



## Leadership Team - Commitment

As the chief instructor of Lakes Martial Arts, it is the responsibility of Mr. Kern to train each member of the leadership team to become a proficient Taekwondo instructor. To enable each member so they can confidently teach or help with any class (Tiny Tiger, Karate Kids, or Adults) from start to finish. The class must be fun, informative, dynamic, and include incorporating life skills while keeping the highest standards of Songahm Taekwondo and of Lakes Martial Arts

You are required to know the following:

- Nine Qualities of technique
- Ten class management skills
- All forms up to your current rank
- All the one-steps (including each saying)

You are responsible for the following:

- Regular attendance of leadership classes
- Prior notification of absence
- Attendance at all testing (to show your leadership and support for all students)
- Regular teaching schedule (on the last leadership class of every month there will be a schedule finalized)
- Every twelve months requirements will be reviewed at any belt testing
- Children of school are are required to keep satisfactory grades or higher (GPA 3.0 or higher).

Failure of any one of these could result in dismissal of the Leadership Team. If at any time you feel you are unable to meet these requirements and responsibilities, please speak with Mr. Kern.

Yes, I understand my responsibilities and requirements as a member of the Lakes Martial Arts Leadership Team and promise to uphold them to the best of my ability.

\_\_\_\_\_  
Leadership Member and/or Adult Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Chief Instructor, Mr. Kern

\_\_\_\_\_  
Date



## **Welcome to the Lakes Martial Arts Leadership Team!**

The Leadership Team is for students who want to take their martial arts practice to a higher level and develop and learn leadership and instruction skills. In the leadership class, we will be specifically teaching and explaining leadership strategies as well as having specialized training sessions to help raise your physical performance to a higher level.

### **Why am I on the Leadership Team?**

Do you want to be an instructor? Do you enjoy helping out with classes? Are you interested in learning leadership skills that you can use in all areas of your life? Do you want to get more out of your martial arts practice than in regular classes? Are you willing to make an extra commitment to our school? Are you interested in opening up your own club one day? Then the Leadership Team may be what you've been looking for!

### **Benefits**

- Learn valuable skills
- Improve your martial arts practice (take it to another level)
- Get experience teaching
- Demonstration opportunities
- Have fun!
- Black uniform
- Earn points at tournaments towards an ATA State / District / World Champ title
- Training opportunities not available to the general student body
- Future Employment and/or Ownership Opportunities

### **Requirements & Expectations**

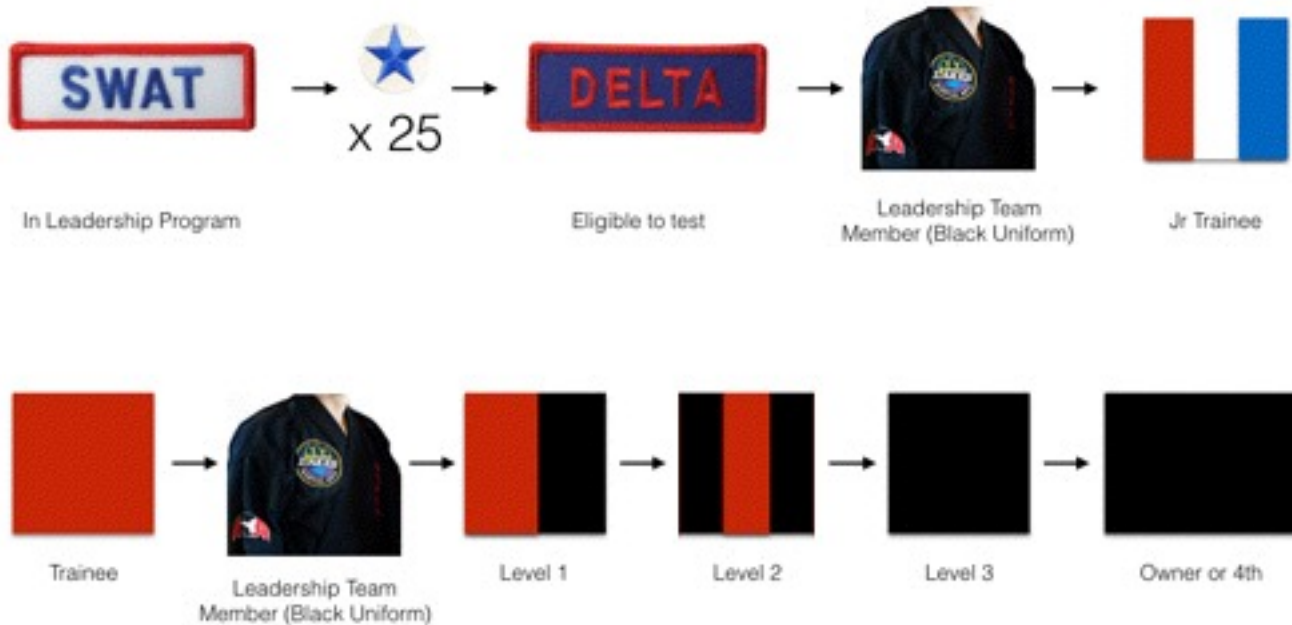
- Attendance at Leadership Team class
- Know all material including one-steps up to your rank
- Know 10 class management skills
- Know 9 qualities of technique
- Assistant teach (pre-approved)
- Support in-school testing
- Leadership testing renewal required every 12 months after you've earned your black uniform.

## Path to become a Certified Instructor

### Lakes Martial Arts Leadership Team (SWAT)

Leadership Team is by invitation only for students ages 8+ and camouflage belt or higher. To earn your leadership uniform, you must:

- Be enrolled in the leadership program
- Have assisted 25 classes (5 stars) and earned Delta patch (Jr Leaders only)
- Teach a private lesson in 30 minutes to one student
- Black uniforms will be awarded upon successful demonstration of all forms, one-steps, and theory at color belt testing.



