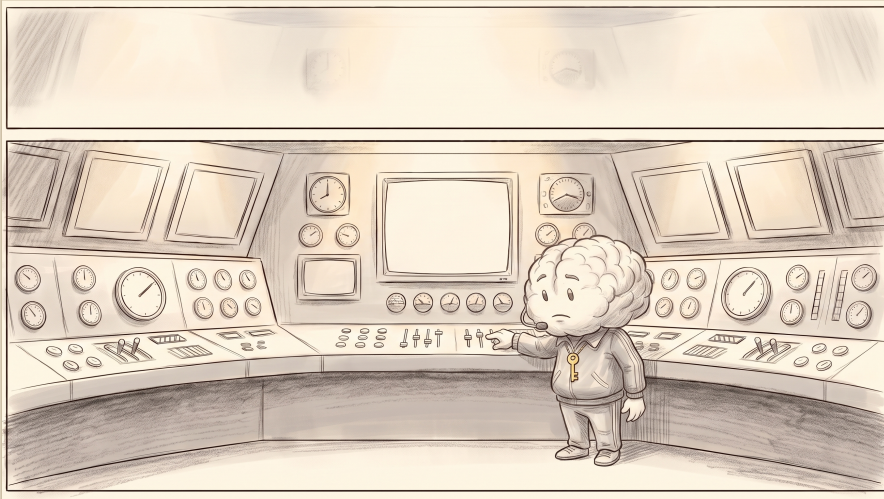


MANAN

**“Only what I believed they had left.”**



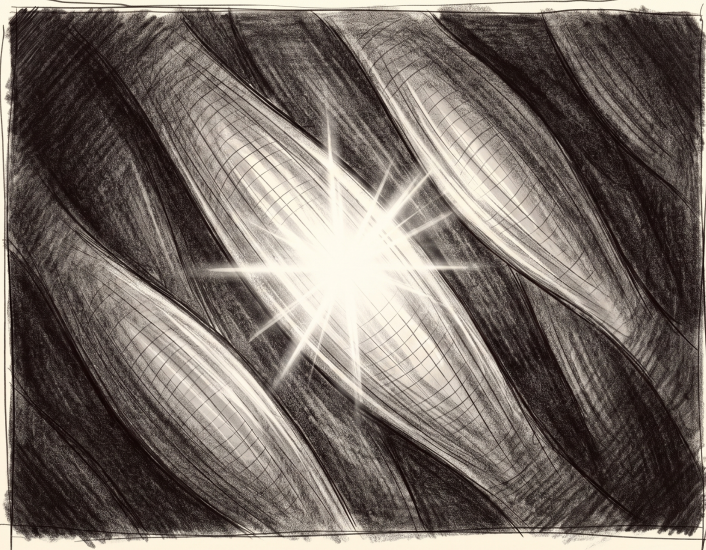
[ 6.1 ]



