

Mastering your Memory

How to use Memory Techniques to
improve your Academics and Life!



Brought to you by
Warrior Scholar Martial Arts

Mastering your Memory

**How to use Memory Techniques to improve your
Academics and life!**



Maximizing your memory

Memory is an essential skill for students to master. It enables students to retain and recall information, which is critical to academic success. However, many students struggle with memory, often finding it challenging to recall information from classes, lectures, books, and other materials. Fortunately, there are several memory techniques and methods

that students can use to improve their memory. In this guide, we will explore some of the most effective memory techniques and provide tips for using them effectively.

Repetition: Repetition is one of the most effective memory techniques. Repeating information multiple times helps to reinforce it in the brain, making it easier to remember. Students can use repetition by reviewing their notes, reading textbooks, or reciting key concepts aloud.

Repetition is most effective when spaced out over time. Rather than cramming all the information in one study session, break it up into several shorter sessions, reviewing the material at regular intervals. But as you know repetition can be boring so let's explore other memory techniques

Mnemonics: Mnemonics are memory aids that use associations between items to help remember information. Mnemonics can be acronyms, rhymes, or even stories that link together a series of items. One of the best Mnemonic systems is the Peg system which we will explore shortly.

To use mnemonics effectively, it's essential to create a mental image that is vivid, colorful, and easy to remember. This can be done by associating the information with something personal, such as a favorite food or place.

Visualization: Visualization is a powerful memory technique that involves creating mental images to help remember information. This technique can be used to memorize facts, figures, and even concepts. But combined with the other systems like the Peg system you can create a powerful mental tool to help you remember amazing amounts of information.

When using visualization, it's important to create a mental picture that is as detailed as possible. The more vivid and engaging the image, the easier it will be to recall later.

Chunking: Chunking involves breaking down large amounts of information into smaller, more manageable chunks. This technique helps to reduce the cognitive load on the brain, making it easier to



The Memory Palace

Originally used by the Greeks memory palaces are an amazing way to memorize many things. Using a location you are intimately familiar with like your home, go around your home and associate a couple of objects in each room. These will be your main memory hooks. For example; you go to your FRONT DOOR and ring the BELL, you enter your LIVING ROOM and see the COUCH, TV, COFFE TABLE, LAMP, you then go to the DINING ROOM and see the TABLE, FOUR CHAIRS, PLATES, A PICTURE, you then go into the KITCHEN and see the SINK, REFRIGERATOR, CABINETS, STOVE etc. The trick is to start with a location very familiar to you. And walk through every day to keep it fresh in your mind. Memory palaces are better for long term objects and simple peg systems for short term (like shopping lists).



The Link System

The link system is creating a ridiculous story that is so bizarre with each element 'linked' to the last that it creates a memory pathway for you to attach as many facts, objects, people as you like. The link system has been used by memory experts for years and is a very effective memory tool for you to learn and keep in your mental toolbox.

On the next page we will teach you how to use the link system to memorize all the presidents of the United States.

The trick is to make these visual pictures as bizarre, goofy, colorful as possible. Try to also involve your other senses, for example imagine hearing the sounds in the pictures, imagine the colors so vivid. The more of your senses you involve the better you will ingrain what ever you want in your memory.

