



# 584

# DRILLS

YOU CAN USE IN YOUR  
MARTIAL ARTS CLASSROOM

MASTER RON SELL

# **584 DRILLS**

You Can Use in Your  
**MARTIAL ARTS CLASSROOM**



Spark Membership

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This manual is a resource for Martial Arts Instructors of any martial arts style. Use the information contained in this manual **AT YOUR OWN RISK. USE YOUR OWN JUDGMENT** before implementing any idea, drill or tip found in this manual.

The information is written by martial artists from different styles and backgrounds. What may work in their martial arts facility may or may not work in your facility.

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# Children's Drills

## 3 & 4 Year Olds

**Title:** Army Crawl

**Name:** Sally Judge

**Org:** Soo Bahk Do

**iTip:** Have students stand in line (chest to back, but not touching each other) in a low and wide horse stance.

The first student will crawl on his belly through the legs of the other students trying to not touch their legs.

He will then stand at the end of the line.

All the students will have a chance to crawl through the tunnel. Keep reminding the line to stay in a good stance, they will want to straighten their legs.

---

**Title:** Intro to forms.

**Name:** Chris Kemmerer

**Org:** Lionheart Martial Arts

**iTip:** Hello, one of my biggest problems with the 3 - 4 year olds is getting them to do and remember a form. The way I solved this was very simple. I took our first basic form and broke down one leg of the movement. What I have the kids do when they line up is step back into a fighting stance, and shout. They step forward and down block, step forward and punch and finally step forward and front kick and shout.

The next stage is to have them turn around and do the form in reverse. You are essentially doubling what they are doing. The two major areas to watch are now are they starting on the correct foot.

Each additional month, add another leg to the form until they have mastered their first full form. By breaking down the form into these smaller patterns you have enabled the child to learn the form in smaller chunks.

---

**Title:** Little Ninja Stones

**Name:** Hamilton

**Org:** Hong Park Tae Kwon Do

**iTtip:** Check out Napma's info for little ninja's!

I played one game ninja stones with them. They loved it, I even transferred it to Adults, and juniors for an agility drill.

Lay out a few paddles or square targets and let them walk across , help them with the imagination. They are running across a river stepping on the stones and if they miss! Splash into the water and back to the start. Use a lot of paddles and stagger them out for older kids they enjoy this too. Great for agility, balance, and footwork once the paddles get kicked around a little.

## Hamilton

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**Title:** Master Says

**Name:** Master Gee

**Org:** Master Gee's Black Belt Academies

**iTip:** Preparing the young mind for the Form or Particular-Move that must be learned. We feel that if the student has already performed the move in some sort of related motion they will more easily learn & perform the motion when called upon to do so. So we have a game of "Master Says" which is really only "Simon Says" with martial arts techniques and cool sounds, so we apply disguised repetition, and have fun at the same time.

This game is best only done for about 3 - 4 minutes at a time.

Everybody enjoy yourself and laugh a lot.

---

**Title:** Shark Island

**Name:** Mike Bogdanski

**Org:** Mike Bogdanski's Martial Arts

**iTip:** I have the students stand on the small square pads (their island).

I come around with a shark(noodle). When the shark comes by they need to kick him. If they fall off their island they lose the game.

This teaches balance, self control, concentration and is fun!

---

**Title:** Unlock the Door

**Name:** davis

**Org:** ATA

**iTip:** Unlock the Door

I wanted more for my 4 year olds that to simply copy my moves. They are smart as cats & I know they can memorize a lot more than people give credit for, saying that this is the exercise.

I set up a fun maze with Little Dragon stand up bags (for the doorway to enter) & Blast Master Bags (the route), along the way I have put up stuffed animals - some big, some small - to be able to enter the doorway ( Lll dragon bags) they have to do three of their form moves - I tell them this unlocks the door, so they can enter - then when they come to different animals they do two to three more moves of their form. Making the animal noises if they get it right & when they get stuck helps them out.

Note: during the 1st three moves if the form has a punch - I tell them that's a knock on the door, front kick - kick down the door, you can just look at your moves and come up with something related to a door.

I've used this for awhile in class & every time the kids see the maze they get so excited. They don't want to quit at the end of class.

Have really enjoy the itips & been using them in class.  
Sincerely, M. Davis

---

**Title:** Attention Stance Drill

**Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** Have the class form even lines in an "at ease" position. When attention (chario) is called the class assumes the appropriate position (feet together, back straight, hands held gently to the sides, and eyes focused straight ahead). The students are only allowed to blink and breathe. If any



movement is detected, the student is to sit down. The instructor does everything in his power to get the students to move (i.e. jokes, funny faces, etc). The last child standing is the winner. This drill is very popular among the children and is an excellent test of their focus and concentration.

---

**Title:** Being Creative

**Name:** Eric Flener

**Org:** Martial Arts Fitness Center

**iTip:** Beth Eady was saying that she let the students practice what they wanted then showed the rest of the class. I have done the same thing before but found the most interesting (and eye opening) thing to do was to have the students come up with anything they wanted. Mostly with self-defense or one steps. I would just say "what would you do if someone threw a punch at you? And it can be really outrageous if you want." You might have to give them an example to get them started. The end result is that the students either have excellent self- defense skills or are great actors.

---

**Title:** Belt Jumping

**Name:** Kim

**Org:** WRD Youth Yuishinkai Kobujutsu

**iTip:** Tie two white belts together. Tie knots in both ends. One for a weight and one to hold onto. Instructor stands in the middle of a circle of kids who are on the perimeter. The belt is swung in a circle just off the ground by the instructor. The kids jump over the rope as it spins around. In the beginning they will frequently get tripped up and the instructor gets less dizzy.

: -)

Helpful hint: to start, it's easier if the kids stand out of range till the belt is going strong. Then they can jump it as it comes round.

Kim

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**Title:** Belt Pulling

**Name:** Dolf Trieschnigg

**Org:** Kyokushin Karate Groenlo

**iTip:** Usually children have a lot of energy and some problems with staying focused for a long while. This is a nice exercise to combine with teaching basic techniques. Divide the children into pairs. Keep in mind the 2 members have a similar weight.

The first student removes his belt and puts it around her/his waist. The other student grabs the two ends of the belt. This way the first student has to pull to second. At the teachers command the aim is to reach the other end of the dojo.

---

**Title:** Belt Timing Drill

**Name:** Andy Torok

**Org:** Karate Institute

**iTip:** Simple one. Instructor takes of belt and uses an assistant instructor, older kid or one of the parent's to spin the belt, as in jump rope. Kids have to run through without getting hit. Builds timing and distance judgement, as in sparring. Make sure you spin the belt counter clock- wise, i.e. toward the line of kids. You can vary the speed of the belt according to how good a kid is. Also, hold the belt loose so if a child gets tangled, you let go of the belt.

---

**Title:** Board Breaking

**Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** Cut 1"x12" pine boards into 3" to 6" lengths so that even your youngest students has a chance to break them. A palm strike should probably be used for first time breakers because it is so safe. Several practice tries should be made in the air before the actual break is attempted.

At the end of class the children should be made aware of what board breaking can teach us. The board represents a goal that can only be reached by total commitment. Any distractions or hesitations will lead to failure. The actual break represents achievement. Achievement is something that no one can give, it can only be earned through hard work and perseverance. Any goal that is worth having is worth working for. The pain involved represents the hard work that it takes to accomplish goals.

---

**Title:** Circle of Friends

**Name:** Pamela Sheidy

**Org:** kim studio karate inc

**iTip:** Have the children make a big circle then take to steps forward and sit down. Touching feet to your neighbors then stretch to the left and touch or tickle your neighbor's toes but don't bend your legs repeat with the left. Then move back try again. Continue to move back until cannot stretch any more. This really gives the kids incentive to stretch!

---

**Title:** Clothespin Spin

**Name:** Sifu Lane Cox

**Org:** Hand of Grace Karate

**iTip:** Beforehand,(a day or two before) paint about 12 clothespins red and 12 blue and let them dry.

Divide students into two teams; a red team and a blue team. Have the students got their head protectors and

mouth guards; no hand or foot gear will be needed. Choose a member from each team and set them up in the ring or mat as if they are getting ready to spar. Clip the red clothespins onto the red team member's uniform over corresponding target areas (sternum, kidneys, abdomen, floating ribs, etc). Do the same thing with the blue clothespins to the blue team member.

The object of the game is to remove as many of your opponent's clothespins as possible and toss them outside the ring while protecting your own clothespins. Set a time limit maybe a one or two minute round.

This game is really good for teaching blocking and evasion skills, as well as, timing and focus of attacks.

At the end of the round, count the number of clothespins left on each participant and add that number to the number of their opponent's clothespins on the floor.

Example: At the end of the match, the blue fighter had 6 clothespins still attached to his body and had managed to remove and toss out 9 of the red fighter's clothespins. The blue fighter's score is  $6 + 9 = 15$ . The red fighter only has 3 clothespins left on his body and managed to remove and toss out 6 of the blue fighter's clothespins. The red fighter's score is  $3 + 6 = 9$ .

This is a team competition so keep up with the scores from each match as each team member gets a turn. The winner is everyone! But highest scoring team gets bragging rights.

---

**Title:** Crossing the Bridge Safely (We Call it Masai) **Name:** Pete Peck

**Org:** Butch Marino's Shorin-Ryu Karate Institutes **iTip:** Line up all the kids on 1 side of your room, Have an assistant

start it off by standing in the middle of the room with a blocker bat. The kids have to get by the assistant to the other side (safe) without getting hit with blocker bat.

As kids are tagged they have to grab a blocker bat and assist in the center. After a short while you have a lot of blockers and only a few (safe) little warriors, we declare the last 2 or 3 the winners and start over again.

We don't allow the people with the blockers to leave their small strip of area (maybe 3 feet wide by the width of the room) It gets them all moving and tired out for their parents and they have a ball. We use the command "masai" to start each session of mad dashes across the room.

Its a blast!

---

**Title:** Dragon Ball Z Fighting!

**Name:** Maxwell Thompson

**Org:** Pa Kua Kung Fu

**iTip:** Now-a days, all the kids watch this cartoon called dragon ball z. to make a long story short, the characters in the cartoon are fighters. Enough said about that!

Here is what you do. Tell your student to pick out his/her favorite character out of GOKU, GOHAN, VEGITA, PICCOLO, and KRILLIN.

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**iTip:** Now-a days, all the kids watch this cartoon called dragon ball z. to make a long story short, the characters in the cartoon are fighters. Enough said about that!

Here is what you do. tell your student to pick out his/her favorite character out of GOKU, GOHAN, VEGITA, PICCOLO, and KRILLIN. (Trust me, they will know who is who!) After they pick, they will have to spar using that person's moves. Here is a list of their fighting styles: GOKU - a strong willed fighter, never giving up, never admitting defeat, and never turning down a fight. this fighter is able to keep fighting for long amounts of time and is seemingly never tired. has long, continues combinations of hands and feet.

GOHAN - the shy fighter. always fighting cautiously, and never letting his guard down.

VEGITA - same as goku, but instead of using hands and feet, use elbows and knees.

The other two guys are exactly opposite. piccolo fights like a bad guy and krillin fights like the scardy cat.

---

**Title:** Dragon Jaws

**Name:** Andy Torok

**Org:** Karate Institute

**iTip:** Use 2 blockers or other soft stick (kodachi?). Have students make a line. You sit on the floor banging the blockers together back and forth, up and down, etc. The blockers are two dragons in a pit. There is a spot in the middle as a safe zone, but only as long as the dragons don't "snap". The object of the kids is to hop through the pit without the dragons biting off their toes. The frill builds up timing and distance judgement. Kids trying to jump over the pit without landing in the safe zone get a blocker in the tummy or the butt.

---

**Title:** Freeze

**Name:** Dave Jarvis

**Org:** Parkway Tae Kwon Do

**iTip:** Children have a difficult time holding still. Sometimes I like to play a game of "freeze." I call basic moves for the students to execute and if they move in between, they have to sit down. As we get down to the final few, I declare the remaining ones winners (don't want anyone to sit still too long) and start another game. To make the game more challenging, I walk around, make extra noises (kick a chair, bang a door, etc.). Sometimes the ones sitting down will also make faces and it is always a fun time.

---

**Title:** Giving Responsibilities to Students

**Name:** Tony Peltola

**Org:** Svenska budoforbundet (Motobu Ryu Sweden)

**iTip:** Something most of you probably already practice: At some training sessions I give some of the "senior" kids, senior as in "more training years in the club", responsibility of, for example, the warm up and fitness part of the training session. This makes them grow as "sempais" and they tend to take their role as "older comrades" more seriously. At least for a while, they are still kids. :-)

---

**Title:** Isolating 1 Technique With a Partner

**Name:** Beth Eady

**Org:**

**iTip:** I help teach in a small dojo and the majority of our students are kids under 12. As I am sure most of you can guess, we have a rather energetic club with a short attention span. I tried this the other night and was quite shocked with how well it worked.



I divided the entire class (kids and a few adults) into pairs. I told them that they had a half hour to pick a technique (kata, basics, self defense, etc.) and practice it with their partner, and after 30 min, they would show the rest of the class. After they split up and got to work, I walked around and helped each group with their chosen technique. I found that the kids ended up choosing something that they liked, and therefore ended up actually practising on their own and having fun with it.

I'd be curious to know if anyone has tried something along these lines, I'd like to hear about some different ways that it could be done. Thanks!

---

**Title:** Masked Repetition

**Name:** Mike

**Org:** Liteweydt@hotmail.com

**iTip:** This is a drill that will benefit your students forms or (katas). I noticed that my very young students had difficulty changing directions during forms (katas). So I took movements from the forms and made drills out of them. For example, our basic forms have a sequence of three center punches then a back leg  $\frac{3}{4}$  turn to the right executing a low block. For the drill, I break the class into groups and I have helpers hold a focus pad. (you can also have the students take turns if you don't have helpers) The student starts in proper position and executes the three punches and then the turn, executing the low block into the pad.

Repetition of this sequence has helped my younger students significantly!! This drill can be used no matter what sequence your forms follow.

---

**Title:** Ninja Pass

**Name:** Cathlene Cook

**Org:**

**iTip:** Have the students line up single file with just enough distance in between them where they can't touch the person's shoulders in front of them.

Hand a Ball/Other Item to the first child and say "GO!" The children have to turn and pass the ball to the child behind them as quickly as possible without dropping the ball, as the last child gets the ball he/she has to pass it back up the line as quickly as they can!

You can have the children pass the ball over their heads, or in between their legs. The kids love to try and beat their "fast as lightening record"!

---

**Title:** Noodle Chambers

**Name:** Grant Gunther

**Org:** American Tae Kwon Do Academy

**iTip:** Take a wavemaster, power-line, or even an instructor holding a kicking shield. Then have one of your ass. instructors holding a noodle about 6-8 inches from the surface of the shield.

Children must practice their chambers and kick the target without touching the noodle. And if they do touch the noodle, they get to do push-ups so they can get stronger and punch harder!!! Kids love it and it's great for adults too.

---

**Title:** Obstacle Course

**Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** Make an obstacle course on your mat with body shields, staffs, focus gloves, and assistants. The course might begin with several sticks placed in a row that children have to run between without touching, followed by a staff held about knee high that is to be jumped over. Next, there might be a bag or focus glove that is to be kicked, followed by a staff held about waist high that is to be crawled under. Directly after that, there might be several body shields piled up that have to be leaped over. Near the end, position two or three children with tennis or nerf balls which are to be thrown (underhand) at each participant. A flying side kick into a hand held body shield works great as an ending. Timing each child is especially helpful in motivating them to a total effort. An obstacle course is very helpful in testing speed and suppleness.

---

**Title:** Self Defense Drill

**Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** Wearing a chest, protector the instructor grabs, punches, or pushes the student. The student defends with the appropriate technique, making contact with all body shots. This gives the children a fairly realistic idea of how an attacker might act and what level of ability they have reached.

