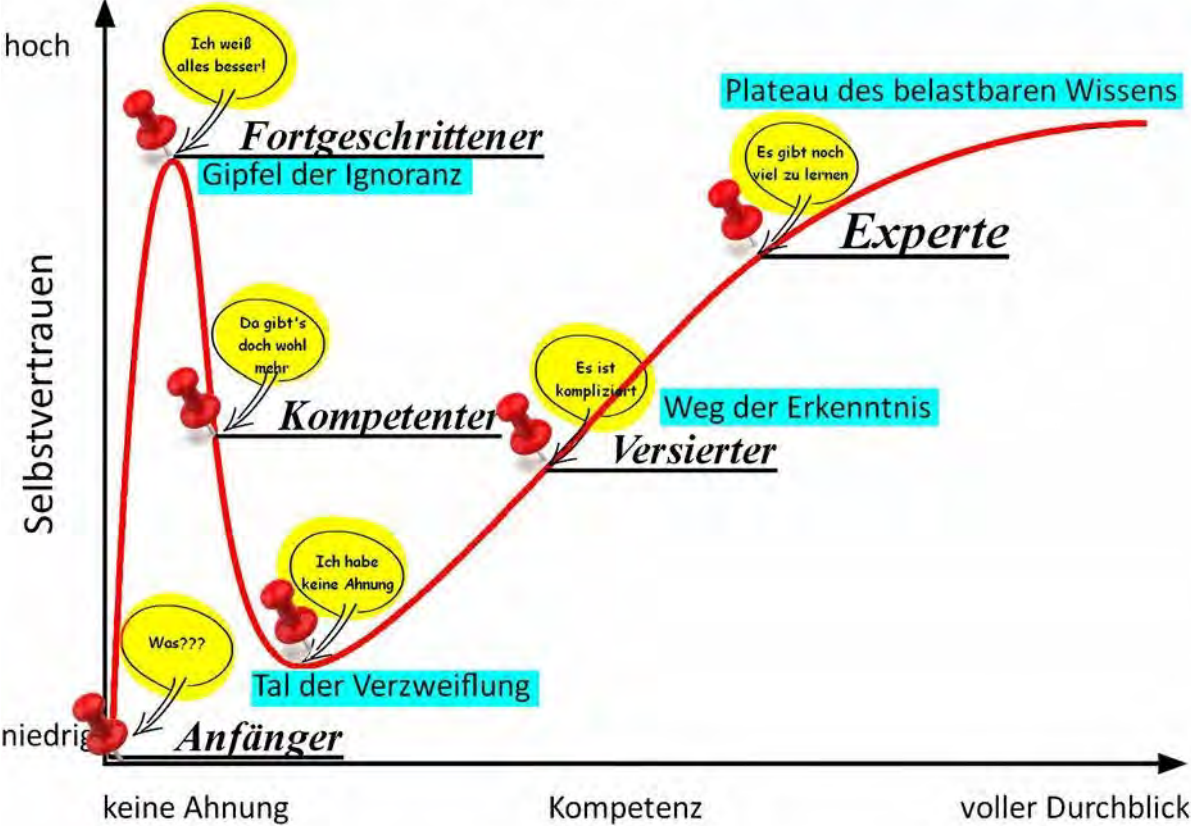
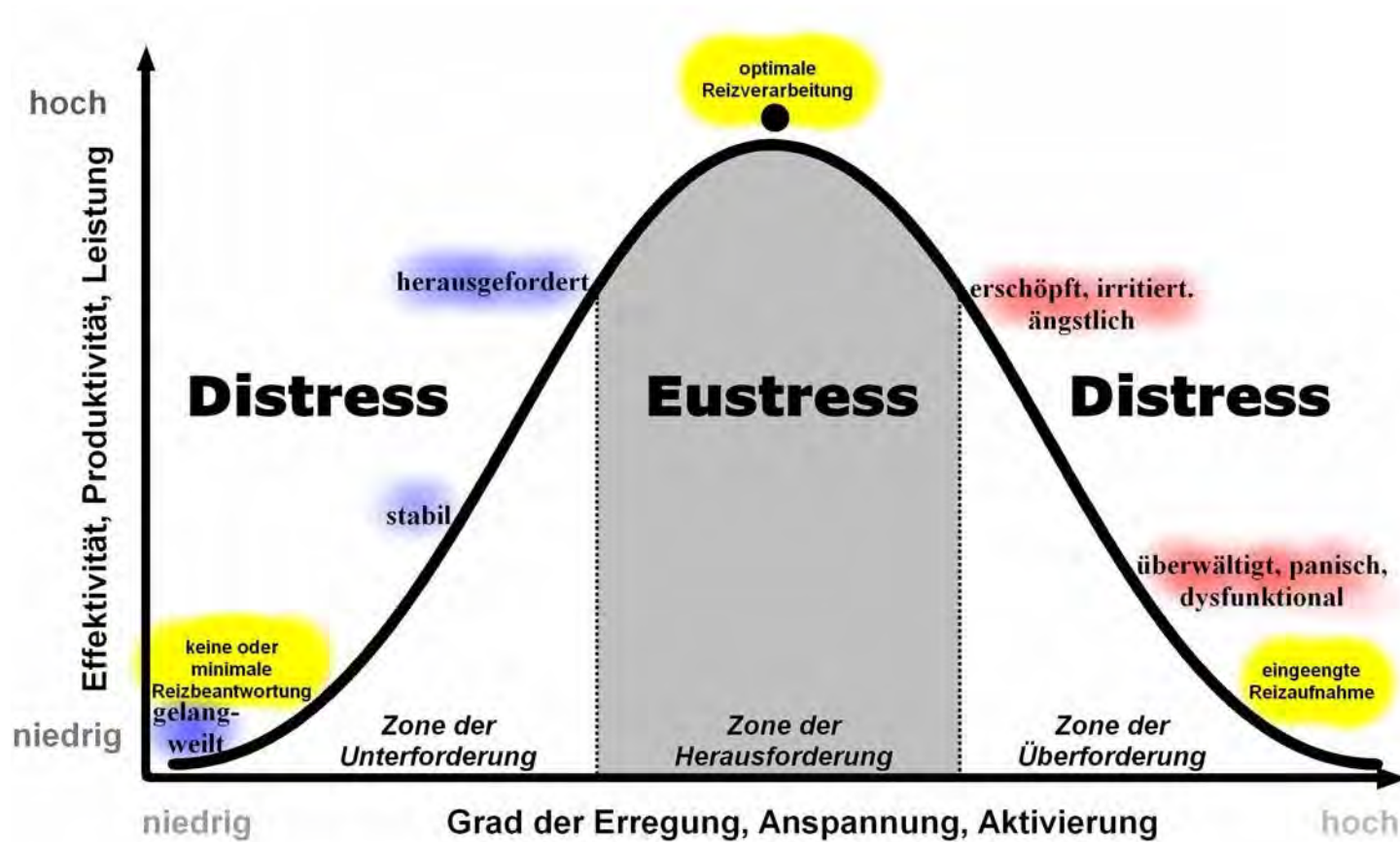


