



Welcome to the Instructor Program

What can you expect to achieve as an instructor?

You have already shown that you have the qualities to become a real leader by the dedication, discipline and strong work ethic that you have developed by making your way through the coloured belt ranks all the way to black belt level.

The instructor program is an excellent way for you to take your martial arts learning even further and develop real leadership skills.

Teaching what you know is hugely rewarding in many ways: It deepens your own understanding and development of your martial art skills, it feels great to help out your fellow Team mates knowing that you're really making a difference to them, and instructing greatly increases your confidence and communication skills that will be of immeasurable benefit to you in all aspects of your life.

What is expected of you as an instructor?

Instructor induction day

Any black belt interested in instructing must attend the instructor induction day where you will be given the overview of the course. You will also be given the Instructor Training DVD and I can answer any questions you may have. From that course any interested black belts will be asked for a commitment to instruct in a regular weekly class.

Commitment

You must be able to commit to at least one class a week specifically for instructing (other than your own class). If you are unable to make the agreed class on a particular day you'll need to inform David before the day and arrange to make up that missed class sometime that week. If you are assisting in two classes or more there is no need to make up a missing class but you will still need to inform David that you will be absent.

Instructor meetings

All instructors, in training and qualified, are expected to attend the instructor meetings that are held about once a month on a Sunday morning. Apart from the induction day, all instructor training will be done "in house" as part of regular training sessions.

Gradings

All qualified instructors are invited (unless they happen to be grading on the day) but not obliged to attend gradings. Full white doboks must be worn for all Taekwondo events apart from instructing. Only Lead Instructors are eligible to sit at the grading table. All other qualified instructors are welcome to sit either side of the grading table to assist.



How do I graduate to an official instructor?

Instructors in training will be trained, monitored and assessed during their normal instructing classes.

The concept is similar to that of stripes for belts as we currently run for coloured belt gradings – but minus the stripes. Once a particular skill has been reached to a certain level, such as the learning circle, praising machine, highlighting, spotlighting etc, a tick will be placed next to the name of the instructor and the skill they have achieved. Once the entire skill sheet has been ticked off, the instructor will be sized up for a “Champion for Life” instructors dobok and booked in for a graduation date.

Graduation day

Graduations will be run approximately 4 times a year (usually a week or two into the new term) – the same day as the Instructor Induction Day. Potential new instructors will come in sometime in the morning for their course and are welcome to stay for the instructor graduation later in the day.

Instructor benefits

Apart from the obvious benefits of being an instructor, once qualified, instructor benefits also include free specialty classes such as Poomsae, Sparring, Yong Muki and Hyper.

Lead instructors also get paid per class. A lead instructor is someone that takes their own class. They are paid according to the number of students currently registered at the club i.e. 190 members = \$19 per class, 200 members = \$20 per class and so on.



Instructor course content

Classic instructor traps

Lots of talking, very little doing
Too much detail too early
Spending too much time with an individual at the sake of others
Highlighting incorrect moves
Getting stuck in conversations

The best way - K.I.S. method (keep it simple)
Get them ready for action quickly
Practice the gross movement first – refine later
Draw out the qualities you want
Correct quickly

DVD handouts

Study this DVD, especially the learning circle phase.
Pay particular attention to the motivating teaching methods.

Listening Positions

No.1, No.2, Black Belt
Used to get the class into formation quickly and with purpose.
Also used to gain control of a high energy class and to focus their attention

ABC's

Instructors usually have favoured words to use when praising students but if repeated too often the word loses its impact. A better way is to have a plethora of words to use.

Praising alphabet – **A**wesome, **B**rilliant, **C**rank'n, **D**ynomite and so on.
Instructors must write their own praising alphabet and are timed when reciting it off by heart.

Word of the Day

Instructors choose a word of the day such as power, achievement, discipline etc and use that word in a relative way as part of a 30 second talk.

Praising Machine

The top level of praising is:
Eye contact, say their name, use a different praise word, physical contact.

Highlighting is: Praising a group of students.

Spotlighting is: Praising a particular student.

Building the Vision

You will need to choose a discipline – blocking, kicking, poomse etc,
You will then demonstrate and explain it in a way that has a practical application and at the same time gets the students excited about what they are about to learn. You may use prop's to demonstrate if you wish.



Instructor course content cont.

The Learning Circle

As seen on the Millennium DVD

- 1, Do it with them while naming every move.
- 2, Stand back and count it out in Korean for them.
- 3, They do it as a group while counting in Korean.
- 4, A few minutes of “black belt practice” This is where you correct individuals, highlight and spotlight.

Technical / Drill Matchups

Instructors will be required to match up disciplines to drills.

You will need to pick a discipline – blocking, poomse etc, and incorporate that into a practical drill that gets the heart rate up and the muscles working.

