Selected Clip and Honest Claim

A selected moment needs a description with the same scope.

The best attempt does not have to pretend to be every attempt.

Hypothetical example: An athlete chooses one permitted practice clip and changes a broad mastery claim to an accurate description of the single visible attempt before any sharing.

01 Know what the clip leaves out

Identify the selected moment and what is outside it.

Actual practice moment selected

Other attempts outside the clip

Part of the action not visible

02 Check whether sharing is actually permitted

Confirm the actual recording and sharing permissions.

People and details in the recording

Permission actually confirmed

Audience or medium still unapproved

Selected Clip and Honest Claim / Review & follow-through

03 Write a claim the actual moment can support

Limit the description to the visible supported claim.

Action the clip directly shows

Unsupported mastery or result claim

Accurate wording chosen

04 Correct an impression you helped create

Correct any broader impression already supplied.

Earlier description if already used

Appropriate correction route

Actual correction or decision not to share