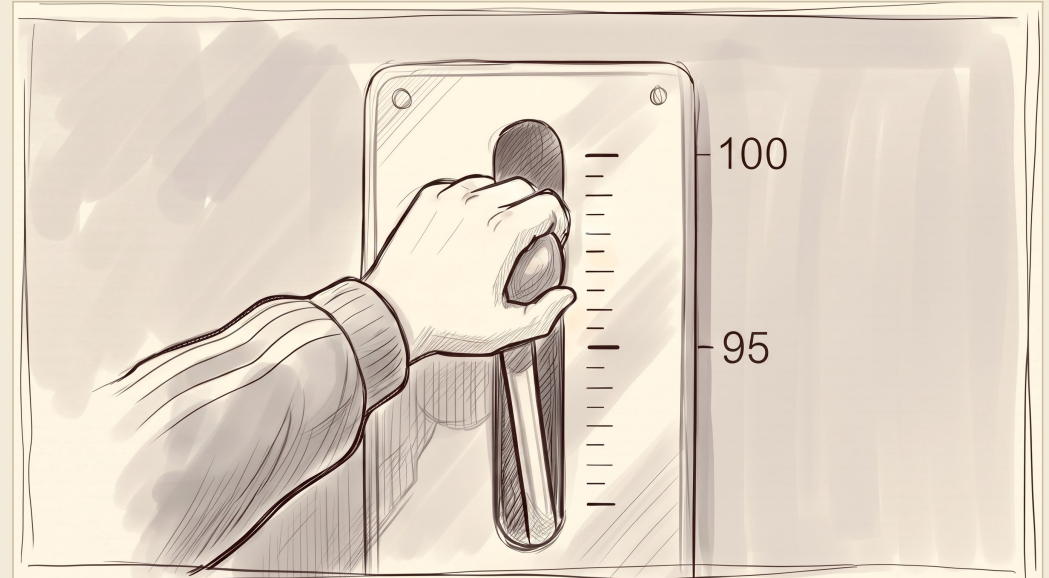
COACH BRAIN

**"All right. Everything's holding. Let's give him a little more."**

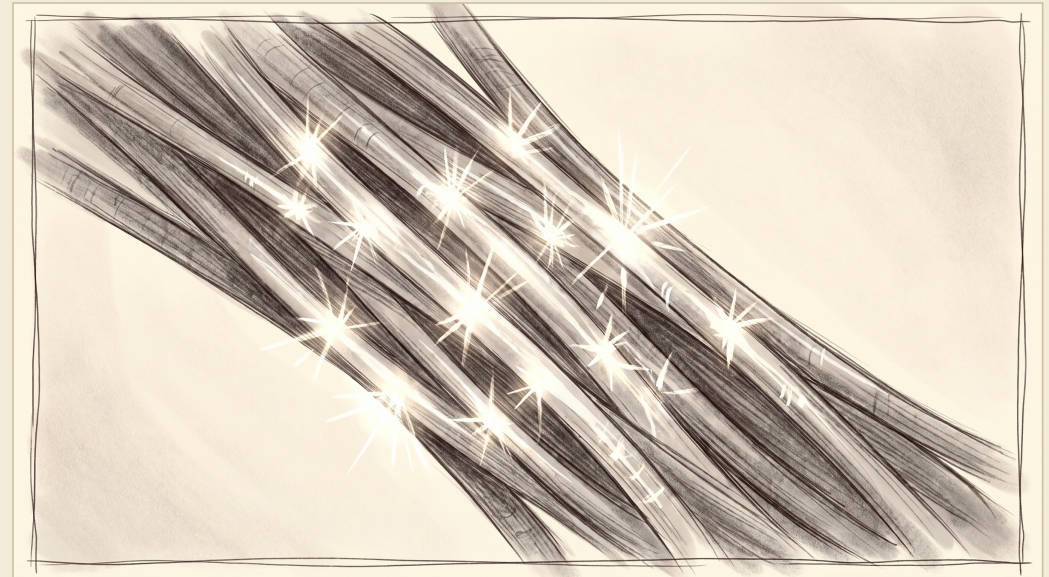
[ 6.3 ]



[ 6.2 ]



[ 6.4 ]