Drill examples:

Ladders
Wheel of Torture
Soccer
Hockey
Poison Ball
Leg Slap Sparring
Zig Zag Team Races
Corner Mitt Xovers
Zig Zag Mitt Relays
Fruit Salad
Runway Races
Zig Zag Circle
Bag Work
Straight Mitt Relays
Punching Mitt Relays
Circular Station Drills
Zig Zag Paddle Mitts
Bungee Kicking
Partner Pads
3 Partner Pads
Leader Line Pads
Partner Drills
Leader Line Drills
Partner Pads (own)
Stopwatch Partner Pads
Traditional
Team Challenge



Graduation Day

Written Exam

A multi choice written exam will be completed first.

ABC's

Your ABC's will be re timed and recorded. This is a chance to improve on your last score or just to consolidate your first effort.

Choose a discipline and run your own class (about 10 minutes worth)

Word of the Day

Choose a word and use it in a 30 second talk. Ideally it should be something that inspires the students in some way. You can also relate your word to school and home life as well as Taekwondo.

Building the vision

Demonstrate and explain the discipline in a way that has a practical application and at the same time gets the students excited about what they are about to learn. You may use prop's to demonstrate if you wish.

The learning circle

- 1, Do it with them while naming every move.
- 2, Stand back and count it out in Korean for them.
- 3, They do it as a group while counting in Korean.
- 4, A few minutes of "black belt practice" This is where you correct individuals, highlight and spotlight.

Technical Drill Matchups

Instructors will be required to match up disciplines to drills.
Incorporate your discipline into a practical drill that gets the heart rate up and the muscles working.

Listening position line ups

Will be evaluated as part of the entire training session.

Organise the group into a formation (your choice). Have them complete the formation by going into a listening position (your choice)
Build up the expectation and have them do it on a command.

Praising machine

Will be evaluated as part of the entire training session.

The top level of praising is:

Eye contact, say their name, use a different praise word, physical contact.

Highlighting is: Praising a group of students.

Spotlighting is: Praising a particular student.



Final Exam – Questions (study sheet)

- 1, “Word of the Week” is used: **A**
- 2, “Building the Vision” is used: **B**
- 3, Listening position no.1 gets the students: **C**
- 4, Listening position no.2 gets the students: **D**
- 5, Black belt listening position gets the students: **E**
- 6, We use listening positions: **F**
- 7, A good instructor needs to have eagle eyes: **G**
- 8, Using your Instructor ABC’s is a great way: **H**
- 9, The top level of praise is: **I**
- 10, We only spend a maximum of 5 seconds to quickly correct a student in a group setting: **J**
- 11, The best way to draw out the qualities we’re looking for in students is: **K**
- 12, The 4 steps of the leaning circle, in order are:
1st Step **L** 2nd Step **M** 3rd Step **N** 4th Step. **O**
- 13, “Black belt practice” is: **P**
- 14, A Team Challenge is run: **Q**
- 15, To “highlight” is: **R**
- 15, To “Spotlight” is: **S**
- 17, We match technical skills with games or drills: **T**



Final Exam – Answers (Study Sheet)

- (A) To get the students focused on what the instructor is saying
- (B) To get the students excited for what they are about to learn.
- (C) To perform a double punch, arms resting in front.
- (D) To perform a double punch, sitting down.
- (E) To push a can, arms resting behind.
- (F) To get students into a lining up order for drills and to increase student focus and discipline.
- (G) To quickly identify a student that needs quick correction.
- (H) To personalise your praise for individual students. In this way, you're not just saying "awesome" to everyone.
- (I) To say the persons name, to make eye contact, to make physical contact (high 5, pat on the back etc) and to use a different word from your ABC's.
- (J) To avoid embarrassment to the student of highlighting what they're not good at and to avoid boredom by the other students while waiting for instruction.
- (K) To highlight, spotlight and become a praising machine.
- (L) To have students do each move with you while you describe what you're doing.
- (M) To watch students do each move as a group while counting for them.
- (N) To watch students do each move as a group and count for themselves.
- (O) To watch students do black belt practice while you quickly correct, highlight and spotlight.
- (P) To have the students intensely perform a learnt skill, (with music) over about a 3 minute period, within a group but practicing independently.
- (Q) To get each group of students to practice really hard and try to out perform the other groups.
- (R) To acknowledge a desired performance, attitude or skill level of a section of students while training. This inspires the other students to perform in the same way.
- (S) To stop an entire group of students training to acknowledge a desired performance, attitude or skill level of a single student. This inspires the other students to perform in the same way and boosts the confidence of the individual in the spotlight.
- (T) To have the students practice the same skill over and over many times. This is also known as "disguised repetition" This is only done once the students have a basic understanding of the skill.