

# Instructor Training



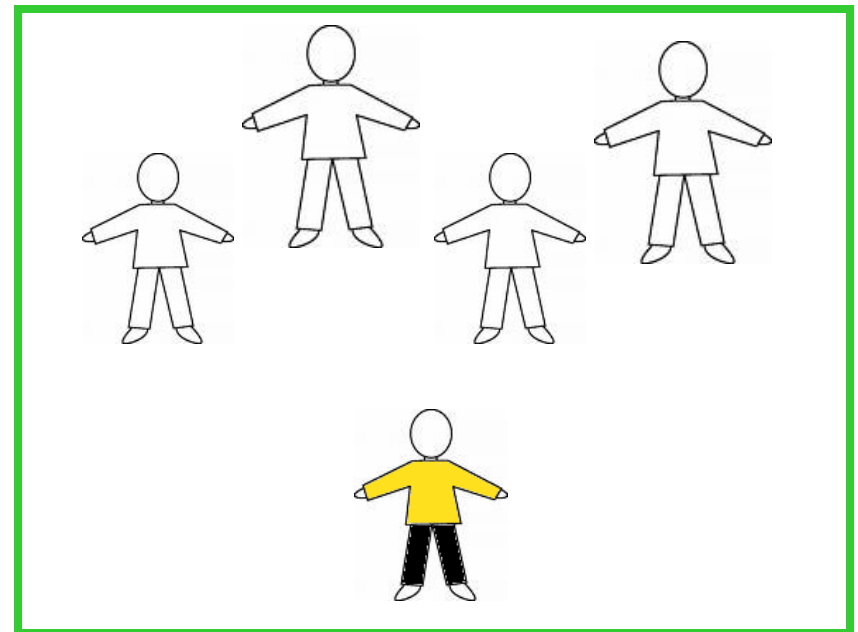
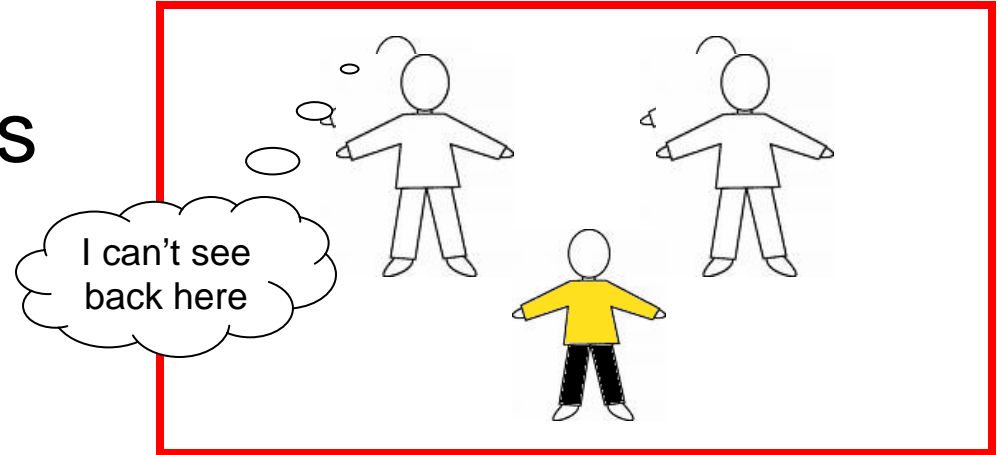
Class Management

# Managing Your Class

- Tips on how to teach
  - Class Arrangement
  - Teaching
- Warm Ups
- Pad Holding
- Managing students in drills