1	George Washington	1789-1797	Imagine a ONE TON WASHING machine on the White House Lawn = WASHING TON
2	John Adams	1797-1801	Imagine you lift the lid of the lid of the washing machine and in the water is ATOMS swirling around = ADAMS
3	Thomas Jefferson	1801-1809	Now imagine a CHEF and his SON ladling the atoms out of the water and pouring them on a stove fire to put it out. CHEF SON = JEFFERSON
4	James Madison	1812-1813	The fire is actually a small MAD SUN = MADISON
5	James Monroe	1817-1825	The water runs down the mad sun making a small river and there is a tiny boat with a number 5 on the side being ROWED by MARILYN MONROE = MONROE
6	John Quincy Adams	1825-1829	The little Row boat hits A DAM. = ADAMS
7	Andrew Jackson	1829-1837	Over flowing the dam are playing cards but they are all JACKS. Jacks of spades, diamonds, hearts and clubs. JACKS = JACKSON
8	Martin Van Buren	1837-1841	The Jack now float ashore and start jacking up a VAN with a BUREAU chest on it's roof. = VAN BUREN
9	William Henry Harrison	1841	Driving the van is Indiana Jones played by the actor HARRISON Ford = HARRISON
10	John Tyler	1841-1845	Harrison is wearing a weird neck TIE with a fishing LURE on it. TIE LURE = TYLER
11	James K. Polk	1845-1849	You notice the tie starts sprouting POLKA dots. = POLK
12	Zachary Taylor	1849-1850	The van pulls over to a gas station the driver gets out and his whole suit is now polka dots and a TAILOR comes over to sew it. TAILOR = TAYLOR
13	Millard Fillmore	1850-1853	The gas station attendant comes out and starts FILLING tiny cups with gas. He's FILLING MORE and MORE = FILMORE
14	Franklin Pierce	1853-1857	Now he PIERCES the bottom of the cups and you notice all the cups have ears and the ears are PIERCED too. PEIRCED = PIERCE
15	James Buchanan	1857-1861	The gas drips from the bottom of the cups and falls into a U shaped CANNON. = BUCHANAN
16	Abraham Lincoln	1861-1865	The cannon fires a cannon ball at a LINCOLN log house and it blows up into pieces. = LINCOLN
17	Andrew Johnson	1865-1869	All that is left of the house is a toilet (JOHN) and a small JOHN next to it. A JOHN SON = JOHNSON.
18	Ulysses S. Grant	1869-1877	Out of the John crawls GIANT ANTS = GRANT
19	Rutherford B. Hayes	1877-1881	The giant ants crawl to big bail of HAY = HAYES.
20	James A. Garfield	1881	On top the hay bail is GARFIELD the cat.
21	Chester A. Arthur	1881-1885	Garfield is typing on a typewrite. He's writing a book. He's an AUTHOR = ARTHUR
22	Grover Cleveland	1885-1889	Garfield gets frustrated and throws his typewriter and it hits the ground CLEAVING THE LAND = CLEVELAND
23	Benjamin Harrison	1889-1893	Out of the crack (cleave) fly's the Millennium Falcon from Star Wars. It's flown by HARRISON Ford again. Who played Han Solo in the movie. Next to him is Chewbacca but he's a Rabbit (HARE) = HARRISON
24	Grover Cleveland	1893-1897	The shoot lasers at GROVER the Muppet from Sesame Street. He dodges and it CLEAVES the LAND again. = CLEVELAND
25	William McKinley	1897-1901	In side the crack the lasers made is a McDonalds. You can see the giant golden M. Instead of French fries they are serving sticks (KINDLING) MacDonalD = KINDLING = McKinley
26	Theodore Roosevelt	1901-1909	Serving the weird wooden French fries is a TEDDY bear with a belt made of ROSES. TEDDY ROSE BELT = TEDDY ROOSEVELT.
27	William H. Taft	1909-1913	The bear jumps into a RAFT made of TAFFY. = TAFT