---

**Title:** Sensai May I?

**Name:** Liliana Gravagno

**Org:** DeStolfo's Tae Kwon DO

**iTip:** This drill is done just like one of our past favorite games..."Mother May I" You will line up the students at one

end of the dojo.

The teacher stands facing them on the other end of the dojo. Call the student by name you wish to perform the technique. (Example) "Mary, do five front kicks".

The student will reply by asking, "Sensei, May I"? The teacher replies, "Yes you may."

The student then performs the technique as best as possible...if the instructor feels the student has done their best then that student gets to move up the amount of spaces the instructor agreed upon at the beginning of the game.

Usually 3 spaces is good start! The object is to move the students forward until one of them reaches the "Sensei"! The student with the best performance will win.

If the student shows weak stances or forgets the technique then the Instructor should respond "No you may not" after the student performs the given technique.

This will help the students strive to improve their techniques.

---

**Title:** Sensei Says, Sa Ba Nim Says, or Sifu Says **Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** This is the martial arts version of Simon Says. Instruct the class not to move or speak unless "sensei says" to do so. Take the children through various movements. Attempting to trick them along the way. They are to sit down if they move or speak inappropriately. Note: In this drill, as well as all others, make sure the children understand and play by the honor system. The honor system means that the

children don't wait for the instructor to count them out. They sit down on their own as they know they have made a mistake; knowing that it doesn't mean a thing to win a game dishonestly. It is much better to be the first one sitting down honestly, than it would be to the last one standing and have cheated along the way.

iTip: In this drill you get a red and black target. Have the instructor hold the black target on the left hand and the red one on the right. Have a student come up and hit the black target with his right hand and the red target with his left hand, and kick with either leg, when the target is faced down. You as an instructor would slap both targets together and put one hand out and the student would try to hit the target as fast as he/she possibly can, with either a kick( putting the target face down), or a palm strike or a punch with the opposite hand of the target shown. When the student or students are used to the rules, then you may move around, and switch it up to make it more confusing and more challenging.

---

**Title:** Slap Drill SIFU

**Name:** Sara

**Org:** OBEN P.A.L. karate school

**iTip:** In this drill you get a red and black target. Have the instructor hold the black target on the left hand and the red one on the right. Have a student come up and hit the black target with his right hand and the red target with his left hand, and kick with either leg, when the target is faced down. You as an instructor would slap both targets together and put one hand out and the student would try to hit the target as fast as he/she possibly can, with either a kick( putting the target face down), or a palm strike or a punch with the opposite hand of the target shown. When the

student or students are used to the rules, then you may move around, and switch it up to make it more confusing and more challenging.

---

**Title:** Slow Motion Races

**Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** Line the children up in a row, ready to race. Let the children know that this is a slow motion race. The objective is to come in last place.. Using Martial Arts techniques such as a lunge punch, front kick, side kick, etc., the children are to move down the floor. They can go as slow as they want but are not to stop. This drill gives children a chance to concentrate on the full movement as well as being an excellent test of balance and leg strength.

---

**Title:** The

**Name:** Beth

**Org:**

**iTip:** The ball game is a good way to get younger kids used to grappling on the floor.

Get all the kids to pair up with a partner. Kids usually pick a friend, so this will be someone that they are comfortable wrestling with.

Get each pair to form a line on the opposite sides on you mat, so that each child is directly across the mat from their partner. Number each pair. Take a good size rubber ball and either roll it into the middle, of set it there. Call a number, and that pair goes to get the ball, trying to bring it back to their side of the mat.

The children must stay on their knees and cannot hurt their opponent to get the ball (i.e. no biting, hair pulling, pinching, etc.). You can call combinations of numbers, or all boys, or all girls, or by age. get creative.

It can sometimes get a little rough, so they need a supervisor to say enough is enough and call a tie. have the other students cheer on the person from their side of the mat. The kids in our club really enjoy this game.

---

**Title:** Think On Your Feet

**Name:** Raewyn Haggland

**Org:** Ryu Kyu Kempo

**iTip:** There are two variations:

1. Children line up across the dojo.

Sempai or Sensei asks questions about martial arts. The question can be verbal answer or 'show me a technique'. Sensei/Sempai also picks the technique to be worked on and the number of times it will be done (e.g two v-steps with front kick). The child to politely put up their hand and answer correctly gets to move across the dojo. Of course even in a game, the execution of the technique should be the best the child can do - so the added risk of losing a turn or going back one step can be added - if it's not up to standard.

2. The same as above but a dice determines the number of times a technique is done.

It can be done in pairs or teams with the older children helping younger ones.

---

**Title:** Wal-Mart Shuffle

**Name:** Sean Burleson

**Org:** Lighthouse Martial Arts Club

**iTip:** Gather several Wal-mart bags. Throw the bag in to the air and have the student try to keep the bag in the air by using only martial arts techniques (such as kicks, punches, knees, elbows, head butts etc.) The one to keep his or her bag airborne the longest is the winner! They must concentrate on good technique, while at the same time honing their hand eye coordination.



## **Demo Ideas Title: Defense Form**

### **Master Name: Bob Matland**

**Org:** Black Belt Institute **iTip:** For those of you who use 2 person defense drills during demos, spice them up by making the defense drills into a form. You can use 4 person teams. All members start into s form choreographed to bring the 4 into 2 pairs to perform a defense drill. Upon completion of the defense drill, the team picks right up into another form choreographed to bring 2 different pairs together for the next defense drill. Do this so that all 4 members are with each of the other members and everyone defends at least once and attacks at least once. Keep the form portions short and highly energetic. This challenges the students and instructors to be very creative. This is recommended for advanced students.

---

**Title:** Demo Idea

**Name:** Mike Bogdanski

**Org:** Mike Bogdanski's Martial Arts **iTip:** Practice your demonstration sequences in class. This adds to an exciting class and reinforces the practice needed for a quality demonstration.

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**Title:** Demonstration Team Numbers **Name:** Unknown

**Org:**

**iTip:** If you have a demonstration team working on a performance, and all the people for one or more numbers is at a given class, then have them practice in front of everyone. It can be good practice, fun to watch, and can lend a bit of enthusiasm to the whole class.

---

**Title:** Precision Breaking **Name:** Master Jeff McDonald **Org:** DeVry Taekwondo Club **iTip:** Use a clay skeet shooting pigeon as a precision breaking target.

The way I work this is I get a student to put a holder in his/her mouth and attach the clay target to it. I then proceed to break the target with a spinning hook kick.

The effect is great as the target disintegrates with a loud crash. Audiences love it. For the safety of the audience, do not hit toward them, as pieces of the target can be quite sharp.

<http://www.angelfire.com/ma2/taekwondo2/images/precision2.jpg>

---

**Title:** Show Teamwork

**Name:** Eunhee Lee

**Org:** Tiger Kim's Tae Kwon Do **iTip:** If you have warm-ups during the demo, do it as a team. The team can start with some kicking or punching drills. They would start together, end together, and in the middle of it all they would kick, punch, and yell together. This demonstrates teamwork and shows that the team understands what it is they're doing and can work together.

---

**Title:** Weapons Katas

**Name:** Charles Wilson

**Org:** Champion Martial Arts **iTip:** For our Demo Team, We have 4 students of various rank do the same kata at the same time using different weapons.

Student 1 - Bo Staff Student 2- Kama Student 3 - Sai

Student 4 - Empty hand

We stagger the students so as they turn and move they will not run into each other. This takes some practice and time.

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---

**Title:** Wood Breaking (The Domino Effect) **Name:** unknown

**Org:** unknown

**iTip:** Have all your students lined up with their wooden boards.

Start with one person on one end and in sequence break the wood from the beginning of the line to the end of the line.

This looks really good and attracts a lot of attention!

# **Drills Using Training Aids Title: B.S.T (advancing and retreating) Name: Ron Sell**

**Org:** smartLIZARD

**iTip:** The bag holder moves slowly forward or backward, changing directions randomly. The striker adjusts to the movement of the bag and strikes accordingly.

---

**Title:** B.S.T (advancing)

**Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** The bag holder moves slowly away from the striker, who follows the bag back with fluid combinations of kick, punches, or both.

---

**Title:** B.S.T (advancing, retreating, angling) **Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** The bag holder moves slowly forward, backward or side to side while changing the angle and direction of the body shield. This allows the striker a wider variety of strikes.

---

**Title:** B.S.T (one strike defense)

**Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** The bag holder and striker line up sparring range apart. The bag holder quickly advances. The striker attempts to stop the forward momentum with a hard defensive technique (i.e. side kick, back punch, step away spin kick, etc).

---

**Title:** B.S.T (quick reaction drill)

**Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** The bag holder holds the bag firmly against his chest with one hand and places the other hand over the front of the bag. Quickly the bag holder takes his hand from the front of the bag and places it in a position of support behind the bag. This is the striker's queue to hit the bag. After contact has been made the bag holder places his hand over the front of the bag again and then repeats the process.

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**Title:** B.S.T (retreating)

**Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** The bag holder moves slowly towards from the striker, who strikes then retreats, strikes then retreats, etc.

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**Title:** Bag and Staff Timing Drill

**Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** This is a three person drill. One person holds a body shield. The second stands off to the side with a staff. The third stands in front ready to strike the bag. The stick holder waves the stick about 6 inches in front of the bag in a quick, consistent pattern. The striker just punches and in the second round he just kicks. The third round should be a combination of kicks and punches.

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**Title:** Basic Body Shield Training (B.S.T) **Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** One partner holds a body shield firmly against his body. The other partner practices one strike in repetitions of ten per side. A variety of techniques should be used (i.e. back punch, front kick, side kick etc).

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**Title:** Basic Focus Glove Training

**Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** One partner holds up a focus glove, the second partner practices one strike in repetitions of ten per side. A variety of techniques can be used.

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**Title:** Basic Focus Glove Training

**Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** One partner holds up a focus glove, the second partner practices one strike in repetitions of ten per side. A variety of techniques can be used.

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**Title:** Focus Glove and Body Shield Combinations **Name:**  
Ron Sell

**Org:** smartLIZARD

**iTip:** One person holds a body shield with one hand and focus glove in the other. After a two- strike combination has been decided on, the bag holder holds the bag in an appropriate fashion while the striker attacks accordingly.

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**Title:** Focus Glove Reaction Training

**Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** One partner holds a focus glove against his body and out of range of the striker. After a particular strike is selected, the glove holder quickly and randomly extends the glove to the appropriate position for the strike. The striker quickly fires off the appropriate strike whenever the pad moves into position. After a series of repetitions the strikes should be changed.

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**Title:** Focus Glove Reaction Training With Movement **Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** One partner holds a focus glove against his body and out of reach of the other person. The holder then randomly extends the glove out at various positions, moving forward and back, and side to side. The striker adjusts and strikes whenever the glove appears, with whatever strike is appropriate.

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**Title:** Focus Mitt Drill

**Name:** Andrew Scolah

**Org:** THE EDGE SELF DEFENCE SYSTEMS

**iTip:** Have your partner wear both focus mitts. Start off holding them at head height, he then begins to move round you never stopping and without warning change direction. You have to hit the pads with jabs and crosses while on the move. Once you are used to this you can have your partner come towards you or back away, also alternate the height of pads.

---

**Title:** Inner Tube Kicking

**Name:** Mark Holanchock

**Org:** North Florida Martial Arts, Inc.

**iTip:** Three people need to be involved with this drill. One person will take the tubing (we use old tire inner tubes because they are longer and thicker) and ties or loops it around their ankle (this is the kicker).

The other two people are holding the slap pad and the other end of the inner tube.

Each level student is required to do a certain number of kicks with resistance from the tube. Usually 50 kicks yellow-orange belts, and 75 kicks green through blue, and 100 for anyone over blue belt level.

After the kicks are performed the individual can switch out and wait to do their other leg or continue and complete all kicks at once.

This is a great cardio, endurance, and muscle builder drill.

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**Title:** Magazine Drops **Name:** Ron Sell **Org:** smartLIZARD

**iTip:** One person holds up a taped up magazine or piece of card board. The other person waits in a guarding stance for the magazine to drop, then fires out a front or back punch before it hits the ground. (Note: The drill works much smoother if three or four magazines are used; this way not as much time is spent picking them up).

---

**Title:** Multiple Bag Drill

**Name:** Ron Sell

**Org:** smartLIZARD



**iTip:** Three to six people surround one person. Each of the people in the circle hold a body shield or focus glove at various angles toward the person in the center. The center person strikes randomly at any target. After any bag has been struck, the angel of that bag should then be changed.

---

**Title:** Sabunim Poker

**Name:** Randy Clements

**Org:** Clements ATA Black Belt Academy

**iTip:** One of my students came up with the idea for preparation for his Black Belt Test.

Prepare flash cards with names of forms and one-steps and weapons forms. Have the necessary weapons handy. "Deal" the cards and whatever the card, that is the form to do. They have about 5 seconds to mentally prepare and then start the form. It is a great way to go over the forms and practice and if you work it right, you make a fun night of "poker" for the students.

# Focus Drills

**Title:**

**Name:** Kevin Schaller

**Org:** Christian Martial Arts

**iTip:** This is a fun variation on the child's game Simon Says. Shogun says right punch. Shogun say "wrist grab A\*" Shogun says right snap kick", etc. every once in a while you don't say "Shogun says" anyone who moves on this drill gets a round of push-ups, then back in the game.

White belts: 5 push-ups Gold: 10 push-ups Orange: 15

Purple: 20

Blue & above: 25

Sometimes, when I'm feeling "mean" I'll say "OK game's over" everyone who moves gets a round of push-ups. Most orange belts and above don't fall for that any more.

What's interesting is that after doing this a few times in my junior classes, the adults all wanted to try it. It's really great fun, builds focus, listening skills, and allows review of simple stuff without boredom.

I teach Kenpo, so we have a huge number of prearranged self-defense techniques, like "Wrist Grab A" noted above. What I really like about this game, is that students must freeze in position after a given technique, like a reverse punch. If I call out a SD technique right after it, it requires them to move from a position they normally would not. It really does stretch their minds. Those schools that use "one steps" and the like, could toss those in too.

Hope you can use this!

---

**Title:****Name:** David Schwartz**Org:**

**iTip:** Kindergartners learning martial arts need some very basic instruction. Many times the focus is just to get parts of his body to work together, or in sequence, as a preliminary study to teaching actual techniques. When teaching a pattern or kata to this age group, concentrate efforts on large movements, moving in the proper direction. Make up a melody, or use a familiar one like the ABC song (Twinkle Twinkle Little Star) and assign pitches and syllables (A, B, etc.) to the movements. In this way you are helping him learn using more of his senses.

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**Title:****Name:** Grand master Ramiro J. Long**Org:** White Wolf Martial Arts Academy

**iTip:** Students assume the "up pushup position" the instructor then says "one", the students then do one push up.

the instructor then says "touch the wall", students then rise up, quickly go to the furthest wall, touches it, then returns to their spot and assumes the "up position" again. This time the instructor counts "two" the students then do two push ups, touch the wall, and returns to do three push ups, then four, then five etc. the total at ten is an incredible 55.

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**Title:** "When You Can Take the Penny From My Hand"**Name:** Rick Harrison**Org:**

**iTip:** What we do sometimes for speed work, is give each Student a penny across from their partner. Hold penny in

palm of hand. The other student puts their hand under the student's hand holding the penny. The object is to remove the penny from the other students hand before he can close it. This builds speed and Co-ordination.

---

**Title:** Blind Drills

**Name:** Sensei Mary-Ohio

**Org:** The Elusive Dragon Academy Of Martial Arts

**iTip:** We do our normal warm-ups, then sometimes we do our punches, kicks, blocks, and kata, with our eyes closed. As the teacher I observe how they do their techniques in this manner.. I have found that this drill helps them focus better and be more aware of the drills they do. They seem to try harder because of the handicap, also they think it is fun to do. I also tell them that if they were attacked, someone could throw something in their eyes, or hit them and make their eyes tear up thus making it hard to see their attacker and that this will help them if that ever happens to them. They will have an idea of how to hit, kick, block, even though they may not be able to see and realize that even though you may not see well you can not just stand there and do nothing ...it could mean your life..