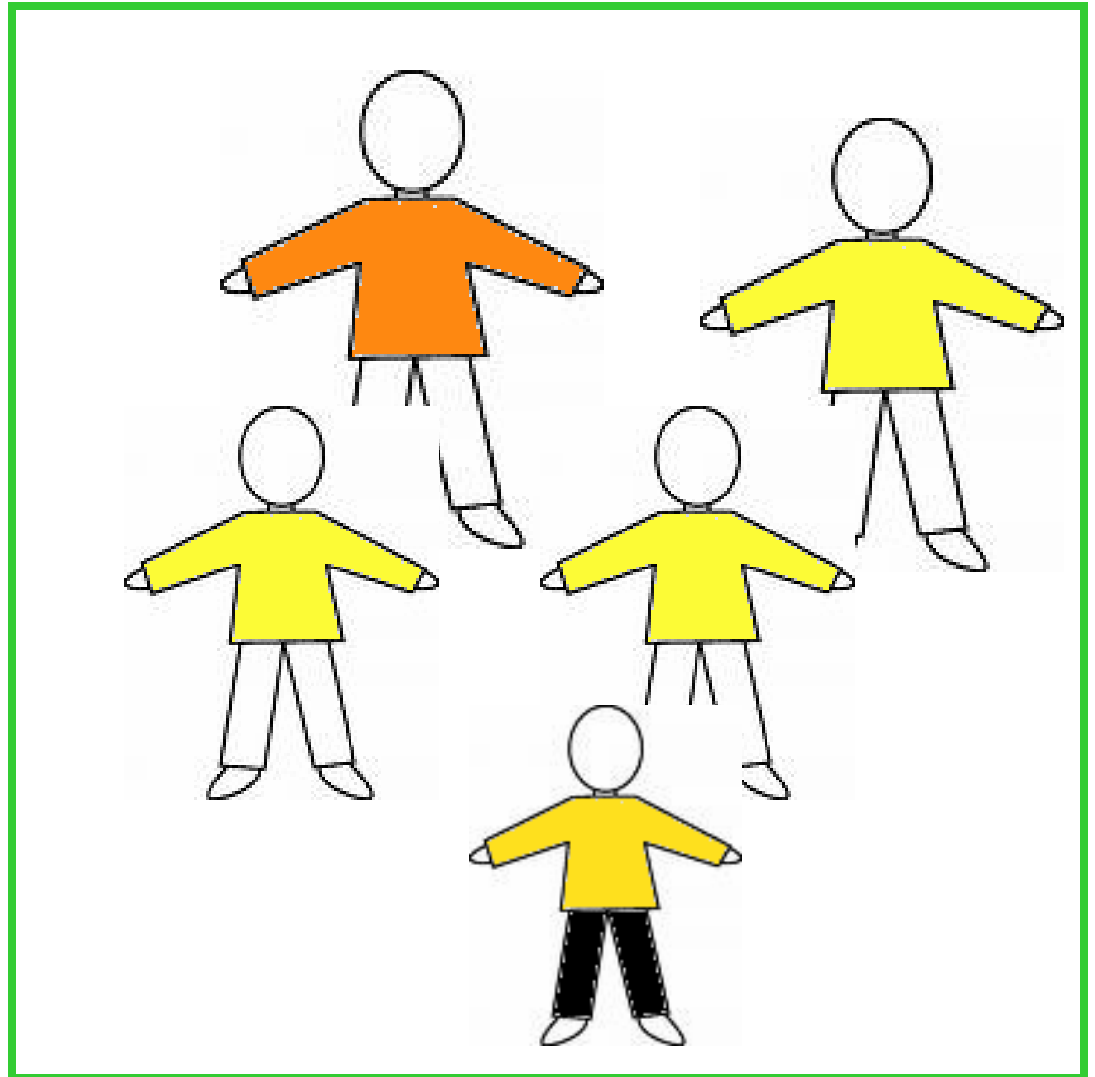
# Managing your classroom

- Put taller students in the back
- Stagger the students
- Make sure everyone can see you



