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# 10 STEPS TO BECOMING A BETTER AIKIDOIST

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1. **Train.**
2. **Train** MORE.
3. **Train** EVEN MORE.
4. **Train** EVEN MORE THAN THAT.
5. **Train** WHEN YOU DON'T WANT TO.
6. **Train** WHEN YOU DO.
7. **Train** WHEN YOU'RE PREPARING FOR A TEST.
8. **Train** WHEN YOU'RE NOT.
9. **Train** EVERY DAY.
10. KEEP **Training.**