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**Title:** Blocking the Heavy Bag

**Name:** J. R. Gordon

**Org:** Warrior Alliance

**iTip:** Have one student holding the heavy bag while the other is practicing their punches, kicks or combinations. After the strike(s) have been thrown the student holding the bag will throw an attack from behind the bag that should be blocked or avoided (no fair just backing up though). This will

help students learn to return to a "ready" position after having thrown a technique.

---

**Title:** Circle of Targets

**Name:** Thomas Gordon

**Org:** Pilsung Taekwon-Do

**iTip:** I have my students form a circle and I give each student in the circle one focus target. One student goes into the middle of the circle and performs a predetermined kick around the circle until completing one full turn, then performs the same kick in the opposite direction. This drill could be varied by adding additional kicks or varying the types of kicks.

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**Title:** Class in a Ball Drill

**Name:** Eric Dick

**Org:**

**iTip:** You line the entire class up as normal and then go line by line and have the students get as close as they can get to each other until you end up with your entire class in a very compact square like object.

(Now here's the fun part) Then you pull out a rope about 1 inch to 1/2 inch in diameter and proceed to wrap it around the outer edges of the ball until you effectively tie your class together.

>From there you give them simple directions such as:

- \* Follow me
- \* Walk until you reach that wall
- \* Wonder around

The first couple of times they start to move the people on the outer edges end up trying to pull the group and this

leads to everyone falling down. Now they quickly learn that no one is going to tell them how they should accomplish this task so they start working together, moving slowly with a purpose, and immediately helping each other up when someone falls, this forces the leaders to come out and the followers to become leaders.

(Note: you have to be careful to regulate discrimination the students sometimes attempt to rearrange themselves to function better like putting the little ones in the middle or the slackers up front.) Benefits: The students get to know each other better. Student to student trust and cooperation increases.

Ideas of who's better than who are eliminated since the stragglers are forced to work with the group.

Concentration and focus improve.

One thing that helps is to continually direct the group in random directions so everyone ends up on the leading edge of the circle.

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**Title:** Correct Breathing

**Name:** Kancho Alfred Bates Kyudan Hanshi

**Org:** Tokushima Budo Council International

**iTip:** Uki sits on Floor/tatami with knees in the high position. Tori places his/her hands on uki's knees and moves their body into the press-up position, ensuring the back and legs are straight. Take a deep breath, and as the body is lowered, breath out slowly at the same time as tori lowers their body, and with their head lowered between uki's knees, count to five, and straighten to the beginning of press-up position simultaneously breathing in, hold the press-up position to the count of five, and repeat the focus at least ten times.

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**Title:** Do a Hand Shield Move Drill

**Name:** Unknown

**Org:**

**iTip:** Foundation Form or other forms on a small focus mitt both drills the student holding the shield and the one doing the moves. In fact, the student holding the shield has to be more familiar with the form to know where to put the shield. This is a good partner drill. This can be done with any forms, lines, or even techniques. This can also be used with one or two hand shields with the partner just hitting with any strike he desires.

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**Title:** Fast Rope

**Name:** William J Risner

**Org:** Risners Taekwondo USA INC

**iTip:** Prepare with a large rope, have student's line up.

Have two instructor's swing the rope, student's must run through the rope without getting hit, after a few times have them jump ones, twice or what ever you desire and get out without getting hit. You can go slow for younger students and faster for older and more advanced students love it. Hope you do to.

William J Risner

***4th degree black belt***

**Certified instructor**

American Taekwondo Association

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**Title:** Focus and Reaction Drills

**Name:** Paul Regan

**Org:** Cho-ja martial arts ([www.cho-ja.org.uk](http://www.cho-ja.org.uk))

**iTip:** Have your partner stand in front of you with a focus mitt in each hand. He dictates the pace, speed, technique. Both mitts come back to the midline after each technique/combo. Each hand and foot technique/combo should be for approx. one minute. Break the drill into two sections so as not to over face the one holding and the one reacting.

Section one: Your partner starts by holding the left mitt for you to do a left jab (1), he brings it back to the midline with the other mitt, then hold right mitt for a right cross (2), back to midline, both mitts now in front for jab cross (3) etc.

Your partner now indicates you to do a skip low left (or medium) kick to the right mitt which is placed on his right thigh (4) (or higher) then repeated for right leg to the left mitt on the left thigh (5). Now any from (1-5) at random with progressive speed for 3 minutes. The partner continues to dictate the pace and momentum.

Section two: your partner throws a right punch (6), you left block/strike of choice with control (i.e. mawashiuke), repeat with a left thrown by the partner responding with right block etc (7), partner throws a right low round kick (8) (or medium), you defend with left shin, and right or left counter kick to his nearest leg, he throws left (9) etc. Repeat for 3 minutes. Now section 1 and 2 together for 3 minutes. You will enjoy it!

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**Title:** Focus Drill

**Name:** Ron Glaves

**Org:**



**iTip:** From the great white north we use a drill to teach the students how to block with confidence. First-one student puts on a large boxing glove on one hand. Preferably a 16 ounce. A circle is formed of 5 or 6 students with the gloved student in the middle, giving a distance of 6 feet from edge to center. The game starts with the student in the middle has free choice to swing the gloved hand at anyone at the edge of the circle. Since the students on the edge doesn't know which direction the person in the middle will choose, all must be on their guard. A few rules apply, first the puncher is not allowed to stay in one spot, they must be in constant motion. Second, they should throw a rear handed technique, a hay maker or cross punch.

The students after doing a block, should throw a counter with a open hand to the body. The person in the middle should be changed about every 4 minutes. I have found that this game builds confidence in one's ability and it also gives the student in the middle a good cardiovascular workout. Hope you enjoy this game as much as we do.

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**Title:** Focus Drill

**Name:** Larry Lauer

**Org:**

**iTip:** One of the more popular drills that I use for practicing rapid strikes in kenpo utilizes focus mitts. I have the students stand in a right neutral bow or forward stance then concentrate on striking the pads in any sequence for a total of seven times. This sequence can include back knuckles, front knuckles, jabs and power punches. Try to keep the students from tightening up their arms prior to the strike. Also make sure the student holding the pads keeps them in a tight formation. I find that to many students, whether beginners or advanced have a tendency to make tight fists,

which only contributes to slower hand speed. Tighten on impact only and you will see an increase in speed and power. This will also get them away from the one punch mentality and help their flow. Hope this works for you and your students.

P.S. It's a great workout for the shoulders and upper arms!

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**Title:** Hand Pad Conga Line

**Name:** Kyo Sa Bill Church

**Org:** Crusader Martial Arts - Tang Soo Do Chung Do Kwan

**iTip:** Students line up in one long column with a square hand pad on each hand.

The first one in line faces the opposite way to the rest so that he is facing the second student.

The first student does a cross body flat hand pad strike to the second student who must match him.

The second student then turns around fully and quickly delivering the same strike to the third student who matches him then turns and does the same to the fourth and so on.

After the second student has delivered his strike to the third he quickly turns back around and everything starts over.

By the time the last student gets his strike the whole line is whapping away. Have students count the strikes as they hit out loud so they will keep breathing.

After 2 minutes increase the number of strikes to 2 then 3 then 4 then 6 then 10 then 20. Great focus, team work, and upper body workout.

---

**Title:** Improving Reaction Time

**Name:** Master William M. Whitmire Ph.D.

**Org:** Master Whitmire's USA Karate-Do

**iTip:** Two students assist the Sensei as they face a single student, the two assisting students are at the NW & NE positions and the drill student is in the center, like a "V". Sensei stands behind the center student where the two assisting students can see him but not the drill student. A technique or combination is pre-arranged with all students, sensei points to the assisting student who will attack first, the second assisting student is instructed to attack after first contact. The drill student does not know who will attack first but knows that a second attack will be shortly forthcoming and must be prepared accordingly. Sensei shouts "go" and the first assisting student attacks, the drill student spontaneously reacts to the first attack, then the second assisting student attacks and the drill student reacts with a quick second reaction. The drill student is forced to look for the first sign of attack but not get so caught up in the engagement that the second attack is forgotten. This drill helps develop reaction and peripheral vision and awareness. Sensei can mix up the student positions, techniques and attack sequences. With advanced students you can have the whole drill sequences spontaneous and include more than 2 assisting students.

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**Title:** KEEP YOUR GUARD UP!

**Name:** Kevin Elkins

**Org:**

**iTip:** How often have you said to your students to keep your guard up. I often feel that one of the most important tools to sparring is keeping your guard up. So for a good teaching method I have started using a short string tied into a small circle, just large enough for my students to slip their hands through.

(Conformably) I like to use the string method in kicking drills etc. Now when I see a student improving He/She can return the string.

NOTE: I tell that student keep the string with them and bring it back to class. This will also be teaching some responsibility.

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**Title:** Kicking Dixie

**Name:** Rick Harrison

**Org:**

**iTip:** We take paper (Dixie cups) cups and place on palm of hand. Practice kicking it off your classmat's hand at different positions. You can have fun with this as you can place cup in your mouth, on top of head, etc., also hanging from ceiling makes for some good kicking practice.

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**Title:** Let me see you try this...

**Name:** Maxwell Thompson

**Org:** Pa Kua Kung Fu

**iTip:** Is just breaking boards or hitting targets getting too old for you and your students? Here's a couple of breaking exersizes that will keep your kids interested: The water board - get one of those little kitty pools and fill it up with water. Set up a board ion top of the water so that it floats. Try and break it, using whatever technique you want but there is only one true way to do it: use the "slapping palm". The name alone tells you how to do it.

The water melon trick - set up a table that has two wide leg on each side so that underneath the table is totally hollow. Set up a water melon on top of the table. Using inner strength, slap the water melon. If you did it correctly, your

chi should have juiced the section of the water melon where your palm slapped it. For an even greater challenge, let someone else choose a spot on the water melon to be juiced!

One sided board break - this is an easy one. Just have a student hold up one board so that it is parallel to the floor. Set up another board standing vertical on top of that. Using 2 techniques, break the top (which is standing on one side with no holders) board and then the bottom one. Easy, right? Just try it.

Exploding TOFU - this one is by far the hardest of all. First, buy a cake of tofu, nothing real big, just the size of baseball. Next, put the tofu in the bottom of a water filled barrel that is about as tall as your waist. here's the trick: using "slapping palm," slap the top of the water in the barrel and using a technique called "shocking chi" to make the tofu explode (the two types of chi, shocking and heavy, are WAY different. Shocking chi is like a wave that is very short and sharp. Heavy chi is like a wave that is long and. well, fat).

That's it for now, look at my website for more tips: [www.pakua.com](http://www.pakua.com).

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**Title:** Listening/ Focus Drill

Name: Clint Stevens

**Org:**

**iTip:** I have a lot of fun with this one and hope you do too.

While doing you basic kicking and punching drills have your students only kick, punch, chop etc on your count. The count can be anything you can think of. For example, kick only when you call out a type of animal, a number (use different languages that gets 'em every time), type of car,

or whatever. Every time someone kicks when they are not suppose to have them do 5 push-ups.

Good luck, and thanks to all those who have submitted. There's some great ideas out there.

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**Title:** Reaction Drill

**Name:** Hayley Parker

**Org:**

**iTip:** Just a quick tip to relax and lighten a class, which is also very good for awareness and reaction. Students partner each other. One stands with eyes closed and hands by their sides. The other circles quietly and periodically taps the stationary student on a shoulder. The stationary student should react by immediately, using the flat of their hand, swiping out to try to touch the moving student (eyes remain closed). An additional variation is the moving student to hold a kick pad and circle around. The stationary student, on command by the instructor, must open their eyes and use either a set technique or for more advanced students a technique of choice, to strike the pad. Again promoting fast reactions and thinking.

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**Title:** Reaction Drill

**Name:** Floyd Wills

**Org:**

**iTip:** This is a great reaction drill I learned long many years ago by an old Indonesian Silat player. One person starts by putting a coin on top of their foot. Their training partner will launch an attack as soon as the student with the coin kicks it up in the air. The idea behind this drill is to parry or evade the attack and to catch the coin before it hits the ground!

This drill helps with reaction time and teaches you to not focus too much on one thing.

---

**Title:** Reaction/Concentration Drill

**Name:** Don Edwards

**Org:** Integrated Martial Arts & Fitness

**iTip:** The purpose of the drill is to sharpen the students reaction and concentration skills.

We line the students against a wall with the instructor facing them. The instructor using a soft medium size ball will throw the ball randomly at the students.

In the first phase the ball is thrown high and the student has to strike the ball using a specified technique..e.g.. Left punch.

In the second phase of the drill the ball is thrown low and the student must hit it with a kicking technique.

In the third phase, the student doesn't know if the ball is going to be thrown high or low so now has to decide which proper technique to use.. (High throw is a punch and a low throw is a kick).

Since the students don't know when the ball is going to be thrown at them, they must maintain focus and concentration throughout the entire drill, and ultimately decide which is the proper technique to use.

---

**Title:** Senses Drill

**Name:** Eric Dick

**Org:**

**iTip:** To work on your students sense of hearing and awareness this is a good drill. Have one student in the middle

of a circle in which other students are part of. The student in the middle of the circle should be wearing a blindfold. On the instructors kiyup have the students that make up the circle start moving counterclockwise. Point to a student and have them attack (with one technique only) the student in the center. Keep going like that, make sure the students attack slowly at first with minimal contact. On your second kiyup the circle should switch directions. After a period of a few minutes switch the middle student.

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**Title:** Terminology Push-Ups

**Name:** Eric Flener

**Org:**

**iTip:** At each belt rank the student has to learn new words in Korean (block, kick, strike...). One way to do this is when they do push-ups. While counting off push-ups stop so they are at the top of the push-up and go up to one student and ask them a terminology word (what is kick?...) if they don't get it right then everyone repeats the same number push-up. (1, 2, 3 what is kick? WRONG, 3, 4,...) 10 push-ups might turn into 20 or 30 depending on how well they know their words.

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**Title:** Thank you, That was the best class I ever had!

**Name:** Rob Papile

**Org:** Total Self Defense System

**iTip:** This tip is for your children's class. At the end of every class we have all of the students line up and shake the instructors hand and say "Thank you sir, that was the best class I ever had. They must look in the instructor's eyes. This teaches the kids confidence and how to be polite and



also helps with their eye contact. Visit [www.totalselfdefensesystem.com](http://www.totalselfdefensesystem.com).

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**Title:** THE MIRROR IMAGE

**Name:** Dan Dovidio

**Org:**

**iTip:** HAVE THE STUDENTS PAIR UP FACE TO FACE HAVE ONE STUDENT DO A MOVE AND THE OTHER STUDENT HAS TO DO THE SAME MOVE SIMULTANEOUSLY IT'S A GREAT REACTION DRILL AS LONG AS YOU CAN GET THEM TO FOCUS ON THE DRILL WITH OUT LAUGHING.

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**Title:** Use Assigned Teachers

**Name:** Unknown

**Org:**

**iTip:** This gives a student personal attention from the assigned instructor, and it also makes sure the assigned instructor knows his stuff. If you have any doubt, then put the assigned instructor through his paces quickly before sending him out to teach, asking him enough questions to determine if they really know what they're doing. Make sure you check the instructor before and/or the student afterwards to make sure the instruction is correct. These both take up the student's time and the assigned instructor's time. They both feel involved.

---

**Title:** Use Class Line Drills

**Name:** Unknown

**Org:**

**iTip:** This is when you have several lines of students and they do lines across the room and back. This is a good

exercise for taking up time and giving everyone a good workout. Standing in line and waiting their turn is a good rest time, and they get to repeat their lines and watch others in between. You can even have the white belts repeat lines so long as someone in the group, and it could even be you, has lines to do. A black belt leading this drill could legitimately take the class through ten times as he or she did lines 1 through 10. Because someone is doing something different every time, it doesn't feel as much like repetition as just doing line 1 ten times. Often, students like watching higher level stuff, especially if it's done well.

