

# How to Teach Briefing

- Teaching the “Snack Culture” Generation\*
- Mix It Up\*\*
- Why Students Get Bored\*\*

\* From JKA of Silicon Valley & Wired magazine

\*\* From American Council on Martial Arts Instructor Certification Manual

# **"Commercial" Training**

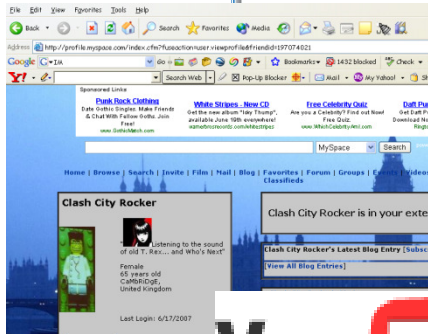
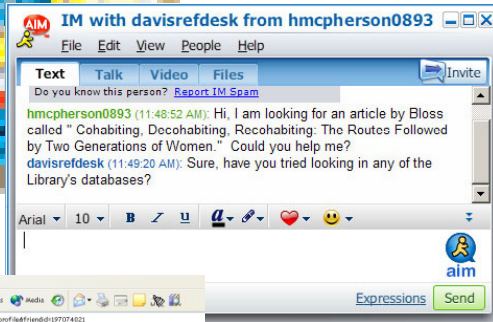
**Training at a  
commercial dojo?**

No, not that kind of  
commercial...

We're talking training  
during  
Commercials on TV



# Why? “Snack Culture” Generation



- One minute entertainment
- Used to watching YouTube, surfing the web, having multiple IM conversation, all while doing homework

# **“Commercial” Training**

- “Commercial Training = short training sessions
- Perfect amount of focused training for the Snack Culture Generation
- Suitable for teaching small groups of students as the student leader

# Ideas

- Stand in a stance, either changing stance at each commercial change or staying in one stance through the entire set of commercials.



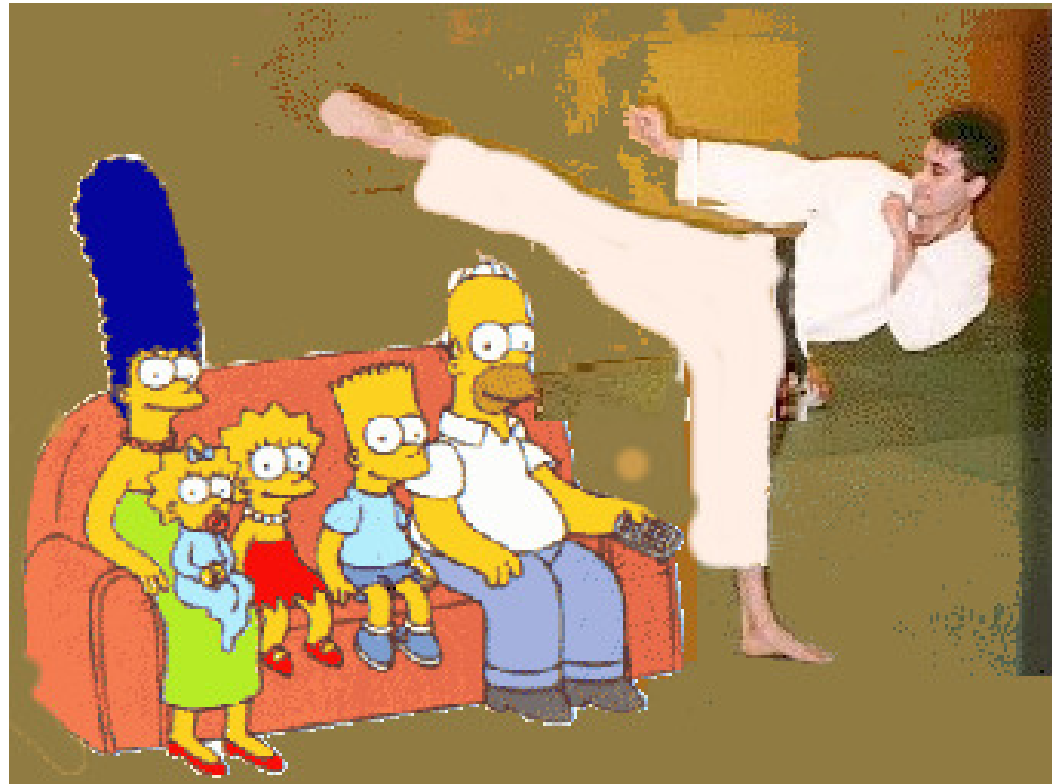
# Ideas

- Repeat one technique continuously during a commercial, changing to another technique for the next commercial.



