



All Japanese All The Time
● com

Q R G

Quick Reference Guide

Version 1.1

SKIP...

(this is a sample, so...
pages get skipped, homeslice 😊)

Time: High and Low Energy

As discussed in books like *The Talent Code* and *Talent is Overrated*, the parts of AJATT that some might consider “productive”, core activities (such as SRSing), while extremely important, are ones that can only be sustained by normal human beings like you and me, for about 1 to 4 hours per day, give or take. And even then, they may need to be split into multiple sittings/servings.

So what about the other 20 to 23 hours of the day? As I boast so brazenly on [the “About” page](#), I spent 18-24 hours a day doing something, anything, in Japanese. This is not because I am superhuman (publically, at least), but because there are two types of activity:

High-energy and low-energy. Pedalling and coasting.

If Japanese is a long cycling journey, then high-energy activities are where you **pedal**, and low-energy activities are where you **coast**. So just because you can’t always be pedalling, that doesn’t mean you get off the bike. Just stay on and coast. Yes, you can’t always pedal. But **coasting** counts: you are still moving, and that’s what will make all the difference.



SKIP...

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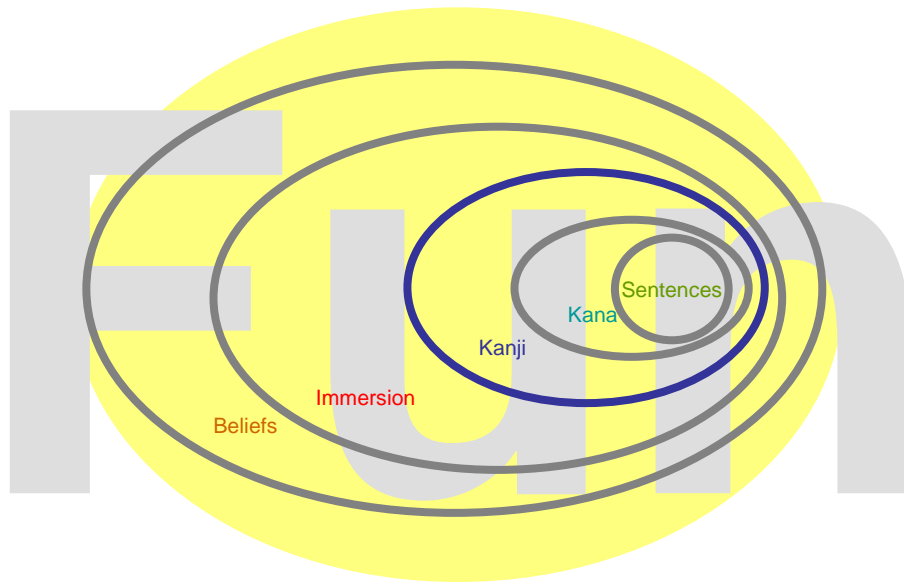
DO. NOT. READ. ANY. MORE. OF. THIS. QRG.

Until you've taken the action steps in the previous list.

You may be an exception, but most people are only confused by the extra information.

You don't need more theoretical information now. You need action.