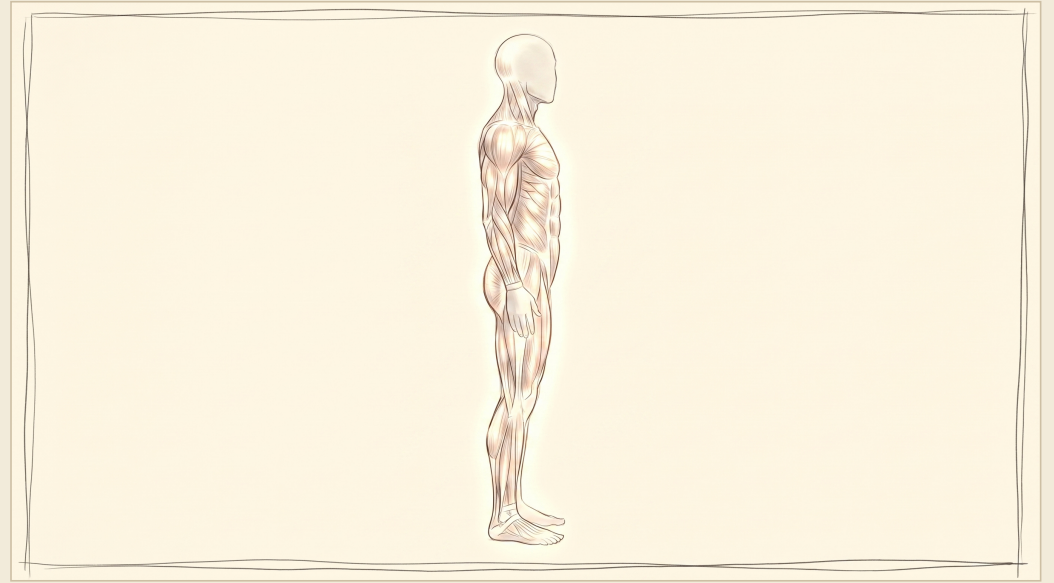




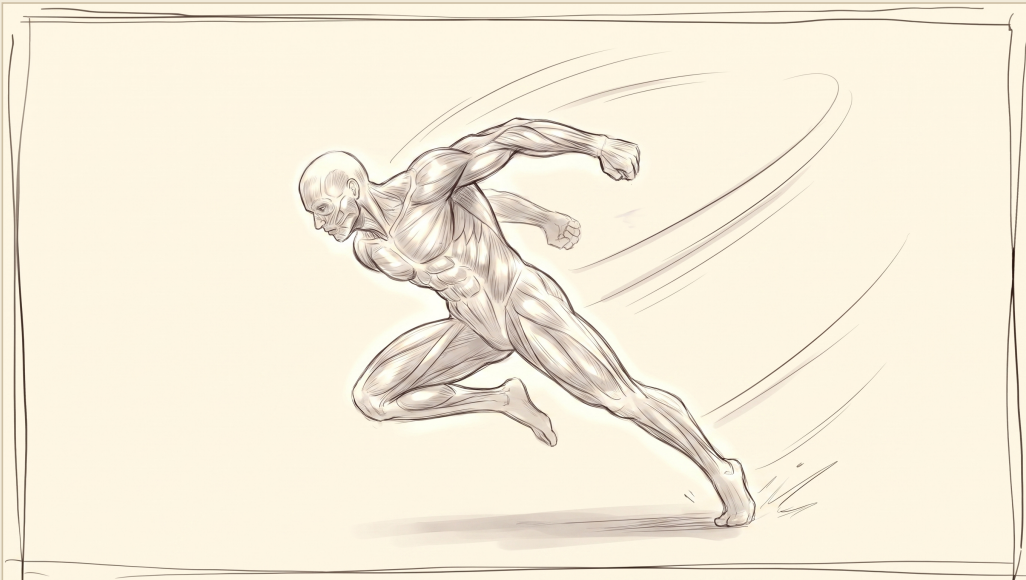
[ 6.5 ]



[ 6.6 ]



[ 6.7 ]



[ 6.8 ]

