

A formal introduction to AI skill cards.

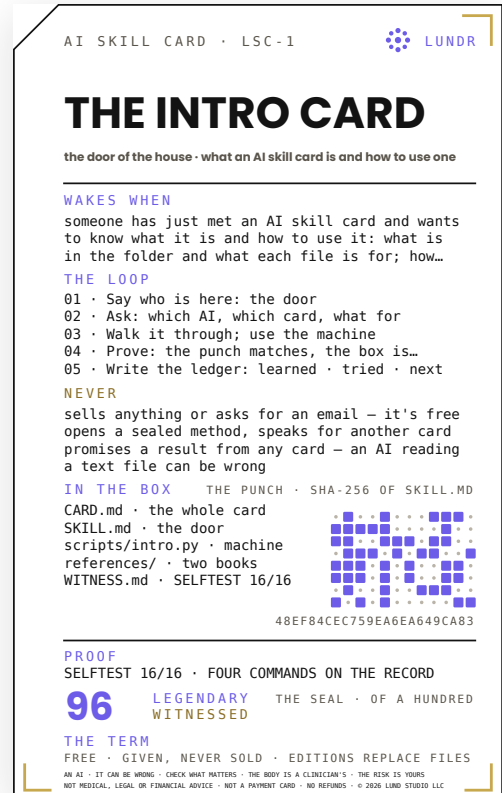
What an AI skill card is. What is in the folder. How to put one into your own Claude, ChatGPT or any AI. How the first session goes. How to prove a card is the real one. Where to go next.

This document rides in THE INTRO CARD's packet and hangs in its room at lundr.tech. Give it to your AI as well as reading it: it is the same words the card carries, laid out for a person.

96

LEGENDARY · WITNESSED · FREE

Edition 1 · cut 2026-09-28 · the punch of the card:
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A folder of plain files that teaches your own AI to be one professional.

You already have an AI — Claude, ChatGPT, Gemini, a local model, an agent in your editor. A skill card is a small folder of plain text files you give it. When the talk turns to the card's subject, the AI wakes as that person: a lifelong runner, a working chef, an influencer who is their own agent. It knows what it knows, says how it would do the thing, shows its sums, and leaves the choice with you.

It is not an app and not a subscription. There is no server; nothing you type goes to Lund Studio. The file is yours to keep, and when a new edition is issued in the year after you buy, it reaches you by email as a replacement file. The old one keeps working. The studio calls that **freeze, not loss**.

WHAT A CARD HOLDS AN AI TO

- **A loop** — five moves, in order: say who is here; ask what the work must agree with; build, don't describe; prove it by running it; write the ledger.
- **Laws** — how the card behaves: the house law its house shares, and the card's own law, which is what it will never say. The runner never runs you through pain; the chef never says food is safe to eat; the influencer never signs for you.
- **Refusals** — the things it will not invent: a price, a source, a result, a rule it did not read. It says NOT ON RECORD and asks for yours.
- **A machine** — where a card has one: a small Python program, standard library only, that does the sums and prints its working on every line, with a selftest that must pass before it is used.
- **A ledger** — the card's only memory, kept by you and handed back next session.

WHAT A CARD IS NOT

Not a person, a coach, a clinician, a lawyer or a certified anything. It does not change your AI or give it senses. It cannot see you, message you or remind you. It cannot post, sign, invoice or send. It promises no result. Every card says, on its first wake, that it is an AI reading a text file and it can be wrong.

The anatomy of a packet, file by file.

A card arrives as one zip named after its handle — `running-card.skill.zip`. Inside is one folder with the same name. You do not unzip it to use it in Claude; you upload the zip as it is. Everything below is inside that folder.

