

## 4 PHASE PROBLEM SOLVING

***Martial Arts have 4 phases of “problem solving” when it comes to an attack; ideal, what-if, formulation, and spontaneous. The goal is to be spontaneous in one’s response when confronted with a “problem.” Pick at least one problem you are struggling with and try to go through these phases to become more spontaneous and natural in your response. Record your journey through each phase below. Lastly, write briefly about how you can use what you have learned through this process so that you may apply it to other “problems.”***

**PROBLEM:**

**IDEAL PHASE:**

**WHAT-IF PHASE:**

