8 Tools to Remember Accurate Choreography

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water in motion

Telephone Game

The 'Telephone' game shows how easily information can be corrupted via indirect communication.

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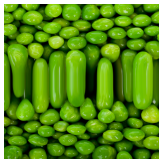
Information Distortion

- Distant from the original source
- Encoding distortion
- Storage distortion
- Retrieval distortion



water in motion

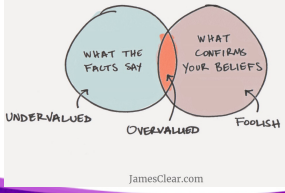
Distortion Denial

- "WHAT?"
- "NOT ME!"
- "I KNOW MY CHOREOGRAPY!"
- We all do it!
- We "MORPH"

water in motion

The Confirmation Bias

- We all perceive the world through a filter of our past
- We look for info that "confirms" what we know
- We store that info into sensory, short-term, or long-term memory
- We retrieve and communicate info through the filter



Other Barriers to Accurate Perception

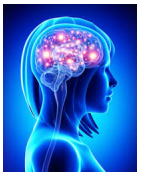
- Poor listening skills
- Your attitude and climate while learning
- Negative emotions
- Preoccupation
- Impatience
- Unimportance
- Inattention
- Attitude towards the material

3 Main Stages of Learning

- Encoding
  - processing information into memory
- Storage
  - sensory, short-term, and long-term
- Retrieval
  - getting information out of memory

GOAL

- Store WIM Choreo in Long Term Memory
- Easier and more accurate retrieval



#1: CONTEXT

- Practice where you will be teaching

#2: MEANING

-
-
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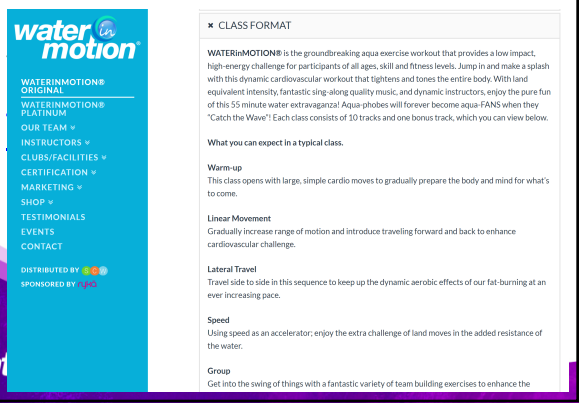
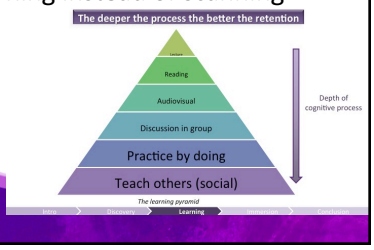


#3: Deeper Processing

- Watch video for details
- Review the track focus & full program
- Read the names of each block
- Invest time in learning instead of scanning

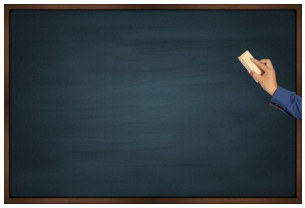


#4: TIMING

- Learn prior to performance, avoid cramming
- Review again the day before and right before
- Go back to the original source

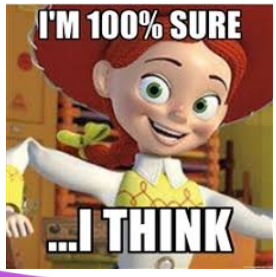
#5: CLEAN SLATE

- Keep an open mind while learning
- Interference theory – disrupts accurate learning
- Avoid assumptions



#6: OVERLEARNING

- Continue to practice even after you think you know it
- Avoid overconfidence



#7: CHUNKING

- Distributed practice
- Chunking

No Chunking

15125551212

Chunking

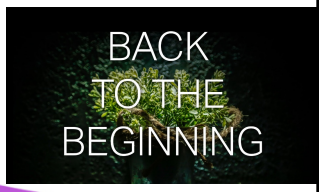
1 (512) 555 1212

#8: ONE AT A TIME

- Designate time for one program at a time
- Multiple programs will be challenging
- May cause interference

NEW KNOWLEDGE

- More accurate long-term memory
- Compassion for our clients
- Work with your team
- Return to the source



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The new wave in aqua exercise

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