

Warrior Martial Arts

Instructor Training Programme 2011/2012

Lesson 1

Subject: Teaching Individual Techniques

Goal: Course participants will be able to: correctly, physically demonstrate and clearly, verbally explain the correct execution and application of all techniques featured in the patterns up to and including Choong-Moo as well as techniques related/similar to those featured in the patterns and any other techniques relevant to students at 1st Dan level or below.

Course participants will also be able to identify mistakes in the performance of these techniques by others and will be able to correct these mistakes.

When teaching techniques, all of the following key elements must be considered:

Correct Tools

Correct Application

Power

Speed

Accuracy – Correct Target

Hip Movement

Reaction Force

Lesson 2

Subject: Basic Teaching & Class Organisation Skills

Goal: Course participants will be able to: plan and teach a full class / series of classes from start to finish. Participants will be aware of all procedures related to teaching a class (Oaths, Warm-ups, etc.) and, having studied the syllabus, will be able to write up a number of class plans to suit the needs of a variety of students.

The topics which will be covered:

Procedures:

Lining up students to commence a class.

Oaths, bowing and other ceremonial procedures.

Rules of the Dojang.

Class Structure:

Warm-ups, Stretching etc.

Class planning – ensuring that syllabus requirements are covered.