

Included is the Teaching Skills Portion from Level 2 Manual.
I have included lesson plans as well.

There are 3 sections for each manual:

Teaching Skills, People Skills and Leadership Skills.

Teaching Skills Level 2

1. Zero Down Time
 - a. Keep your class active. This will maintain a continued learning experience for students and cut down on discipline problems in your junior classes.
 - b. Avoid students sitting on the floor or standing around doing nothing.

2. Movement
 - a. Walk through your class while leading floor drills or when they are doing partner work. This way you are engaged in each person's efforts.
 - b. Practice making eye contact and using positive correction and positive reinforcement.

3. Look for safety issues when pairing up students.
 - a. Too Big
 - b. Too Aggressive
 - c. Inexperienced
 - d. Personality Conflict
 - e. Comfort Levels

Teaching Skills Lesson Plans

Plan 1: (20 minutes)

Teaching Skills

Zero Down Time

There are two main reasons to require zero down time in your class.

1. It cuts down on any behavior issues. If students are training, they aren't talking or getting into mischief.
2. Teaching is your job. People come to you for instruction. They want the instructor to make them train. Otherwise, they could do it on their own at home.

To practice:

Break students up into groups of 5. Assign different rank groups to each person in each group such as beginner, intermediate, advanced, or any levels you wish. So for example, a group of 5 will have:

- 1 person acting as the instructor
- 1 person is a beginner
- 1 person is an intermediate
- 2 people are advanced

The "instructors" job is to keep everyone in their "class" working on their rank appropriate material, while making sure no one else is experiencing any downtime. No students in their group should be sitting or standing around doing nothing.

Here is an example to give them. Please feel free to use one of your own.

- Instructors tells the
 - beginner student to do 20 front kicks each leg on a heavy bag.
 - intermediate student to practice their form.
 - advanced students to practice a self-defense move from their curriculum.
- Once the assignment is given, the instructor goes from group-to-group teaching.

Set a time limit for 3 minutes. If someone in their group finishes the assignment, they need to give them a new one. Maintain Zero Down Time

There are many ways to keep a class working while you instruct a small group of students. Discuss this with your class and brainstorm ways to keep classes moving no matter the age or rank group.

This is how we can manage a multi-age, multi-rank class. Of course, there are plenty of things the whole group can do together. This “rule” of zero down time, however, ensures new instructors aren’t having the whole group sit down or wait in a long line while they focus on a particular rank group.

Plan 2: 20 Minutes

Teaching Skills

Class Structure – Movement and Partnering

Movement:

New instructors often don’t know how to stand or where they should be while teaching. Give them instructions on where they need to be whether they are assisting, shadowing or the main instructor.

They should be moving throughout the class, even when counting out floor drills. This helps them practice reaching each student with eye contact, positive reinforcement, or correction. Creating a personal connection as they teach.

Practice in a large group.

Assign one person to lead the group. You can assign the exercise or let them choose. While they teach for 2 minutes, they should move throughout the class and try to at least make eye contact with everyone. Giving everyone a correction or reinforcement. You might be surprised how many new instructors have a hard time leaving the little space they give commands from.

Pairing:

Teach your class the importance of paying close attention to students as they partner up for training. I believe there is a lot to be learned by pairing up with people of different ranks, ages, size, and gender. However, there are times when it can cause a safety concern or a conflict because of personality issues. Hopefully, by the time your students are higher rank, they know how to work with this. However, new students need guidance and are counting on you to keep them safe and conflict free.

If you pair students up once for training and never switch them, this can lead to some not having the proper training or even having a stressful class.

Let’s take a person who has come to you to learn self-defense because they were abused or attacked. Pairing this student with someone who has little self-control or awareness could cause them great stress and not wanting to return.

We also have special needs individuals in our classes. Most people don't mind to pair up with them, but not for the entire class.

This is really a time for you to discuss the importance of pairing your students appropriately for the best learning environment.

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