



My Tennis Journal: Track Your Progress in This Professionally Designed Tennis Journal Unlike Any You've Seen Before. Doesn't Simply Contain Blank Lines But a Systematic Method of Ensuring Your Progress. Practice

By Altgmx Technology

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Kaizen Tennis! Kaizen is the Japanese philosophy of continuous improvement of working practices, personal efficiency, thought process etc. Kaizen can be applied to practically anything in life including tennis. Finally a tennis journal to track your progress in a systematic way! This journal is designed with kaizen in mind. Continuous improvement in your daily physical practice; pre, during, post tournaments, and improving your mental state at every step. Roughly 150 pages it contains 3 broad categories that are further divided into subcategories. (please see back cover) The focus of this journal is to keep track of your - practice sessions, tournaments, and memories. The practice sessions are further subdivided into - Pre practice goals - these are goals set prior to practice so that you start with a purpose. Post practice evaluation - at the end of your practice you can rank your skill, stamina and assess whether the goals you set out to accomplish prior to practice have been met. Tournaments - Pre match gameplan - writing your thoughts on the process, tactical gameplan etc forces you to...



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Reviews

A high quality ebook as well as the typeface employed was exciting to read. It is actually loaded with wisdom and knowledge You won't sense monotony at any moment of the time (that's what catalogues are for concerning when you request me).

-- **Declan Wiegand**

A must buy book if you need to adding benefit. It really is simplified but unexpected situations in the 50 percent of your book. Its been developed in an exceptionally straightforward way and it is merely soon after i finished reading through this pdf where in fact transformed me, modify the way i think.

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