

**Live as if you were to die tomorrow. Learn as if you were to live forever.** - Mahatma Gandhi

“내일 죽을 것이라는 각오로 삶을 살고, 영원히 살 것이라는 각오로 배워라.”

學而時習之不亦說乎

知之者不如好之者，好之者不如樂之者。 - 孔子

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개인 지식 정리.

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## Recent Changes

### 2024-05-21

- [warp\\_terminal](#) — Alexandra Levine 2024/05/21 21:13
- [sandbox](#) — Alexandra Levine 2024/05/21 20:55
- [life\\_sports\\_instructor\\_skill\\_exam\\_swim](#) ↻ Page moved from public:training:life\_sports\_instructor\_skill\_exam\_swim to trash:training:life\_sports\_instructor\_skill\_exam\_swim — Alexandra Levine 2024/05/21 17:05
- [life\\_sports\\_instructor\\_skill\\_exam\\_bodybuilding](#) ↻ Page moved from public:training:life\_sports\_instructor\_skill\_exam\_bodybuilding to trash:training:life\_sports\_instructor\_skill\_exam\_bodybuilding — Alexandra Levine 2024/05/21 17:04
- [life\\_sports\\_instructor\\_oral\\_exam\\_swim](#) ↻ Page moved from public:training:life\_sports\_instructor\_oral\_exam\_swim to trash:training:life\_sports\_instructor\_oral\_exam\_swim — Alexandra Levine 2024/05/21 17:04
- [life\\_sports\\_instructor\\_oral\\_exam\\_common](#) ↻ Page moved from public:training:life\_sports\_instructor\_oral\_exam\_common to trash:training:life\_sports\_instructor\_oral\_exam\_common — Alexandra Levine 2024/05/21 17:03
- [life\\_sports\\_instructor\\_oral\\_exam\\_bodybuilding](#) ↻ Page moved from public:training:life\_sports\_instructor\_oral\_exam\_bodybuilding to trash:training:life\_sports\_instructor\_oral\_exam\_bodybuilding — Alexandra Levine 2024/05/21 17:03
- [life\\_sports\\_instructor\\_oral\\_exam](#) ↻ Page moved from public:training:life\_sports\_instructor\_oral\_exam to trash:training:life\_sports\_instructor\_oral\_exam — Alexandra Levine 2024/05/21 17:03
- [life\\_sports\\_instructor](#) ↻ Page moved from public:training:life\_sports\_instructor to trash:training:life\_sports\_instructor — Alexandra Levine 2024/05/21 17:02
- [2019insports](#) ↻ Page moved from public:training:2019insports to trash:training:2019insports — Alexandra Levine 2024/05/21 17:02
- [2018insports](#) ↻ Page moved from public:training:2018insports to trash:training:2018insports — Alexandra Levine 2024/05/21 17:01

More [Recent Changes](#)

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## TO DO

# Routines

- Exercises for Fun & Health
  - 수영
  - Strength Training
    - 운동일지
  - Simple & Sinister: 보조 운동으로 실시.
  - 스트레칭 및 Perfect Posture
    - 엉덩이 힘 뻑! 똥꼬 힘 뻑!
    - 무게 중심선 (특히, Posterior Chain)
    - SMR(Self-Myofascial Release)
- Update Knowledgebase for Studies & Learnings
  - + → / → -
  - Taking notes
  - take pictures
  - monitoring
- Get organized for Life Style
  - writings
  - 제자리 찾아 놓기
  - plan / do or did / see(review)
  - log → report

## Upcomings

## Goals

## Plans

## Todos

[public:todos](#) · 2020/03/13 16:38 · alex

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Last update: **2022/04/01 17:27**