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**Title:** Use Class or Group Marching Drills

**Name:** Unknown

**Org:**

**iTip:** With this drill, you have your class or a group of students march back and forth in class, drilling stances, kicks, punches, or any sort of strikes you like. It might be used to test their attention and knowledge of what the moves are called, as they must execute any move you call out. Or it could be used to practice a certain kick that they are having trouble with. Sometimes, its good for an endurance workout or an exercise to do while you think of something else. Marching drills are the mainstay of many systems, especially the hard styles, but we use them only infrequently in Guardian Kempo.

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**Title:** Use Group Drills

**Name:** Unknown

**Org:**

**iTip:** A group working together, put together because they all are working on the same thing. This may most often be Foundation Form, and you have them do it together. You put someone in charge, or take charge yourself. Make some corrections as you go, to tell them things that they might not know or remember. This makes it seem more like a teaching session than a "go over what you already know" session.

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**Title:** Use Group Evaluating Drills

**Name:** Unknown

**Org:**

**iTip:** You assemble a small group, and have one person do something at a time while the others watch and evaluate. The job of the watchers is to look for things that the student did well and things that need fixing. Then they tell the student. The student can either fix it right away, or just note it for future reference, depending on how quickly his turn will be up again and how good he is. Lower ranking students should repeat it right away. Then the next goes and then the next. Between the two performances and the discussion in between, two Foundation Forms from one student takes up the time of four. If they take turns, then they will easily use up almost all of class time on a four person group with a mere 7 repetitions of two forms each. The students get practice by doing, and greater knowledge and sharper eyes by watching. Make sure they understand that part of their exercise is to watch, and that they are practicing watching and evaluating others. This is a critical skill in combat, since your ability to instantly evaluate an opponent will determine your ability to beat him.

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**Title:** Use Individual Assignments

**Name:** Unknown

**Org:**

**iTip:** This is simple. Just tell a student what you want them to do, and send them out to do it. Only assign things you know they know. It might mean making sure you or an assigned instructor checks them at the beginning to make sure it's correct. This is the most boring of the alternatives, and the hardest to stay motivated on. With no one watching, and no one to train with, the level of intensity is determined by the student, and this is usually minimal. Try not to make this the mainstay of training.

With all the other options, this should account for only about half of training time, maximum.

---

**Title:** Use Individual Performances

**Name:** Unknown

**Org:**

**iTip:** The class or group sits to the side while one person, sometimes two (especially on techniques and two-man sets) does something as you or another instructor watches. Only one person at a time does anything, and the others often feel like they're wasting time if it takes too long. This should never take more than half of the work-out time under any circumstances. If you plan to use a lot of time, or if it's taking longer than expected, then excuse some to individual assignments or assign teachers and individual performance the rest. If you know you will need time, excuse the latter half and call them back in later. If it's dragging on longer than expected, excuse those who have already gone or stop the individual performance and finish them some other day. Also, do not use individual performances to make a lot of corrections on a student. This is both embarrassing to the

student who is being corrected on a great number of things in front of everyone, but it is almost always a waste of time for the many students who are patiently (hopefully) waiting their turn. Unless the mistakes being corrected are common, many student specific corrections will only help others a little.

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**Title:** Whole Class Drills

**Name:** Unknown

**Org:**

**iTip:** This is when you have the whole class do something together. Naturally the whole class must know it. If someone doesn't, then excuse him or her, but also excuse an instructor to train the student or if there are more than one, you can give them a group assignment. When you do class drills, you must be commanding. You have a roomful of people that are obeying your commands, so you have to control the room and sound like you're in charge, but not angry.

By making occasional entertaining comments, you can also use this to create focus on certain issues, without just shouting them out. Give them details at times like this, and physically manipulate students.

If someone is doing something well, let them demonstrate, but make absolutely certain you pre-frame the class so they know what you want them to see. If you're doing a kiai drill, but you want them to see the stance, make sure you tell them to look at the stance, otherwise they'll listen for the kiai. The class can do lines, techniques back and forth, forms (when you have the space) or skills.

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**Title:** Will, Mind, Emotions and Body

**Name:** Unknown

**Org:**

**iTip:** This is not so much a drill as a lecture during a drill. It makes a difference, though. Students practice forms, lines, sets... whatever. At my school, it's forms, since our forms are so long. While they practice, I give a lecture, and then I watch as the performance level changes while I talk, then I quiz them after we're done to see if they got the point. The general content of the lecture is as follows: Your Will is the part of you that makes decisions. Decide what you are doing. Decide if you are going to do your form. Decide that you will do each move correctly. Decide you will perform at Black Belt mastery. Your Will controls your Mind. Your Mind knows what all the moves are. Your Mind knows how to do it. Your Will tells your Mind what to think, what to remember. Remember everything you ever learned about how to do the moves perfectly. Your Mind controls your Emotions. Ê Your Mind Ê knows what state of mind you need to perform your best. Ê Your Mind tells your emotions what to feel. Your Emotions put intent behind what you are doing. Your Emotions are where you either mean what you are doing, or you don't mean what you are doing. Do each move like you mean it. Your Emotions control your Body. Your Body is what moves, what hits with power, speed and focus, but only if you mean it. Only if your Mind knows what to do. Only if you decide.

Your will controls your Mind, which controls your Emotions which controls your Body. If you watch your body, what do you learn about your Will, your Mind, and your Emotions? Ê It all shows up in your performance... That's the gist of what I talk about. I adjust details and embellish based upon what I see them doing while I'm talking. Anywhere from 80% to 100% of a class will start performing better during this lecture. Often, students are quiet and thoughtful as they

ponder how many other areas of life these principles apply to, which we discuss after the exercise, and we also talk about the problems from giving control to lower areas like exercising the "will" by being stubborn, which is really just giving your emotions control since the reason you get stubborn is because you "feel like" doing whatever you want and don't "feel like" doing what you're told. The Will makes decisions based upon what's best...

The full content, of course, is more detailed than is practical here...

# **Forms/Kata Drills Title: Back to Back Patterns.**

**Name:** Alrey Handrich

**Org:** ATA Tae Kwon Do/Spartan Academy of Pankration **iTip:**

Get two of your students to stand back to back, have them do their patterns. When their finished they should end up back to back. This drill adds a little fun to doing patterns, my student seem to enjoy it...

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**Title:** Backup Forms

**Name:** Mike

**Org:**

**iTip:** Students perform their katas their own count. Instructor says a key word (we use pickles) and the student has to back up 2 or 3 moves in reverse then continue. You can modify this: instead of going backwards when the word is given have them do the move they just finished 5 or 10 times then continue or: tell them you have a VCR remote control and when you say pause they have to pause, Fast forward and Rewind and slow motion!

---

**Title:** Backward Form

**Name:** Paula Breckenridge

**Org:** National TaeKwonDo Federation of America **iTip:** Have students perform kata normal then do the form backward from the last move to the first move. Develops concentration.

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**Title:** Blindfolded

**Name:** Ron Sell



**Org:** 4kicks.com

**iTip:** This teaches you to gain your bearings without the use of sight, forcing you to use your other senses more thoroughly.

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**Title:** Bunkai (application)

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Going through each movement with a live attacker. This keeps us from forgetting the original meaning of every move.

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**Title:** Competition

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Nothing puts more pressure on you than competition, either in class or in a tournament. If you can successfully complete your form, keeping your composure the whole way, you know the form.

---

**Title:** Condensed Forms

**Name:** Chris Wright

**Org:** KI Taekwon-Do

**iTip:** This works well with all students, but may be more beneficial to advanced students, start forms as normal then place chairs in the corner of their training area (individual basis) they still perform the same pattern or Kata but now they have to adapt their technique, after each performance reduce the size of the area - this develops a taste for close quarter training and how to adapt techniques to suit.

---

**Title:** Continuous Form

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Do the same form over and over without pause. This is an excellent method of developing stamina as well as ingraining this form into your memory banks.

---

**Title:** Different Directions

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** To really know a form, you should be able to face any direction when beginning and still finish correctly.

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**Title:** Directional Forms and Blind Forms **Name:** Josh Blair

**Org:** Independent Tae Kwon Do Ass. and International Com

**iTip:** I have not only found this drill to work for me, it can also be fun for your students as well. There are many variations to this technique. First start off and have the first line face the second and the third face the fourth, and so on. Or have the first line face one way and the second a different, and the third a different, and so on. Once you feel that your students have this idea down have every student face a random direction to do there form. It is also fun and helpful to have everyone face the same direction and close there eyes, but use cation so that no one runs into someone or something.

---

**Title:** Do Detail Drills

**Name:** Unknown

**Org:**

**iTip:** This is a version of the hold exercise where you give your students details about the moves they are doing. You might leave them in position for several seconds, even longer, depending upon how much detail you want to give them. You may have them back up and repeat. Detail drills can be very time consuming. A full Foundation Form detail set could take 12 hours or more if everything was covered.

---

**Title:** Do Unusual Things

**Name:** Unknown

**Org:**

**iTip:** Foundation Form on the opposite side is an interesting exercise that pushes the mind. Other unusual variations or exercises based upon Guardian Kempo skills can be used for infrequent classes. Take Advantage of Resources. If you have mirrors, use them. If you have easy access to a video camera, you might want to video tape you and the students so everyone can see themselves. If you have a heavy bag, find a class use for it. If you have music, and a class is appropriate for it's use (like sparring), then use music. Remember, though, that Guardian Kempo is a Christian martial art, so the music should reflect our moral and ethical outlook.

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**Title:** Footwork Only

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** This allows you to concentrate your energy on just stances and stance transitions.

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**Title:** Game Over

**Name:** Roy Richards

**Org:** a t s k

**iTip:** The class sits in a circle and take it in turn to perform a kata slowly to count.

And just like a computer game if they make a mistake they get GAME OVER the one who gets the most of the kata completed is the winner.

I get stricter as they get better at there kata.

I also give them harder kata to perform next time the kids love it and it improves their kata.

---

**Title:** Interactive Forms

**Name:** Mark Pawley

**Org:** Amphitheater Taekwondo

**iTip:** Place students in groups of threes or fours by belt level. Have one student do their form while the others perform attacks and strikes as the imaginary opponents would have done. This forces students to show an understanding of the purpose of all the moves in their form. As students become good at this drill the pace will quicken and it becomes a wonderful demonstration. The number of students involved depends on the number of opponents one would encounter due to the complexity of the form.

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**Title:** Iso Kinetically

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Slow motion with resistance throughout the movements. This develops power through the full range of motion.

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**Title:** Just Handwork

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Stand in a horse and perform just the hand technique. A great test of memory and coordination.

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**Title:** Kata Concentration

**Name:** Bryan Winkelman

**Org:** Martial Arts of America - Isshin Ryu **iTip:** This drill will allow a person to see how focused they are when they are performing their katas.

While a person is performing their kata start talking to them or throw a ball at them. This will either not bother them or cause them to lose place and stop. This can also be done if you get in the person's way while they are doing their kata, watch out for the elbow strikes. The class really liked this drill. Good luck.

---

**Title:** Kata Mahem

**Name:** Steve Lang

**Org:** Steve Lang

**iTip:** Choose a simple Kata and get all the students to close their eyes. While counting out the moves check each person does not clash with the person next to them.

This exercise focuses the attention on the Kata, and is also great fun to do.

---

**Title:** Knockout Forms

**Name:** Mark Pawley

**Org:** IRHS Taekwondo

**iTip:** This drill meets the objective of having students perform their forms under pressure of competition and while being judged. It also has 100% of students on task and either performing or critiquing forms. Divide class in groups of three. Two students perform their forms side by side while the third watches. The judge then declares the winner and trades places with the loser. From time to time have the students sitting/judging rotate groups. This drill is high energy and focus. It also allows for the instructor to talk and teach about what a good form requires and what makes a lesser form. A great drill prior to testing or competition.

---

**Title:** Knockout Forms

**Name:** Mark Pawley

**Org:** IRHS Taekwondo

**iTip:** This drill meets the objective of having students perform their forms under pressure while being judged. It also causes 100% of students to be on task. You will find energy and focus both at a high level.

Divide students in groups of 3. Two students will perform their form side by side while a third will be seated and watching for which form is best. The third student/judge declares the winner and switches places with the loser. Periodically have the students sitting to change groups. If your class is small enough you can create a ladder competition. This drill also allows for the instructor to teach what a good form is as opposed to an unsatisfactory or lesser form. A great drill prior to testing or competition.

---

**Title:** Knockout Forms

**Name:** Mark Pawley

**Org:** IRHS Taekwondo

**iTip:** This drill meets the objective of having students perform their forms under pressure of competition and while being judged. It also has 100% of students on task and either performing or critiquing forms. Divide class in groups of three. Two students perform their forms side by side while the third watches. The judge then declares the winner and trades places with the loser. From time to time have the students sitting/judging rotate groups. This drill is high energy and focus. It also allows for the instructor to talk and teach about what a good form requires and what makes a lesser form. A great drill prior to testing or competition.

---

**Title:** Positive Reinforcement Forms **Name:** Mark Pawley

**Org:** Amphitheater Taekwondo

**iTip:** Pair students up with like ranks and have one student perform their form while the other sits respectfully and watches. At the completion of the form the student watching must state one thing that they were impressed with. Positive comments are allowed only and the instructor must make sure that a positive response is given because a confused look, blank stare or no response will be perceived as a negative. After the feedback students should switch roles. You can progress this drill by switching partners each time the forms are done so student can receive and give positive feedback with many different students. This is a great drill to do with a testing coming up.

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**Title:** Slow motion

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Doing a form in this fashion allows you to analyse and pay attention to details maybe missed at regular speed.

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**Title:** Speed Patterns

**Name:** Robert Cumming

**Org:** Kingston Taekwondo

**iTip:** If you want to test your students memory, speed, focus, balance and endurance have them try to perform their form as fast as possible. You can also have them perform their form on the spot (to do this and notice a big difference with their speed you must have them shorten their stance). Give them a time limit and get them to work on it. This is also fun to have form races to the finish. Have them try to keep good form, it is a lot of fun.

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**Title:** Synchronized Form

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Two or more people performing the same form in unison. An excellent test of timing and confidence.

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**Title:** Use Foot Position Walks

**Name:** Unknown

**Org:**

**iTip:** These need to be used sparingly, and should be followed with something that uses the foot positions. It should not be used as a filler very often, since fillers make the instructor seem less prepared if they are frequently used. Make sure the students know their foot positions, and appoint a head or have them watch each other for accurate



positions. It is best to use these when someone is learning or having trouble with their foot positions.

---

**Title:** Use the Distraction Exercise **Name:** Unknown

**Org:**

**iTip:** Walk around them and talk to them as they perform to help them concentrate on what they're doing. Advanced students may also be used as distractions, just so long as they know to stay out of the way of the form. A Kickbat can be used, Nerf Balls can be tossed at a student, or a conversation might be carried on with him while he performs.

---

**Title:** Use the Hold Exercise

**Name:** Unknown

**Org:**

**iTip:** One or two seconds are typical holds, and students need to be supervised on this. Perhaps the biggest problem here is cheating holds, where the student uses the time to think of the next move. This isn't a hold, its thinking time. Also make sure the student is fully extending all the moves and knows what they're doing. An assigned instructor, group evaluation or personal supervision all work here. If a student is verifiably doing it well, then, and only then, should you turn them loose for an individual assignment.

