

OYMA - MARTIAL ARTS STUDENT HELPER TRAINING

This curriculum is geared toward understanding students, keeping their safety and welfare in mind, and providing you with ways to think on your feet how to keep the class interesting for your students.

This does not lead to any certification as a martial arts instructor (the martial arts industry is too fractured to do that). This will, however, help you to understand different ways to teach your students and recognize what to expect from different age groups.

Understand Your Role as a Student Helper:

- Assist Instructors with class
- Help lead activities or train small groups of students
- Help younger or lower ranking students learn to be leaders
- Set a good example
- Encourage students
- Seek guidance from instructors

Checklist for All Student Helpers

Set Example:

Clean uniform:

- Gi pants
- Gi top
- T-shirt (black, white, or khaki green)
- Belt

Attitude

- Help students to the best of your ability
- Encourage students
- Guide students to make the right choices
- Protect students from harm
- Be prompt, dependable, and cooperative with instructors

Check all that apply:

- ☒ Attractive
- ☒ Witty
- ☒ Intelligent
- ☒ Successful
- ☒ GREAT!

Be Knowledgeable:

Know the purpose of Martial Arts

- To improve oneself (fitness, character development, citizenship)
- Strive to understand your material up to your current rank
- Meet or exceed fitness levels for your current rank

Responsibilities:

Assist instructors

- Lining up students
- Assist with tying student belts
- Teaching small groups of pre-karate students
- Participate in larger group activities for pre-karate students
- Advanced students may chose to assist lower ranking Shotokan students

Skills:

- How to hold target pads
- How to teach three ways (visual, auditory, and kinesthetic)
- How to keep students focused
- Managing small classes

Program Differences

Program Name	Little Dragons Level 1	Little Dragons Level 2	Shotokan Karate
Age	4 and 5 year olds	6 and 7 year olds	8 years and older
Belts	white gold stripe orange stripe green stripe blue stripe	white purple stripe red stripe brown stripe black stripe	white, gold, gold/blk, orng, orng/blk, green blue, purple, red, brn, brn/blk, blk
Time	5:30 - 6:00	6:00 - 6:30	6:30 - 7:30

OYMA - INSTRUCTOR TRAINING RESOURCES

Outside resources are used to supplement training for martial arts instructors and student helpers. The Boy Scouts of America have one of the original youth protection training courses available on line as well as an excellent on-line training on generational diversity. Extensive notes on the Generational Diversity course are available on the class website.

COURSE	RESOURCE	START DATE	END DATE	STUDENT SIGNATURE	INSTRUCTOR SIGNATURE
Youth Protection					
Youth Protection Training	Boy Scout On-Line Learning Center http://olc.scouting.org/				
Understanding Students					
Generational Diversity Training	Boy Scout On-Line Learning Center http://olc.scouting.org/ - or - Instructor Resources, Generational Diversity course notes				
Teaching Preschool Children	Instructor Resources section				
Participating as Student Helper in Large Group Instruction					
Holding Target Pads	Student Helper Training				
Little Dragons Level 1 Class Ideas	Instructor Resources section				
Little Dragons Level 2 Class Ideas	Instructor Resources section				
Know the Little Dragons Curriculum					
Student Manual	Little Dragons section				
Little Dragon Curriculum	In-class instruction - techniques - form - self defense - rules				
How to Teach					
Teaching Tips	Instructor Resources section				
How to Teach Briefing	Instructor Resources section				
Class Management	Instructor Resources section				
Teaching Front Stance	Instructor Resources section				
Leadership Training					
Civics & Civil Duty	Student Leadership Resources				
Character Traits	Student Leadership Resources				
Leadership Training	Student Leadership Resources				
Think for Yourself	Student Leadership Resources				
The Kool-Aid Brief	Student Leadership Resources				