Action List: Kanji

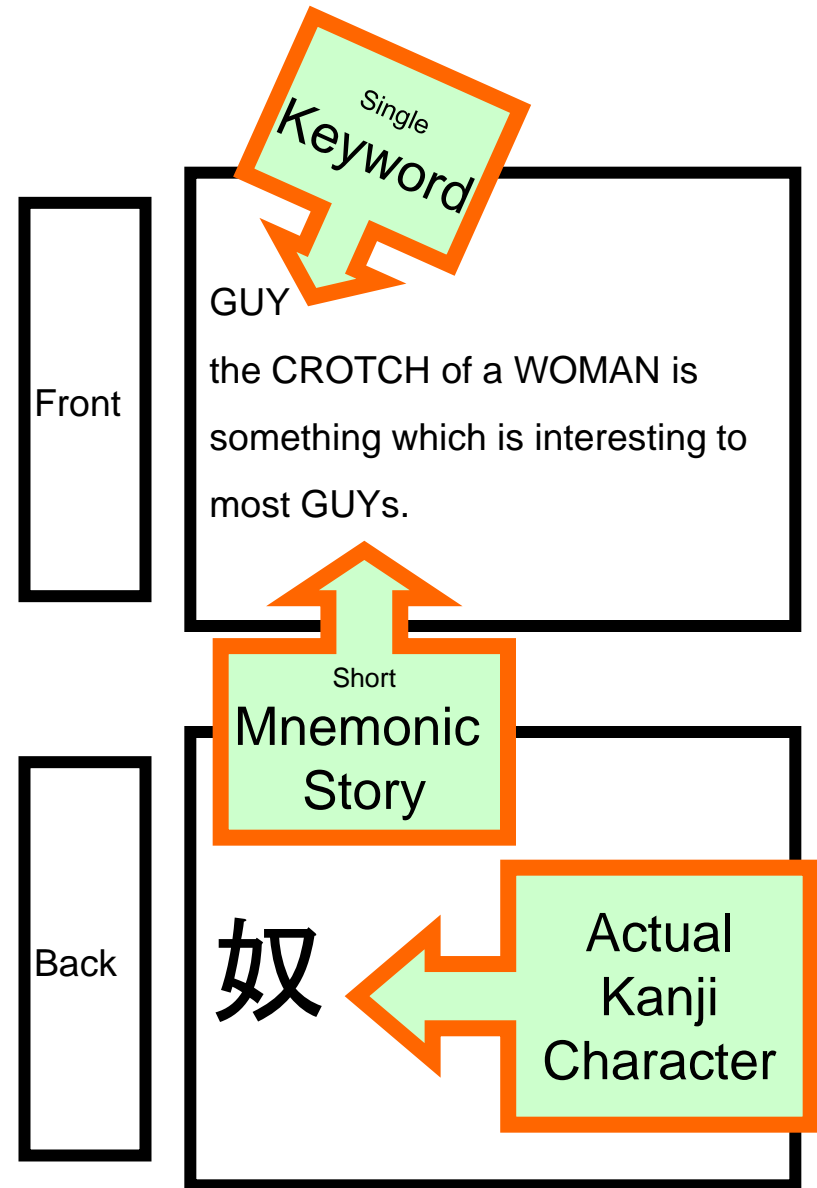
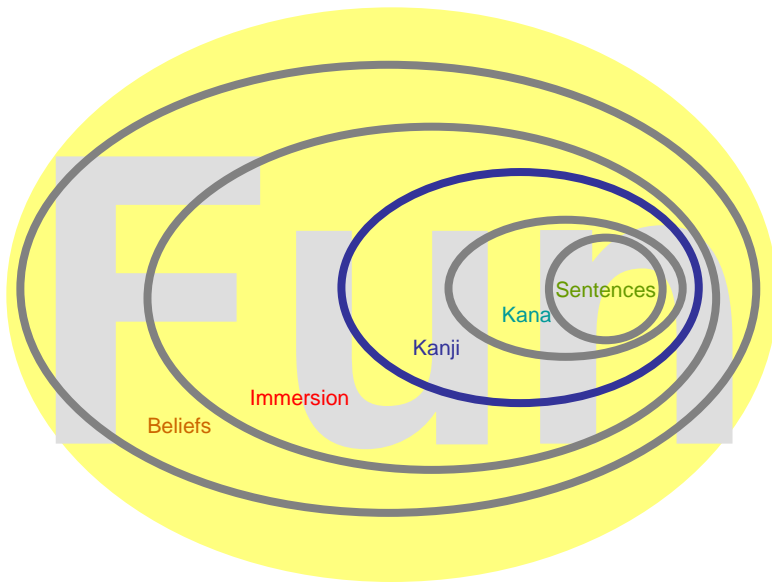


While continuing immersion...

1. Get an [SRS](#) (e.g. [Surusu](#)).
2. Get this [kanji data file](#).
3. Open your RTK book, read the kanji story, and write out the kanji once or twice by hand.
4. For each kanji, make a new SRS card (see next page for format).
5. Do your SRS reviews (“reps”) -- given a keyword and story, your task is to write out the kanji from memory.
6. Score yourself according to [this scale](#).

Kanji Card

Example 2





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Thanks for checking out this sample!

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Power to the people!