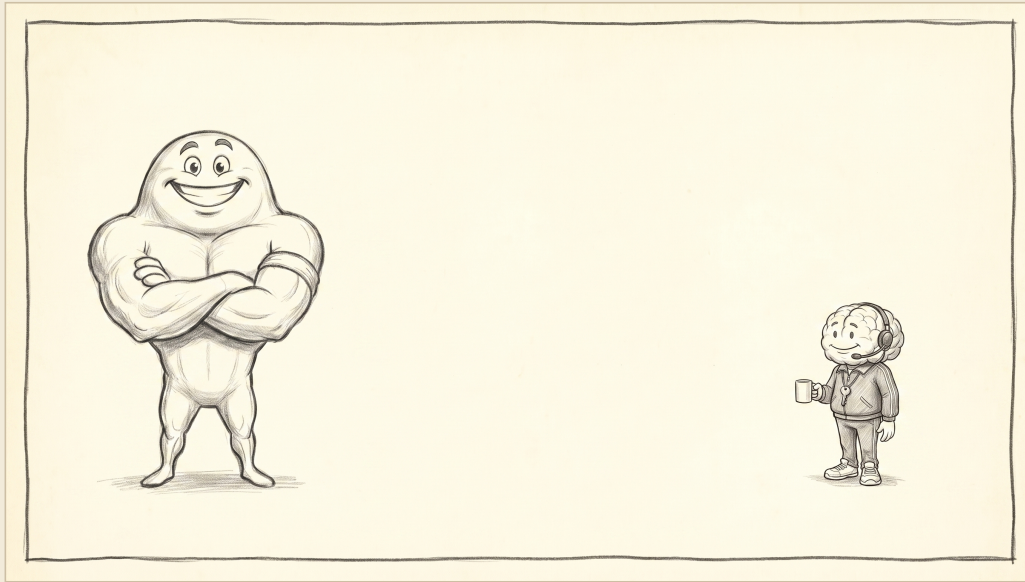


MANAN

**"It didn't make new energy. It gave permission."**



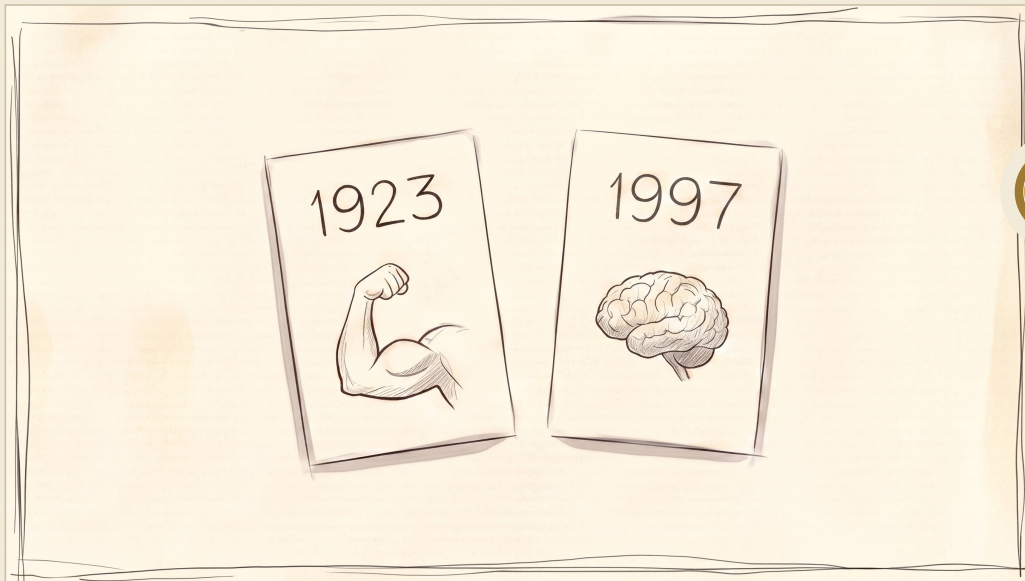
[ 7.1 ]



[ 7.2 ]



[ 7.3 ]



[ 8.1 ]



[ 8.2 ]



[ 8.3 ]



MANAN

**“Next time somebody finds one last burst of speed,”**

[ 8.4 ]



MANAN

**“don't just wonder how strong their muscles are.”**

[ 8.5 ]

