This list represents nine learning and performance principles used by Josh Waitzkin to become a world champion in both chess and martial arts. This infographic is based on the book, The Art of Learning, by Josh Waitzkin. It shares the very practical learning philosophies he used to become a world champion in these two very different disciplines. The key takeaways, which can be applied to master League of Legends are listed below.

1. Those Who Adopt The “INCREMENTAL THEORY” of learning get there in the end

Adopt an incremental approach to your learning. That means consistent effort with a little patience and anyone can achieve mastery. You don’t suck; you just need time to be patient when you lose and keep practising.

2. The “DOWNWARD SPIRAL” damages your learning.

Top performers notice it, and avoid it all costs

The downward spiral is one that leads to stress recognized in performance psychology. It’s not just something that happens in bad League games. Every time you get pissed, it wastes time, energy, learning opportunities and costs games.

3. “THE SOFT ZONE” is where you need to be.

Never break under the pressure.

When a hurricane bears down on a blade of grass, it bends in the force, but doesn’t break. This is The Soft Zone. When we get all salty because things don’t go our way, we’re more like brittle twigs, easily snapped when pressure is applied.

4. Build an ASSOCIATIVE TRIGGER to enter The Soft Zone at will

Do a 5-10 minute simple meditative practice, focusing on your breath, coming back to it when your mind wanders. Do it before each game.

5. If you lose team fights and you don’t know why, WATCH YOUR REPLAYS until you do

Every time you get pissed, it wastes time, energy, learning opportunities and costs games.

Because of the way LoL’s Matchmaking Rating (MMR) works, you’ll lose about 50% of your games anyway. So, rather than become overly attached to winning, invest in those losses instead.

6. WORK WITH WHAT YOU’VE GOT, even if it’s not perfect.

You can’t bend the world to your will.

Watch your game replays. Fast forward to points where you lost fights and you’re not sure why. You’ll develop your understanding of positioning, power spikes, item builds and next time, you’ll know exactly what to do.

7. Always look for ways to ACHIEVE THE SAME RESULT with less effort

Work on producing the same results with less effort. That means tighter up your camera positioning, look for more efficient farming routes around the jungle, or anything else you can think of...

8. CULTIVATE PRESENCE so you’re in the moment, not distracted, mad, excited or unfocused

Finally comes presence. Always be in the moment and don’t let things distract you from the game such as: being overly excited about “imminent” ganks or getting all mad about lost advantages.

Resources:
http://bit.ly/the-art-of-learning-article
Visit us mobalyticshq.com
Follow us @MobalyticsHQ

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A stretching exercise that feels good to your mind and muscles.

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Always work with what you’ve got. If you’ve got a strong midlane, but your top lane sucks, do what you can to support the midline to snowball rather than get mad and flaming at your top laner.

Practising skills you can use later

Invest in lost games by looking for opportunities to produce learnings in positioning.

Look for opportunities to produce learnings in positioning.

Break up your creep score benchmarks.

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Play with new ward strategies, such as positioning, types, de-warding, etc.

Build an Associative Trigger to enter The Soft Zone at will

Remember a time in your life when you felt relaxed and in a state of pure flow.

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