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﻿How to Train Efficiently

Who? I’m boomi. Fighting game enthusiast.

This tutorial video describes how to leverage the Pomodoro Technique (a method of timeboxing) in order to get the most out of training

## What is the pomodoro technique?

The Pomodoro Technique is a time management tool developed in the late 1980s. The technique uses a timer to break down work into intervals, separated by short breaks. Each interval is known as a pomodoro, from the Italian word for 'tomato', after the tomato-shaped kitchen timer that the creator used to monitor time.

There are six steps in the original technique:

1. Decide on the task to be done.
2. Set the pomodoro timer (traditionally to 25 minutes).
3. Work on the task.
4. End work when the timer rings and put a checkmark on a piece of paper.
5. If fewer than four checkmarks, take a short break (3–5 minutes), then go to step 2.
6. After four pomodoros, take a longer break (15–30 minutes), reset your checkmark count to zero, then go to step 1.

## How can this be applied to fighting games?

### Modified Steps

1. Decide what you’d like to train (e.g. combo you’re struggling with, anti-airing, whiff punishes, hit confirming)
2. Go into training mode and set the pomodoro timer (I use 10-minute intervals, with 3-minute breaks)
3. Work on the task
4. End work when the timer rings and add a check mark to your log
5. If fewer than four checkmarks, take a short break (3–5 minutes), then go to step 2.
6. After four pomodoros, take a longer break (15–30 minutes), reset your checkmark count to zero, then go to step 1.

## Why?

Why do it like this? Studies show that The Absence of Stressful Conditions Accelerates Dexterous Skill Acquisition in Surgery <https://www.nature.com/articles/s41598-019-38727-z#Sec9> (who would’ve thunk? This isn’t surgery but it is a dexterous and cognitive activity that can has benefited me from doing so)

Also, this is great for targeting highly specific goals. Instead of looking at the general picture, you can break down your struggles in such a way that individually come together in the end.

## When?

I personally do this after every tournament or in after a FT5 where I reflect on how I took damage, or how I can optimize my damage when I didn’t. It’s when you can most objectively notice a pattern of inconsistencies.

Nothing more important than devotion to practice! Efficient practice!

I believe greatness happens when preparation meets opportunity. Opportunity is fleeting though. So how can you make sure to take advantage of that opportunity? With preparation! I've been applying a technique to my training that has been doing wonders for my gameplay. It's called the Pomodoro technique.

I look to Infexious (which is arguably the best tournament Zeku in the world right now that plays on pad) for advice on how to train. He says to repeat an action roughly 2000-3000 times to get it into your muscle memory. It's actually not that much work to do considering the benefits. To accomplish this efficiently I use the Pomodoro technique to accomplish this.

Online pomodoro timers. I try to find something light to use. It’s like the sprinkle on top. It shouldn’t take up too much time to set up.

## FAQ

1. Are the times set in stone?
   1. No. Do what works for you. The only tip I can give is that your pomodoros are at least double the length of your break periods. I mean, what’s the point if this is just giant break?