28	Woodrow Wilson	1913-1921	It goes down the river but hits the rapids. Instead of rocks and boulders it's WILSON tennis and soccer balls. = WILSON
29	Warren G. Harding	1921-1923	One of the balls fly's when struck by the raft and flies through the air and hits a bell. It makes a HARD RING! = HARDING
30	Calvin Coolidge	1923-1929	You notice Ice forming all over the edge of the bell. It has a COOL EDGE = COOLIDGE
31	Herbert Hoover	1929-1933	And owl that has a nest in the bell tower is freezing cold. He has a FUR coat on and says 'WHOOO!' with his FUR coat. WHO FUR = HOOVER.
32	Franklin D. Roosevelt	1933-1945	You notice the OWL also has a BELT made of ROSES. It's a ROSE BELT = ROOSEVELT.
33	Harry S. Truman	1945-1949	The Owl then flies to this giant strange TREE. It's a TREE MAN. = TRUMAN
34	Dwight D. Eisenhower	1953-1961	The treeman starts moving with root legs and climbs a big TOWER like the Eiffel tower. It's cover in EYES. It's an EYES FULL TOWER = EISENHOWER
35	John F. Kennedy	1961-1963	At the top of this tower is a bowl of CANDY. = Kennedy.
36	Lyndon B. Johnson	1963-1969	In the center of the Bowl of candy is a box of JOHNSON and JOHNSON band aides.
37	Richard M. Nixon	1969-1974	You notice a small NICK in the side of the box = NIXSON
38	Gerald R. Ford	1974-1977	Screeching out of the nick is a little FORD truck. = FORD
39	Jimmy Carter	1977-1981	The Ford truck crashes into a shopping CART = CARTER
40	Ronald Reagan	1981-1989	The car was full of RAY GUNS that go flying and shooting lasers everywhere. RAY GUN = REAGAN
41	George Bush	1989-1993	One of the ray guns shoots a BUSH that goes on fire. = BUSH
42	Bill Clinton	1993-2001	A fir truck pulls up being driven by a big bird with an enormous BILL. The number of the fire truck is TEN. Smoke from the bush covers up the number and the bird CLEANS the TEN. = CLINTON
43	George W. Bush	2001-2009	Another BUSH goes up in flames but this one is shaped like a W. The bird turns the hose on the BUSH putting it out and suddenly
44	Barack Obama	2009-2017	From out of the BUSH runs a bunch of baby sheep crying BAH MA! BAAH MA = OBAMA
45	Donald J. Trump	2017-2021	The mama sheep then blows a TRUMPET and they all come to her. TRUMPET = TRUMP
46	Joseph R. Biden	2021-	You notice it's not a mama sheep but DONald Trump. Who is chasing the sheep and then some one is waving to him saying BYE DON. It's Joe BIDEN = BY DON.



The Peg System

The peg mnemonic system is a powerful memory technique that involves creating a set of pegs or anchors to associate with specific information. This technique can be used to memorize lists, sequences, and other information that can be linked to a numbered peg. Here is a step-by-step guide on how to use the peg mnemonic system:

Step 1: Create a set of pegs

The first step in using the peg mnemonic system is to create a set of pegs or anchors. This can be done by associating each number from 1 to 10 with a word or image that is easy to remember. For example, you could use:

1 - bun

2 - shoe

3 - tree

4 - door

5 - hive

6 - sticks

7 - heaven

8 - gate

9 - vine

10 - hen

Step 2: Link the pegs to the information

The next step is to link the pegs to the information you want to remember. For example, if you wanted to remember a list of groceries, you could associate each item with a numbered peg. So, if your grocery list was:

Milk

Eggs

Bread

Cheese

Apples

You could link each item to a numbered peg like this:

Milk - Imagine pouring milk over a bun

Eggs - Imagine stepping on eggs with a shoe

Bread - Imagine a tree made of bread

Cheese - Imagine cheese coming out of a door

Apples - Imagine bees flying around a hive made of apples

Step 3: Review and practice

An important part of this is to intensely visualize this as colorfully, bizarrely as you can. Incorporate as many of your senses (sound, touch) as well. The more intensely you visualize this the more it will stimulate your brain and impress the memory upon it.

Once you have linked the pegs to the information, the next step is to review and practice. This can be done by mentally walking through the pegs and recalling the associated information. You could also practice by writing down the information and checking it against the pegs to ensure accuracy.

Step 4: Expand the system

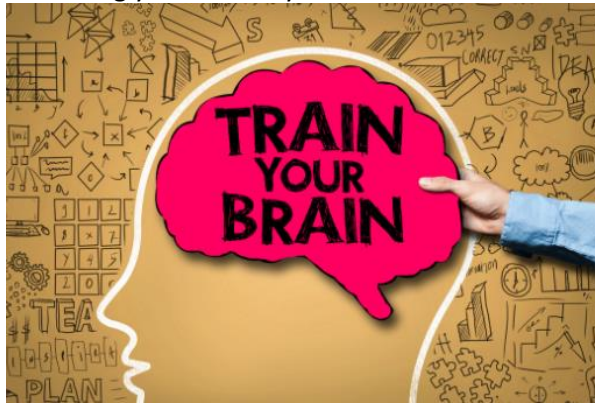
Once you have mastered the 1-10 peg system, you can expand it to include additional numbers. For example, you could create pegs for 11-20 using words or images that are easy to remember. The more pegs you have, the more information you can remember using this technique.