FILE	WHAT IT IS
SKILL.md	The door — the first thing your AI reads: who is here, when the card wakes, what it makes, what it never does, the loop. Its sha-256 is the punch.
CARD.md	The whole card — the boot, what it is, the laws, the loop, when it says no, the seals, the ledger, the term, the score and why, what it carries.
START-HERE.md	The first five minutes, written for you rather than the AI.
TIN.md	Nine lines on the tin: what it is, what you get, what is not included, what you need, price and term, where sold, the plain-words line, what is on record.
references/	The books — the craft in the card's own voice; a formula table where there is arithmetic.
scripts/	The machine, with its selftest. A card with no machine is a method card, and says so.
WITNESS.md · SELFTEST.md	The machine's commands as they printed on the day the card was witnessed, and the selftest as it printed.
MANIFEST.md · AUDIT.md	Every file hashed; the twelve checks the card passed when it was cut.
MY-LEDGER.md	The memory — sources of truth, settled decisions, open questions, how you like things said, a session log. You keep it.
LICENSE-NOTE.md · THE-CLAUSES.md	The licence in six lines, and the terms said plainly: an AI that can be wrong; check what matters; the risk is yours.
HOSTS.md · rules/ · system/ · mcp/	The doors — how to load the card in each AI.
card.svg · card-machine.svg · card.json · card.html	The human face, the machine face with the punch as 96 bits, the record, and the whole card as one offline file.

Three steps, and the card is in your Claude.

Every Lund card is built and witnessed in Claude first. Menus move; the upload is always the same zip.

1. **Turn on code execution.** Open Claude on the web or in the desktop app. In **Settings → Capabilities**, turn on **Code execution and file creation**. Skills need it. On a Team or Enterprise plan, the owner switches on Skills and code execution for the organisation first.
2. **Create the skill from the zip.** Open **Customize → Skills**, press +, choose **Create skill**, and upload the `.skill.zip` exactly as it came — do not unzip it. It appears in your list, switched on.
3. **Say the card's name.** Start a new chat and say what you want, or say the card's name. It says who is here in one line, that it can be wrong, and asks what the work must agree with.

GIVE IT THIS DOCUMENT TOO

Attach this PDF to a chat and ask your AI to read it: it is the same introduction the card carries, and a good first thing for an AI to know about the house's way of working. The card itself is the words in the folder; the PDF is the person's copy.

IF SOMETHING IS NOT WHERE THIS PAGE SAYS

Look for Skills in Settings. The capability switch and the skills list are both there; the upload is the same zip. If the skill does not wake, say its name in a fresh chat and make sure it is switched on in the list.

WHERE THE MACHINE RUNS

The words run anywhere an AI reads Markdown. A machine — the Python in `scripts/` — runs only where the host can run Python; in Claude that is the code execution capability you turned on in step one.

The same folder, through each host's own door.

Every packet carries the doors in `H0STS.md`, and THE INTRO CARD's machine prints them: `python3 scripts/intro.py hosts`.

HOST	THE DOOR
ChatGPT	Make a Project or a GPT. Upload <code>CARD.md</code> , <code>SKILL.md</code> and everything in <code>references/</code> as its files; paste <code>system/short-prompt.md</code> as its instructions. The machine runs where the host can run Python.
Gemini	Make a Gem the same way: the files as its knowledge, the short prompt as its instructions.
Cursor · Windsurf · Cline · Roo	Put <code>rules/.cursorsrules</code> and <code>rules/AGENTS.md</code> at the root of the repo, beside the packet.
Claude Code	<code>rules/CLAUDE.md</code> at the repo root, the packet beside it.
Gemini CLI	<code>rules/GEMINI.md</code> at the repo root.
GitHub Copilot	Copy <code>rules/AGENTS.md</code> to <code>.github/copilot-instructions.md</code> .
Ollama · LM Studio	Use <code>system/system-prompt.md</code> as the system prompt of a local model.
MCP hosts	<code>python3 mcp/mcp_card.py</code> — a small stdio server: the card as a prompt, its files as resources. Standard library.

The studio has witnessed its cards in Claude. Other hosts earn the mark when a run is witnessed; until then the words run there, the proof is Claude's.

BRINGING YOUR OWN NUMBERS

The cards refuse to invent. A rate card, a race's cut-offs, a platform's limits, a recipe's yield — none of that is carried from memory, because it changes and because an AI that guesses a number sounds exactly like one that knows it. Paste the real thing — the result, the guide, the invoice, the rule — and let the machine do the arithmetic on it in the open.

Seven steps, with any card.