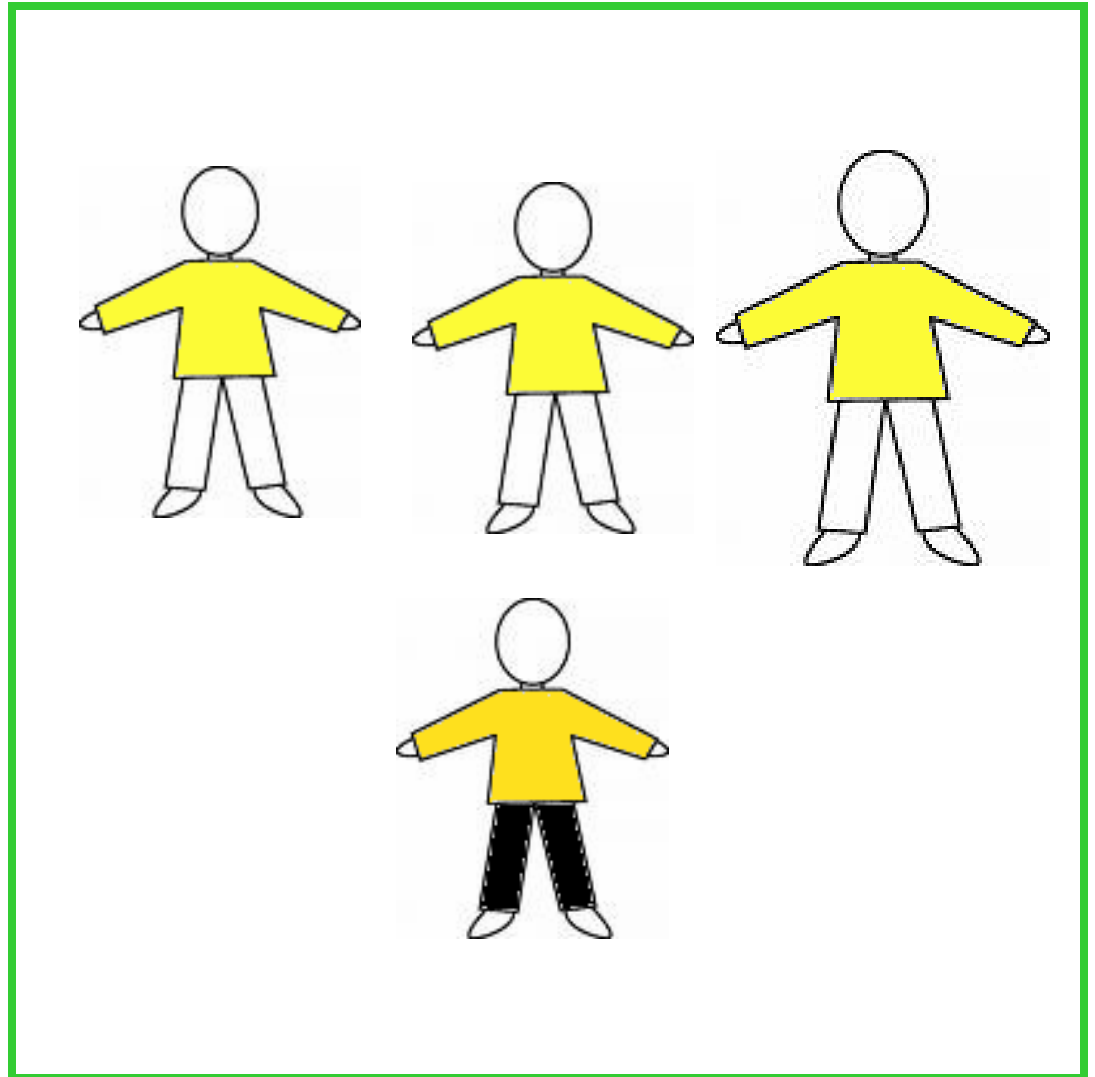
# Mixed Ranks

- When in doubt stick with basics
- Challenge higher ranks with more combinations or more repetitions, or faster repetitions



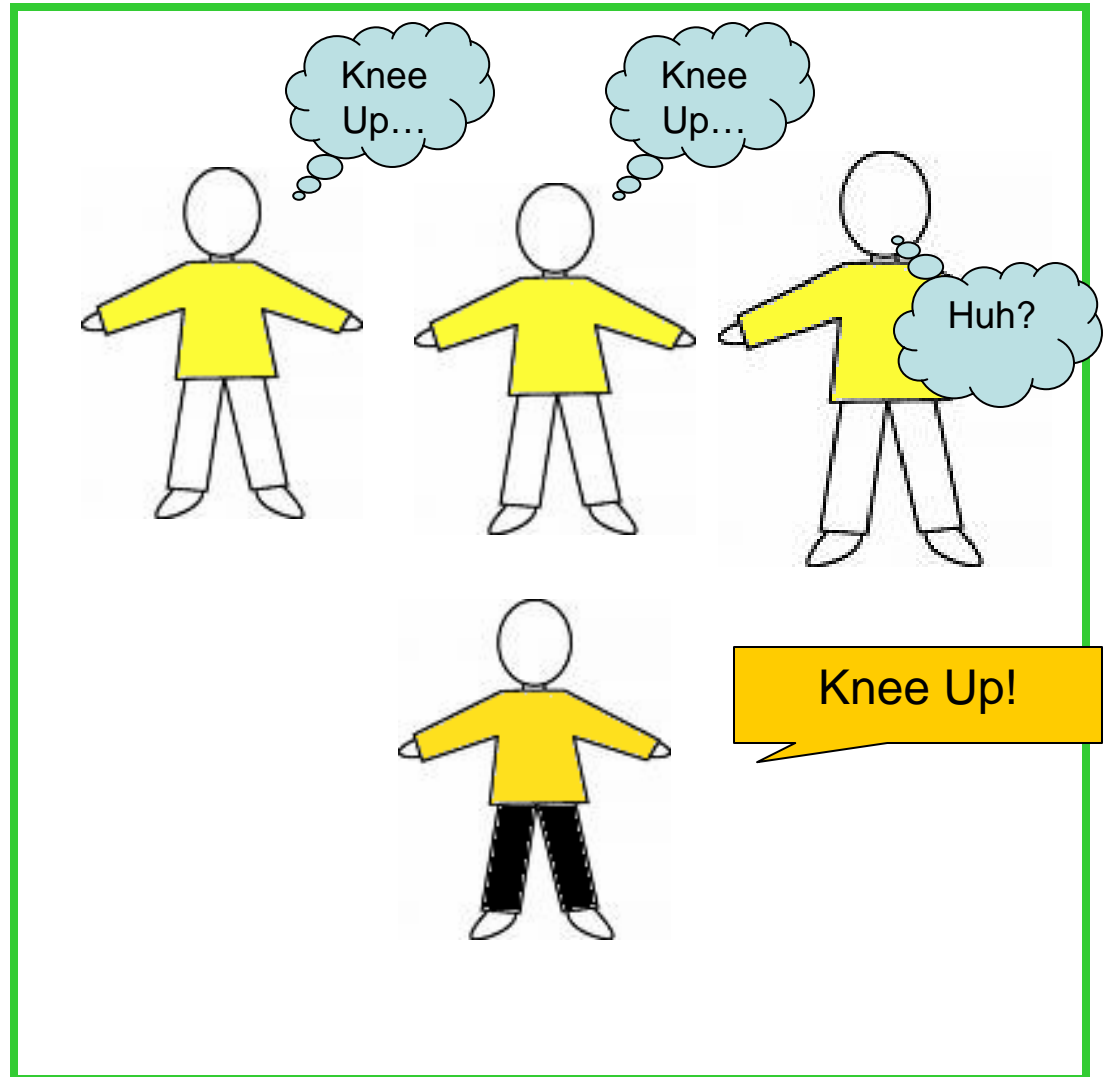
# Demonstrate Skills First

- Demonstrate the skill first or have a student demonstrate it while you provide an explanation



