

10

THINGS  
THAT  
MUST  
HAPPEN  
EVERY

CLASS

FRAMEWORK

MASTER RON SELL



# **10 Things That Must Happen Every Class Framework**

Spark Membership

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# 10 Things List

1. **Pace and Peak** – pace refers to the rhythm of the class, the consistency of the flow of the class. The class should follow a steady pace, and should move quickly between each change and segment. Peak refers to the high points of the class. Changing to a faster pace. There should be many changes in the pace and peaks of each class. You can change the pace and peak by using voice inflections.
2. **Set Point** – Start every class and every move from the set point. This develops consistency. “Get on Your Dot” When the students get to Set Point, they MUST snap to attention. Always line up the class by size, not rank. Smallest in the front, biggest in the back.
3. **No Down Time** – The class is NEVER left without instruction! The instructor is in complete control at all times. Drills should always be structured. All line drills must have instructor cadence. Always use set point even in line drills. No Down Time is important for excitement. Boredom and behavior problems vanish because there is no down time.
4. **Verbalize Expectations** – Explain exactly what you expect!
  - A. Tell them what you want them to do.
  - B. Tell them how you want them to do it.
  - C. Tell them when to do it.
  - D. After they have done it, tell them how they did it.
5. **Demonstrate with Excellence** – When teaching a technique use the acronym D.E.C.R. – Demonstrate, Explain, Correct, Repetition.
6. **Black Belt Excellence** – Use the words “Black Belt” and “Black Belt Excellence” a 1,000 times. Paint a vision of what the end goal is. What they are working so hard to achieve.
7. **Class Break Down** – Line up class by size. Use whole floor and spread out, skip dots if you can. Break into sub-groups or smaller groups if necessary. Put good students with good students and bad students with bad students. Always use the lesson plan, do not deter from it.

8. **Lesson of the Week** – It's important to teach your students lessons that will last a lifetime. Use Brannon Beliso's One Merit Badges, or Jason Silverman's Powerful Words program to inspire excellence in everyday life. Be prepared, know the material, do not wing it.

9. **Spotlighting** – Pick one student that is doing an exceptional job at a particular stance, technique or attitude and compliment them in front of everyone. This will "light up" the student and it will also encourage the same behavior in all the other students.

10. **Praise in Public, Correct in Private** – Use the formula... Praise Correct Praise – Use the word "NOW" instead of "BUT". Bad Example: "Katie, your stance looks great, BUT, your kicks look awful!" Good Example: "Katie, your stance looks great, NOW kick faster!" [after she does the kick faster...] "Great, now you have a fast kick to go with that great stance, I'm proud of you!" Never say "That ain't that Bad", because, "That ain't that Bad" AIN'T a COMPLIMENT!

11. **Coaching** – Encourage your students; motivate them by saying "Go, Go, Go, Go, Go, Go, Go, Go, Go!!!!" or "Higher! Higher! Higher! Higher!!!!" Give feedback. Don't tell them what they are doing wrong; tell them what to do instead. Use the PRIMARY adjective twice, for example: "You're kicking faster this week than you were last week! NOW kick FASTER!!! Just like a Black Belt!" Never say "Don't do it this way... Do it this way instead..." or "Do you do it this way... or this way...?"

12. **Mental Benefits** – Tie it into the physical acts of the martial arts. Explain to the class the "real world" benefits. The bow is not just a tradition but represents respect. Deep stances build persistence. Focusing on hitting the target is also about focusing on your goals, or your school teacher. You must remind your students that what you teach has a deeper impact for them in their daily lives.

13. **Name Times Three!** Always call each student by their name at LEAST three times per class.

14. **Structure!** Everything must be structured from the moment enter the school till they leave.

15. **Keep the Students Engaged:** Learn to instantly understand

when the students have lost focus in the class and engage them quickly. You can do this by constantly scanning the students and look for students whose attention is focused elsewhere. Engage them by calling their name, changing the activity, peaking the class (see #1 above)

16. **Think long term.** Teach them about Martial Arts for Life. Martial Arts Lifestyle. Give them encouragement to continue their training, explain the benefits of sticking with martial arts for life.

17. **FUN!** – Not funny! Never sacrifice discipline for fun. Instead by energetic, educational, enthusiastic, have variety, be challenging, creative, fast paced, motivational, inspiring, positive, a great workout and students must leave feeling good about their progress.

18. **Disguise Repetition.**

19. **Inspire and Motivate.** We always Encourage, never discourage.

20. **Praise in Public, Criticize in Private.**

21. **No Push-ups as Discipline.**

22. **Communicate effectively.** Communication is 7% Words, 38% How we say those words (tonality), and 55% Body Language. Increase your communication skills.

23. **Smiling, Sweating, Learning.** Adults need all three, every class.

24. **Connect**—actually make personal connections with your students, their parents, your staff, your prospects. Create relationships.

25. **GROW** – as a person, as an instructor, as a coach, as a trainer, as a leader. The better you are, the better you can impact your students and your community.

“Life is short. Do stuff that matters. Pursue it relentlessly.”

— Master Ron Sell



