

DMT International
presents

MAX YOUR MEMORY

The Magic Number List

by

David Thomas GMM

World memory record holder
International Grandmaster of Memory

Table of Contents

Section One: Getting Started

1. Introduction.....	4
2. DOMINIC System.....	5
3. Create An Action Too.....	7

Section Two: The Lists

1. Background.....	9
2. List One.....	10
3. Blank Sheet 00-49.....	13
4. Blank Sheet 50-99.....	14

Section One: **Getting Started**

1. INTRODUCTION

Welcome to The Magic Number List.

This is a resource to be used once you have listened to and/or read the section on how to memorise numbers in Max Your Memory.

The idea of this list is really straightforward.

When you learn the DOMINIC System you do so by converting pairs of numbers into pairs of letters then using these letters as the initials of a famous person. Confused? Yes, me too. Mind you, I get confused trying to open a tin of sardines with that silly ring pull thingy!

So over the next few pages we will recap and go through the process of learning numbers using the DOMINIC System.

2. DOMINIC SYSTEM

To remember numbers you use what is called the DOMINIC system. This system was created by Dominic O'Brien, who is one of the most prolific memorisers in the history of memory sport.

He says that the name DOMINIC System is an acronym and stands for Decipherment Of Mnemonically Interpreted Numbers Into Characters. Quite a mouthful. Personally, I think it is because he is called Dominic. Call it gut instinct if you will.

One thing I will say is this. Over the last 3000 years there have been very few genuinely new and usable techniques created. This is one of them. It is awesome in its power and brilliant in its application and should never be underestimated despite its simplicity.

Make the Famous Just a Number

It works by turning numbers into people. You begin by taking each number and turning it into a letter.

The number one becomes the letter A because it is the first letter in the alphabet.

Two becomes B, because it is the second letter in the alphabet.

Three becomes C, four becomes D and five becomes E, because they are the third, fourth and fifth letters in the alphabet.

The number 6 becomes S. This is where the system changes slightly. Following the system logically, six should be F, because it is the 6th letter in the alphabet. When developing the system Dominic realized that the letter S worked better than the letter F as you will see for yourselves in a minute. As the number six is a strong S word the association of 6 with S is still strong enough to make it work.

Numbers seven and eight become G and H, because they are the seventh and eighth letters in the alphabet.

The number nine becomes the letter N. Again, Dominic felt that the letter N worked better than the letter I, which is the ninth letter in the alphabet. As the number 9 is a strong N word – the association of nine with N is still strong enough.

Having applied this system under the most extreme of conditions when I did my Guinness record of reciting Pi to 22,500 digits, I totally agree with Dominic that he was right to change six and nine to S and N.

The last number left is zero, which becomes the letter O, because it's the same shape. So now you have 10 letters for 10 numbers.

1	-	A
2	-	B
3	-	C
4	-	D
5	-	E
6	-	S
7	-	G
8	-	H
9	-	N
0	-	O

Take Your Partner By The Hand

The next step is to pair up the digits. When we get a two digit number we get a pair of digits. We then change those two digits into letters using Dominic's system.

Now comes the good bit. That pair of letters are then used as the initials of a person. Let's look at some examples.

33 gives us the letters CC and that produces Charlie Chaplin.

15 gives us the letters AE, and that produces Albert Einstein.

16 gives us the letters AS and that is Andy Scott. Do you know Andy? He is a friend of mine. OK, so that one was a bit naughty but the point is that they do not all have to be famous. However, 16 could just as easily be Arnold Schwarzenegger or Ariel Sharon, the Israeli politician.

Sometimes, you can use the number to create a character that does not have the initials of the letters. The number 10 gives you the letters AO and the only person I could think of with those initials was Aristotle Onassis. But he was before my time, and I could not conjure up a strong enough image.

So I thought of who else could be represented by the number 10. Straightaway, I thought of number 10 Downing Street in London, where the Prime Minister of the United Kingdom lives. My image for the number 10 is now Margaret Thatcher, a former PM who, putting politics on one side, was and still is a very strong image.

Sometimes it is difficult to find a strong image with the right initials. For me, I struggled to find a good character with the initials DE for the number 45.

I used the letters DE to give me the Duke of Edinburgh, the Queen of England's husband. It is not a precise use of the DOMINIC System but it works and that is all that matters.