# Provide Cue Words

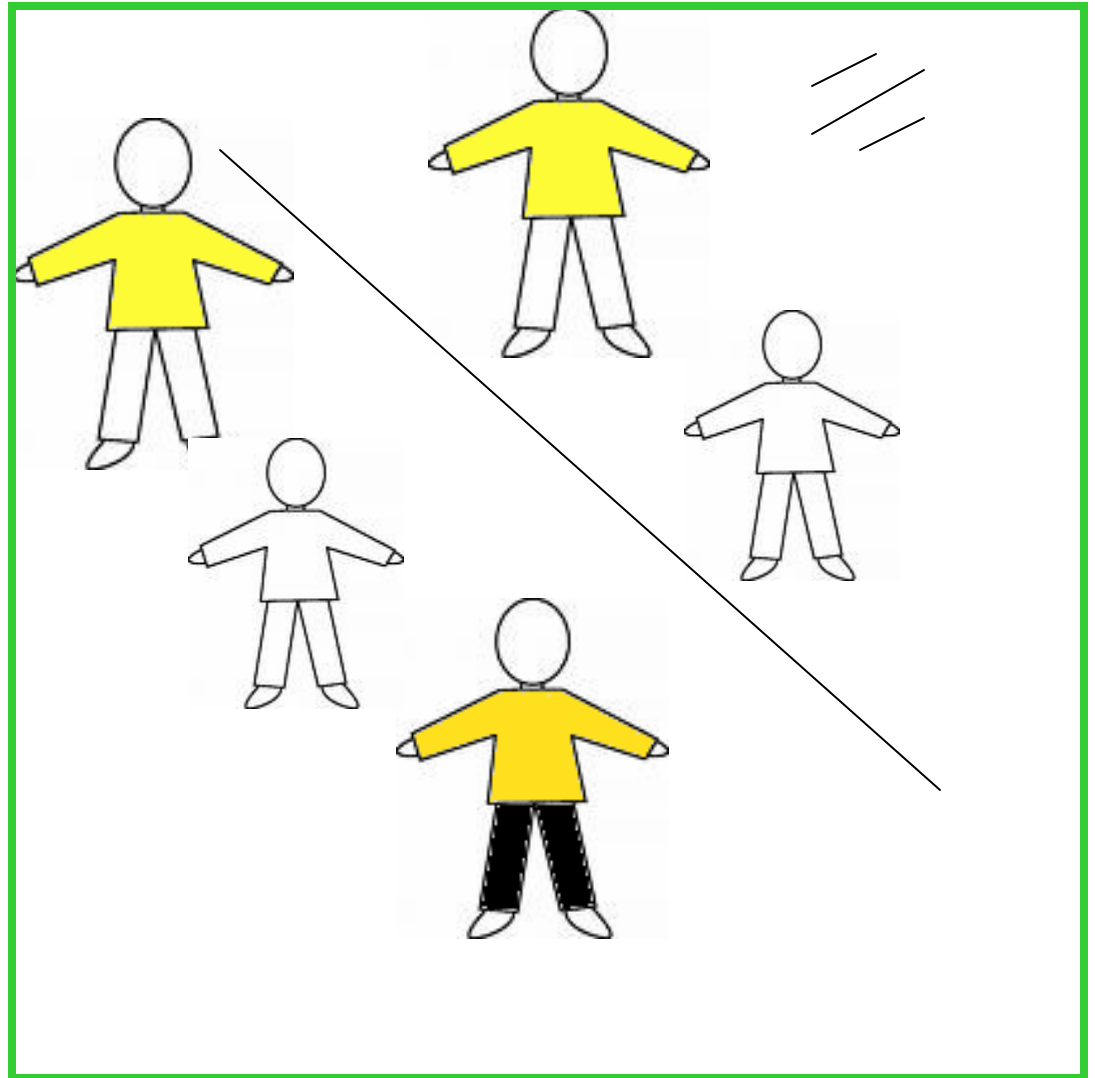
- Remember, some students are auditory learners
- Ex: Knee up, Back Straight, Hands up, Elbows Down





# Teach Students to Self-Monitor

- Does it feel right?
- Does it look right?
- Do you feel balanced?



# Warm Up Guidelines

- Warm Up First (10 to 15 minutes)
- Three Components:
  - Cardiovascular (raise respiratory rate, heart rate, body temperature; Ex: freestyle shadow boxing, running, mountain climbers)
  - Stretching (mild static stretching; ballistic stretching risks injury and not recommended by American Council on Martial Arts)
  - Sport Specific (Calisthenics!)

