



# How Turning Japanese Can Produce More Effective Learning

By

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Colin Rose gave a great example of how an exercise can use all of our natural intelligences.

It is a great energiser, or even icebreaker, when you are trying to get your delegates more involved.

It uses visual, auditory and kinaesthetic modalities to deeply embed learned ideas into our minds, so that something learned can be repeated maybe hours or even days later.

I've even had delegates return on a different course after doing this exercise and repeating it word perfectly – sometimes months after learning it. Use it as an example of how a learning pattern can be developed and enjoyed for other training programmes.

The exercise is learning how to count from one to nine in Japanese:

English	Japanese	Sound	Action
One	Ichi	Itchy	Scratch your nose
Two	Ni	Knee	Knee
Three	San	Sun	Point to sky
Four	Shi	She	Point to girl
Five	Go	Go	Walk
Six	Rocko	Rockuh	Rock a baby
Seven	Shichi	Shechee	Sneeze
Eight	Hachi	Hatchee	Put on hat
Nine	Kyu	Coo	Coo like a dove

(Do one and two together)

First, say the word in the SOUND column at the same time as making the movement in the ACTION column.

Once you have demonstrated the whole series once with the group observing - ask the group to complete the exercise again accompanying you.

Next ask the group to complete the sequence without you doing the actions just speaking.

Next get the group to complete the sequence on their own.

The learning points are that the group are not only seeing the words being demonstrated but also hearing them - the two links will make learning more effective. You are also asking them to repeat the exercise a couple of times and this aids the learning.

This exercise demonstrates the concepts of Accelerated Learning and the learners' ability to recall things more easily once they are learnt using a number of senses. The exercise clearly demonstrates how – when learning something new - it can be made easier by linking to something, which is familiar.

Keep repeating the exercise after breaks or lunch throughout a course as an energiser. It is very rewarding for the group to demonstrate the retention of the information.

## About MTD



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Sean McPheat is the **Chief Executive Officer** of the multi-award winning **MTD Training Group**.

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