

Steps of study of martial arts techniques, concepts, strategies (etc.)

View (expert execution on us and on others)

Needed deepening?

Yes

In the execution's method?

In concepts?

Repeated, slow-down, and from different perspectives view (physically and mentally)

Focusing on unclear parts and filling our gaps through insights (books, questions to experts, etc.)

Do we have the psycho-physical skills needed?

No

Yes

Execute practical tests (simplified context)

Application difficulty?

Yes

Theoretical difficulty?

Practical Difficulty?

Effective and "instinctive" application in realistic contexts and with different partners (non-collaborative)

No

Advanced application difficulty?

Yes

No

Subdivision of technique into smaller elements (technical steps, elements involved and required training / skills)

Technical knowledge acquired

Constantly improve the performance quality (precision, add handicap, etc.) and, above all, customize the technique

Training

