

### **Excerpt Three (taken from Chapter Three)**

First and foremost, a diary is a memory aid. Unfortunately, our memories are never quite as good as we might think, and we often forget the small details of our training. Moreover, our minds may even convince us that certain bad habits that we have unwittingly developed are correct. A diary serves as a perfect reference tool that stops our minds from changing or altering the experience of each lesson as it provides a blow-by-blow account of exactly what happened. It also limits our minds' natural tendency to exaggerate the overall experience and lessons learned. A written account of each lesson is a factual representation of what happened on that particular day that can't be changed to suit our own purposes.

Writing a diary of lessons allows you to live each lesson a minimum of two times—once physically and once mentally, as you recall each technique, kata, and partner work drill while you write your account of that day's lesson. Even more valuable is the fact that you can relive each lesson as many times as you want, simply by reading over your notes again and again. I have done this with my own diary and have found that, as my understanding of karate improves, certain lessons take on a deeper meaning than they once did. At times, I've understood something totally different from the lesson than I did when I actually physically did the lesson. This alone should be reason enough to consider writing a diary.