

Reilly Family Martial Arts, LLC

Instructor/Coach Manual

Purpose:

The purpose of this manual is to provide a universal teaching style so that class will run and be taught the same regardless of who is leading the class. “As the founder of RFMA, I, Master Reilly ask that all instructors adhere to the following guidelines so each student will learn from the instructor as if they were learning directly from me.” Indeed, each instructor will bring their own activities to the art and each will have his or her own personal influence and experience to share. Each instructor’s interpretation will benefit the students, and thus are welcome and encouraged. However, at the very core, the style and curriculum must be rooted in the tradition of the martial art as defined by Kukkiwon and The World Taekwondo; along with USATKD.

The purpose of this Dojang is to provide martial art instruction in a Godly and family-oriented environment. Our mission is “To provide the highest standard of martial arts while keeping family in mind” Our purpose is to, “Inspire leadership!” “We help our students develop self-confidence, discipline and respect in order to contribute to the community.” Our job as instructors and coaches is to be an example to our students in a way that is righteous and honorable. Therefore, we must practice what we preach. Above all else, it is our job to love each student individually for who they are and because they deserve our love, regardless of ability, effort, disability or focus. Regardless of the circumstance, we must love all that are brought into our care. We must teach with love and compassion; caring less for the art and our instruction and more for each individual.

Focus:

Each class must have a different focus, as each age level requires different instruction based on cognitive and physical ability.

Below is listed a basic understanding of what each class focus should be on:

K.I.C.K.S. This program was set up for students' ages 4-6 years old so that they may grasp basic skills. These skills are:

- Improving attention length
- Balance
- Flexibility
- Coordination
- Tumbling
- Basic Kicking- controlled and straight
- Form Structure- memory
- Getting to know their bodies
- How they can perform a given task

It is our job to provide clear and direct instructions to the students in a positive manner, so that they are encouraged to grow and benefit by our guidance. We organize our K.I.C.K.S. curriculum levels according to stars. They must reach each star level before continuing to the youth class as a white belt. The stars attach to their left uniform lapel.

Conduct:

- We must be creative and flexible in order to reach all students where they are in their development.
- We will not talk bad about or put down the students, staff or any other person regardless of their affiliation with RFMA.
- We must dress appropriately.
- We must speak respectfully and honorably.
- We must always be positive regardless of the situation or circumstance.
- We must always address all with respect and love.
- Regardless of age, race, disability or creed, all students deserve our love and our best.
- Students with disabilities must be accommodated and understood. If you do not know about their circumstance or disorder, research before making a judgment or issuing a consequence.
- Parents are in charge of their children; they always out rank you when it comes to their children.
- Talk to parents regularly, so that you and they may be on the same page with their child's progress and instruction.
- At no time shall we loose our temper or give control to a difficult student.
- We must maintain our own knowledge of the martial arts and stay up to date with competition guidelines.
- We must warm ourselves up and stretch before class.
- We must practice our own current material on our own time or during instructor/black belt class.

Structure:

K.I.C.K.S. Class will begin with a 5-10—minute warm-up that should consist of cardio followed by a stretching period. Following warm-up students will run through 5-10 minutes of kicking and blocks. After that we will take a one-minute break time. Following this, we will work on forms or more focus on a particular skill with kicking and/or a focus area. (I.e. kick, bocks, balance, terms.). We will then do an ending stretch to cool the body down. If we have time remaining, we will play a game.

Youth Class will begin with a 10-minute warm-up that should consist of cardio followed by a stretching period. Following warm-up students will run through 15-20 minutes of kicking and blocks. After that we will take a one-minute break time. Following this, we will work on forms or more focus on a particular skill with kicking and/or a focus area. (I.e. Upper, lower or core training). We will then do an ending stretch to cool the body down. If we have time remaining, we will play a game.

Advanced Class will begin with a 15-minute warm-up that should consist of cardio followed by a stretching period. Following warm-up students will run through 25 minutes of kicking and blocks. After that we will take a one-minute break time. Following this we will work on forms or more focus on a particular skill with kicking and/or a focus area. (I.e. Upper, lower or core training). We will then do an ending stretch to cool down the body. If we have time remaining, we will play a game.

Adult Class will begin with a 20-minute warm-up that should consist of a light stretch, cardio and followed by a stretching period. Following warm-up students will run through 20 minutes of kicking and blocks. After that we will take a one-minute break time. Following this we will work on forms or more focus on a particular skill with kicking and or focus area. (I.e. Upper, lower or core training). We will then do an ending stretch to cool down the body.

Here is an example of class plans:

Week 1, Sparring/Forms

Week 2, Forms / Tumbling

Week 3, Advanced Kicking/ Drills- Sparring

Week 4, Special interest (i.e. Whatever the class as a whole is lacking or needing for improvement.)

The youth class shall be held in the same way as the previous, though the material and requirements will demand more effort and understanding by the students.

- Kicks - more defined with precision
- Form memory
- Form stance
- Form technique.

The advanced class for our early through mature teens will be focused on all listed above with even stricter attention to detail and individual growth.

- Kicks have perfection- technique
- Form memory
- Form Stance
- Form technique
- Form timing/ rhythm

The adult class will have the same requirements and listed previously, though our focus will be more on mental improvement and physical betterment.

- Understand structure of kicks
- Understand how to do kicks
- Form memory
- Form Stance
- Form technique

The above is merely a guideline for forms, understand that sport forms, the standard is the same for all ages and ranks. A black belt at 18 and a yellow belt at 6 will receive the same deductions for exactly the same reasons. No exceptions. This is fair competition. We train our students to this standard and they test/promote to this standard. However, understand that each age group and student is not aware of every part of their body at all times. Consider your big toe. Before reading this line, you were not thinking of your big toe. The same goes for many moving parts of your body. The mind does not prioritize every aspect. For our younger student, we must prioritize what is important first in teaching them their forms. Memory of movement, structure, technique. These come first, then we can polish the rest.

We start with muscle memory, bottom up processing, which makes top down processing easier for them. When we begin teaching, it is often said that there are many moving parts. We need to simplify this as much as possible.

With each class, we must always have positive energy and positive reinforcement. By doing that, the students will have the desire and drive to work hard and improve their skills.

Although we may not be able to demonstrate each technique, stretch, or skill; we must have a working knowledge and ability to teach the student how to perform this. If we do not know, we find out how, and we must give our student every available resource to aid in their development and training.

We must maintain professionalism in our training by setting an example in seeking to better ourselves and ever reaching higher. We must maintain current knowledge of skills while seeking new advancements in the martial arts. A good leader inspires leadership. We must lead by example. Set the precedence! Set the standard, be the expectation!