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**Title:** Use the Retraction Exercise **Name:** Unknown

**Org:**

**iTip:** This one generally needs to be monitored, so it is best when used with an assigned instructor, in a class drill or line drill if you do it with lines, and group evaluating drills and

supervised group drills. Only individual assignment it to more experienced students. In this exercise, the student practices retracting the hand or foot fully. The biggest thing to watch for is the snap kicks and punches that many students use as cheaters (the full extension and snapping motion creates a bounce effect that makes the retraction easier). They have to fully extend for the standard hold, and then snap all the way back. Often, full re-chambering of the legs is not done, so you have to watch for that as well.

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**Title:** Use Voguing. Also called Posing **Name:** Unknown  
**Org:**

**iTip:** If you prefer. This is where the student makes sure his form is a series of perfectly executed, nice to look at techniques, with each execution being a pose worthy of a photograph. Naturally, the student must have the knowledge and skill necessary to execute the moves properly, but once they have that, it is a great performance workout.

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**Title:** Use Whispering Wind

**Name:** Unknown

**Org:**

**iTip:** It moves slower and is more relaxed, and once you make sure a student is doing it right, they can do this alone, with supervision or in a group. If a student still has tension, then have them gently exhale as they slowly execute each move. Have them really watch their form as well.

---

**Title:** Variation on a theme

**Name:** Lester Wellington

**Org:**

**iTip:** Two students come out in front of the class and do the same kata BUT one of the students does a mirror image of the other.

This will help the students to build up mental ability in a different and exciting new way. And it's FUN!

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**Title:** With Chaos

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** One person performs a form while the rest of the class tries to distract him.

# Fun and Games

**Title:** 4 square Rope

**Name:** Mike Kane

**Org:** ITA

**iTip:** Tie two same length pieces of rope together at their middle to make an "x." Four students hold the ends tightly about 4 inches off the floor. One student gets in one square with another in the opposite square. Assign one to tag the other within a time limit. He has to hop the ropes while the other tries to evade him. Great for leg conditioning, strategy, fun, and lots more.

OH and no jumping across the "x" or middle!

---

**Title:** Across the Ocean

**Name:** Master R. Trinidad

**Org:** White Tiger Martial Arts

**iTip:** This is a great game for the kids!!! Equipment: 6-8 kicking shields

Place the shields on the floor longways at the end of your Dojang or Dojo. Have the kids line up so that they are ready to hop on top of the shields. 4-8 students can play this game at a time. The goal is to get from one end of the Dojang to the other end without touching the floor with your body. The kids have to all get on the kicking shield and the last one on will have to pick up the last shield and pass it to the first student which will be placed in the front of the first shield. The kids move up as each shield is placed down. This can be done as a race or just a team work drill. Once they get over to the other side, they have crossed the ocean. If at any point any of the kids fall off, there must be a penalty of push-up or jumping jacks for the whole team.

This game is great for balance, team work, and problem solving. (you don't have to tell the kids exactly how to get to the other side!!)

Have fun with this game!!

---

**Title:** Adjustable Games

**Name:** Hamilton

**Org:** Hong Park Tae Kwon Do

**iTip:** I like to play a games in class to help the kids warm up. Sometimes I find that the games do not provide enough action for the amount of people etc. So for example Frozen Tag I adjust it to the level of excitement and action I desire,

With a few kids one person being "it" is enough to have everyone running and laughing. With more kids it is a lot of work for one poor kid to chase everyone and I end up with some kids slacking off. So I add up more people to be it. Two kids , then three then four depending on the resulting excitement. I look at common games and find ways to make it better by altering and adding rules. If too many kids slack off, add more challenge.

If you see a fairness problem add a rule like "it has to be someone different each time" or "it can't be the same person twice in a row" these changes make my game much more fair and exciting though I have to pay more attention to the games and how they are played. But hey that's my job anyway right!

**Title:** Alligator Game

**Name:** Master Thai Le

**Org:** Spirit Taekwondo Academy

**iTip:** During children's class to work on balance and training skill's, we play the alligator game. This is perfect for pee wees. Use the entire gym as a body of water, and use chest protectors as islands. Place the chest protectors on the floor in various positions. Using either color, red or blue. Now the kids must cross the water jumping from island to island. Trying to make it across without touching the water. Also on each island they have to do something, whether it be punches, kicks, push-ups, sit-ups, etc... you choose. If they don't make it to the other side, they have to go to the beginning and start all over.

---

**Title:** Alligator Game

**Name:** Kurt Fretz

**Org:** Martial Arts Centers of America

**iTip:** This is one of the children's favorites games in our school. You need a balance beam. Our balance beam is 10' long and 6" high. We have the children lie on their stomachs facing the balance beam. One team on one side of the beam, one team on the other. The child on the end gets up and walks across the beam while all the alligators clap their hands together like alligator jaws. If someone steps off the beam the alligators pretend to eat them. The fallen child goes and lies down at the end of the alligator line, and the next child goes to the beam. We go forward, backward, sideways and on all fours across the beam. This is a very fun game that the children request often.

---

**Title:** Bag Jump

**Name:** Vincent Gillenkirk

**Org:** Ki Center Martial Arts/American Song Moo Kwan Asso

**iTip:** I take the tops from my Wavemaster targets and lay them on their sides on the floor a few feet apart. Use something to keep them from rolling away (I use a rubber knife on each side). Use several tops.

Students line up and jump over the bags and hit a target after completing their jumps. Vary the types of kicks, punches, or combinations they must execute on the target (or targets).

They run back to the start, or jump back over the bag tops. Sometimes I line up two teams for a competition (with the losers doing push-ups or maybe a dozen kicks).

My favorite is to time the student (use a stop watch with 100ths of a second) and they must beat their time on each successive run through.

The winner can sometimes be the fastest overall- but there's nothing like a dojang FULL of winners.

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**Title:** Balloon Relays/Drills

**Name:** Michael Tobin

**Org:** Mendocino Okinawan Shorin-ryu Karate-do

**iTip:** Balloon relays are fun, easy and inexpensive. Buy some small pear shaped or round balloons. Blow up enough balloons for your students or teams to each have one. Have the students punch the balloons across the floor and back making sure they (the balloons) do not touch the floor. Depending on your class size; I have everyone punching balloons or just the girls then the boys or I make up teams

where one student from each team punches the balloon a certain distance then they run the balloon back to their team-mate who does the same.

Second balloon drill "Kicking": I have the students kick the balloon across the room without touching the floor with all the above variations.

Third balloon drill "Kicking and Punching": Try to get the students to alternate the punch and kick while keeping the balloon off the floor.

Other variations might be to change the strike or kick to a certain technique, i.e. Palm strike, knife hand strike, back fist, groin kick, front kick etc. Imagination is the key.

If the balloon touches the floor during any of the above relays or drills, you can have the student start at the beginning again or do push ups or whatever your training needs are.

Let the students keep the balloons at the end of class. This is great advertising if you have your logo or school on the balloon or a "Drug Free" message or other inspirational message on the balloon. Many Sheriff and Police Departments have balloons with "Crime Free/Drug Free" logos and they will give them to you for free. This drill is good for all ages 4 years old through adults. Remember kids like fun!



Sensei Mike

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**Title:** Belt Tails

**Name:** Wayne Ebert

**Org:** Lower Hutt Academy Tae Kwon Do - ITFNZ

**iTip:** Everybody takes off their belt and folds it in half and places the belt down the back of the pants. So half of the belt is hanging down to say the back of the knees. (check to make sure that all belts can be seen) Then it is basically the last person left with the belt still hanging out. No hiding against the wall or in the corner. As soon as you grab another belt you let it go and try to get another.

This is an excellent drill for awareness of who is around you.

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**Title:** Block the Foam Bat (Circle Drill)

**Name:** Sensei Mary

**Org:** The Elusive Dragon Academy Of Martial Arts The kids love this one...

**iTip:** It is great for endurance and helps the student learn their techniques faster..We have the students form a big circle, another student stands in the middle of the circle with a foam bat.

Then I say begin and the center student goes toward any student with a foam blocker in his/her hand. They strike at any of the other students and that student must use a block or kick or punch to keep from getting hit with the bat.

If they are hit because they did not block or use some technique fast enough then they are out and watch until the last student is out..They all love this drill even the adults, they watch the others to see what skills they use to keep from getting hit by the bat.

---

**Title:** Bull In the Pit

**Name:** Maxwell Thompson

**Org:** Pa Kua Kung Fu

**iTip:** Have one student stand in the middle of a circle-based arena made by all other students.

The defender must face one or two opponents at once, and will defeat them by only using throwing or a take-down technique.

The object is to defeat all students without getting hit by opponent. The only attack made by opponent is an over-exaggerated jab/hook or front kick/Dan cheat kick.

Over time, as all students progress mentally as well as physically, more complex attacks such as double kicks, elbows, or knees may be used to heighten defender's skill. To make matter's much more difficult, A blind-fold may be added.

Time trials are timed rounds in which attackers will come in more randomly, rather than be chosen by the instructor. The defender must defeat as many opponents as he or she can within the allotted time.

As the instructor of the class, you could keep track of the most opponents defeated and could set up worthy challengers to try to break the record.

This game trains your students to use his/her peripheral vision, to think on his/her feet, to control out bursts of attacks, to always keep their guard up, and most important, it will add fun to your daily drills and is almost Guaranteed to bring in new students and keep your business alive and kickin'!

---

**Title:** Chagi Ball

**Name:** David Lieder

**Org:**

**iTip:** Like baseball. Use kicking pads for bases. Ball should be a nerf ball (so mirrors don't get broken). Assign type of kick to be used. Instructor pitches ball. Student kicks ball and has to bear crawl around bases.

Great fun. Kids love it. Works on coordination, concentration, eye-foot coordination, shoulder and leg strength and teamwork.

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**Title:** Clothespin Spin

**Name:** Sifu Lane Cox

**Org:** Hand of Grace Karate

**iTip:** Beforehand, (a day or two before) paint about 12 clothespins red and 12 blue and let them dry.

Divide students into two teams; a red team and a blue team. Have the students get their head protectors and mouth guards; no hand or foot gear will be needed. Choose a member from each team and set them up in the ring or mat as if they are getting ready to spar. Clip the red clothespins onto the red team member's uniform over corresponding target areas (sternum, kidneys, abdomen, floating ribs, etc). Do the same thing with the blue clothespins to the blue team member.

The object of the game is to remove as many of your opponent's clothespins as possible and toss them outside the ring while protecting your own clothespins. Set a time limit maybe a one or two minute round.

This game is really good for teaching blocking and evasion skills, as well as, timing and focus of attacks.

At the end of the round, count the number of clothespins left on each participant and add that number to the number of their opponent's clothespins on the floor.

Example: At the end of the match, the blue fighter had 6 clothespins still attached to his body and had managed to remove and toss out 9 of the red fighter's clothespins. The blue fighter's score is  $6 + 9 = 15$ . The red fighter only has 3 clothespins left on his body and managed to remove and toss out 6 of the blue fighter's clothespins. The red fighter's score is  $3 + 6 = 9$ .

This is a team competition so keep up with the scores from each match as each team member gets a turn. The winner is everyone! But highest scoring team gets bragging rights.

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**Title:** Colors

**Name:** Teri

**Org:** Owens Martial Arts

**iTip:** This is a great method of keeping your students attention, espically with the younger students.

I'll pick any color, for example "orange", then I will tell my students every time I say orange they have to do 5 push-ups.

Then I'll pick "red" and they have to do something else.

Then I'll say colors sporadically throughout the class, and then the students will have to perform the task that goes with each color.

---

**Title:** Combination Memory/Telephone

**Name:** Sally Judge

**Org:** US Soo Bahk Do MDK

**iTip:** This game is much like the 'telephone gossip' game. Students form a circle facing away from the center so they cannot see each other. The instructor starts the game from the center of the circle. The instructor approaching a student taps his shoulder. The student turns to face the instructor. The instructor performs a 3- technique combination.

The instructor will take the students spot in the circle facing the middle so she can see the rest of the students. The student then chooses another student, tapping him on the back to signal him to turn.

The first student performs the combination he was shown by the instructor. The first student now takes the 2nd student spot turning to face the middle of the circle. The 2nd student chooses another student, etc.

The game continues until the last student performs the combination. The object is to see if the last student does what the instructor originally started with. For advanced students start with a 5-technique combination requiring correct "left & right".

This is a game to be played after a hard work-out, allowing the students to rest while awaiting their "tap".

The game themes are patience, honesty (no peeking), concentration, memory, and correct technique.

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**Title:** Competition and Learning to Kick

**Name:** M. Valk

**Org:** Jirugi Cuijk

**iTip:** Divide your students in a few groups. Each group is a team who will compete against other groups.

One member of the group will hold a kicking shield. Give your students the task to sprint to the person holding the kicking shield. When they arrive they have to kick 15 round kicks for example. When they run back they have to tag the next person in their group.

When the group is finished they have to sit on the floor. At the end you award the following points:

Award 1 point for the group who's fastest.

Award 2 points for every person who kicked a correct round kick.

Subtract 3 points for every person who kicked incorrect or didn't kick 15 times.

Your student will have to be fast, but they also have to kick correct and listen to your task. In this game kicking correct will deliver more points than being fast.

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**Title:** Concentration Kihon

**Name:** Michael Tobin

**Org:** Mendocino Okinawan Shorin-ryu Karate-do

**iTip:** Game/Drill: Concentration Kihon (Basics)

This game encourages good coordination, quick thinking, and learning of Martial Art terms. You may also use anything else (terms/animals/kata) you wish the students to remember.

Students: As many as you want. Ages: 3 years and up (All ages)

How to Play:

1. Have the students sit cross-legged in a circle. Together, everyone claps their hands twice, hits their legs twice, snaps their right fingers, and then snaps their left fingers, continuing until a rhythm is developed. At the

- beginning of the game the rhythms should be slow and the speed can increase as the children gain in skill.
2. Sensei (Speaker) begins the verbal part of the game while the rest continuing clapping and snapping. The speaker, clapping and snapping, says "Concentration is the name of the game, and the kinds of Kihons we will name." The speaker must then name a Kihon (Upper Block) during the finger snapping portion of the rhythm (drill.)
  3. Everyone keeps clapping, and moving clockwise around the circle, each child follows in turn by naming a Kihon (basic.) No Kihon should be repeated. Repeaters, or a child who does not add a Kihon name while snapping is "out" of the Kihon naming part of the game, but they stay in the clapping and snapping part – keeping up with the rhythm. The game continues around and around the circle until the children cannot name any more Kihons that have not been previously mentioned.
  4. Themes can be altered according to the skill level of the participants, for example: Animal names, Language usage names (Japanese/Korean/Spanish etc.), things found in the dojo, things found in the city, things found in the country etc. You are limited only by your own imagination.
  5. Variation of the sitting position could be any martial arts stance.

Have Fun! Kids like Fun! Sensei Mike Tobin

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**Title:** Crouching Tiger

**Name:** Alex

**Org:** TNT Martial Arts and Fitness 2-6 Students

**iTip:** Crouching tiger is a game that children from 3 to 10 enjoy. Before the game starts, you instruct the children not

to run, but to walk fast (this is to avoid falling and getting hurt).

To start, one child is selected as "The Tiger." The tiger lays down on his/her stomach with his/her arms spread out and eyes closed. The other children then come over and touch the tigers hand or foot. Whenever the tiger is ready, he/she says "Crouching Tiger" and wakes up. The other children then have to move away from the tiger. The tiger crawls around on his/her hands and knees and tries to tag the other children. When the tiger tags another child, they then become a tiger as well and chase around the remaining students. The last student remaining will then become "The Tiger" in the next round.



Sempii Alex

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**Title:** Dizzy Dragon

**Name:** Fred M

**Org:** Kinderhook TaeKwonDo Academy & Combat Hapkido

**iTip:** Have students stand in a circle with instructor in middle with a heavy rope. Start spinning around letting rope out a little at a time. Students most use timing and stamina to jump over rope when it comes around. Start raising height of rope as you spin. If a student is hit with rope or for little students Dragons tail, then they have to sit out. Usually colored belts are last standing. My partner can't do the spinning so make sure you can handle the dizziness. Students get quite a kick out of me stumbling around dizzy. Have fun!