# Cardio



## Spider Drill – Cardio & Agility Training



### Other Choices:

- Cycle
- Stair Stepper
- Elliptical Trainer
- Swimming

# Warm Up Choices

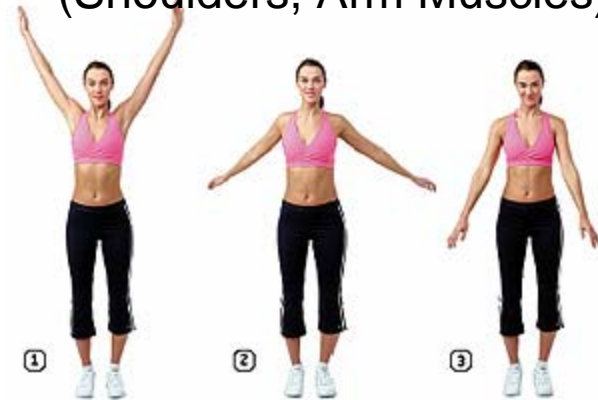
Lunge Walk  
(Glutes, Calves, Hamstrings,  
Quadriceps)



Leg Kick  
(Trunk, hips, legs)



Rotating Arm Circles  
(Shoulders, Arm Muscles)



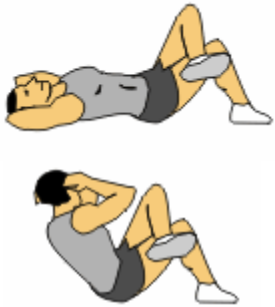
**10 Times  
Each Side**

Thoracic Rotations  
(Core and Chest)



# Calisthenics: Crunches

Oblique Crunch



Long Arm Crunch



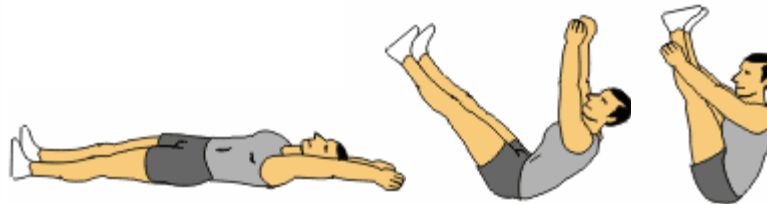
Bicycle Crunch



Vertical Leg Crunch



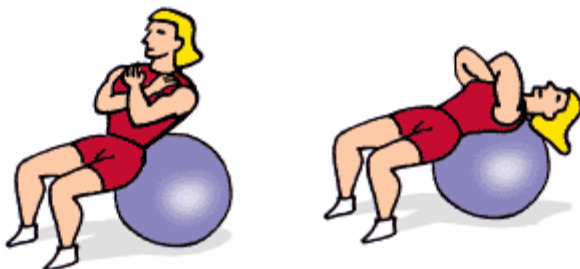
V-Ups



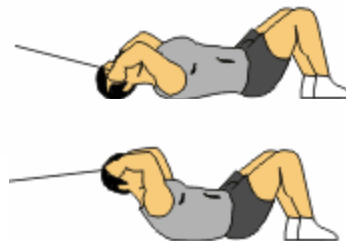
Captain's Chair



Abs Crunch on a Ball



Abs Exercise Pulling



# Calisthenics: Pushups

Yeah Baby,  
More  
Pushups!



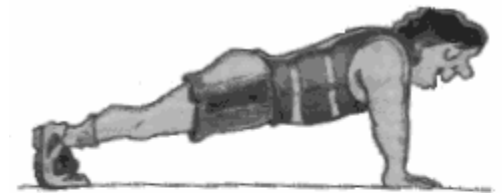
## Pushups from Knees



## Hindu Pushups



## Standard Pushups



# Strength Training

Bootstrappers  
(Knees & Quads)



Prisoner Squats  
(Knees, Lower  
Body Endurance)



Start:  
10 X,  
2 Sets,  
Rest  
between  
sets

Hindu Squats  
(Knees, Lower Body Endurance)

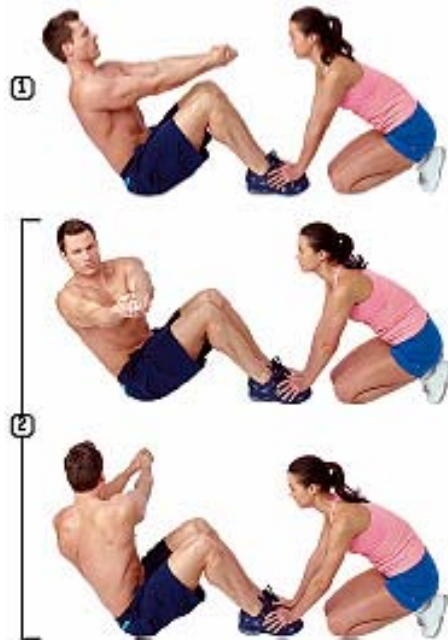


Body Builders



# Strength Training

Russian Twist



**Start:**  
**10 X,**  
**2 Sets,**  
**Rest**  
**between**  
**sets**  
**Advanced:**  
**Add**  
**Medicine**  
**Ball**

