



Three simple concepts to improve your ability



HOWARD COLLINS

*is an international  
trainer, coach, and author.* After more than

thirty five years of training Kyokushin karate he now shares  
his ideas and experience on how to focus and concentrate.

His philosophy of 3C has helped him become a successful  
instructor and one of the highest ranked instructors in the  
world.

Having helped thousands of students all over the world with  
both physical and mental training, he now shares his common  
sense ideas, hoping that you to can improve your focus and  
concentration perhaps become successful in your own field.

*What is 3C?* Three simple concepts to improve

your ability to focus and concentrate. Zanshin

Breathing

Discipline



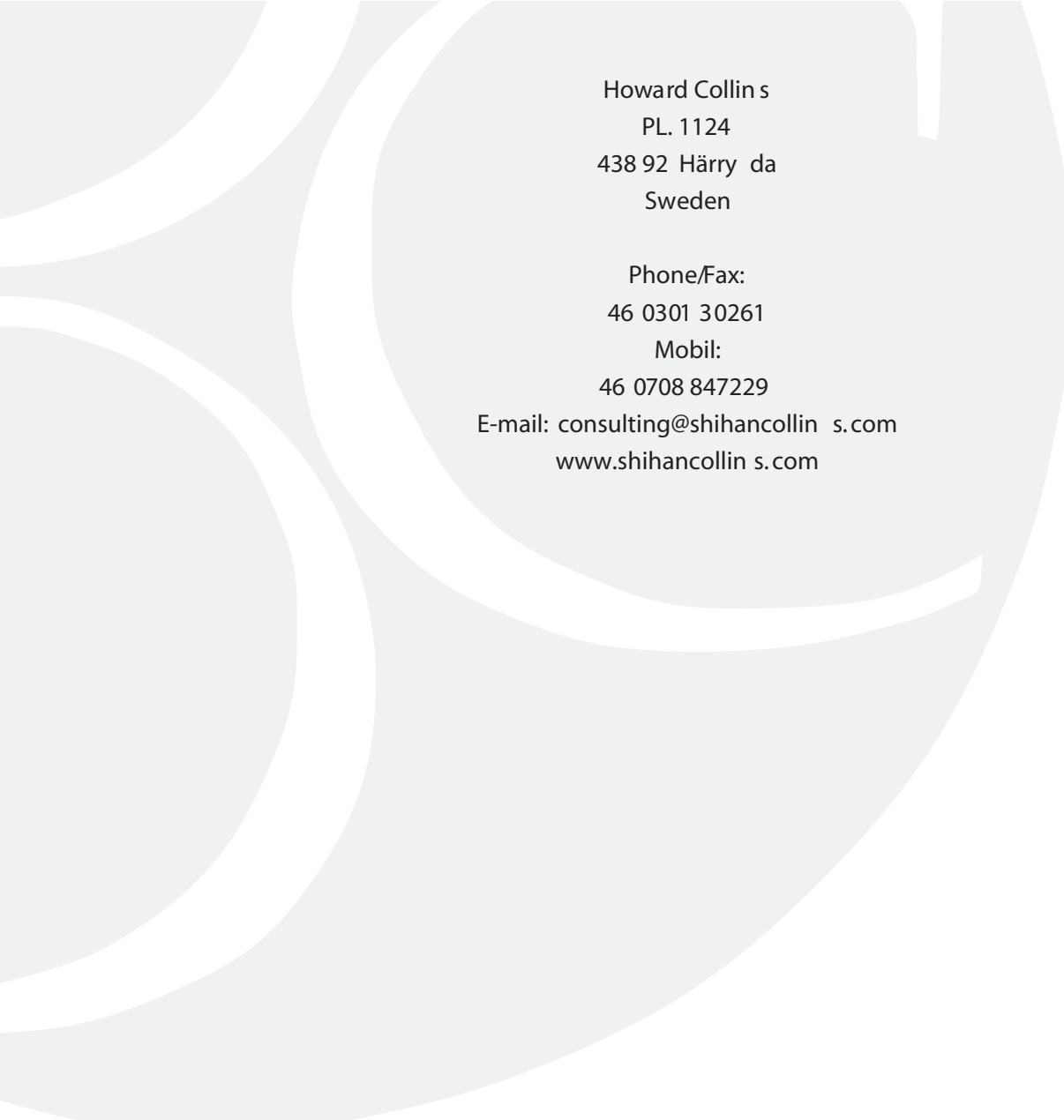
*Discipline* The most difficult thing to achieve.

*Zanshin* Awareness the ability to know what

is going on around you.

*Breathing* Take a deep breath.

*Stress* The result of not paying attention.



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