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**Title:** Dizzy kick relay...

**Name:** Chris Massie

**Org:** Mountain Empire Kempo Karate

**iTip:** Split your class up into two groups. Position them to have a beginner in between your higher ranks. Give a blocker stick to the first ones on each team. When you say "GO", have them place their forehead on the blocker and spin around 10 times. Then have them attempt to go down the mat doing rear leg thrust kicks (or whatever kick you want) and stress to them to keep their hands up and focus on the technique. The result will be entertaining for everyone. The kids beg for this one however we only use this one about once a month and usually on the last Saturday of the month as a challenge drill. Usually they regain their balance by the second trip back. The parents

ask when we are going to do this and usually bring their video cameras. Give it a try.

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**Title:** Drag Race

**Name:** Steve Place

**Org:** Martial Arts of Springdale, Inc.

**iTip:** On nice sunny days, I like to take my classes outside to a grassy area behind the school. After stretching out, we set up a pretend drag race strip.

Students form two lines and do 40 yard sprints/ races. After two or three rounds of keeping track of who's the fastest "racer" with a stopwatch and paper, I pair the slower racers against the faster one's and give the slower one a running head start. This literally forces the faster student to really pour it on to try and beat the one with the head start.

They love it and all know to bring running shoes with them to class.

For added excitement, I take the P.A. system and announce each student's name as they get ready to race. The more ad lib, the better.

This drill works the same muscles as a side kick, improves their short burst speed and cardiovascular system.

Sincerely,

Steve Place

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**Title:** Dragon Pushups

**Name:** Brian H. Smout

**Org:** Southwest Martial Arts

**iTip:** This drill is so old that some of you may not have seen it before (an advantage that old-timers possess). To perform this drill break your class of children or adults into groups of 4 or 5 students. Instruct them to line up behind their designated team leader. All assume the pushup position and form their "dragon" by placing the feet of the student in front on their shoulders. A brief statement on personal hygiene may be inserted by the instructor at this point. Advise the students to keep their eyes on you and on your count of three, push up together into the up position. Pause briefly (or sadistically longer) and order the dragons down. This drill promotes team cooperation, improves strength and concentrates the students' efforts on the direction of the instructor. A variation is to order the dragons to walk "left hand forward," "right hand forward" and so on. You may also try for the longest dragon. My record is 16. Go for it! Helpful hint - put the heavyweights at the tail of the dragon. Good luck and check out my column at [www. HaiiYaa.com](http://www.HaiiYaa.com).

Brian H. Smout Southwest Martial Arts

Swift Current, Saskatchewan Canada

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**Title:** Dragon, Dragon "What time is it?"

**Name:** Michael Tobin

**Org:** Mendocino Okinawan Shorin-ryu Karate-Do

**iTip:** Dragon, Dragon, What time is it?

Number of students (players): Three or more, the more the merrier. Ages: 4yrs to 12 years

Equipment: None

Skills: Any you wish-use stances and hand movements to cover the distance, change them each time as you feel the necessary. "Great way to practice line drills." Object: To listen, move, practice kihon, sprint and not get eaten by the Dragon!

How to Play!: To start, the instructor (Sensei) stands at one end of the room (dojo/gym) with his back turned toward the students. The students stand in a line (side by side) at the other end of the room or a reasonable distance. The students are told that they must call out to the Dragon and ask the time. When the Dragon turns around and answers, the student may move that number of steps with whatever stance and hand movement they've been instructed to use.

Example: Students: Dragon, Dragon, what time is it? The Dragon turns to the students and replies: 4 O'clock. The students move four steps (stances movement) toward the Dragon.

This continues until a student(s) is close enough to grab/catch for dinner. This time when the Dragon is asked what time is it? The Dragon says, "Dinner time!" The students then try to run back to the starting line and the Dragon tries to catch one. If the Dragon succeeds, that student becomes the Dragon, and the instructor can step to the side for the next game/ round.

The instructor can change stances/hand movements between games, correct students or just supervise/observe. Great game to end the class on, maybe three or four times.

Remember to vary stances. Examples - 1st game: Front stance, lower block, reverse punch, 2nd game: Cat Stance, middle knife hand block, 3rd game: natural stance, middle outer block etc.

I derived this game from a old time backyard game called Mr. Wolf, What time is it? It will quickly become a Dojo favorite. Have Fun!

Sensei Mike.

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**Title:** Dragon's Fireball

**Name:** Michael Tobin

**Org:** Mendoino Okinawan Shorin-Ryu Karate

**iTip:** Game: Dragon's Fireball

**Object:** Get rid of the "Dragon's Fireball" before the music stops - Focus/reaction/hand - eye coordination/speed/problem solving/listening.

**Equipment:** Portable Stereo with lively children music, large and small "nerf" type ball - any color.

**Ages:** 3 years old and above.

"Dragon's Fireball" is like "Hot Potato" with a Martial Arts twist.

Make a circle with the students. Small circle or large circle depending on ages, ability and room size. Give one of the students the "Dragon's Fireball" and start the music. While the music is playing the students toss the ball between themselves, not holding on to it for to long. Sensei controls the music. When you stop the music the student with the ball is out or does push-ups or a basic move ten times or something you choose for them to do to remain in the game. If you take someone out each time you can play an elimination type game, down to the last two players. If you have the person do something to stay in the game - you have a continuous non-competitive game.

Variations could be having the circle get larger each round by having the students take one step back or making the circle smaller by having the students take one step forward. You can have them pass the ball randomly across the circle or hand the ball clockwise or counter-clockwise to each other. You can change the size of the ball (Small or large) or use a focus mitt instead of a ball. The students can stand in different stances while in the circle: horse, front, cat, one leg, etc.

You can have them toss only with their hand or only catch one handed right or left. The possibilities are endless.

All the ways are fun and the ball will not harm the students or the mirrors. This game can be played inside or outside. Outside you can use a raw egg or water balloon to add excitement. Kids like fun!

Sensei Mike Tobin

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**Title:** Electric Sensei

**Name:** Shidoshi Jeffrey Miller

**Org:** Miller's Martial Arts / Bujinkan Kuryu Dojo

**iTip:** This game is designed to help students learn to roll quickly in a controlled manner and to learn to wait until they must move instead of wasting energy.

Students spread out around the training area and sit in a seiza kneeling posture. The instructor and/or SWAT assistants walk around the area between and toward the students in a random manner. Students are only permitted to roll to avoid being touched. If they are touched or evade with anything other than a roll, they must sit out on the perimeter of the training area.

Students love this and it's a great way to break up the redundancy in rolling training. As students advance, a blocker can be used as well as following the same student for more than one roll to teach them to break angles and never to repeat the same move more than twice to keep the attacker off-guard and guessing.

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**Title:** ElEmEnTs

**Name:** Maxwell Thompson

**Org:** Pa Kua Kung Fu

**iTip:** Ok, this one is kind of like my "fight like an animal" tip but with a little twist.

Let your students pick their favorite element out of WATER, FIRE, EARTH, AIR, and METAL. Whatever the student chooses, that is the style he/she must use to spar. Here is a description of the elements:

WATER - uses constant,circular,flowing techniques to get outside of the opponent and executes wave-like motions to attack(by wave-like, I mean, using the entire body as a whip). FIRE-uses quick, full body motions to separate the opponent and the target, and get inside of the defence. attacks with multiple hits at a time.

EARTH - uses throws,locks, and take-downs to submit the opponent. As you might have guessed, body positions are always perpendicular to the floor with both feet parallel.

AIR - uses very high, spinning, acrobatic kicks to defeat the opponent. Constantly attacking never staying on the ground too long.

METAL - very still at first, only defending until he/she finds an opportunity and takes it, defeating the opponent in one move. If he/she fails, the opportunity was not true.

That is it for now, but you can go to my style's website and pick up some more great tips!

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**Title:** Equilibrium Bar

**Name:** Cihan Cetinkanat

Org: METU Taekwon Do Team-Turkiye

**iTip:** Two students get ready stance on an equilibrium bar. After the "start" command, students begin free sparring. If one of the students falls down from the bar, he loses.

Organize this game as a championship.

This game is like the gladiator fights. My students enjoy this game because it is already not easy to stand on a bar, they try to lose their opponent's balance.

As it is clear, the game helps to improve the student's balance.



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**Title:** Fighting Multiple Opponents

**Name:** Maxwell Thompson

**Org:** Martial Arts Instuctor

**iTip:** There is a game to play which teaches people how to think on their feet. It's called "bull in the pit" and it goes like this:

1 person stands in the middle of a circle made by other students. The fighter will be surprised to see that a person is coming to him. He must become relaxed and must be fast in order to continue to the next person. anybody in the circle may attack the fighter in the middle, but once taken down or thrown, he must go back to where he was before.

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**Title:** Flamingo Fighting

**Name:** Dennis P. McGeehan

**Org:** Progressive Martial Arts

**iTip:** I use this in my judo class with both kids and adults. I highly recommend doing it only on a mat surface. Two contestants face each other and at the signal stand on one leg. The object of the contest is to make the opponent touch any body part to the floor except the supporting foot, a la sumo. Variations to the game are enforcing an out of bounds rule causing loss of the match and whether switching the supporting foot is allowed. Skills developed are balance, spatial awareness, turning and moving while on one foot. Initially students tend to rely on strength to overcome their opponents, but with proper coaching they will learn to utilize kuzushi (breaking balance) and blending their movements with their opponent.

And is fun!

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**Title:** Floor Tag

**Name:** Mike Tobin, Sensei

**Org:** Mendocino Okinawan Shorin-ryu Karate-do

**iTip:** Squats or Floor Tag

Like normal tag, except that if you squat down, then it is a base, and you are safe from becoming "it."

You can also play "Floor" tag. It is like normal tag, except you fall to your side on the floor in a defense posture, (arms in close to your body, side kick ready), you are safe. You can use foam padded blockers to tag with, for safety and added reach. Plus it's easier on the student's arms when blocking.

Sensei Mike Tobin, 03/05/00

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**Title:** Freeze Taekwondo Tag

**Name:** Tracey Scott

**Org:** CSA Taekwondo

**iTip:** This is a variation of Taekwondo Tag that I use with the younger students at the end of a class. I pick two or three students to be "it" and they have to run and try and touch the other students (just like tag) saying a taekwondo block or kick when they touch. The student that is touched must "freeze" until another student is able to touch them - thereby "unfreezing" them. After a minute or two I pick two or three more students and the game continues. This allows all students to be "it". This game is a good way to end a class and promotes team work as the students must cooperate to "unfreeze" the other students before everyone is frozen. The younger students love it and request it often.

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**Title:** Fun and Games

**Name:** Lindy Mathews

**Org:** Warrior Alliance

**iTip:** Using a water filled base heavy bag I will position the bag between 2 pieces of tape on the floor.

Having students use the same kick with the same leg I will have 2 students position themselves on opposite sides of the bag. The students will take turns alternating the kick until one student is able to drive the bag over the opposite tape mark on the floor. This is like a game of tug of war with a water filled floor heavy bag. The game teaches focus while allowing students to work on kicks or punches. You can have little tournaments with each of the different kicks for prizes or patches.

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**Title:** Fun Way to Count

**Name:** John W Jackson

**Org:** Formerly of Just For Kicks

**iTip:** When teaching to count from 1 to 10 in Japanese, I found that a easy way for them to learn is to first write down the numbers on small strips of paper and put the number in English and in Japanese and pick 10 students from your class and hand it to them in order.

Have the students recite the numbers first, then mix the order in which the stand in front of the class.

The rest of the students must now remember who had what number and the order in which they belong.

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**Title:** Gang Attack

**Name:** Dan

**Org:** Master Khechen School Of Tae Kwon-Do

**iTip:** To execute the gang attack, make yourself a square or circle boundary, and have two instructors hold a kicking shield.

Have one student between them. The student can only kick when the instructors come at them. Every time the shield is hit, the instructor must count aloud three seconds before they can charge again.

The object for the instructors is to push the student out of the square or circle. The object for the student is to develop speed and reflex as well as not to be pushed out of the boundary.

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**Title:** Hacky Sack Drill

**Name:** Joe Seward

**Org:** Classic TaeKwonDo Do-Jang

**iTip:** I have several dozen kick sacks in the school. For the drill have the students get a partner and line up across the school or ring from each other. One student will have 5-6 bags and will throw them medium speed to the other student who in turn will block, kick, punch, evade, strike or free style (instructor's choice). This is great for focus, aim, reaction, and timing.

The students beg for this drill.

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**Title:** Heavy bag - Swords and Shields

**Name:** Mike Tobin

**Org:** Mendocino Okinawan Shorin-ryu Karate-do

**iTip:** Using a focus mitt for a shield and a 20" pool noodle for a sword you have two students (each having a shield and a sword) stand on top of two heavy bags (one student on each. The heavy bags are laying on there side on the

floor. The heavy bags can be end to end or parallel to each other, with a short space in between. You can have other students or instructors holding the end of the heavy bag to steady them and keep them from rolling. If available you can put tumbling mats alongside the heavy bags for added safety.

The object of the game is for one student to get the other student to step off the heavy bag using his/her sword. Basically to lose his/her balance. You can have one point rounds or two points rounds or best two out of three depending on class size and time.

Other students can stand to the side of the heavy bags and catch the off balance student as he/she steps off the heavy bag for added safety. If you have a low balance beam you can substitute it for the heavy bags.

This game will work, balance, coordination, side stances and weapon use. Have fun.

Sensei Mike

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**Title:** Jumping Game

**Name:** Cameron Divella

**Org:** Golds Gym Karate

**iTip:** This is a simple game that the kids love to play, First take a foam blocker and remove the handle, so its just a large foam pad then tie it to a rope about 10 feet in length.

Have to kids form a circle around the instructor and then the instructor swings the pad in a big circle tell the kids to jump over the blocker when its low and duck when its at head level. If they get hit have them sit out. We usually play it to music and the kids love it last one standing wins.

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**Title:** Karate Dodgeball

**Name:** Shannon Hudson

**Org:** Hurricane Martial Arts Center

**iTip:** I am currently a senior at college and I am majoring in Elementary Ed. I have learned to not let kids sit out when they are out of a game. First of all I never say game in my kids' classes. Parents are not paying 90 to 100 bucks a month for their kids to play games. They are called drills. Karate Dodgeball works on reactions, movement, and awareness. I say that every time.

When we play dodgeball if a student gets hit they must pull to the side and perform their kata, or maybe they do 5 push-ups.

After that they can return to the game.

This keeps things moving and all the kids are doing something.

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**Title:** Karate Frisbee

**Name:** Andy Campbell

**Org:** DragonFire Martial Arts

**iTip:** My Jr. instructor Kim and I came up with this idea. We have the kids make a circle. Using a small hand shield, we toss the shield around the circle, to anybody, like a hot potato. We keep going faster and faster until someone drops the pad. When they do, they have to hold the pad and everyone gets to kick it. Then it's back to the circle to play again.

All our kids love it!

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**Title:** Karate Statues (Focus Catchers)

**Name:** Mike Tobin

**Org:** Mendocino Okinawan Shorin-ryu Karate-do

**iTip:** Tell your students that you will be playing a game to test their ability to stay focused. Have the students spread out around the room. They can stand anywhere they wish in the room. Explain to the students that when you clap your hands, usually twice with your back turned to them, and say "Karate Statues" that they must stand (Freeze) in some type of "stance with a hand technique." Let's say a "horse stance with an upper block," it will always be the student's choice. I do not recommend one leg stances during this game, it is too hard to keep balanced for a long period. The student must stay in his/her chosen position without moving and with eyes straight ahead during the game. No talking, no smiling, no looking at other students, only breathing and natural blinking. The instructor will then walk to each student (Statue), randomly, and try to "catch their focus." The instructor can catch a statue's focus by making funny

faces, throwing punches and kicks at or near them, making loud noises or Kai's, or just staring into their eyes. The instructor can do anything to distract the student except touch them (No touching). If the student loses focus by smiling, giggling, looking around, reacting to the noise by winching their facial muscles or moving in any way they must sit down and wait for the other students "focus to be caught." Last student standing "Wins." Sometimes a student may be a very good "focused statue." Move on to the next student and come back for the good focused statue later. Get the easy ones first.:-)

#### Variations:

1. Have a student be the focus catcher (Instructor assisted)
2. Have each student that lost their focus work with the instructor as a team to make other students lose their focus. Have fun! Kids like fun.



