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Koot's Defoliation & Training

Seedling Cycle

Week 1	-----	
Week 2	-----	↑
Week 3	-----	14-28 days from rooting (1/4 gal pot)
Week 4	-----	↓

Veg Cycle

Week 1	-----	
Week 2	Top	@ 4th to 5th node
Week 3	-----	
Week 4	LST	Tie Down & Mild Tuck n Pluk as needed
Week 5	LST	Tie Down
Week 6	LST	Tie Down & Mild Tuck n Pluk as needed
Week 7	LST	Tie Down
Week 8	-----	

Flower Cycle

	Defoliate **	<--(24 hrs Before Flip to Flower) See Notes**
Week 1	-----	
Week 2	-----	
Week 3	-----	
Week 4	Defoliate **	<--(Days 21-28) After Stretch Completed
Week 5	-----	
Week 6	Tuck & Pluck	Mild Tuck n Pluk as needed
Week 7	-----	
Week 8	-----	
Week 9	-----	

**** Defoliation Notes**

The purpose of Defoliation is to provide better light penetration & air flow through the canopy. Better light penetration improves flower development while good air flow helps prevent mold/mildew issues. Light Defoliation or strategic Tuck n Pluck methods are used during the Veg stage and after the Days 21-28 defoliation in Flower to maintain good light penetration and air flow.

24 Hrs Before Flip: Defoliation is performed 24 hours before Flip to Flower.

Days 21-28: Defoliation is performed a short time after flower stretch has completed.