

What Can We Really Learn From Martial Arts?

Fabian Förster



Fabian Förster

Software Engineer
Deutsche Post E-Post
Development GmbH

@ffoers



How a kilt
saved a life.



What is the best
Martial Art?

Which Type of
Learning Suits
You?

Which Type of Learning Suits You?



Which Type of Learning Suits You?

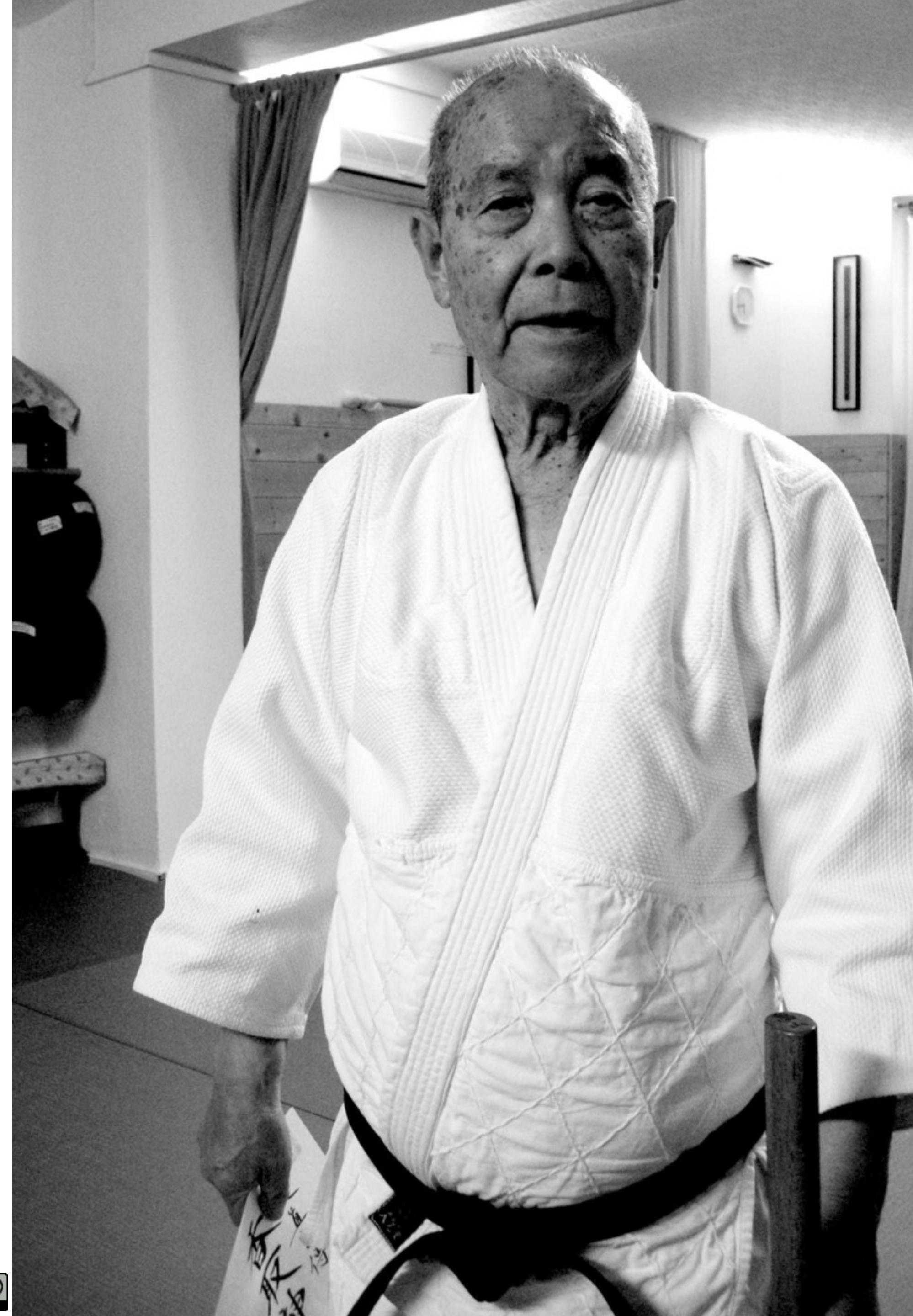


Why Even Train Martial Arts?



Train with
partners of
different skill
levels

Train with
partners of
different skill
levels



Train with partners of different skill levels



Teach to learn



Structured Curriculum



Do not be
Master Yoda



Do not be
Mister Miyagi



Leave Your Comfort Zone



Instant Feedback



Fokus



Other Resources

<http://itsadeliverything.com/is-software-craftsmanship-a-type-of-martial-arts>

<http://www.sw-engineering-candies.com/blog-1/top-10-things-software-developers-can-learn-from-martial-arts>

<http://martinfowler.com/bliki/ShuHaRi.html>

<http://www.agile-environment.com/blog/fox-on-software/2013-10-11-aikido-and-the-philosophy-of-software-development>

<http://c2.com/cgi/wiki?MartialArtsAsSoftwareDevelopmentMetaphor>

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