## **Trainee Instructor**

To become a trainee instructor or junior leader after you've earned your black uniform, you must complete signed Leadership Team Commitment, take a youth protection test, fill out the ATA application, pass a background check with the Minneapolis Parks and Recreation Board (free), and pass the ATA background check (\$39- included with enrollment fee). Upon a successful completion of these requirements a red collar may be worn for adults or a red, white, and blue collar for Karate Kids. Compensation is available for those who teach regularly and are 16 or older.

## **Certified Trainer (Level 1)**

To become a certified trainer you must be at least 13 years, a 1st degree black belt, attend 20 leadership classes, and assist or teach 40 classes, and demonstration of black belt attributes. The trainee instructor just be able to run a successful class from start to finish. A successful class should incorporate: the nine qualities of technique, the ten class management skills, and life skills. A completed ATA application and fee is required. Upon successful completion of these requirements and approval, a red/black collar may be worn. Compensation is available for those who teach regularly and are 16 or older.

## **Specialty Certified (Level 2)**

To become a specialty certified instructor you must be at least a 2nd degree black belt, attend 40 leadership classes, teach at least 80 classes, and be able to run any class (Tiny Tiger, Karate Kids, or Adults) from start to finish, and demonstration of black belt attributes. Incorporation of all nine quality of techniques, all ten class management skills, and life skills are always necessary and should always be demonstrated at this level. A video must be submitted prior to testing demonstrating a class taught incorporating all ten class management skills and life skills throughout the class. A completed ATA application and fee is required. Upon successful completion of these requirements and approval, a black/red/black collar may be worn. Compensation is available for those who teach regularly and are 16 or older.

## **Certified Instructor (Level 3)**

To become a certified instructor you must have at least 300 hours of teaching experience (100 with Tiny Tigers, 100 with Karate Kids, and 100 with adults). The ability to run a Tiny Tiger, Karate Kid, and an adult class through a complete ten-week testing cycle on your own must be demonstrated with demonstration of black belt attributes. A video must be submitted prior to testing demonstrating a class taught incorporating all ten class management skills and life skills throughout the class. Upon successful completion of these requirements, a thin black collar may be worn. For those 18 or older, a Paragon Club Director position may be available for those who meet additional criteria (thick black collar).

## **Class Theory**

### **10 Class Management Skills**

1. Set the mood and tone of class
2. Create a positive climate
3. Use individual approach and personal contact
4. Set direct goals (physical, mental, and quality)
5. Give thoughtful feedback to students' response
6. Reinforce positive behavior
7. Give realistic praise
8. Give positive correction rather than criticism
9. Refer to students by name
10. Teach the concept of personal victory

### **9 Qualities of Technique**

1. Positive Mental Attitude
2. Memorization
3. Focus
4. Proper Execution
5. Balance
6. Speed
7. Power
8. Rhythm
9. Automatic Reflex

### **Life Skills & Values**

Self-confidence  
Respect  
Attitude  
Friendship  
Perseverance  
Justice  
Honor  
Loyalty  
Integrity  
Courage  
Generosity  
Communication

## One Steps

### SONGAHM 1

#### #1 ONE STEP

Put your right arm over your head  
Right foot steps back, **High Block**.  
Pull that arm down, and ...

*Confidence*

**Punch**

*I*

**Punch**

*practice*

**Punch**

*to*

Take two steps back (end with left leg in front),  
Chamber for a low block and **Low Block** (left arm).

*Gain*

*Confidence*

#### #2 ONE STEP

Right leg steps to left,  
Left leg steps back, give yourself big hug  
and **Inner Forearm Block**  
Front (right) leg **Sick Kick**,  
Hug yourself, and **Knife Hand Strike** (right hand),  
Step back with your right leg, **Low Block** (left arm)

*To*

*Be*

*Confident*

*I Listen*

*Pay Attention*

*Follow Directions*

### SONGAHM 2

#### #1 ONE STEP

Step back with your right leg, **Double Outer Forearm Block**  
Chamber for backfist  
Left **Back Fist**  
Right **Reverse Punch**  
Step back with left leg  
Right **Round Kick** (land with feet together)  
Step back with left leg, **Double Outer Forearm Block**, right side

*Attitude*

*I*

*have*

*a*

*Black*

*Belt*

*Attitude*

#### #2 ONE STEP

Left foot steps forward to the left, **Double Outer Forearm Block**  
Right **Round Kick**  
Left **Reverse Punch**  
Step behind with right leg  
left **Side Kick** (land with feet together)  
Step back with right leg, **Double Outer Forearm Block** (left side)

*Excellence*

*It's*

*all*

*about*

*attitude*

*Excellence*

### **SONGAHM 3**

#### **#1 ONE STEP**

Jump to the right and **Double Outer Forearm bBlock** (left side)

Pick up your right knee, **Jump Front Kick** (left leg)

Left **Knife Hand Strike**,

Right **Punch** (don't step)

Jump back (left leg forward) **Double Outer Forearm Block**

*Goals*

*Planning*

*My*

*Future*

*Goals*

#### **#2 ONE STEP**

Jump to the left and **Double Outer Forearm bBlock** (left side)

Pick up your left knee, **Jump Front Kick** (right leg)

Right **Back Fist** (don't step)

Left **Reverse Punch**

Right **Punch**

Right **Round Kick**

Jump back (right leg forward) **Double Outer Forearm Block**

*Focus*

*I*

*Focus*

*On*

*My*

*Goals*

*Focus*



# **LAIKES**

## **MARTIAL ARTS**