



GETTING THE BEST OUT OF YOUR CLASS

THE IMPORTANCE OF PRACTICING YOUR MOVEMENTS

Remembering the form

The human brain is designed to be efficient in its use of memory. This means if we learn something or have a new experience the brain will create a short term memory. If this memory is not accessed over the next few days then the brain considers the memory unimportant and allows the memory to fade up to 80% of such short term memory may be lost over the period of a week (the time from one lesson to another!). If you do not revise or practice what you have learnt then you find that most of your time is spent relearning and movements do not start to enter long term memory until the third week that they are practiced.

It is therefore recommended that as soon as you get home you spend 5 minutes running through the form movements that you have learned and then repeat this revision once more in the next 24 and 48 hour period. This will increase memory retention from about 20% to 80% for the next lesson allowing you to see steady progress.

Health Benefits

You will get some health benefits simply from attending weekly classes but if you want to make a serious contribution to your health then you should spend 20 minutes every second day (ideally 20 minutes per day) practicing your form and exercises. Remember that you are coming to class for 10 hours to learn a skill but you can practice that skill the rest of your life.

REMEMBER RELAXATION IS THE KEY