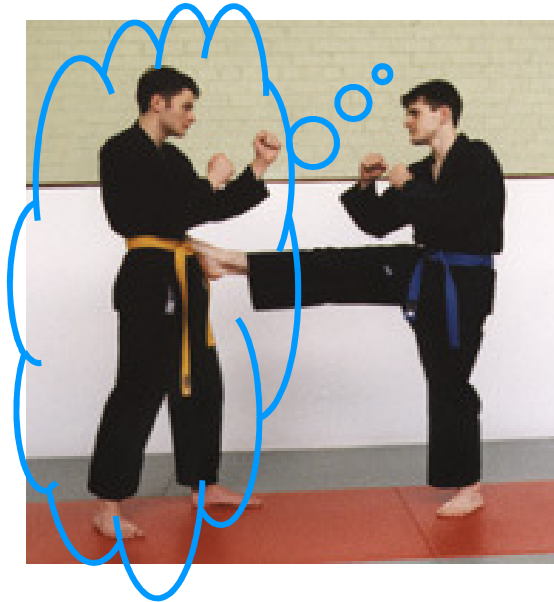
# Ideas

- Kick over the arm or back of your sofa or chair.



# Ideas

- Punch, strike or kick at an imaginary target, or set of targets, such as jackets hanging on the wall or a large plant on a shelf.



# Ideas

- Do calisthenics, such as push-ups, sit-ups, squats, etc.



# Ideas

- Hold a stretch for the duration of a commercial.



# Ideas

- Do a *kata* in place (without moving the feet around any more than you have space for)