Prisoner Squats  
(Knees, Lower  
Body Endurance)



**Start:**  
**10 X,**  
**2 Sets,**  
**Rest**  
**between**  
**sets**

# Karate Training

Cardio Combinations Using Basics

***Jiyu Dachi*** – Freestyle or On-Guard Stance

Jab  
Reverse Punch  
Front Kick (Land Foot  
in line with other foot;  
other leg steps back)  
Repeat

Jab  
Reverse Punch  
Cross Punch  
Front Leg Front Kick  
Back Leg Back Kick  
Switch  
Switch  
Switch  
Repeat

(Facing Left Side First)  
Step Through to Side  
Round Kick Low & High  
Back Fist  
Reverse Punch  
Cross Punch  
Reset Facing Right Side  
Repeat Mirror image

***Heiko Dachi*** (Parallel Stance)  
Right Hand Punch  
Left Hand Punch  
Right Elbow  
Extend to Right Ridgehand  
Left Elbow  
Extend to Left Ridgehand  
Right Palm Heel  
Left Palm Heel  
Right Knuckle Punch  
Left Knuckle Punch

Jab, Reverse Punch, Hook Punch, Reverse  
Dip  
Hook Punch, Reverse Punch

Switch, Round Kick, Jab, Reverse Punch  
Round Kick

Grab, Knee Strike, Knee Strike, Elbow, Elbow

# Pad Holding

A different skill

- Muy Thai Pad
- Kicking Shield
- Square pads
- Paddles



# Muy Thai Pads

- Over or under handgrip
- Pad rests along your forearm.
- There are many ways to use a Thai pad
- Use a good stance to withstand the force from the strikes



# Kicking Shield

- Use body shield for Kicks, Knee Strikes
- Power, Endurance



# Square Target Pads

- Square pads: punches, strikes, elbows, target practice, combinations
- Speed, accuracy

