Studying the card is the tip of the iceberg getting comfortable with playing American Mah Jongg. Hands-on exercises are critical to gain confidence and quicken decision making. Check out the Mahjong Central YouTube channel for videos that can build your skills!

Mahjong Central
www.youtube.com/mahjongcentral

If you do not have tiles at home to practice with, simply watch and learn from the videos.

If you decide to purchase a set of your own, here is information for a high quality American Mah Jongg set:

Gammon Village
White Swan Mah Jongg Ivory Tiles - Classic Pusher Arms
www.gammonvillage.com

Category Modeling
If you have a mah jongg set, get out your tiles and create every hand on the card, category by category. This will familiarize you with each hand – be sure to read the text in the parentheses for flexibility or limitations. Search the National Mah Jongg League Lesson-Category Modeling.

Charleston Modeling
Take 14 random tiles then create a mock-Charleston by lining up 6 rows of 3 tiles each to build your during the Charleston. In indication of a successful Charleston is if you are left with 4 discards. Search for National Mah Jongg League Charleston Modeling.

Charleston Chain Reaction
Setup is the same as "Charleston Modeling" but, this time get your camera so you can take a picture of your random tiles then take a picture of each incoming pass. Decide which category to play and note other options. Make your decisions and note the result (i.e., category, hand, number of discards). Then, recreate the random tiles and each of the passes per the photos then repeat the exercise using the other options noted at the beginning of the exercise. Compare the results to see if your instincts were on point. Search for National Mah Jongg League Charleston Chain Reaction.

Charleston Sprints
Setup is the same as "Charleston Modeling" but, this time use a stopwatch to time your decision making through the Charleston. Do 3 sprints and take an average of your time! For novice players, your average should under 4 minutes. For intermediate players, your average should be under 3 minutes. For advanced players, your average should be under 2 minutes. Push yourself to make decisions in under 2 minutes. Search for National Mah Jongg League Charleston Sprints.

Charleston Force
Setup is the same as "Charleston Modeling" but, this time create strips of paper with each category on the card on them. Mix up the strips and pick 3 random categories. Do the Charleston Modeling and force yourself to make a hand work for each of the categories. Search for National Mah Jongg League Charleston Force.

Learn Fast. Play Hard.

National Mah Jongg League
Skill Builders

Mahjong Central
www.mahjongcentral.com
www.youtube.com/mahjongcentral

Instructions for long term use:

1. *Print double-sided on 80 lb cover stock*
2. *Cut above the dotted line then trim edges to create a consistent margin*
3. *Tri-fold and hand out*