

Secrets of
**LEARNING
JAPANESE**

**10 Tricks to Dramatically Boost
Your Japanese Skills**



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“Secrets of Learning Japanese: 10 Tricks to Dramatically Boost Your Japanese Skills”

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Who the Heck is Nick Hoyt

and What is This Report About?

Hey everyone, my name is Nick Hoyt.

I was born and raised in America, so English is my first language. When I was a kid, I was always really big into watching Anime, reading Manga, and playing Japanese Video Games (JRPGs).

What do all of these things have in common? They all come from Japan!

As I started getting more and more into them, I discovered something that came as a bit of a shock to me. What I found out is that it can take YEARS and YEARS for something in Japanese to get translated into English!

Well, I don't know about you, but when I discover a great new game or anime that has come out in Japan, I don't want to wait years before I can get to enjoy it.

So I started learning Japanese, but to be honest it was hard and slow work at first. Then I read an interesting article about accelerated learning techniques.

What it comes down to is this: there are certain ways of taking in information that are easier for your brain to process. When you use these ways to learn Japanese, your results skyrocket!

The reason I created this report was to help as many people as possible learn Japanese using these advanced techniques so that they could become proficient in weeks instead of months, and fluent in months instead of years.

So let's jump right in!

Your mind is like the soil in a garden and the Japanese words you want to learn are like the seeds that you're planting.

When the soil is full of rocks and low quality material, it's very hard and sometimes impossible for anything new to grow.

But, when you cultivate the land and put in the very best material that you can find, the seeds that you plant will grow quickly and your harvest will be enormous.

The tricks and techniques that you will learn today are some of the different things that you can do to improve the “soil” that is your mind so that when you plant the seeds of the Japanese language, they will take root quickly and explode in growth.

So, let’s begin right away with trick number one!



Be Totally Relaxed While Studying

Did you know that you actually have three separate brains? At the base of your skull is the reptilian brain. Then above that is the mammalian brain. And lastly, on top is the neocortex.

First, the reptilian brain is the oldest and potentially the most powerful. Its primary job is to keep you alive. It does this by analyzing all incoming data and sorting it into two separate categories: things that can hurt you and things that can’t.

Next is the mammalian brain. This is the brain that controls and regulates things like your hormones, your health, your emotions, etc.

It also happens to be where long term memory is stored which is why you can often remember things that happened long ago while you were in a heightened emotional state.

Finally, your third brain is called your neocortex. This is the one that most people think of when they hear the word “brain” and it looks like a big bowl of spaghetti.

But it is this third brain, the neocortex, which gives you consciousness and allows you to think and make decisions based on logic and reason, rather than just emotion.

Here’s the point, all incoming data goes through your reptilian brain **first**. When you are stressed out or worried, all your reptilian brain can do is one of two things: fight or flight.

Its job is to keep you alive and when you are feeling any sort of stress, it looks for a way out of the situation. This of course is not conducive to learning Japanese at all!

Conversely, when you are in a **relaxed state of mind**, all the new Japanese words you learn are able to get past your reptilian brain easily and make their way to your mammalian brain for long term storage, and then on to your neocortex where you can use and think about them.

So, your primary job before beginning any sort of study session is to get yourself into a relaxed state of mind.

A simple way to do this is to close your eyes and count down from 10 to 0 while breathing deeply.

Or you could repeat aloud a few of the following relaxation phrases while your eyes are closed and you are taking slow, steady breaths:

“I am becoming more and more relaxed.”

“There is nowhere else for me to be.”

“There is nothing else for me to do.”

2

Involve Your Whole Brain

When it comes to your neocortex, your “thinking brain”, you have a right hemisphere and a left hemisphere.

The left hemisphere is the one that deals mostly with logic, numbers, speech, and things like that.

The right hemisphere is the one that deals primarily with emotion, music, patterns, and the like.

When you learn by listening to a lecture or by reading a book, you only engage the left half of your brain. But there are also things that you can do to engage the right half of your brain so that you learn the information with your **entire brain**.

And here’s how: play soft, classical music in the background while you learn Japanese.

Your left half will be paying attention to the new Japanese words while your right half will be paying attention to the music being played.