**Make it up!**

# Teaching Techniques to Manipulate Degree of Difficulty

**SPEED**

Fast, Medium, Slow

**Force**

Light, Medium, Strong

**DIRECTIONS**

Up/Down

Right/Left

Forward/Backward

Clockwise/Counterclockwise

# Teaching Techniques to Manipulate Degree of Difficulty

**Pathways**

Straight, Curved, Zigzag

**Level**

Low, Middle, High

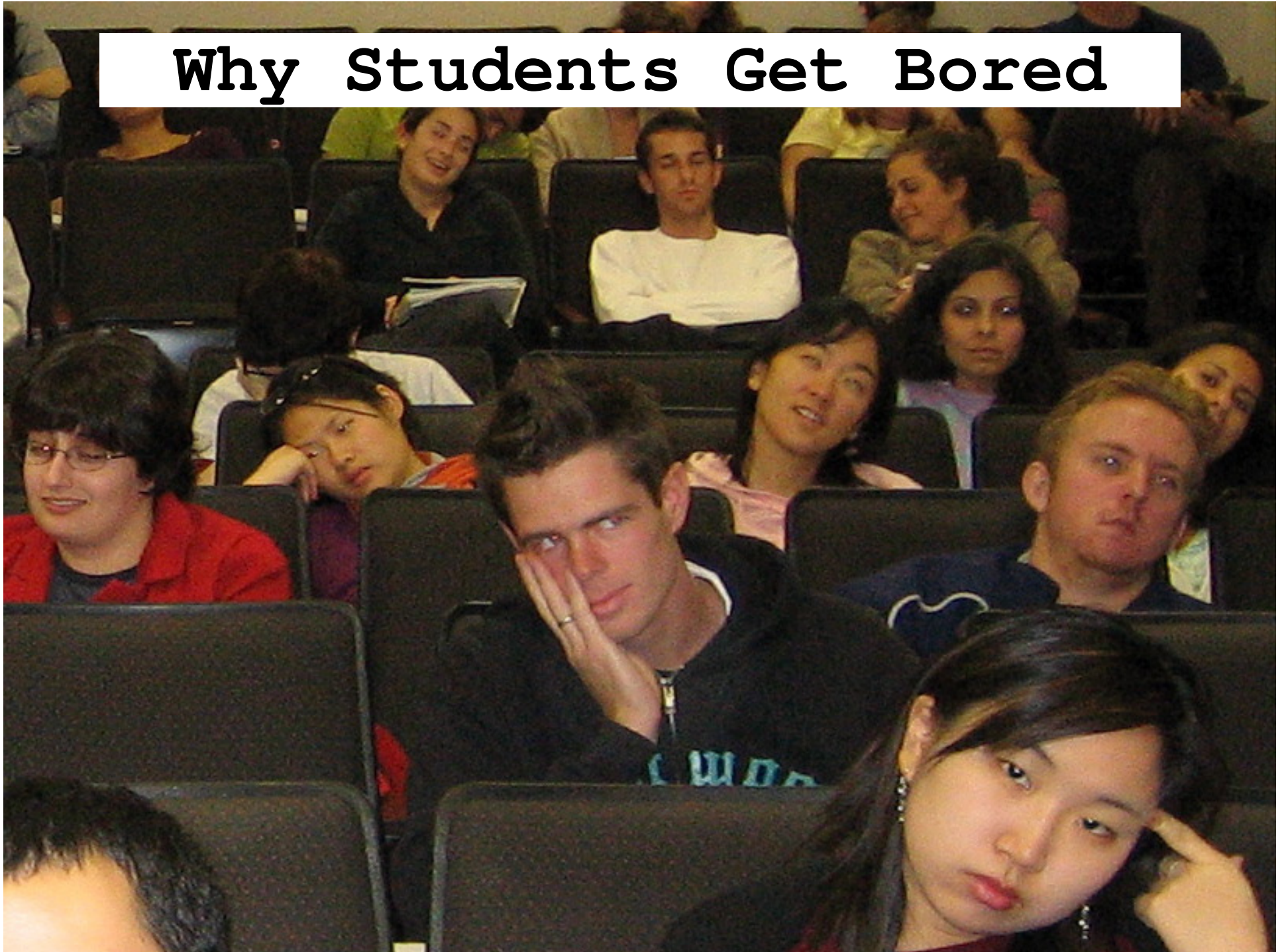
**Accuracy**

Far, Near

**With People**

Leading/Following  
Unison/Contrast  
Partner/Solo/Group

# Why Students Get Bored



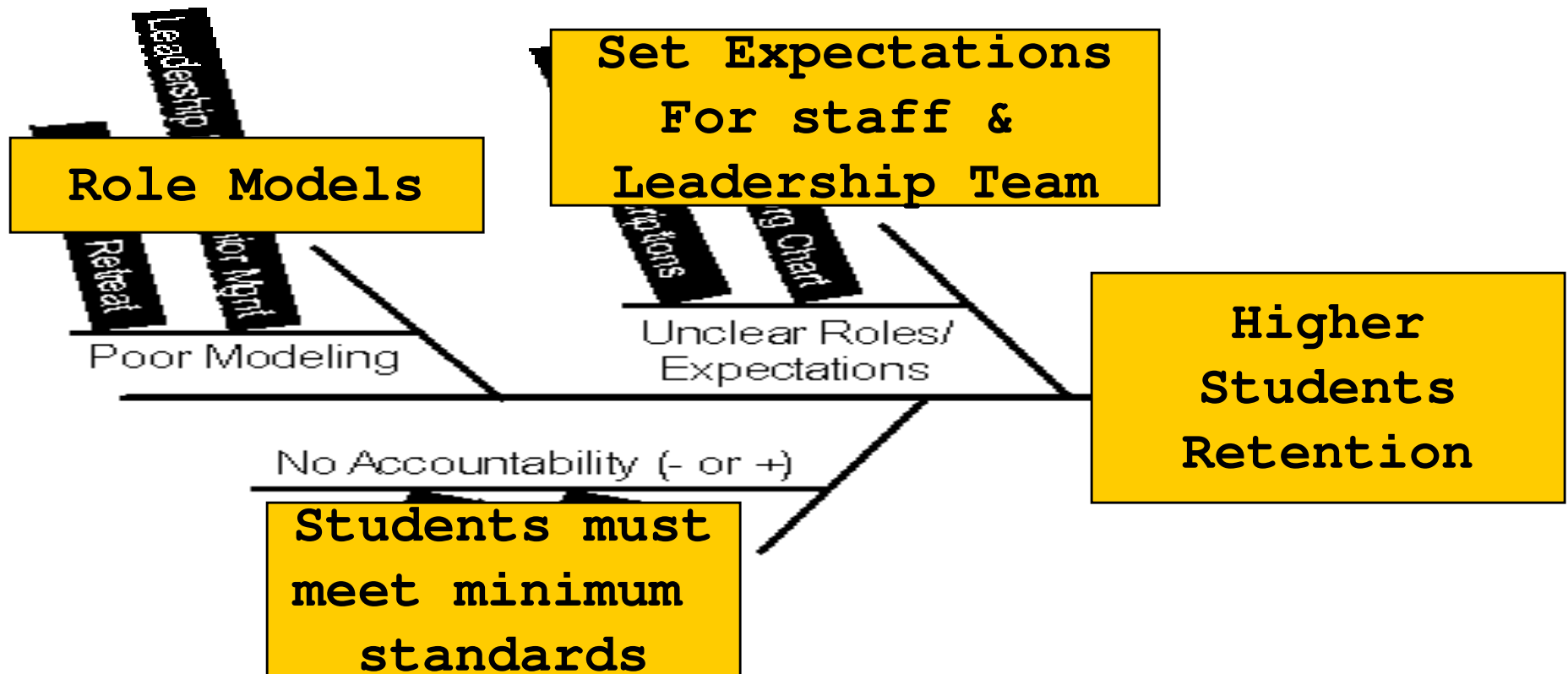
# Why Students Get Bored

- Instructor fails to communicate student progress
  - Instructors become experts at what's wrong (Hyper-critical) but not what's right
  - Use Praise–Correct–Praise



# Why Students Get Bored

- Program does not have clear, compelling goals