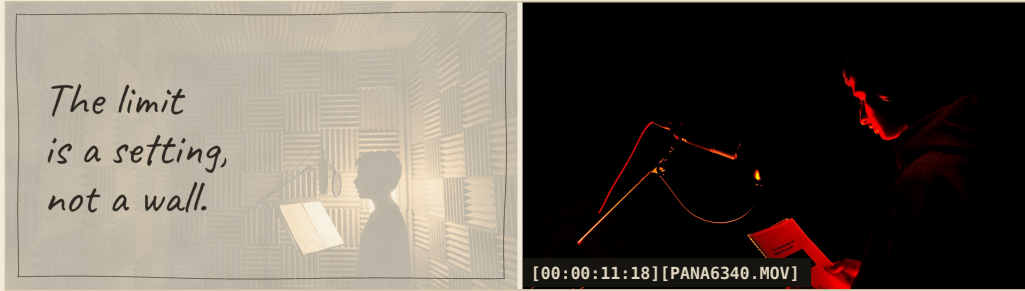


MANAN

**“Wonder what their brain believed was safe.”**



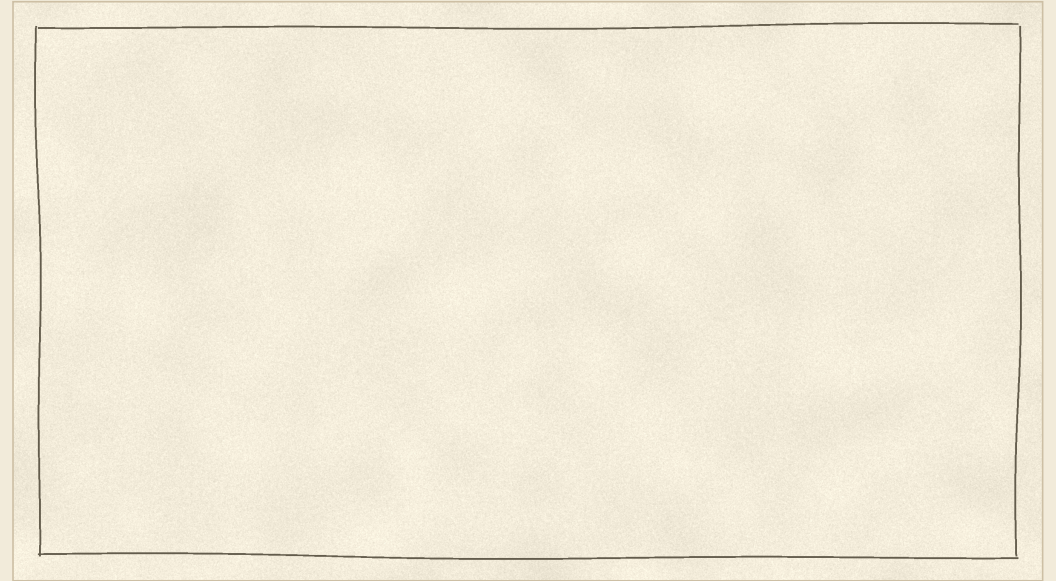
[ 8.6 ]



MANAN

**"The limit is a setting, not a wall."**

[ 8.7 ]



# THE FOOTAGE

one frame per shot, clean, for pulling into tests

27 shots



1.4



1.5



2.1



2.3





2.5



3.2



3.3



3.4





3.5



4.2



4.5



4.6





4.8



4.9



5.3



5.4





5.5



5.6



5.7



5.8





7.2



8.1



8.2



8.3





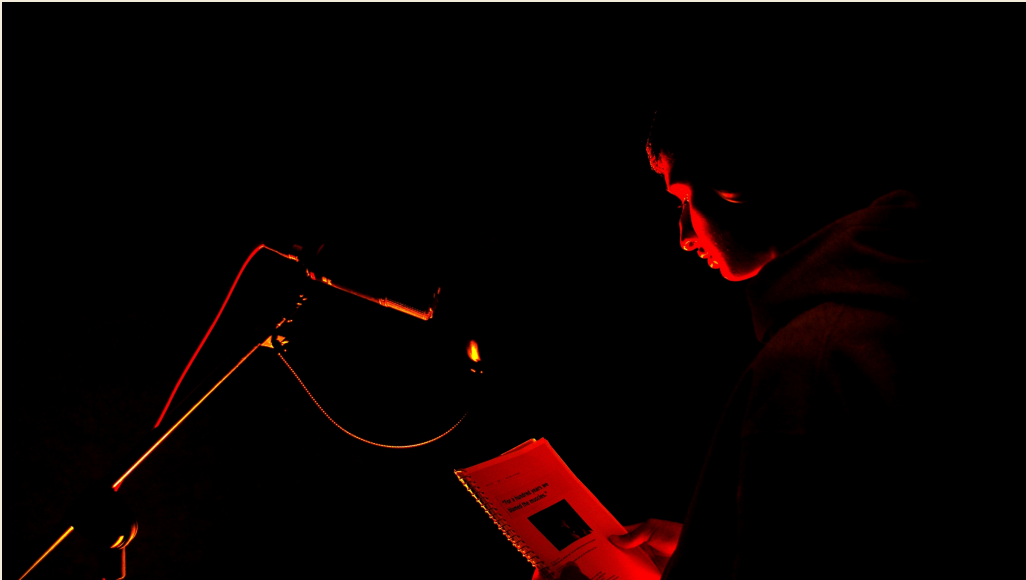
8.4



8.5



8.6



*The limit is a setting, not a wall.*