This will actually help you to learn new Japanese words at a faster rate than if you tried to learn them without any music at all. Personally, I like to play classical type music from my favorite video games while I study.

But, a warning is needed: only play classical type music that does NOT have lyrics or words in it. If you do, then your left brain will pay attention to the song’s lyrics and not the new Japanese words you are trying to learn.

3

Use Multi-Sensory Learning

We take in new information through the use of our five primary senses of sight, smell, taste, touch, and sound.

When it comes to learning Japanese, 99% of everything you learn will be through the three senses of sight, sound, and touch.

The more you can involve each and all of these senses in the learning process, the better you will remember Japanese, and the better you will be able to understand it.

Just like the saying:

What I hear, I tend to forget.

What I see, I tend to remember.

But what I do, I understand.

What this means is that, when you **only hear** a new word, you will in all truthfulness, probably forget it rather quickly.

When you **only see** a new word, you will probably remember it, although perhaps not for a very long time.

But, when you do or **use new Japanese words**, then they will become a part of you and you will be able to remember and understand them.

What has been found is that you actually have **a separate memory** for the things you see, the things you hear, and the things you do. So why not get all three of them involved for each new word?

Here's how to apply it:

1. Repeat aloud any and all Japanese words that you hear.
2. Read all Japanese words that you see out loud so that you can also hear it.
3. And finally, write new Japanese words down on paper.

When you write on a piece of paper, you **see** the word that you are writing, you **hear** the word sub-vocally in your mind, and you **feel** it while writing.

Writing words down on paper is an excellent way to involve all your senses while learning.

Another way to involve your sense of touch is to play with or squeeze a ball in your hand while you listen to a lesson or read Japanese words.

Or when the situation allows for it you can physically act out a verb you read or speak, such as waving, or touch a part of your body when you say the Japanese word for it; like your nose!

Each and every time you are able to use two or all three of your senses of sight, sound, and touch, you accelerate the speed at which the new Japanese words get ingrained into your long term memory.



Maintain a Positive State of Mind

Your **brain** is the physical organ that resides within your skull. It is a part of the physical world. But your **mind** is a part of the mental world. It dwells within the realm of thoughts, beliefs, attitudes, and the other intangible parts of you.

Your mind is an amazingly powerful mechanism. It is the one thing, more than anything else that directs your life. Yet compared to how important it is, very little is known about it for most of the world's population.

But here is one thing that we know about it: having a positive mindset or attitude is more conducive to learning than having a negative one.

When your mind is negative, the thinking part of your brain shuts down and your reptilian brain, who's primary job is to keep you alive, takes over and focuses only on if you should stay and fight, or run away from the present situation.

On the other hand, when you have a positive attitude or mindset, your brain "lights up" and becomes more open and receptive to new taking in new information.

In other words, it is much easier to learn Japanese when you are happy, feeling good, or having fun!

So always make sure that you are in a good mood before sitting down to learn Japanese. You might need to take a few minutes and watch a funny video, or sit there and think about what your perfect life would be if a genie granted you three wishes, or even what you would do if you won the lottery tomorrow and had unlimited money.

Anything that you can do to get your mind into a positive, resourceful state before learning will work to help you learn Japanese much more easily.



Have Supportive Beliefs

Henry Ford once said this about belief:

“Whether you think you can do something or you think you can’t do something, either way you’re right!”

This quote from one of the richest men who ever lived goes to show the incredible power our beliefs have!

Many people think that success in life is something that you are born with. A special “gene” if you will. Either you “have it” or you don’t and there’s nothing you can do about it either way.

But take for example the top athletes in any sport and they will say that, while talent helps a little, it is the training and practice that makes all the real difference.

In fact, many talented people have been beaten by those with less talent who were willing to work harder and train longer!

This then is the key: success in any endeavor is a learnable skill.

Becoming fluent in Japanese is a learnable skill. Anyone can learn to do it, including you!

And the best way to accelerate success in any skill is to have supportive beliefs about it.

You see, most people tend to think that they have to succeed first, and THEN they will believe that they are good at something.

But the truth is most people build their skills and their beliefs side by side, at the same time.

It’s a positive cycle: the level of skill helps strengthen the belief, and then the belief helps strengthen the skill.