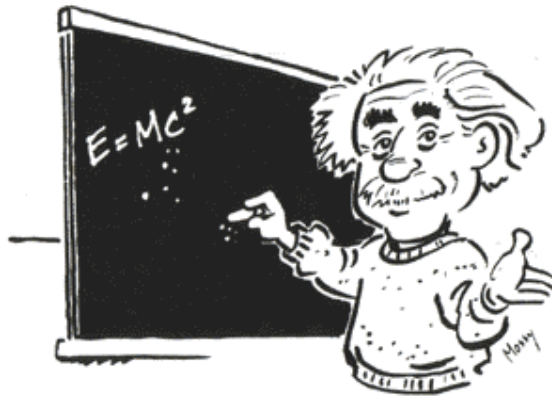
One important point to note, though – the stronger the character, the easier they are to use and remember.

3. CREATE AN ACTION TOO

There is one more thing to do to allow the system to work to its full potential. You need to give each character a unique action that is immediately identifiable with the person.

The actions are better if they are nice and simple but the overriding quality must be that are easily distinguishable from every other character's action.

The action for Albert Einstein, number 15, is chalking on a blackboard.



The action of 91 who is Neil Armstrong, the first man on the moon, is wearing a space suit. Simple as that.

What you will find is that it is quite easy to create an action once you have a person. Most are really obvious but there may be some which need to be contrived.

For example, my image for the number 10 is Margaret Thatcher as I mentioned on the previous page. But I was stumped as to what image would be the best to associate with her. Then I remembered she was known as The Iron Lady during her time as Prime Minister. So my action for her is bashing some hot iron out on an anvil.

This is the basis for the DOMINIC System. But I do understand that it can seem a little overwhelming to begin with so I have done some of the work for you.

Section Two: **The Lists**

1. BACKGROUND

Now on the face of it, creating 100 characters and 100 actions can seem like a time consuming task. And to be honest, it is to a degree. But look at this way. If you did three characters a day, you would have a complete list in a month. Now it doesn't seem as daunting, does it?

But I want to give you a helping hand so I have done some lists for you.

As you will see from the next few pages I have listed all of the 100 numbers and the initials they produce from the DOMINIC System.

I have then put in many characters and actions next to their respective number.

There are some points which will be immediately obvious to you:

1. Almost all of the characters are British or American. I apologise for this. As someone who has spent all his adult life living in the UK and the US then this is where most of my influences are from.
2. The vast majority of the people appear on television or at the cinema. The only reason for this is that you are more likely to recognise and use them.
3. There are some gaps. These are images which are personal to me and I have left them open to you to fill in your own.

Blank Sheets

There are two lists. The first one has many characters and actions. You can use the characters I have put in there. There is absolutely nothing wrong with that. My only stipulation is that you must be able to visualise that character strongly. I have many personal contacts in my list for exactly this reason.

The second list is completely blank apart from the numbers. This is for you to start from scratch if you wish to do so. The best thing to do with this is print it off and stick it on your refrigerator door. That way you will see the list in the morning and your brain will want to fill in the gaps.

This might seem a strange way to do it but trust me, you will be walking along and all of a sudden you will stop and go "Clint Eastwood, number 35!" Strange but true. One quick tip – don't say it out loud. I like being different but crazy, well that's a different ball game.

