

Path to Excellence

In kendo there is an old maxim that states 1,000 practices to temper and 10,000 practices to polish. Research has shown that to become an expert requires 10,000 hours of practice. So let's look at the numbers to get there.

In general we have about 45 practices per year. So *if* by some miracle you attend all these practices we have a baseline to go by.

First by number of practices:

Times per week	# of practices per year	1,000 divided # of yearly practices	
1	45	22.2	years
1.5	67.5	14.8	years
2	90	11.1	years
2.5	112.5	8.9	years
3	135	7.4	years
4	180	5.6	years
5	225	4.4	years
6	270	3.7	years

Times per week	# of practices per year	10,000 divided # of yearly practices	
1	45	222.2	years
1.5	67.5	148.1	years
2	90	111.1	years
2.5	112.5	88.9	years
3	135	74.1	years
4	180	55.6	years
5	225	44.4	years
6	270	37.0	years

Next by number of hours.

Times per week at 2 hours per practice.	# of practices per year	Hours of Practices per year	1,000 hours divided by # of practice hours per year	
1	45	90	11.1	years
1.5	67.5	135	7.4	years
2	90	180	5.6	years
2.5	112.5	225	4.4	years
3	135	270	3.7	years
4	180	360	2.8	years
5	225	450	2.2	years
6	270	540	1.9	years

Times per week at 2 hours per practice.	# of practices per year	Hours of Practices per year	10,000 hours divided by # of practice hours per year	
1	45	90	111.1	years
1.5	67.5	135	74.1	years
2	90	180	55.6	years
2.5	112.5	225	44.4	years
3	135	270	37.0	years
4	180	360	27.8	years
5	225	450	22.2	years
6	270	540	18.5	years

So what will you do to attain your goal?