Here’s a big secret though: you don’t have to wait to be great at something in order to have the belief that you are great.

For example, you may have a friend or family member who is struggling with a math problem. You believe that they are a smart person and that they can solve the problem, so you give them encouragement. You try explaining it to them different ways. Anything it takes to help them understand.

Then when they do figure it out, you tell them that you knew they could do it all along. Your positive belief that they are smart played a part in helping them to understand it.

In the same way, if you believe that **you** are good at something, then you will work harder and longer at it, and you will therefore be less likely to quit if and when things become hard or inconvenient.

You become great at it, thanks in large part to already having the belief that you are great.

So, how can you use this to your benefit?

Simple, you do it by installing supportive beliefs about yourself and about your abilities when it comes to learning Japanese. Here are a few beliefs that will help you to success in learning Japanese:

Say these out loud to yourself several times each day:

“I learn Japanese easily and well”

“I have an excellent memory for Japanese words and phrases”

“I am a confident learner”

Remember, these new beliefs need not be true for you **yet**. Stick with them and in time they will become your reality.



Study Right Before Bed

You have both a conscious mind and an unconscious mind.

Your conscious mind primarily takes in new information. Unfortunately, there is simply way too much information surrounding us at all times so your conscious mind deletes, distorts, and generalizes information so that you can still function.

Your unconscious mind is the one that runs in the background. It's the one that takes care of things like breathing and digestion. In fact, anything that you do that you don't have to "think" about doing, is something that your unconscious mind is taking care of at that moment.

Remember back when you first learned to drive. Initially, you had to concentrate on what you were doing and make sure that you were following all the proper laws at all times.

Now however, you hardly think of it at all when you get behind the wheel. Sometimes you end up at work or at home and you don't even remember the journey at all. This is an example of your unconscious mind at work.

Here's the bottom line: unlike your conscious mind, your unconscious mind is **always at work**. It never ceases. Not even when you go to sleep at night! In fact when you sleep, your unconscious mind starts reviewing and storing all the information that you took in during the day.

So here's the trick: when you study Japanese a few hours before going to bed, your unconscious mind goes to work on it first. It reviews it, sorts it, and files it away while you sleep.

Of course studying Japanese at ANY time of the day is better than not studying. But all things being equal, it is more beneficial to study Japanese shortly before going to sleep at night so that the material is fresher for you unconscious mind to work with.



Maintain Open Body Posture

One of the things being taught more and more nowadays is that your mind and your body are **connected**.

When you have a positive mind and are generally a happy person, your body tends to stay healthy and your immune system stay strong.

Likewise, when your head is down and your breathing is shallow, you begin to feel sad and depressed. It's as if your body is saying to your mind "okay, I am acting sad now. Please help me out and do the same."

On the other hand, when you hold you head up high, stick out your chest, and breathe deeply, you feel wonderful and full of courage.

Therefore the trick is to change your body's posture and keep it open in order to help your mind remain open. But how exactly does this apply to learning Japanese?

It all comes down to this: make sure that both your arms and your legs are **UNCROSSED** while you learn.

You see, when we are feeling threatened, we unconsciously cross our arms and legs in order to **protect** our body. Just watch anybody who is in an argument defending their position.

As we said before, when you are in a state of "fight or flight" it is very hard to take in any new information.

So, simply uncross your arms and legs as a **signal** to your brain that you are not in any danger. This will allow you to learn new information with ease.



Teach or Explain What You Know

It's been said that you only truly understand something when you can explain it clearly to another person and have them understand it as well.

Teaching someone else Japanese forces you to know it yourself. You know how to use it, when it applies and when it doesn't, and examples that illustrate your points.

This is known as "Dual-Plane Learning" because you are learning it and teaching it at the same time.

If there is no one out there who is willing to let you teach them, then simply **explain** it to yourself in writing or just in your own words. Go over what the concept is and how it applies.

When it comes to Japanese this could mean using a new "verb form" that you've just learned, such as the "te-form" or the "mass-form", and using it along with all the verb stems that you already know.

Or when you learn a new noun, you could run it through several different phrases such as "I want to buy *this noun*, eat *this noun*, give you *this noun*" so that you show yourself how it can be used in several different situations.