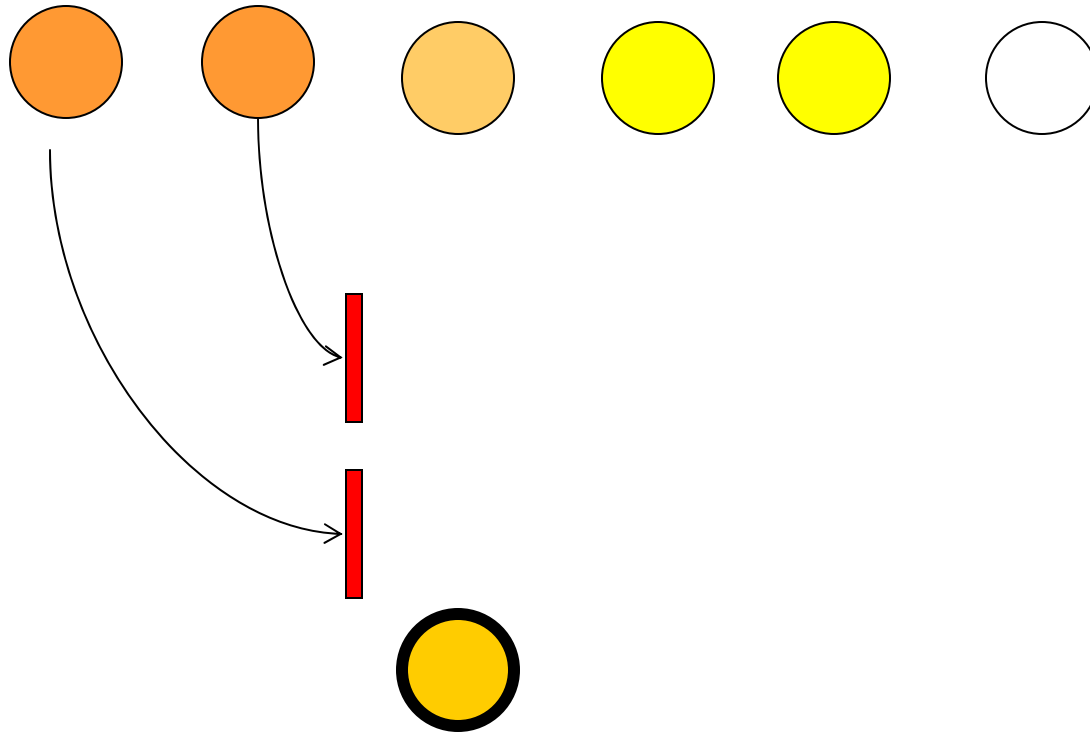


# Paddles

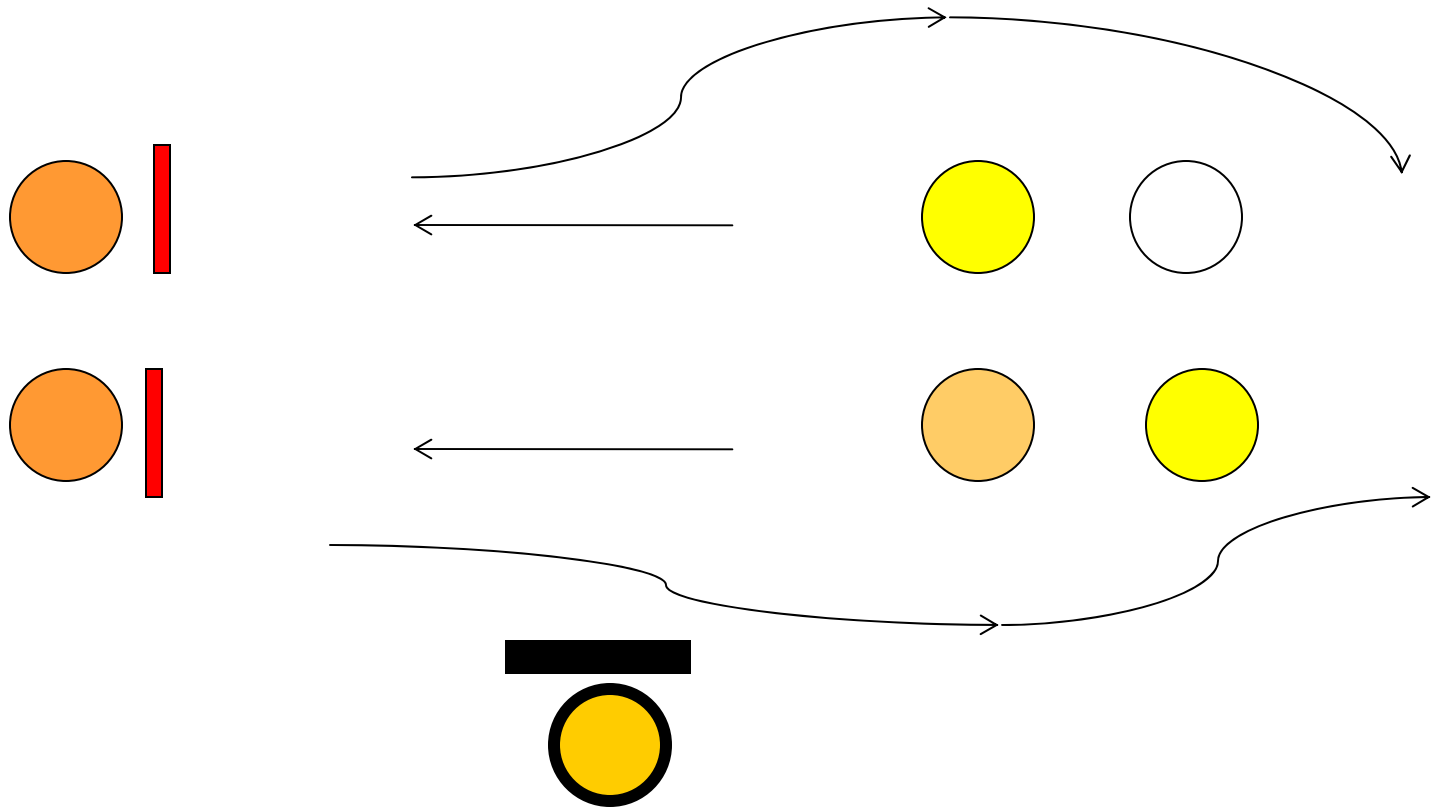
- Typically place paddle in the centerline path of the body
- Turn paddle to cross the path of foot movement



