

TEACHING BEGINNERS

WARMUP: Start slow and gradually pick up speed and difficulty. Make corrections during warmup without interrupting warmup.

1. get heartrate up
2. range of motion exercises
3. stretch
4. get heartrate up
5. stretch

Key points to emphasize: center line, breathing, power, fluidity, hip rotation.

AVOID CRITICISM. If they aren't doing something correctly after you've shown them several times, try showing in a different way. Never tell student to do the best he can and we will teach you how to do it properly later.

ALWAYS use safe exercises. ALWAYS be aware of what is going on with all students at all times. ALWAYS teach by encouragement.

The key to teaching is to simplify and break into parts. Don't be too technical or try to teach too much too soon. Be patient and flexible, and be aware of students' responses to your teaching. People learn visually (seeing you demonstrate), auditorilly (listening to you explain the move), and physically (physically put students hands or body in the proper position and use targets for student to execute move). Keep it fun. It is not necessary to follow these exact steps in this exact order as it is necessary for you to understand the principles of simplification and have flexibility in presenting techniques to students. Teach the basics well at white belt and they will learn easier at higher levels. Refer to your manual often. Avoid teaching advanced techniques to lower ranks.

NATURAL STANCE: Feet shoulder width facing out, elbows by sides, loose fist slightly in front of body.

BOWING IN: Right foot in. Feet and hands together simultaneously, bring left hand inside of right, bow at waist with back and head straight, eyes look down, return straight up, hands and feet return to natural stance.

RECTANGULAR STANCE: Beginning in natural stance have student step out to stance then correct width and posture. Repeat several times.

FIST: Hold hand open. Roll top of fingers down, then roll finger tips into palm, wrap thumb around, straighten wrist.

PUNCH: Hold one hand behind back. Hold other hand by ribs, extend punch, show rotation of fist. Repeat several times and then add reaction hand and repeat several times. Then add to rectangular stance.

FRONT KICK: Show correct position and contact surface by tapping floor with foot. Have student sit on floor, raise foot up, extend foot, show correct foot position, return foot in and lower to floor. Repeat. Emphasize arcing motion. Have student stand up and repeat above in steps. Kicking stance, extend foot, hold and correct foot position, return to kicking stance and down. Repeat. Kick to pad. Emphasize technique, not speed.

THRUST KICK: Same steps as above except foot moves in a straight line parallel to floor while sitting. Emphasize straight line motion and kicking low. Contact surface is the heel.

LOWER BLOCK: Put one hand behind back. Load fist to ear (palm facing the ear) and execute block showing the sweeping motion across groin. Repeat several times. Then add the twisting of the hips. Repeat. Add the reaction hand. Repeat several times. Then hold your foot out for the student to strike, then throw a slow kick for him to block, then hold pad for him to strike to emphasize power. Emphasize twisting of fist and turning of the hips.

MIDDLE BLOCK: Same as above. Emphasize rotation of the fist and hips. Palms facing down in the loaded position, blocking hand on bottom. Fist shoulder height, elbow bent at 45 degrees, one fist space between elbow and ribs.

RISING BLOCK: Same as above, except blocking hand loads with palm up. Be sure the blocking hand is rising at a 45 degree angle. Center of the forearm at center of the forehead, elbow temple level, forearm 45 degrees.

FORWARD STANCE: Teach in four step sequence. 1. Open the foot. 2. Transition stance. 3. Diagonal stance. 4. Twist the hips. Emphasize the words: OPEN, TRANSITION, DIAGONAL, TWIST. Feet shoulder width, hips square, knee over big toe, back leg straight, both feet flat on floor.

TURNING IN FORWARD STANCE: Look first, bring foot to transition stance, extend to diagonal stance, twist hips. Alternate with left and right feet forward. Repeat. Work on 90 degree turns first, then 180, then 270.

ESCAPING HANDS: Have students do with same side grasp and opposite hand grasp. Emphasize twisting of wrist and arm and

the twisting of the body using open door method.

SNAKE GRASP: Hand wraps around and grasps. Do same side hand grasp and opposite hand grasps.

JAWS GRASP: Hand rises straight up and grasps.

CLAMP GRASP: Combination of jaws grasp. Your grabbed hand does jaws and the free hand clamps down on top. One goes jaws up and the other jaws down. Use this in the second set of self defense.

FIRST SET SELF DEFENSE: Teach grasps and inner chop first. Combine the chop and forward stance. Repeat. Then add the follow throughs. Be sure they understand dead side and pulling opponent off balance.

INNER CHOP: Can be taught as a lower block except with open hands.

OUTER CHOP: Teach same steps as blocks.

STAMPING AND SIDE KICK: Teach knife edge. From natural stance kick to side first. Kicking stance, extend, pull back and down. Then to front from a sparring stance. Kicking stance, pull knee over, extend, pull back, return to kicking stance and down. Must emphasize rotation of the hips and the standing foot. Heel points toward target when leg extended, hands in, head up. Principles of side kick can be taught while doing the side stretch by pairs in the beginning of class.

SIT UPS: Knees must always be bent with lower back pressed to floor.

COMBINED TECHNIQUES: Make sure students have individual moves down before combining moves (ie. forward stance with lower block). Begin combining moves that correspond to the first four katas.

FORWARD ROLLS: Have students sit on rear and roll knees back to left side of head and then right. Repeat several times. Then have them complete the roll and they should end up on their knees. Repeat. Then have them go backward and forward. Repeat. Then have them kneel on one knee and show them the arm position. Have them roll from one knee until comfortable. Then take them to the standing position. Arm and shoulder extended to make wheel. Use opposite arm to reinforce the wheel. Opposite leg tucks. Roll from shoulder to opposite hip. Head tucks away from extended arm.

BACKWARD ROLLS: Begin with students sitting and rolling knees to one side of head. Strongly emphasize not rolling straight up spine. Then have them roll over to knees. Then do back

roll from squatting position and landing on feet. Then from standing. Then push lightly. Head tucks to opposite side of the shoulder that the knees go over.

SIDE DROP: Begin with student squatting on one leg with one extended. Land with arm at 45 degree angle and parallel to thigh, other leg bent with knee pointing up, head up. Hand slaps floor simultaneous with landing.

FRONT DROP: Head turned to one side, land on forearms with flat hands and on balls of feet, toes bent.

FRONT TUMBLE: Spring off hands to flip over. Land on balls of feet, slap hands beside the body simultaneous with feet landing, head up, belly up.

KATA: Students should know basic moves from having been drilled in combined moves before doing katas. Teach them combined moves first before having them do it in katas.

KATA APPLICATION: Start out with basic applications first. They need a couple months doing basic applications before doing more advanced levels. However keep them as real as possible.

DOJO ETIQUETTE: Low rank sweeps floor before and after class. If a higher rank is sweeping then a lower rank should offer to take the broom. Address Black Belts as Sensei and Brown Belts as Senpai (explain meaning). Bow in and out when working with a group or individual. No jewelry or gum chewing in class. Explain purpose of bowing in. Symbol of respect. Bowing to picture is paying respect and recognition to Sensei Dong as founder. Explain how to line up. Explain that purpose of meditation is to clear the mind so you can focus 100% on class. Bow when entering or leaving the workout floor. Do pushups and situps when late to class. High ranks do 50 each and low ranks do 25 each. Notify nearest high rank or instructor immediately of injury. Never leave the floor without notifying the head instructor. Talk about the Cuong Nhu philosophy as you are teaching.