
The Martial Arts Experience

Personal Record Journal



Komuso Arts

Copyright, 2016 George F. Kiefer

Preface

I am a martial artist first and foremost. I have spent over twenty years trying to perfect the timing, breathing, and technique that will flatten my opponent every time. I am not there yet and I am not sure I ever will be; however, that musing will not stop me from trying.

When I look back at the mountain of notebooks, journals, scraps of paper and even a few napkins that represent the written version of my journey, my knowledge, my successes, and my failures, I realize it would have been helpful to have some tools to record this history and reference material in an organized manner.

I can never find those notes on the cool self-defense seminar from 1999, or remember the date of the first time I won in a tournament. So while it may be too late to organize my journey in the martial arts, (I lost many of my scraps of paper), I decided to create the tools for others.

Thus was born The Martial Arts Experience Books; a technical training journal to record notes and capture knowledge, a personal record book to document your personal progress and achievements, a handbook on how to choose a martial arts school and a writing journal to capture your personal thoughts, the intangible lessons, the development of your character and the transformational philosophy you will gain from training in the martial arts.

The martial arts guided me from adolescence to adulthood, filling in the gaps and providing the stability that was lacking at the time. I credit martial arts for giving me the courage, and strength that allowed me to make good choices, that inevitably led to who I am today.

I hope as you take your journey and find your way; you can use these tools in your own Martial Arts Experience and be better for it.

Sensei George F. Kiefer
Yondan (4th Degree Black Belt)

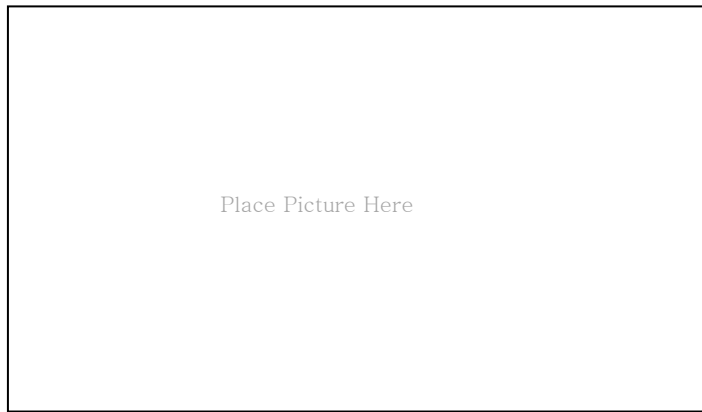
Table of Contents

Chapter 1: Introduction	3-4
Chapter 2: What I learn	5
Chapter 3: Level of Achievement	6
Chapter 4: Competition Record	7
Chapter 5: Seminar Record	8
Chapter 6: Demonstrations	9
Chapter 7: Awards /Recognitions	10
Chapter 8: Miscellaneous	11
Chapter 9: My Martial Arts Experience Picture Page	12

Chapter 1: Introduction

The Martial Arts Experience Personal Record Journal is a place to document your progress as you learn your chosen art. You could say it is a brag book of sorts; but I prefer to think of it as a personal history that can be shown to your children or grandchildren to teach a lesson about hard work, discipline and perseverance.

This book is about and belongs to:



Favorite quote or Philosophical thoughts: _____

Chapter 2: What I learn

Organization	Style	Location	Teacher

(Add pictures or emblems of your chosen martial arts)

Chapter 3: Rank / Level of Achievement

Style / Organization	Rank / Level	Date Achieved

Write about any defining moments that attributed to your progress as a martial artist

Chapter 4: Competition Record

Name / Place	Event	Division / Level	Placement	Date

Chapter 5: Seminar Record

Description / Subject	Instructor	Date	Key Element Learned

(Add pictures from seminars)

Chapter 6: Demonstrations

Description	Location	Date	Role / Activity

(Add pictures from demonstrations)

Chapter 7: Other Awards / Recognitions

Description of Award	From	Date Received

(Add Pictures)

Chapter 8: Miscellaneous

“The only person you should strive to be better than, is who you were yesterday”.

My Martial Arts Experience Picture Page

The Martial Arts Experience Book Series

If you enjoyed this book be sure to look up the other books in the Martial Arts Experience series

The Martial Arts Experience, Personal Journal

This journal has a series of questions that you can finish with your own personal experience, which documents your most memorable martial arts moments. This journal also has a section for writing out goals, a section on character traits and several pages for you to free-form journal.

The Martial Arts Experience, Technical Training Journal

The technical journal is a must for any serious martial artist. In this journal you will find sectioned off categories of techniques that have space for your notes, drawings or pictures. This is a great way to transform your martial arts class lessons into an organized format for future reference. You build a customized training aid, in your own words, in a way that makes sense to you.

The Martial Arts Experience; How to Choose a Martial Arts School Guidebook

This book makes you aware of the many elements to consider when choosing a martial arts school to enroll in. There is a decision chart that you can use to help guide you to a well thought out decision.

The Martial Arts Experience, Sensei Stories

This book is a collection of stories that any martial artist can identify with. You will laugh, cry, learn lessons in character and feel inspired.

The Martial Arts Experience, Personal Record Book

The personal record book is a place to record the dates you earned personal achievements such as belt grading ranks, tournament competitions and special awards or events.

For ordering information for any of these e-books, please contact:

senseik@lakesidekarateny.com