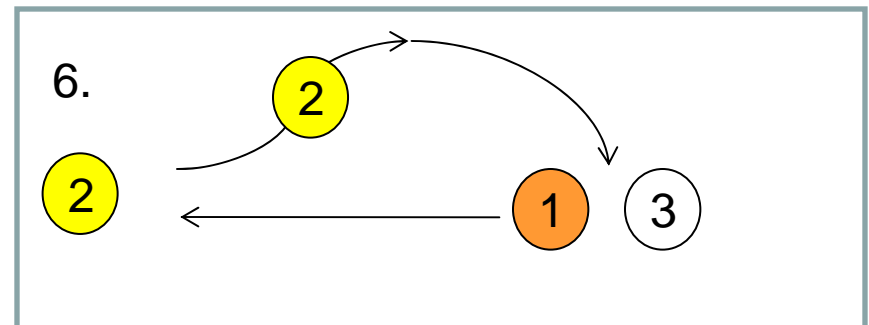
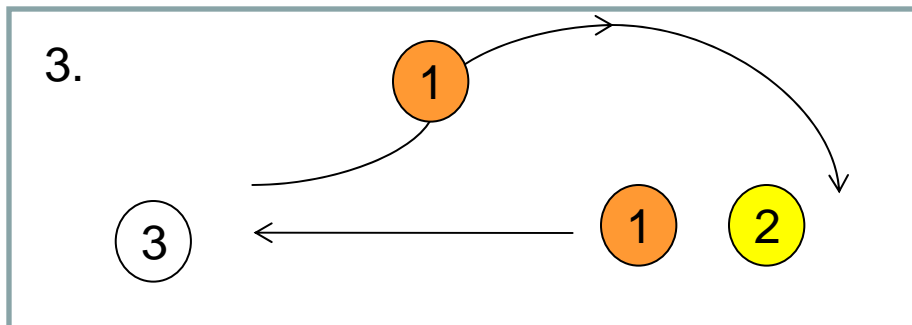
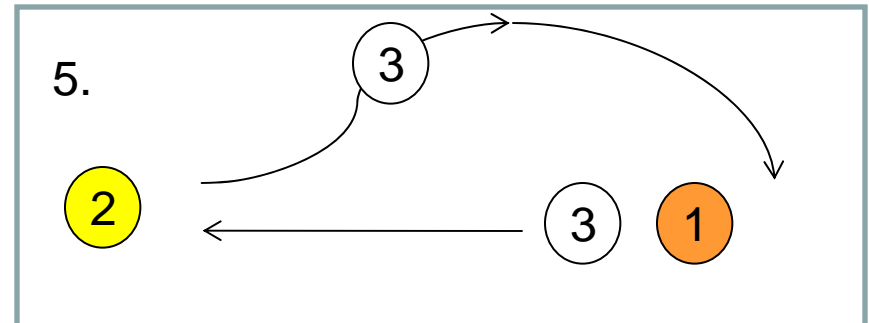
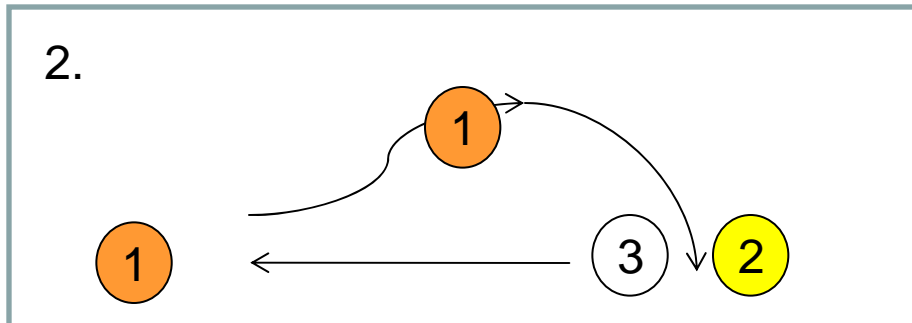
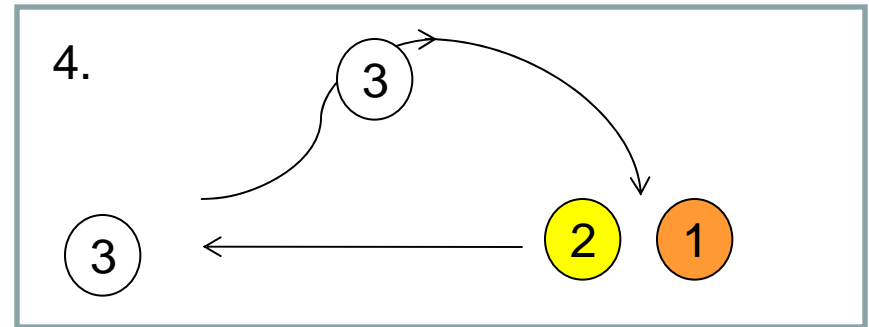
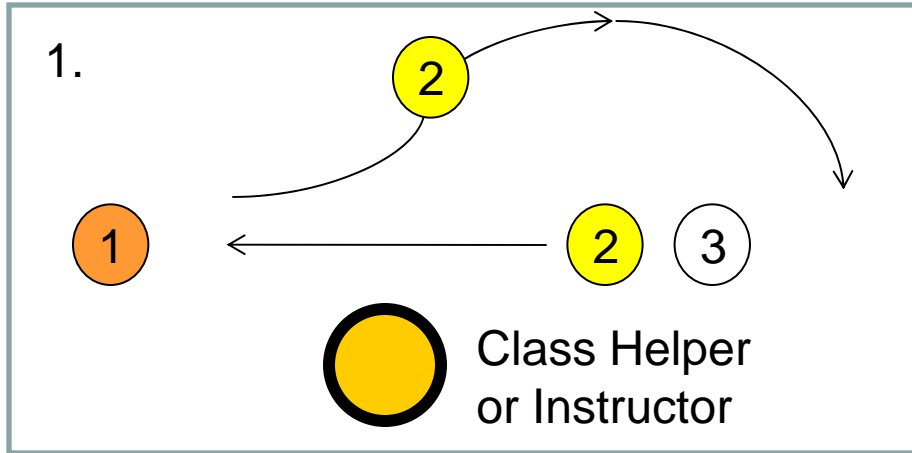
# Pad Drills: Use Students to Help



# Make Sure Everybody Trains



# Partner Drills with Multiple Students



**KARATE - NO!**



Karate students say **No!** to drug and alcohol abuse