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By Lawrence A Kane, Kris Wilder

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...

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