## Sensei Mike

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**Title:** Kick? Punch?

**Name:** Shane

**Org:** [www.shanevarneyskarate.cjb.net](http://www.shanevarneyskarate.cjb.net)

**iTip:** This is a great drill for both kids and adults alike, not only does it make you concentrate really hard, but it's great fun too! Students are lined up in pairs, one side holds a shield behind his/her back, the holder presents the target and says either "kick" or "punch". Obviously the object is for the student to kick or punch. Do that a few times and make sure both people are having a go. Then say: this time, kick means to punch and punch means to kick! It sounds simple, but it really does get confusing, excellent for concentration, the holder says kick, the object is to punch, when they say punch the object is to kick, it's great fun, enjoy!

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**Title:** Kicking Game

**Name:** Edwin Crespo

**Org:** Disciples Martial Arts Center

**iTip:** Tae KwonDo is a kicking art so I try to get my students to do lots of kicks. Every Saturday when class is full we have at least 20min for this game. I pick 2 students from the lowest rank to be in the middle and every body else outside the circle as the two in the middle have to use all kicking techniques to try and reach the other students, when close enough the two in the middle reach out and tag the outside group. I time them for about 1 to 2 min. then have the next in rank be in. The kids get exhausted and run for their lives as the two the in middle learn to shuffle and pivot quickly and use energy wisely.

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**Title:** Musical Focus Mitts

**Name:** Michael Tobin

**Org:** Mendocino Okinawan Shorin-ryu Karate-do

**iTip:** Game: Musical Focus Mitts

**Object:** Get on a Mitt before the music stops -  
**Focus/problem solving Equipment:** Portable Stereo with lively music, focus mitts/kick paddles.

**Ages:** 3 years old and above.

Musical Focus Mitts is like musical chairs. Line students up on one side of the Dojo. Place focus mitts randomly on the Dojo (Training Hall) floor, have one focus mitt less than you have students participating. Start the music. While the music is playing you can have the students do some type of kihon (Side kick, Block, Punch, Combination etc.) or they can run around the dojo or they can do push-ups, jumping jacks, etc (Imagination). Sensei controls the music. When you stop the music the students must find a focus mitt to stand on. The student who is not standing on a mitt is out. Or you can have him/her do push-ups or something to get back in the game and start over. You could also reduce the number of mitts and let the same students continue playing, having them do an exercise or Kihon (basic) if they do not get to a mitt. This would go on until there was only one mitt left on the floor. It's your decision. Disguising repetition is the key to teaching children. Have fun!

Sensei Mike Tobin

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**Title:** N E S W

**Name:** Neil

**Org:** UK Kung Fu

**iTip:** This is a running game I use when I think the class needs a little energy. It's an old game but works well.

Call North, and get the kids to run to the top of the room, south, the run to the other end, east, to the side, and west to the other side.

Then continue the call randomly with the last child to make it to the designated call sits out. Continue until there is only one left.

The kids love this one.

Sometimes when we are in the middle of a technique, in a low voice I start the game. The children are never sure when it will start. Keeps them on their toes!!

Enjoy.

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**Title:** Ninja

**Name:** Nick Pamment

**Org:** Taishindo Martial Arts Academy / United Kingdom

**iTip:** This is a fun reaction/blocking game for all Juniors (& sometimes the Adult enjoy this one too!!).

You will need 10 to 20 small soft Sponge Tennis Ball size balls. Most toy stores sell these (they are very reasonably priced). The good thing about using these soft foam balls is that they are very safe, do not hurt and do not cause any damage when used inside your Academy/Practice Hall.

All Players assume a space within a pre-determined Combat Area. At the Command of begin/Hajime they proceed to move around the Combat Area and throw the Foam balls at each other (Ninja throwing Star style). As soon as a Player is hit anywhere on the head, body or legs they immediately move to the perimeter of the Combat Area and sit down with legs crossed. They can help to bowl the Ammo back in to the Combat Area for the remaining Players but they must not throw them at Players as they cannot Score once they are out of the game. Players can Dodge, Block, Catch and Throw the Balls at each other. If they are hit on the arms, from shoulder to finger tips they are safe. Only Head, Body & Legs = Out. To keep the Balls flying they are not able to hold on to any more than one Weapon (ball) at a time. The game continues until one player remains. The Ninja Champion!! This game is great for reflexes and defensive Skills and footwork. It is important that the

Players are honest and move out quickly as soon as they are hit on a valid target area.

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**Title:** Obi Drill/Game

**Name:** Mike Tobin, Sensei

**Org:** Mendocino Okinawan Shorin-ryu Karate-do

**iTip:** Karateka Obi!

(The Human Belt Knot)

Number of Students: (5) or more, the more the merrier!

Equipment: None.

Object: Untie the knot.

Skills: Works on stretching/limbering, team coordination, logical thinking, and fun!

How to Play: Students form a close circle, with hands in the middle. Then everyone reaches out and holds two other student's hands. Now, they must try to untangle the "Obi"

without letting go and reform a circle. They may have to climb over arms or crawl under arms. It helps to be limber (Stretching Practice with a twist).

Variation: Form a circle all students holding hands, have one student stand outside the circle, facing away. The students forming the circle must re-tie the "Obi" by turning and twisting and going under and over each other's hands/arms. After the "Obi" is re-tied, the group chants, "Sempai, Sempai, we need help." The "Sempai" attempts to untie the circle without causing anyone to break hands.

Compliments of Sensei Mike Tobin.

Remember: Kids like Fun!

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**Title:** Obi tying games

**Name:** Shidoshi Jeffrey Miller

**Org:** Miller's Martial Arts / Bujinkan Kuryu Dojo

**iTip:** Here are a couple of games that I play with my students which takes the chore out of learning to tie their martial arts belt.

1. I set up a relay. The students take off their belts and give them to the coach or instructor (they should know what their own belt looks like - size, color, # of tips, markings, etc.). The belts are placed at one end of the dojo floor in a jumbled heap. The students must run down and tie their belt correctly (checked by an instructor or senior student) before being allowed to run back and tag their partner. (This makes a great addition to the Leadership relay).
2. Self-competition. The set-up is as above but on the command to "go" everyone runs to the belts and finds their own. The goal is to get your own belt on and tied correctly as quickly as possible.

3. The Long Rope. Here teams try to tie all their belts together end-to-end to make one long rope/belt. Then, as part two, the teams must get the long string apart and each student's belt on correctly. First team dressed and sitting in their start position first, wins.
- 

**Title:** One Out All Out

**Name:** Roy Richards

**Org:** Shotokan Karate Association

**iTip:** Divide the class in to two teams.

Team one lines up at one end of the dojo with there backs against the wall Team two lines up the same the other end of the dojo.

Team one runs to team two touches the wall and runs back team two now runs twice so they get to touch the wall twice team one now runs three times and so on each time you add one more run if one member of the team stops all the team is out

This pushes the lazy student the keep up with the rest a simple game but all juniors and seniors enjoy it.

It's a good warm up.

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**Title:** Paddleball

**Name:** Ron Kinney

**Org:** United States Tae Kwon Do Center

**iTip:** Great site and great ideas! However, I'm surprised I didn't see this listed. This is a game that we generally play after our warm-up exercises.

Equipment : two kicking shields, kicking paddles for each student, and one ball that is soft.

The basic idea is similar to that of hockey or soccer with the kicking shield as goals, the paddles as hockey sticks, and the ball as the soccer ball or hockey puck. Set each kicking shield in an upright position on opposite sides of the doejong. These shields will be the goal. Each player will then have a paddle. The instructor can use any means necessary to break the class up into two teams. The instructor can decide who hits the ball first (flip a coin, pick a number, or use the hockey method of dropping the ball in the center of the school). Each team will need a goalie and the idea is to hit the kicking shield with the ball using the paddles. Every time a hit is made, that particular team scores. A score can be made on any sides of the kicking shield (front, back, sides, etc). Thus, the more advanced players will generally try to bounce the ball off the wall to score a hit on the back side of the shield. We also make the students kiyup whenever they hit the ball. We generally play two five rounds with a minute break in the middle but these numbers can change. The losing team will then do a set of push-ups, sit-ups, or whatever as chosen by the instructor.

Teamwork is very essential in this game and the players should hopefully start working together after a few games. The adults love this exercise, but are generally more competitive and aggressive than the children so be careful. :)

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**Title:** Pass the Mawashi

**Name:** Jason Stanley

**Org:** KarateTips.com

**iTip:** A group of students stand in a circle facing inwards, each one a kick's distance from the next person. The Sensei begins the game and nominates the 'kicker'. The kicker then 'passes the mawashi' to the next person, kicking a rear leg

round kick (mawashi geri) to the stomach of the person immediately on their left. As soon as the kick lands, the kicked person does the same again and the drill continues in a clockwise direction.

The twist? In a group of 10 or so, get 3 to 4 kicks going at once, and watch out to your right.

---

**Title:** Pool Noodle Fun

**Name:** Jim

**Org:**

**iTip:** I'm not sure if I gave you this one. It is a Karate Game. You take a pool noodle that is 6 ft tall cut it into thirds and get another with a different color do the same. Then get a nerf ball and play Karate Hockey. set goals on each side of dojo and then break up into groups if they make a foul like touch the walls or push too hard or kick the ball with their foot they have to change with another student who is waiting and go in the penalty box in which they do 25 basic techniques It is a great game. If you want you can get up to six on a team. All the students on the side line are substituted at 3-5 min time limits. And add rules as you go. It is a great game.

Hope it helps.

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**Title:** Pool Noodle Weapon Sparring

**Name:** Cheryl Lynch-Gardner

**Org:** Budo Ryu Kempo- Sydney Australia

**iTip:** This is a big HIT not only with the kids but with the adults also. We teach bo in our system and to add interest and some fun and safety to learning the bo we occasionally get the kids/adults to don protective head gear and they



spar with pool noodles. They still aim for appropriate targets, and the winner after either one or two minutes, gets to pool noodle spar the next person in line.

This creates a lot of excitement in the class and they get the very real added benefit of practising before they move up to a real bo, using footwork, timing, speed and a weapon on a moving target without the danger of injury.

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**Title:** Reaction Drill

**Name:** Instructor Michael

**Org:** Martial Arts Institute of America

**iTip:** Reaction Drill:

All the students make a circle. Master/Instructor stands in the middle with two balls. You throw the ball, and the student must react by catching it...then throwing it back to you.

Now there are two balls so you have to be ready. If the student drops the ball, they are out.

It's a lot of fun and kids love it.

---

**Title:** Red Ninja Green Ninja

**Name:** Bob Steltenpool

**Org:** Georgian Martial Arts Academy

**iTip:** Alright this is the martial arts version of red light green light, green ninja means go yellow means slow motion and red means stop. I like to have the kids do a forward stance and a punch or horse stance on 45 and block, any technique works it gets really exciting when you start doing kicks and catching them with a red light. Also start off by yelling red light you will be amazed how many kids move. If they move or get caught they start over at the end of the dojo (dojang)

if you make it all the way you were successful, everyone's a winner!

---

**Title:** Relay Race

**Name:** Bob Thomas

**Org:** United States Chinese/Okinawan Kempo Association

**iTip:** The version we do has stations and we use punching bags on all the relay races. Example on the first bag have them work front kick one on each leg, next station have them do some kind of exercise (jumping jacks, push-ups, sit-ups) next station hand strike or combination, next another exercise, finally a fighting combination or self defense combination. Have them run back or follow back doing the same thing going back. They must tag the next student and must sit down for the team to win. One thing if they don't do it right make them do it again.

Kids have fun they must listen and you find out who has listen and who didn't. They do some kind of exercise and don't complain when doing it, and practice their martial arts skills.

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**Title:** Relay Race

**Name:** Eddie Milam

**Org:** Franklin Taekwondo

**iTip:** Pick two volunteers from the class to be a captain of a team. Have them stand up and close their eyes. While their eyes are closed, pick a number between one and ten and show it to the rest of the class. Whichever student gets the closest without going over gets to pick first between the class. Alternate between the two captains until everyone is chosen. (Make sure the lines are even or it won't work. If there is an odd number, do the relay with them) the captain

picks half of their team and sends them to the other end of the training floor.

Pick kicks for the students to throw, kicking with one leg and then the other until they reach their team-mate on the other end of the floor, then that person kicks back, until everyone has done that kick. The team that gets everyone finished first gets one point. After all the kicks are thrown, whoever has the most points wins. Play for push-ups! The team that loses has to do a no. of pushups determined by the other team!

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**Title:** Relay/Combination

**Name:** Sally Judge

**Org:** US Soo Bahk Do MDK

**iTip:** Give an extra challenge to the younger students when practicing combinations. Form 2 teams for a relay race. Make a start line with tape, so the waiting team mates don't gradually "ooch" forward.

Instruct the students in the basic relay race: each team will send a member (first in line) racing to the end of the studio (touch target) and back. When the first team members return to the start line, the next team mate races, etc. Allow the students to have a regular relay race if they have never done this before.

Next, instruct the class on the challenges or obstacles (jump over pads, crawl under ropes, etc.) to be performed while racing across the studio to the targets for the combination. Instruct the students they must pay attention because the combination will be explained and demonstrated only once.

Have assistance hold targets for the combo. Instruct and then perform the combo starting with only 2 techniques (ex., front kick, reverse punch) and increase the number of

techniques for later races. The student must perform the combo correctly in order to return to the start line. If the combo is done incorrectly the target holder will say "no, do it again" if the student does it wrong again, then the holder will tell him each technique until he performs it correctly.

The theme of the game is concentration and memory. The game can be upgraded for the older or more advance student, by increasing the number of techniques or only instructing in Korean (Chinese or Japanese) terminology with no demonstration.

---

**Title:** Robin Hood vs Little John

**Name:** Chris Deresky

**Org:** None

**iTip:** This is a variation of sport warrior games used in kobudo training.

We begin with two students , one on each side of a log crossing a shallow stream or creek. Instructor calls "hajime"

Students carefully approach each other on the log wielding bo, nunchaku, sai etc.

The object is to keep their balance and stay on the log while executing learned sparring techniques.

If you fall off, you're out and must do push-ups with the number of them being determined by the winner (the one who stayed dry!)

The winner then faces their next opponent until everyone has sparred. Last one standing spars against Sensei!!!

Of course we use special safety equipment (all weapons are padded) for these games.

If a stream is not available you can substitute a low balance beam with a mat on either side to simulate water.

If you do not have a balance beam then a 10' 4 x 4 will do as well.

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**Title:** Rollie Pollies

**Name:** Michael Tobin

**Org:** Mendocino Okinawan Shorin-ryu Karate-do

**iTip:** Rollie Pollies: Object to develop tumbling and kicking skills. Equipment: Kick shields and tumbling mats.

Age group: 3 years and up. (Everyone can play!)

Drill: Divide students into groups of three (three students to a tumbling mat.) Have one student stand on each end of the tumbling mat with a kick shield and the third student stand in the middle of the tumbling mat. On Sensei's command, the student in the middle begins rolling (side rolls) or somersaulting between the kick shields, getting up kicking the shield then rolling or somersaulting to the opposite kick shield and kicking. This is a timed drill.

Usually 15 to 30 seconds, a minute can be very exhausting. Keep count on how many times a student kicks the shields and you have a competition between students. I personally use 8' foot mats for this drill.