2. LIST ONE

No/inits.	Character	Action
00 / OO	Olive Oyl (cartoon character)	Using oil
01 / OA	Ossie Ardiles (Argentinian soccer player)	In the dugout
02 / OB	Oscar Blaketon (UK actor)	Using a police whistle (he played a Sergeant in a programme)
03 / OC	Oliver Cromwell (UK historical figure)	Using an old fashioned rifle
04 / OD		
05 / OE		
06 / OS	Omar Sharif (actor and bridge player)	Sat at table shuffling playing cards
07 / OG	Organ grinder	Playing an organ
08 / OH	Oliver Hardy (US comedian)	Swinging a plank over shoulders
09 / ON	Oliver North (US soldier)	Taking the oath
10 / AO	Margaret Thatcher (former UK Prime Minister)	Banging iron on an anvil (she was known as The Iron Lady)
11 / AA	Andre Agassi (US tennis player)	Playing with a tennis racket
12 / AB	Amanda Barrie (UK actress)	Sat in bath of milk (ref. to film she was in)
13 / AC	Andy Cole (UK soccer player)	Playing with a soccer ball
14 / AD	Anne Diamond (UK TV presenter)	On a huge weighing scale
15 / AE	Albert Einstein (German physicist)	Chalking on a blackboard
16 / AS	Arnold Schwarzenegger	Lifting weights
17 / AG	Alec Gilroy (UK actor)	Pulling pints
18 / AH	Alfred Hitchcock (UK film director)	Sat in a director's chair
19 / AN	Andrew Neil (UK newspaper editor)	Reading newspaper
20 / BO	Bill Oddie (UK wildlife presenter)	Using binoculars
21 / BA	BA Baracus (US actor)	Shaving his head
22 / BB	Barry Bonds (US baseball player)	Slugging the ball
23 / BC	Bill Clinton (former US President)	Looking at himself in the mirror
24 / BD	Brian Dennehy (US actor)	
25 / BE	Ben Elton (UK comedian)	
26 / BS	Barry Sheene (UK World Motorcycle champion)	Riding a motorbike
27 / BG	Bob Geldof (UK musician turned charity guy)	Shaking charity box
28 / BH	Benny Hill (UK comedian)	Running around in a circle
29 / BN	Barry Norman (UK presenter)	Holding a camcorder (he used to comment on films)
30 / CO	Captain Oates (explorer who lost his life trying to get to the South Pole)	Building a snowman
31 / CA	Charles Atlas (1930s bodybuilder)	Bodybuilding posing
32 / CB	Charles Bronson (US actor)	Shooting handgun
33 / CC	Charlie Chaplin (US comic actor)	Swinging a cane
34 / CD	Cameron Diaz (US actor)	
35 / CE	Clint Eastwood (US actor)	Riding a horse
36 / CS	Charlie Sheen (US actor)	Wearing a superman outfit (he has a Superman tattoo)
37 / CG	Cary Grant (UK actor)	Looking at map and compass (he was in the film North by North West)
38 / CH	Charlton Heston (US actor)	Riding a chariot (ref. to film Ben Hur)

No/inits.	Character	Action
39 / CN	Charlie Nicholas (Scottish footballer)	Painting green stripes (he played for Celtic who have green hoops on shirts)
40 / DO		
41 / DA	David Attenborough (wildlife presenter)	Holding a monkey
42 / DB	David Bowie (UK pop star)	Putting on make up
43 / DC	David Copperfield (US magician)	Using circular saw
44 / DD	Diana Dors (UK actress)	Using whip
45 / DE	Duke Of Edinburgh (Queen of England's husband)	Riding a carriage (he takes part in carriage racing)
46 / DS	Donald Sutherland (US actor)	
47 / DG	David Gower (UK cricketer)	Playing with a cricket bat
48 / DH	Damon Hill (Formula 1 World Champion)	Waving black and white chequered flag
49 / DN	David Niven (UK actor)	
50 / EO		
51 / EA	Eamonn Andrews (UK TV presenter)	Presenting a red book
52 / EB	Eric Bristow (World Darts Champion)	Throwing darts at a board
53 / EC	Eric Clapton (UK musician)	Playing guitar
54 / ED	Ellen De Generes	Sat on sofa
55 / EE	Eddie the Eagle (UK Olympic athlete)	On a cross trainer
56 / ES	Ebenezer Scrooge (Dickens character)	Counting money
57 / EG		
58 / EH	Edward Heath (former UK PM)	Waving conductor's baton
59 / EN	Eliot Ness (officer who beat Capone)	Smashing up illegal liquor barrels
60 / SO	Shaq O'Neal (US basketball player)	Bouncing basketball
61 / SA	Seth Armstrong (UK actor)	Setting animal traps (he was a poacher)
62 / SB	Seve Ballesteros (Spanish golfer)	Holding Ryder Cup
63 / SC	Sean Connery (UK actor)	
64 / SD	Sharron Davies (UK Olympic swimmer)	In paddling pool
65 / SE	Stefan Edberg (Swedish tennis player)	Holding Wimbledon trophy
66 / SS	Steven Seagal (US actor)	Performing martial arts moves
67 / SG	Sally Gunnell (Olympic Gold medallist)	Jumping over hurdles
68 / SH	Saddam Hussein (former Iraqi dictator)	
69 / SN	Sam Neill (US actor)	Using branding iron with number 666 on it from the film The Omen
70 / GO		
71 / GA	Giorgio Armani (fashion designer)	Modelling on catwalk
72 / GB	George Bush (US President)	Trying to press huge red button
73 / GC	George Clooney (US actor)	Using dynamite (as he does in Ocean's 11)
74 / GD	Geena Davis (US actor)	
75 / GE	Gloria Estefan (US singer)	Singing
76 / GS	George Bernard Shaw (UK writer)	Writing at a desk
77 / GG		
78 / GH	Gene Hackman (US actor)	With small dog (as in Crimson Tide)
79 / GN	Greg Norman (Australian golfer)	Using sea fishing rod (he was known as The Great White Shark)
80 / HO		
81 / HA	Harold Abrahams (Olympic athlete)	Running on a treadmill