Step 5: Apply the system to different types of information

The peg mnemonic system can be applied to many different types of information, including lists, sequences, and concepts. For example, you could use the peg system to remember the order of the planets in our solar system or to memorize a list of important historical dates.

The peg mnemonic system is a powerful memory technique that can be used to memorize a wide range of information. By creating a set of pegs and linking them to specific information, you can improve your memory and recall skills. With practice and persistence, you can master this technique and apply it to different types of information, helping you to achieve greater academic success and reach your full potential.

Later on we will go into the advanced Peg system.



More Mental Tricks

Learning to say the Alphabet backwards

This is easier than you think and relies on the chunking method we described earlier.

First the alphabet backwards from Z to A a few times to familiarize yourself with it.

Now we are going to chunk them into eight bitesize memorable parts.

ZYX- The first three letters, just say them.

WVUT- Easy to remember these letters. Think of them as radio station call letters.

SRQ- Squirrels Run Quickly

PON- Easy to remember word

MLK- Some people associate these letters with Martin Luther King

JHIG- This closely resembles the word JIG. Let's dance a JHIG

FED- Think of Fed-Ex here

CBA - Remember the three letters or think of Certified Business Account.

Practice saying them in these small groups of letters.. Say them like this ZYX WVUT SRQ PON MLK JHIG FED CBA.

With a little practice you will have this down in no time.

Writing the Alphabet upside down

Leonardo Davinci practiced mirror writing to the point he would write backward and reverse and you could only read it by looking at the writings reflection in a mirror. Here we are going to do something similar.

First write the Alphabet from A to Z on a piece of paper in capital letters.

Then turn it upside down. Notice that six letters can be read either way. They are; H, I, N, O, S, X, and Z.

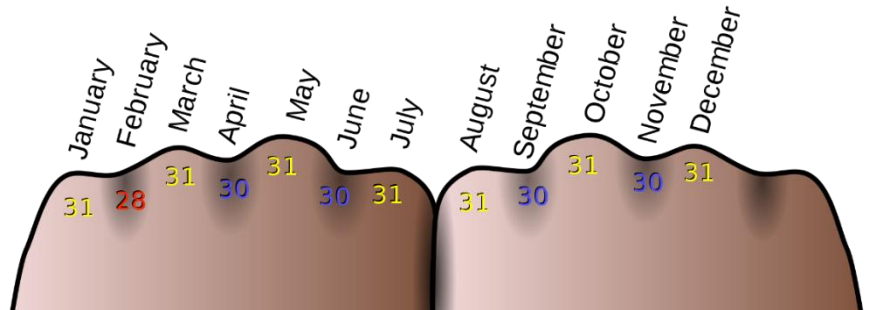


So, that part is easy. There are five Mirror image letters K,E,D,C and B. These are easy because you just need to write the mirror image of them. Q and J can be a little tricky so remember the J should look like a small case r or cane facing right. The Q's tail should point to the upper left when writing from right to left (backward) so the tail points to the Z.

How many months have 30 days? 28 days? 30 days? Here is an age old rhyme and a visual aid to help you never forget.

Thirty days Hath September

Thirty days hath September,
 April, June, and November,
 All the rest have thirty-one,
 Except February, twenty-eight days
 clear,
 And twenty-nine in each leap year.



