

Lesson five

How One Little Japanese Word Can Change Your TT

Congratulations on staying this far through the lessons.

Did you put into practice the tips that we talked about few days ago?

Have amazing things started happening yet in your TT?

Don't worry if they haven't - they will!

This time, I want to let you in on a secret that is common among top TT players and is vital to your long-term success in TT.

In fact, it may well signify the difference between you staying where you are or really achieving great things.

=====
"How One Little Japanese Word Can Improve Your Table Tennis"

I'd like to introduce you to a word that can open up the way for long-term success in your TT.

That word comes from Japan and is what many of their top companies use to make sure that they stay on track and keep on growing in the right direction.

The word is "kaizen", and it means slow, steady, incremental growth. Sorry for using Japanese word

I always like to think of it as doing a little bit every day to improve your TT play.

Whether it's doing some fitness work, or mental exercises, or actually practising, imagine how increasing your ability by a tiny amount every day could make a difference to your game.

Let's face it, most players play TT however many times a week and then pretty much don't think about it the rest of the time.

But we are smarter than that!

The dedicated TT player exposes themselves to the sport a little every day, and this repeated exposure reminds the brain of what it is you want to achieve.

Especially combined with goal setting techniques that we'll come onto in a later session, implementing the principle of kaizen will keep you on track and focussed on achieving your dreams.

Of course, we all would like that magic solution that can lift us up above the other players around us, but the real key to improving your game is to make tiny little improvements all the time, and before you know it, you'll be way ahead of your closest rivals!

Until next time, here's to making your game improve the same way the champions do!

Take care,
Javad