No/inits.	Character	Action
82 / HB	Humphrey Bogart (US actor)	Smoking a cigarette
83 / HC	Harry Connick Jr (US singer/actor)	Wearing prisoner uniform (as he did in one of his films)
84 / HD	Helen Daniels (Australian actress)	Painting (as she did in the soap)
85 / HE	Harry Enfield (UK comedian)	
86 / HS	Hilary Swank (US actress)	Boxing (she was a boxer in Million \$ Baby)
87 / HG	Hugh Grant (UK actor)	
88 / HH	Hulk Hogan (US wrestler)	Wrestling a dummy
89 / HN	Horatio Nelson (historical war hero)	Waving a British flag
90 / NO	Nick Owen (UK TV presenter)	Interviewing with microphone
91 / NA	Neil Armstrong (1st man on the moon)	Wearing a spacesuit
92 / NB	Nigel Benn (UK boxer)	Skipping
93 / NC	Nadia Comaneci (Olympic gymnast)	Balancing on the beam
94 / ND	Neil Diamond (US singer)	
95 / NE	Noel Edmonds (US TV presenter)	Opening red box (as per his show)
96 / NS	Nigel Short (UK chess player)	Playing chess
97 / NG	Newt Gingrich (US politician)	Speaking from a lectern
98 / NH	Nigel Havers (UK actor)	
99 / NN	Nanette Newman (UK actress)	Washing up (she did this in an advert)

3. BLANK SHEETS

No/inits.	Character	Action
00 / OO		
01 / OA		
02 / OB		
03 / OC		
04 / OD		
05 / OE		
06 / OS		
07 / OG		
08 / OH		
09 / ON		
10 / AO		
11 / AA		
12 / AB		
13 / AC		
14 / AD		
15 / AE		
16 / AS		
17 / AG		
18 / AH		
19 / AN		
20 / BO		
21 / BA		
22 / BB		
23 / BC		
24 / BD		
25 / BE		
26 / BS		
27 / BG		
28 / BH		
29 / BN		
30 / CO		
31 / CA		
32 / CB		
33 / CC		
34 / CD		
35 / CE		
36 / CS		
37 / CG		
38 / CH		
39 / CN		
40 / DO		
41 / DA		
42 / DB		
43 / DC		
44 / DD		
45 / DE		
46 / DS		
47 / DG		
48 / DH		
49 / DN		

No/inits.	Character	Action
50 / EO		
51 / EA		
52 / EB		
53 / EC		
54 / ED		
55 / EE		
56 / ES		
57 / EG		
58 / EH		
59 / EN		
60 / SO		
61 / SA		
62 / SB		
63 / SC		
64 / SD		
65 / SE		
66 / SS		
67 / SG		
68 / SH		
69 / SN		
70 / GO		
71 / GA		
72 / GB		
73 / GC		
74 / GD		
75 / GE		
76 / GS		
77 / GG		
78 / GH		
79 / GN		
80 / HO		
81 / HA		
82 / HB		
83 / HC		
84 / HD		
85 / HE		
86 / HS		
87 / HG		
88 / HH		
89 / HN		
90 / NO		
91 / NA		
92 / NB		
93 / NC		
94 / ND		
95 / NE		
96 / NS		
97 / NG		
98 / NH		
99 / NN		