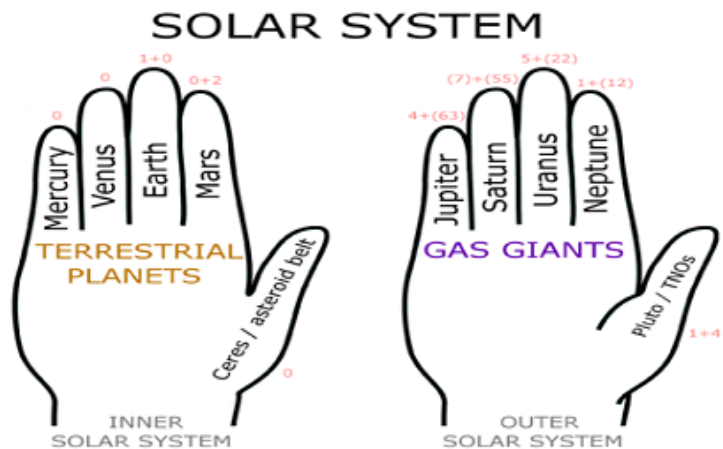
The Music Scales

If you’ve ever studied music, you know that you have to remember the order of notes so you can identify and play the right note at the right time. The treble notes are: EGBDF, which is commonly memorized as, with the Acrostic Every, **G**ood, **B**oy, **D**oes, **F**ine. The bass notes are ACEG, which is often referred to as, “**A**ll **C**ows **E**at **G**rass.”

The Planets

Some of you may have learned this in school to remember the planets. My Very Educated Mother Just Served Us Nine Pizzas.

- | | |
|----------|---------|
| My | Mercury |
| Very | Venus |
| Educated | Earth |
| Mother | Mars |
| Just | Jupiter |
| Served | Saturn |
| Us | Uranus |
| Nine | Neptune |
| Pizzas | Pluto |



The Great Lakes

Use the acronym HOMES to recall all five of the Great Lakes: Huron, Ontario, Michigan, Erie, and Superior.

The Old Testament

One way to memorize the first five books of The Old Testament is to remember this sentence: "God equals light, not darkness." This will help you recall: Genesis, Exodus, Leviticus, Numbers, Deuteronomy.

Compass Directions

You've probably heard people say "Never eat shredded wheat" when referring to North, East, South, and West.

Geometry

Do you recognize the term, "soh cah toa"? I remember reciting this to myself repeatedly throughout 10th grade when I was taking geometry. Soh cah toa is a mnemonic device to help remember the formulas for sin, cosine, and tan.

Sin = Opposite/Hypotenuse

Cosine = Adjacent/Hypotenuse

Tan = Opposite/Adjacent

Historical Dates

You'll remember this one from grade school: "In fourteen hundred and ninety-two, Columbus sailed the ocean blue."

Colors of the Rainbow

A simple abbreviation ROY G BIV is the colors of the rainbow. **R**ed, **O**range, **Y**ellow, **G**reen, **B**lue, **I**ndigo, **V**iolet.

How to Memorize the Bill of Rights:

There are 10 Amendments in the bill of rights to protect you. Imagine both hands up protecting you. (ten fingers)

Amendment #1: Freedom of religion, speech, press, assembly, and petition

R.A.P.P.S Religion, Assembly, Petition, Press, and Speech

Amendment #2: Right to bear arms (own a gun)

You have two arms, You have the right to (two) bear arms. Imagine BEAR arms shooting TWO GUNS.

Amendment #3: No quartering of troops

THREE's a crowd, you don't have to quarter soldiers (let more people into your home)

Amendment #4: Need a search warrant to search or take stuff. Search 4 something. Split four in half and you have two, there are two parts to this amendment search AND seizure.

Amendment #5: Right to remain silent, must be treated fairly if accused of crime. I plead the fifth. The rights of accused criminals. Imagine all FIVE fingers of your hand covering your mouth.

Amendment #6: Right to have a lawyer and to a speedy trial. Picture one finger pointing to your wristwatch on the other hand at SIX o'clock with the other five fingers of your open hand. there are SIX finger for this gesture. The watch can remind you of time and speed. Speedy trial.

Amendment #7: You will be put on trial with a jury The number 7 looks like an upside down J! #7 stands for a trial with a JURY!

