

## Regular Class Attendance and At-Home Practice

As a new Karate student your most important task is to establish a training schedule that works for you.

First, you need to find out how many classes a week you can attend. Three classes a week can be the basis for a very strong practice. Two classes a week is good, and one class a week is workable. If you can't make at least one or two classes a week, please talk to me about it so we can see if there is a way to make that work for you.

Also, you need to establish a good at-home practice routine. At-home work is essential to any traditional practice. The right amount of at-home work is an individual matter, but here are some parameters to work with:

Daily practice is the goal. But it is important to be reasonable and gentle with yourself so that you don't set yourself up for unnecessary failure. If you are not ready for a daily routine yet, you might try practicing at home just on the days you are not coming to class, or just on Mondays, Wednesdays and Fridays, or some other schedule that makes sense to you.

Another approach is to come up with a daily minimum that you can handle on even your busiest days. You might take David Mott's advice and do three Sanchin Kata every day, no matter what. Then, on days when you are not swamped with other commitments, you can add other practices like the Standing or Junbi Undo.

Naturally, there will be times when you will be inspired to practice more than usual, maybe in preparation for a test, or just because it feels good. This is great of course, but in your every day routine it can be just as bad to practice too much as too little. Establish a practice schedule that you can sustain - make promises to yourself that you can keep - and you will discover the benefits of Karate-Do.

See you in class!