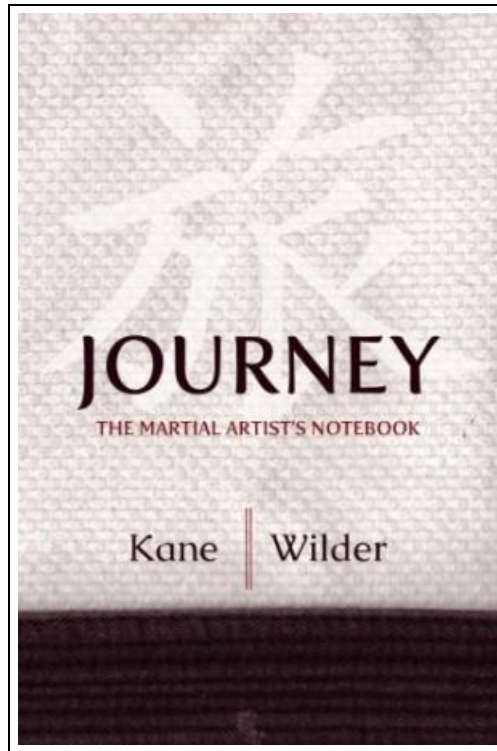


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Stickman Publications, Inc., United States, 2014. Paperback. Book Condition: New. 203 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****. Students who take notes progress faster and enjoy a deeper understanding than those who don t. Period. - Loren W. Christensen, martial arts Masters Hall of Fame inductee THE Martial Artist s Notebook: As martial arts students progress through the lower ranks it is extraordinarily useful for them to keep a record of what they have learned. The mere process of writing things down facilitates deeper understanding. This concept is so successful, in fact, that many schools require advanced students to complete a thesis or research project concurrent with testing for black belt (or equivalent) rank, advancing the knowledge base of the organization while simultaneously clarifying and adding depth to each practitioner s understanding of his or her art. Journals record your accomplishments, document what you have learned, and help you break through plateaus in your training, all while simultaneously locking vital knowledge into your mind. These notes become an invaluable resource that you can refer back to again and again, so take time after every training session reflect on what transpired and jot pertinent things down. Just as Bruce Lee s notes and essays became Tao of Jeet Kune Do, perhaps someday your training journal will be published for the masses, but first and foremost this notebook is by you, for you. It contains both structured and unstructured blank pages for you to take notes and make sketches that enhance your training experience. As an added bonus, there are 125 thought-provoking martial arts quotes too. This is where the deeper journey on your martial path begins. Lawrence Kane began his martial arts journey in 1970, studying and teaching Asian martial arts, medieval European combat,...



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