Amendment #8: Punishments will fit the crime (fair fines, bail, and punishment) The number 8 looks like handcuffs. FAIR punishments and fines.

Amendment #9: If it's not listed, you still have that right. Power to the people! Picture holding a list making an O.K sign with your other hand (resembles a 9)

Amendment #10: Any powers not listed go to states and people ALL other rights not listed, go to states and people. GRAB them with both your hands. Picture TEN fingers grabbing POWER!

The Periodic table

You can memorize all 118 elements of the periodic table using the methods outlined in this guide. Here is a simple method for the first twenty elements of the periodic table using an Acrostic technique.

Happy Henry Lives Beside Boron Cottage, Near Our Friend Nelly Nancy MgAllen. Although

Silly Patrick Stays Close. Arthur Kisses Carrie

Hydrogen (H), Helium (He), Lithium (Li), Beryllium (Be), Boron (B), Carbon (C), Nitrogen (N), Oxygen (O), Fluorine (F), Neon (Ne), Sodium (Na), Magnesium (Mg), Aluminum (Al), Silicon (Si), Phosphorus (P), Sulfur (S), Chlorine (Cl), Argon (Ar), Potassium (K), Calcium (Ca)

The Advanced System

Pierre Hérigone (1580–1643) a French mathematician and astronomer developed the earliest recorded version of the major peg system. It was further developed by Stanislaus Mink von Wennsshein then continued to be developed. Francis Gouraud (1808-1847) used this system with his own developments and introduced them in a series of lectures. This eventually developed into the system used today.

This system was revived by Magician and Memory expert Harry Lorayne with his bestselling book on memory and his amazing memory demonstrations.

The System

Each numeral is associated with one or more consonants. Vowels and the consonants *w*, *h*, *y* and *x* are ignored. These can be used as "fillers" to make sensible words from the resulting consonant sequences. The most popular mapping is:

Numeral	Associated Consonants	Mnemonic
0	s, z, soft c	"z" is the first letter of zero. The other letters have a similar sound.
1	t, d	t & d have one down stroke and sound similar (some variant systems include "th")
2	n	n has two down strokes
3	m	M has three down strokes and looks like a "3" on its side
4	r	last letter of four, also 4 and R are almost mirror images of each other
5	l	L is the Roman Numeral for 50
6	she , vision , chew , gee	a script j has a lower loop / g is almost a 6 rotated
7	k, hard c, hard g, hard "ch", q, qu	capital K "contains" two sevens

8	f, v	script f resembles a figure-8. V sounds similar.
9	p, b	p is a mirror-image 9. b sounds similar and resembles a 9 rolled around
Unassigned	Vowel sounds, w,h,y,x	These can be used anywhere without changing a word's number value

This can be applied to objects and pictures for example the number one 1 associated with 'T' can create the word Tie. The word Tie starts with the constant T (number 1) and ends with a vowel with no value assigned to it (e). So it represents the number one 1. The next number 2 is associated with the letter small case 'n' since it has two down strokes. Creating a word that begins with this value and ends with no value (vowel) we get 'noah' as in Noah's ark. When we get to numbers that use a double association like 11, 25, 37 etc. We get the following:

11: T+T= Tot

25: n+L= nail







































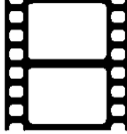











35: m+k (g)= mug

Once this technique and list is memorized you can associate anything to the number effectively hanging it on your mental peg.
















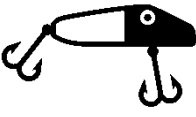









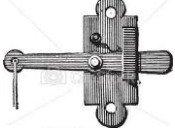
























For example let say you need to remember a shopping list and you have oranges, toilet paper, toothpaste etc. You would then picture a necktie around an orange as number 1, twenty four items later you would imagine a nail going through toilet paper and nine items after that a mug full of toothpaste. Making these images as silly, exaggerated and colorful as possible will strengthen the effect even more.