Make It Relevant to Your Life

One of the ways that people say you should learn Japanese is to be totally immersed in it. Moving to Japan would be a good example of this.

Certainly this can be a great help, but the trick is not necessarily to be surrounded by Japanese all the time, but rather to make learning Japanese relevant to you and your life.

As an example, babies learn their first language despite having zero knowledge of any language because they absolutely HAVE to learn it in order to communicate and get what they want.

Here's a personal story on the other side, or not having a relevant reason.

When I was in college, and I'm sure many of you can relate to this, I had to take a language class. So I took Spanish for two semesters. But even though I spent a year at it, I can't remember very much of it today. Why is that?

Because my only reason for learning the language was to pass the class! Once I did that, mission accomplished and I stopped caring about it.

You need a reason to learn Japanese that will serve as the **fuel for the fire of desire**. I have several reasons myself for learning Japanese, but one of the biggest is manga.

As you may or may not know, most manga comes from Japan. It can then take months and even YEARS for it to get translated into English.

I got tired of waiting months and months for me to be able to read the next volume of my favorite manga, so I decided to start learning Japanese so that I could read it as soon as the author published it.

So here's what you need: a personal reason for learning Japanese that will get you excited about it. Here are just a few reasons you might have:

- Live in Japan
- Do business with the Japanese
- Read more manga / watch more anime
- Marry a Japanese man or woman

Several reasons would be best so that you always have a driving force in case one or two reasons start to weaken. So decide why you want to learn Japanese and write it somewhere you'll see every day.



To Remember Anything, Look Up

Have you ever heard that you can tell when a person is lying because they are “looking up”?

Well, if you have then you might think that people are lying all the time! Why is everyone always looking up?

Here's the thing, remember when we talked about having a left hemisphere and a right hemisphere to your neocortex (thinking brain)?

Well believe it or not, when people are “looking up” they are actually accessing their left or right brain unconsciously.

When they look up and to the **left**, they are trying to remember something. And when they look up and to the **right**, they are trying to create something.

So if they look up and to the right, then they may be lying to you! Or they may just be trying to create a picture of what you are saying so that they can see it in their mind.

Like I said, most people do this unconsciously. It's just something that everyone does naturally. But now you can use it consciously in order to improve your recall.

Here's how to do it: when you are trying to recall a word, simply move your eyes up like you're trying to remember something and the word or phrase should POP into your mind.

I do this all the time when I am on a new lesson and it's time to test what I remember. It doesn't work 100% of the time, but I would say it helps out about 85%-90% of the time.

So What the Heck Do You Do Now?

There you have it: 10 tricks to help you learn Japanese faster and remember longer. I hope that you have found value in this special report.

But more importantly, I hope that you USE some of these tricks to help boost your skills!

You don't even need to use all ten (although that would certainly be incredible!). Just using one or two of these should help you to be more successful in learning Japanese.

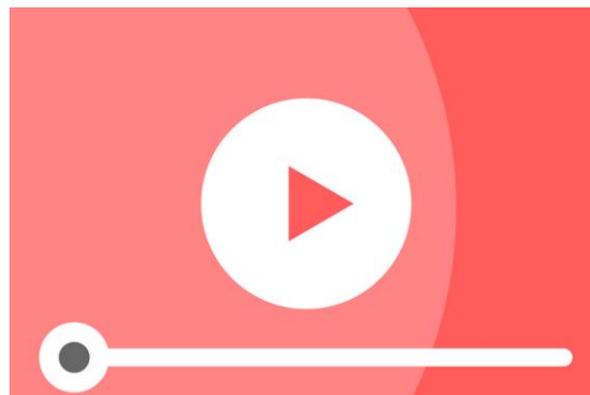
I've given you the tools to accelerate your learning, but not the material for it. There simply wasn't enough time in this report to cover it. But I don't want to leave you hanging, so let me share a few things with you.

First of all, you can always check out my blog where I create Japanese lessons that use accelerated learning techniques. You can find it here:



And secondly, if you are interested in taking your Japanese skills to the next level when it comes to speaking, listening, reading, and writing, then you may want to consider investing in an award winning course that presents Japanese in a very structured and easy to learn way.

If that's something that you're interested in, then you might want to check out this video for more information:



Thank you all for reading this and I will see you next time!

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