

Question:

If a student trains twice per week at the dojo, what techniques are appropriate to practice at home, and how much time should be spent in order to continue to progress?

Answer:

The best way to keep abreast of what is learned at the dojo is to practice the same techniques at home. For example, if beginning students are taught Heian Shodan, they should practice Heian Shodan at home until they learn to do the moves correctly. Okazaki Sensei tells us that we should try to practice at least 15 to 20 minutes a day. For younger students, too much time practicing might cause boredom. However, the key word is PRACTICE, and if we don't practice, we will not be able to advance from one level to the next. This applies to the advanced student as well as the beginner.

DAN Exam