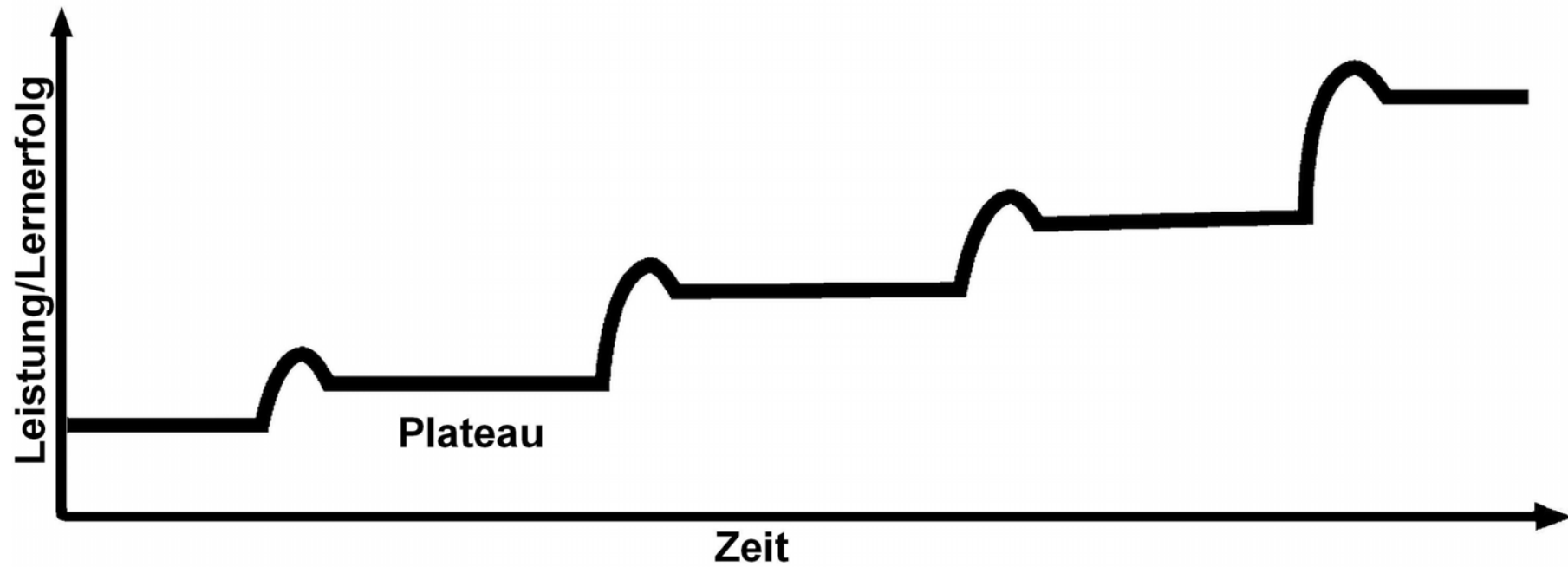
Dunning-Kruger-Effekt



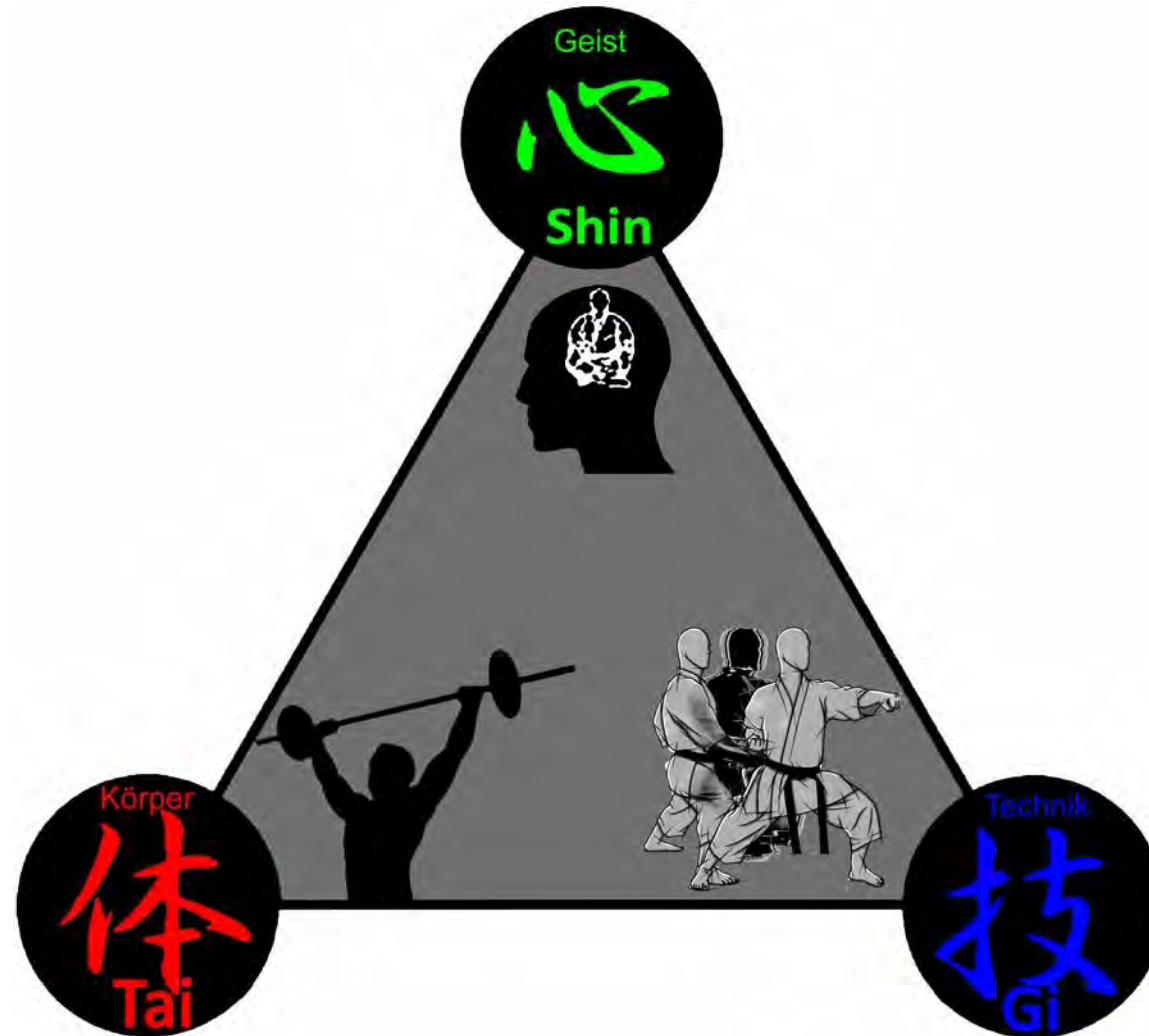
Yerkes-Dodson-Gesetz