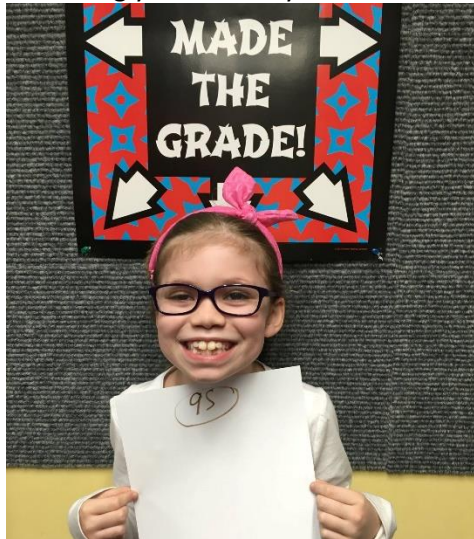
The following list is the master list which in and of itself is easy to remember using the system. Once memorized you want to practice linking items, people, places to them.

Memory Peg System 1-50

 1 Tie	 11 Tot	 21 net	 31 Matt	 41 Rat
 2 noah	 12 Tin (can)	 22 nun	 32 Moon	 42 Rain
 3 Ma	 13 Tomb	 23 name	 33 Mummy	 43 Ram
 4 Rye	 14 Tire	 24 nero	 34 Mower	 44 Rear
 5 Law	 15 Towel	 25 nail	 35 Mule	 45 Rule
 6 Shoes	 16 Dish	 26 notch	 36 Match	 46 Roach
 7 Key	 17 Tack	 27 neck	 37 Mug	 47 Rug
 8 Ivy	 18 Dove	 28 Knife	 38 Movie	 48 Roof
 9 Bee	 19 Tub	 29 Knob (door)	 39 Mop	 49 Rope
 10 Toes	 20 nose	 30 Mice	 40 Rose	 50 Lace

Memory Peg System 51-100

 51 Light/Loot	 61 Chat	 71 Cat	 81 Foot	 91 Bat
 52 Lane	 62 Chin	 72 Can	 82 Fan	 92 Bun
 53 Lamb	 63 Chime	 73 Comb	 83 Foam	 93 Beam
 54 Lure	 64 Chair	 74 Car	 84 Fur (Eskimo)	 94 Beer
 55 Lily	 65 Chill	 75 Cool (penguin)	 85 Fall	 95 Ball
 56 Latch	 66 Cha Chaa	 76 Cash	 86 Fish	 96 Bush
 57 Leak	 67 Chalk/Chick	 77 Cake	 87 Fog	 97 Book
 58 Leaf	 68 Chief/Chef	 78 Cave	 88 Fife	 98 Beef
 59 Lip	 69 Chip	 79 Cub/Cap	 89 Fob (key fob)	 99 Bib
 60 Chess	 70 Case	 80 Fez	 90 Bus	 100 Disease (biohazard)



Memory and the Martial Arts

You might think “What the heck does memory have to do with the martial arts?” Well, our particular academy is called the Warrior Scholar Martial Arts Academy and it follows the ancient wisdom that Martial Artists should not just be Warriors but also Scholars. If all you have is a hammer, then all your problems start to look like nails. When you have more mental tools and technologies you can then find non violent ways to resolve both inner and outer conflict, that included reducing stress.



Martial arts are also rich with history, culture and traditions that can add so much positive practices to those that live them. Mental technologies like meditation, stress relieving techniques, verbal and non verbal communication, body language observation, memory techniques and so much more, can not just help make you safer but communicate better improving your social relationships, academics and much more. As a matter of fact I put this guide together to help my students, especially my younger ones do better academically and many of them are honor roll and have achieved academic scholarships because of their discipline, focus and hard work.



If you would like more information about our martial arts program and how it can help you or your children visit our website:

warriorscholar martial arts.com



Final Thoughts

Well we've come to the end of this guide but your journey to mastering your memory is just beginning. Practice using the techniques you've learned in this guide and put them into simple daily use. Challenge yourself with memory feats like learning lists, facts etc. Its exercise for your mental muscle, will keep your brain sharp and youthful and impact the quality of your life in many ways.

To your success!

D.Segarra