

LEARNING METHOD COMPARISON CHART

This chart was developed by Sensei George Kirby and Sensei Dave Clark to show the relative advantages and disadvantages of the different learning methods listed below. The Learning Methods are arranged from the most desirable to the least desirable learning situation.

LEARNING METHOD	ADVANTAGES	DISADVANTAGES
Dojo/school [well run]	<ol style="list-style-type: none"> 1. Usually a formal curriculum. 2. Competent instructor can explain concepts and theories with student interaction to implement understanding. 3. Instructor is immediately available to answer questions, correct errors, provide individual help, and mitigate or prevent injuries. 4. Training partner is available. 5. A dojo run through a community agency must meet the standards and requirements of the community agency. Adds credibility to the dojo/instructor. 6. Instructor's personality can allow him to bond with students and increase their learning ability. 	<ol style="list-style-type: none"> 1. Can be expensive [instruction and training time, uniform, testing, certification, belts, etc.] 2. Teaching skills of instructor may be limited. 3. Difficulty of finding a dojo for your martial art. 4. If it's a business students have to realize that it IS a business. 5. Community agency may place limits on what the instructor may teach or do, as well as instructional times and facility availability. 6. In a private/business dojo it may be difficult to verify instructor's qualifications or if what is being "sold" is a "legitimate" martial art. 7. Instructor's personality sometimes limits successful interaction with students.
Videos [dvd, mp4, etc.]	<ol style="list-style-type: none"> 1. <i>Instructional</i> videos are good quality when techniques are explained & shown from different angles. 2. Provide training options when not otherwise available. 3. Students can train whenever they wish. 4. Can be very effective if supported with outside materials and a growth assessment process. 5. Students can go back and view particular elements of a technique's execution as often as necessary, sometimes in slow motion when that option is available. 	<ol style="list-style-type: none"> 1. May or may not follow an established curriculum. 2. No way of assessing actual quality of learning without some form of outside assessment. 3. Video may be only a <i>demonstration</i> of techniques rather than of true instructional quality. 4. Skills presented may not be appropriate, effective, or realistic. 5. Sometimes have difficulty explaining important concepts, theories, and their application. 6. No student/instructor interaction unless a means of communication and/or outside assessment exists.

Books	<ol style="list-style-type: none"> 1. Presents techniques through pictures and closeups. 2. Presents concepts and theories clearly with written and visual examples. 3. Allows for a glimpse of the author's personality 	<ol style="list-style-type: none"> 1. Requires a good editor to smooth out and improve effective communication from author to reader. 2. Limited number of pictures can prevent the student from seeing or visualizing the smooth and/or complete flow of any technique. 3. No student/instructor interaction or ability for the student to recognize and correct errors unless there is a means of communication and/or outside assessment.
Live Seminars	<ol style="list-style-type: none"> 1. Provides students with new skills beyond what is taught in the dojo. 2. Allows students to meet different instructors and learn from them. 3. Can inspire students to be more serious about learning their art. 4. Can encourage students to learn a different martial art/ryu. 	<ol style="list-style-type: none"> 1. Sometimes a one-time event with no ability for further contact or skill development. 2. Skills learned in a seminar may conflict with what is being taught in your dojo. 3. Geographic location and/or cost may make participation impossible. 4. Some sensei may prohibit their students from participating in outside seminars.
Zoom – [live] Online Instruction or Seminars <i>[include all "Live Seminars" factors here as well.]</i>	<ol style="list-style-type: none"> 1. Can provide "live" instruction to "remote" locations. 2. Effective communications between presenter/instructor and audience/student[s] can help assure appropriate closeups, different angles, etc. 3. Zoom or other 2-way videos can be recorded for future reference/use. 	<ol style="list-style-type: none"> 1. Size of viewing screen can limit details. 2. Location of camera can limit details, angle, and size of viewing area. 3. Person "on camera" must be aware of and do their best to compensate for camera limitations. 4. Lack of effective 2-way communication may result in a useless video.
Friend	<ol style="list-style-type: none"> 1. Able to teach you some self-defense skills very inexpensively. 	<ol style="list-style-type: none"> 1. Instructional skills may be very limited and ineffective unless friend has a solid martial arts background and knows how to teach skills effectively.
General comments	<ol style="list-style-type: none"> 1. What works for another person may not work for you. 2. Techniques only work if you've had sufficient practice to make them an automatic reaction to an attack. 3. Practice will not make you perfect or invincible, but it will increase your chances of survival. 4. A balanced approach is ideal, so use all six learning methods. 5. The ultimate goal of training is to avoid a physical conflict. 	