  - Use the black belt goal continually in class to keep students focused



# Why Students Get Bored

- Classroom lacks excitement or enthusiasm
  - Hyper-strict, oppressive classroom environment causes more stress than work or school
  - Encourage other sports show of excitement (high fives, clapping, etc.)



# Why Students Get Bored

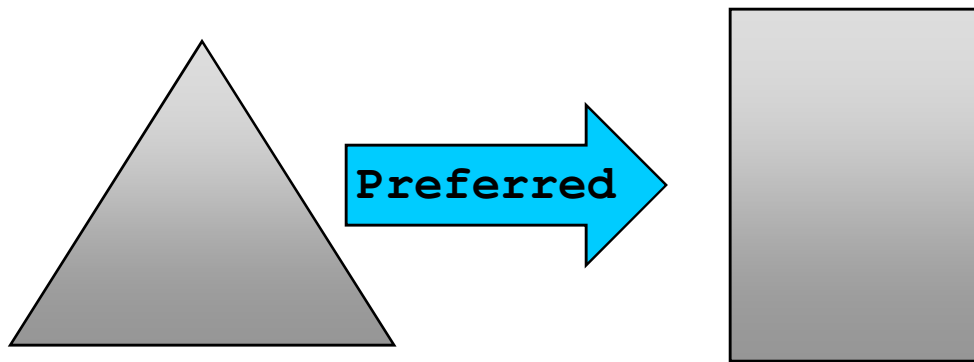
- Too much repetition (2,000 versus 50 or 60)
- Students don't receive enough encouragement (most students will have doubts along the way)

# Why Students Get Bored

- Curriculum overwhelms white belts and bores black belts

**Black Belt  
Material**

**White Belt  
Material**



- Sparring too much too soon
  - Culture change: OK to hit



**Praise**

**Correct**

**Praise**