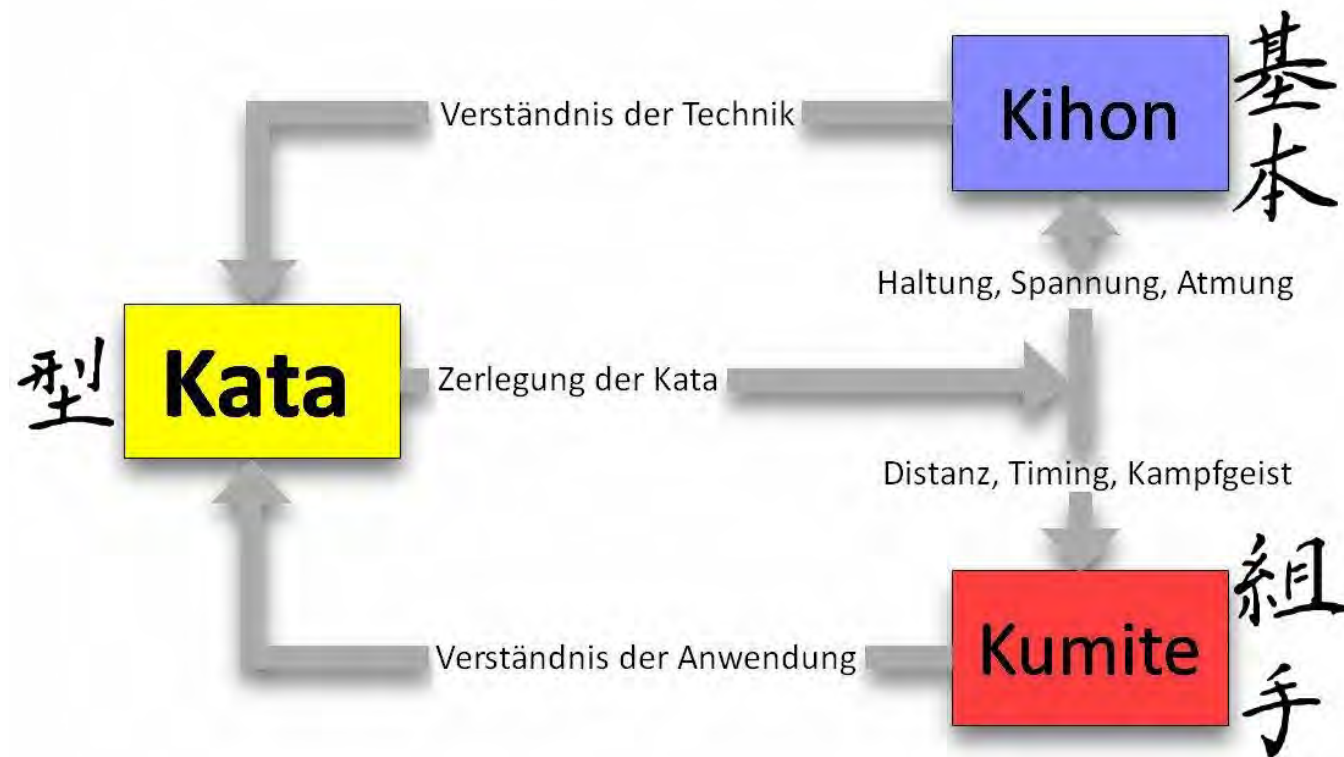
Plateauphasenmodell nach George Leonard



Shin-Gi-Tai-Prinzip



Kata als zentrales Element im Karate



Seishin und die vier grundlegenden Geisteshaltungen