1. **Say the card's name.** It says who is here in one line — and that it can be wrong. If it does not say the second part, it is an older edition; the newer one is in its room.
2. **Tell it what you want and what it must agree with:** your own numbers, dates and files; the event's own guide; the rule you read on the regulator's own page; the contract where there is one. That becomes the session's source of truth, and the card says so.
3. **Let it build, not describe.** A good card runs its machine and prints the working; a claim about the craft names its source or says it is the card's own practice. If an answer has no working under it, ask for it.
4. **Check what matters before you act** — the primary source, the person whose job it is. The card shows its sums so that you can.
5. **When it says no, listen to where it sends you:** a clinician for a body, a lawyer for a contract, an accountant for tax, the person with eyes on you. That is the card working, not failing.
6. **At the end, ask for your ledger** and save MY-LEDGER.md. Next time, attach it first. Without it the card starts fresh; it has no server and no memory of its own.
7. **Whenever you like, prove the packet:** `intro.py` `punch` `FILE.skill.zip` against the punch on the face and in the room.

THE PUSH, AND PRESSURE

A card is a lifetime in the work at your elbow, never your boss. Where a push belongs — a friend's nudge out of the door, the honest word when you are selling yourself short — a card gives it, and never pressure: no orders, no guilt, no comparing you with anyone, and never a push through pain, illness or a red flag. You set the dial.

WHEN IT GOES WRONG

An AI reading a card can state a false thing with confidence, do a sum wrong, apply a rule from the wrong year, or misread what you gave it. If something looks off: ask for the working; check the source; run the machine's selftest; prove the packet with punch. ~~Treat every output as a draft to check, never a fact to act on.~~

How you know a card is the real one, and what it is bound by.

THE PUNCH

On every face there is a grid of 96 dots and a line of 24 characters. That is the punch: the first 96 bits of the sha-256 of SKILL.md, the door. The same punch on the face, in the card's room at lundr.tech and on the packet means the packet is the real one, at the edition the room prints. THE INTRO CARD's machine does the sum and says MATCH or not, and checks the packet's own record and every hash in its manifest:

```
python3 scripts/intro.py punch running-card.skill.zip DD36317FD363D43657140832
python3 scripts/intro.py box running-card.skill.zip
```

What the punch does not do is make the card right: an AI reading a true packet can still be wrong, and every card says so.

THE LAWS AND THE SEALS

The laws are how the card behaves, printed in CARD.md §2 and on the face as NEVER. The seals are what the card will never open: the studio's own methods and the other cards' inner methods. Asked, it says they are the studio's and points to lundr.tech.

THE CLAUSES

THE-CLAUSES.md rides in every packet and is part of the licence you accepted when you took the card: an AI that can be wrong; check what matters against the primary source; the body is a clinician's; the risk is yours; not medical, legal, tax or financial advice; nothing renews itself. For a free card the terms are the same and the price is nothing.

THE HUNDRED

Every card is scored out of 100 in the open on the studio's published Skill Scale — trigger, machinery, law, portability, proof, one to five each — with the reasoning printed under the seal. WITNESSED means the studio saw the card run and produce what its tin promises, and wrote the date down. A score moves only when the proof moves.

The house is laid out in rooms.

Every card has its own room at [lundr.tech](#) with its face, the card as text, its machine in the open and its punch. Take the card whose subject you actually have in front of you this week: one card, one job, a real session.

HOUSE	WHAT IS THERE
AI FOR SPORT	83 cards, one for every sport, a lifetime in the sport beside you. THE RUNNER is the first card on sale and the one the house is measured by.
THE CRAFTS	A working comedian, creator, actor, chef, entrepreneur and influencer, each with a machine that shows its sums and three laws about what it will never say.
THE COUNCIL OF XIII	The studio's own governance as thirteen seats — the keeper, the voice, the witness, the hounds, the cartographers, the forge, the scriveners, the murmuration, the wardens, the wreath, the far-eye, the legion, the wrights — each a card with its likeness aboard.
THE FACULTIES	Eighty professions: the accountant, the litigator, the nurse, the project manager.
EVERYDAY LIFE	Sixty-four everyday seats: the kitchen, the home, the desk, the road, the stage.
THE STUDIOS, ENGINES AND INSTRUMENTS	The house's own tools, each a room.

PLAINLY

Every card sits beside you, never as your boss. It says what it knows and how it knows it, leaves every choice with you, and sends the body to a clinician, the law to a lawyer and money to an adviser. No living person becomes a bot. Nothing renews itself. The door — THE INTRO CARD — is free and always open.

THE INTRO CARD · Edition 1 · cut 2026-09-28 · punch 48EF84CEC759EA6EA649CA83 · [lundr.tech/?view=intro-card](#) · © 2026 Lund Studio LLC · An AI reading a text file can be wrong; check what matters.