Variations: Have the students run between the kick shields. Place the kick shield holders at a preset distance in the room and have the student in the middle run between the shields, delivering kicks to the shields. Again, time the drill, 30 to 60 seconds, and count the kicks.

The further the distance between the shields the more aerobic the drill. You do not need the

tumbling mat for this one. You can have the students holding the kick shields stand in a certain stance, fighting horse, front stance etc. You can have the kicking student do a specific kick.

Sensei Mike Tobin. (Have Fun!)

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**Title:** Round Kick Baseball Game

**Name:** Tim Miller

**Org:**

**iTip:** I heard about this exercise from an instructor friend of mine. We normally perform this drill at and outside gathering, or you need to have a large room. We call it round kick baseball!!!

First you need one of those softball size nerf balls, which work the best. Pick your teams, set up 1st, 2nd, 3rd bases and home plate. Just like regular baseball except the only bat you have is your legs. When the pitch comes to you throw the hardest round kick you can, and kick a home run. Now the little students get to throw the ball at the runner to get them out. The bigger students play by the rule of throwing to the baseman. For blue belts and above, to make it a little more interesting. They have to perform spin crescent kicks. We usually do this drill at our annual sunrise beach workout/cookout/fellowship gathering.

Kick up some fun.

Also, since I instruct nunchaku (Sahgn Jeol Bong in Korean) we can incorporate this same principle into, nunchaku baseball.

But be careful of the bat recoiling onto your arms.

---

**Title:** Run Through the Jungle

**Name:** Randy Clements

**Org:** Clements ATA Black Belt Academy

**iTip:** We use this in class for fun with kids and it teaches different kicks, blocks and punches at the same time. Set up the floor with obstacles as stations that the students have to go. We have them "jump across the river" (jump side kick), front kick the gorilla (front kick), round kick the to the head of the giraffe (round kick to high target), hit the lion's nose (double punch), and fight off the killer bees (quadrant blocking drills). More stations are added depending on the number of students in class and the size of the classroom.

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**Title:** Scarf Game

**Name:** Cheryl Lynch-Gardner

**Org:** Budo Ryu Kempo Karate

**iTip:** Have two students facing each other in horse riding stance, each should have a scarf or even a sock placed in his/her belt at the middle of the back. The winner of the game is the one that can remove the other persons scarf. The students do not use their hands or feet to strike at all, they have to manoeuver themselves to a set up of the other player, so it is similar to sparring without them even realizing it. The game works on stances and the ability to step to the side, instead of staying right in front of an opponent, so speed and agility are way in there. It is also a lot of fun for all players and the spectators love it and can't wait for a turn! The winner stays up until he/she is knocked out = and so at the end we have "King/Queen of the mat" for the day etc.. I do this occasionally with my junior students and even the seniors cheer them on loudly.

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**Title:** Shark Attack

**Name:** Roland Jackson

**Org:** ATA

**iTip:** Use two kicking shields (pre-curved ones are better), have the students line up and practice the four positions of kicking (chamber, execution, re-chamber and set down).

Then hold the kicking shields through the back loops with the curved portions facing each other.

Open your arms and this acts as the shark's mouth. The students must be able to kick into the shark's mouth without you closing it shut on their leg.

Have them execute at least ten kicks per leg. This drill is fun and it will really improve forms and sparring for young ones. This drill also builds speed and timing on kicks as well as punches and other hand techniques.

Fun and Safe Training!!

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**Title:** Shark Attack!

**Name:** Mike Tobin

**Org:** Mendocino Okinawan Shorin-Ryu Karate-Do Game:  
Shark Attack!

**iTip:** Number of Students: 2 or more (The more the merrier.)  
Equipment: Two Small Blockers or Two Short Pool Noodles (Sharks Teeth), Square Focus mitts (As many as there are students, minus one.) Example: 10 Students &#8211; 9 Focus mitts (To be used as lifeboats.)

Object: Avoid the Sharks Teeth (Blockers) by double blocking or getting on a Lifeboat (Focus mitt.) Teach children double blocks and evasion tactics.

Skills: Double blocks and evasion tactics. "Fun!"



How to Play!: Sensei (Instructor) sets focus mitts in random order on half of the Dojo floor. The children (Students) line up against the wall opposite of the focus mitts. Sensei stands between the focus mitts and the students with a blocker (Pool noodle) in each hand. The blockers represent the Sharks Teeth, the dojo floor is the Ocean and the focus mitts are Lifeboats. On Sensei's command (Go, start, Hajimae etc.) the children try to avoid the Sharks Teeth (blockers) and get to a Lifeboat (Focus mitt).

Remember there is always one focus mitt less then you have children on the floor. This allows the Shark to get one student each game. Once a child is bitten by the Sharks Teeth, he/she has to sit down or do push ups or whatever Sensei decides is good for the student to do. If a child does a good "double block" against the blockers (Teeth) he/she remains free to run around and find a lifeboat to stand on.

Variations: 1.) Start a new game after a student is bitten and all other students are on the lifeboats. 2.) Continue the same game by having children count to five, then leave the focus mitt they are on and find another while avoiding the Shark's Teeth. 3.) Have as many mitts as you have students on the floor, if they all get to a mitt, then count to five and have them find another mitt while avoiding the Shark's Teeth 4.) Eliminate each student from the game that gets bit and remove a lifeboat. Use your imagination to add more variations.

Remember: "Kids like Fun" and the big secret is to disguise repetition!

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**Title:** Snake

**Name:** Jeremy Sanderson

**Org:** Bushi-Ban Karate

**iTip:** Have the students form a large circle. Stand in the middle with a jump rope and spin it around the circle. The students must jump over the rope or the 'snake.' If they get bit by the snake have them leave the circle and do something like practice a Kata or do 10 push-ups, then jump back in the circle. You can also play it to see who can stay in the longest. This is great for warming up or as a reward at the end of class for working hard.

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**Title:** Snake

**Name:** Jeremy Sanderson

**Org:**

**iTip:** Have the students form a large circle around you, take a jump rope and swing it around. The students must jump over the rope, alternate the speed and height for different skill levels.

When a student gets 'bit' by the snake have them do a task like pushups or practicing a kata.

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**Title:** Sock Sparring (Flag Sparring)

**Name:** Sensei Mike Tobin

**Org:** Mendocino Okinawan Shorin-Ryu Karate-Do (MOSKA)

**iTip:** I was watching a group of Navy Sailors one day playing flag football in Atsugi Japan and I decided that the idea of the Flag football game could be applied to sparring (Non injury). I have my students use a tube sock (Clean) instead of a flag (You could make flags if you wish.) I have two students, with one sock each, drape the tube sock over the knot of their karate belt (Center line), half over/half under. The student(s) then spars like they normally would except that the object of the match is to get the other students sock (Flag). They bow in and out and to the instructor. They

take their fighting stance and stop and start when instructed. As soon as one student gets the other students sock, you can stop the match, have the losing student replace their sock and start the match again. You can have one point matches, two point matches or three point matches etc. or even king of the ring matches (if you lose your sock you're out, next student in and he/she challenges the winner of the first match.) Variations: yr to 7yr old students. Parents like it because it is less combative then actual sparring and they can do it at home with their student. Equipment is minimal - two socks. Ring size is up to the Sensei. Older and more experienced students find this game extremely challenging because there is only one way to score and they have numerous ways to block or evade an attack. Have Fun!

Sensei Mike.

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**Title:** Stance Tag

**Name:** Michael Tobin

**Org:** Mendocino Okinawan Shorin Ryu

**iTip:** Stance Tag:

Tell your students that you will be playing tag. Use a foam blocker to tag them with. Explain that when you tag them, if they block it properly they can stay in the game.

If they do not block it properly they have to stay in a frozen stance, horse stance works best, hand position is up to you. The only way out of the stance is if another student crawls under their stance.

Game ends after Sensei has all the students in a stance. Other stances could be front stance, slanted front stance, wide open leg stance etc. Have fun, kids like fun!

Sensei Mike

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**Title:** Stand Onto a Fighting Stance!!!

**Name:** Kyosa-nim A. Paredes

**Org:** World Chang Moo Kwan

**iTip:** I have the whole class lay on their backs. I then ask all of the students to put their hands to their side and close their eyes. I then grab a pair of focus mitts or a pair of kicking paddles and smack them together. At the sound of the kicking paddles, all students should get up as fast as they can and assume a good fighting stance. The last student to get up and assume the "proper" fighting stance, must go do X-amount of pushups or sit ups. I do this until the last 2 students are left. I then have the championship and the best out 3 wins. Good luck and keep the drills coming.

A. Paredes Changmookwan.

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**Title:** Tae Kwon Do Says

**Name:** Jose Pietri

**Org:** Lisa Vierra's Martial Arts Center

**iTip:** This is a variation on "Simon Says", and our kids love it. The class lines up for the game and the instructor calls a technique to be performed. Students must only perform the technique if the instructor said "Tae Kwon Do says". If they perform it without the "TKD says" or don't perform it when "TKD says", then they sit and watch. Last one standing wins.

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**Title:** Teamwork Relay

**Name:** Shidoshi Jeffrey Miller

**Org:** Miller's Martial Arts / Bujinkan Kuryu Dojo

**iTip:** This is like my Ukemi relays but focuses on teamwork.

The students are placed in one or more single files and given a task which must be carried out from their starting point to the marker cones at the other end of the training area.

Tasks could include: roll down, run back; roll down, roll back; partner carry (heavy bag, etc.); or one of my favorites is to have two students trap a small foam ball between their shoulders and carry it to the other end without dropping it. If the ball is dropped, they must return to the start and begin again.

The activity is timed with a stop watch and noted. Then, I give the students a reachable goal to get their time under (usually 3 to 5 seconds unless they made tons of mistakes). After they go again ask, "What can each of you do to help the team improve as a whole."

The point is to have them see that each 'individual' is 'individually' responsible for the overall success of the group. Cheer each student/team without negative criticism or favoring one anyone over another. The activity goes on until they have met your goal or it seems to be boring them (if you keep up with the motivation, they will not get bored.)

If you realize that your goal for them was too high, DON'T lower the goal as this will teach them that standards will be lowered for them if they aren't good enough (which might foster laziness) - instead, simply pretend (honestly) that they made it and celebrate their achievement with them.

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**Title:** The Blob from Outer Space

**Name:** Chuck Sears

**Org:** American Taekwondo Association

**iTip:** The object of the blob game is to teach the value of teamwork. The instructor should emphasize this throughout.

One student is selected to be the Blob from Outer Space. S/he must chase the other students and tag someone. That person is now "smiled" and is assimilated into the Blob (you can use Borg if you like). They must now hold hands or link elbows and the two of them have to go slime someone else. That person has to link in, etc. If the Blob breaks apart, no one can be smiled.

When you get 3 or more in the Blob, it gets really interesting. The Blob members \*have\* to work together and target one person and come up with a strategy for catching them, then execute the strategy. But don't omit a "target of opportunity" for the sake of your designated target - if someone else gets within arm's reach, slime them, then go back after your designated target.

As an enhancement, the instructor can be an asteroid. You move around the room and the Blob cannot assimilate you, so they have to work around you.

Last person left unsullied becomes the new Blob for the next game.

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**Title:** The Dark Dojo

**Name:** Paul Crossin

**Org:** Yin Yan Twin Karate-Do

**iTip:** One student lies on the ground on his back with his eyes closed other students one at a time approach and circle the student lying down and try to place a finger softly on his head, chest or stomach, the student lying on the ground must use other senses such as touch and hearing to assess his attackers position he must then perform a correct

blocking technique to stop his attackers hand or arm. (The Dojo must be quite for this to be achieved successfully).

This game is fun for all and will give the attacking student help with his speed training him to get in and out of a situation as quickly as possible while also training the student on the ground to be aware at night and to not rely on only his sight.

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**Title:** The Dragon's Tail

**Name:** Pamela sheidy

**Org:** K. Studio Inc.

**iTip:** Have the student line up behind each other single file, holding onto the student in front of them by the shoulders. The front person is the head of the dragon and the back is the tail. The tail can have a scarf or belt hanging from their tail.

The students must work together as a team without letting go of each other. The head must catch the tail.

Then, the head may move to the tail. If students break apart they can all do sit ups or pushups.

This is fun for students and spectators.

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**Title:** Tiger's Cub

**Name:** Mike Tobin

**Org:** Mendocino Okinawan Shorin-Ryu Karate-Do Tiger's Cub

**iTip:** Number of Students: 4 or more.

Equipment: A stuffed animal or a focus mitt (in a jam) to be the cub. Object: Steal the Tiger cub.

Skills: Stealth, quiet concentration, focused movement, and fun!

How to Play!: Select a student to be the Tiger. Have the Tiger sit with his/her back to the other students, at least ten feet away. Put a stuffed animal (mitt), behind the Tiger and have the Tiger pretend it is his/her cub. Have the other students take turns sneaking up behind the Tiger and trying to steal the cub. If the Tiger hears the person sneaking up it can roar and then turn around. If the Tiger catches a student the student takes the Tigers; place and the old Tiger goes back with the other students. If there is no student when the Tiger roars the (student) Tiger remains the Tiger and the game starts again.

Remember: "Kids like Fun!"

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**Title:** Ukemi Relay

**Name:** Shidoshi Jeffrey Miller

**Org:** Miller's Martial Arts / Bujinkan Kuryu Dojo

**iTip:** Students are divided into two to four teams based on class numbers. Class seniors are made the captains and the remaining students are divided evenly into the groups. I usually do the picking as normal team selection tactics (captain's choice) usually eats up too much class time and I like to make the teams even by skill level not by ego-winning. Cones or other markers are placed at the other end of the room which the students are required to pass before running (or your choice) back to the end of the line.

I call out any rolls, or other body-movement skills (like crab-walking, cartwheels, etc.) the students have learned and then shout "go." As they complete each skill, I assign another and repeat as necessary. Students love the competition and get a great warm-up in the process!



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**Title:** Untitled

**Name:** Bill Cowie

**Org:**

**iTip:** Here are a couple of fun drills I worked with the kids, but found the adults enjoyed as well. Tie a belt or rope to two chairs so you have at least an 8' spread between chairs. Have the belt at about 18" above the ground. The student will stand at the rope, and jump on the spot over the rope, drop and roll under, without touching the rope. (Have spare students sit on chairs). The trick is to have the students compete to see who can do the jump and roll 20 times the quickest. This is great fun for the kids, and quickly becomes very tiring. For us masters (and by that I mean on the wrong side of 35) this is a real challenge. Use a stop watch to time, and judge the student on "clean" jumps and rolls.

A second similar drill is to use 2 ropes and four chairs, again have students sit in chairs for safety sake. Have the ropes intersect in an "X" making four squares. The students can jump from square to square, and you can vary this by adding kicks with the jumps, or turning as they jump. etc, You can add to this by having 2 students in opposite squares, on command they will chase each other, jumping from square to square trying to "catch" their opponent by ending up in the same square at the same time. If the students are equally matched, this can take some time and is a real killer. Try this, it's hard work, but fun!

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**Title:** Walking The Line

**Name:** Trevor Smith

**Org:** Brecks Kyu-Jyu Hachi Ryu

**iTip:** Line all your students up in a single line from Beginners to Dan Grades. Each student takes their turn to walk the line. They have a predetermined technique, say Jodan Tsuki and as they make their way up the line, they make this attack on any of their fellow students. I find this helps the defenders reflexes and the attacker's ability to learn not to telegraph when they are actually going to make their move. I also find it helpful because after doing it half a dozen times or so I know which students have let's say personality clashes. If anyone uses something like this I would be interested to hear from them.

Train Hard, Train Intelligently but Train Safely.

# General Training Drills Title: 4 Square

**Name:** A.J. Fieldhouse

**Org:** M.B.K. Shotokan Karate Federation **iTip:** Four students form a square. One student is designated to start (No.1) who then attacks No.2 who blocks and counters and then turns to attack No.3 and so on until one complete cycle is completed. Attacks on the first cycle may be limited to a specific attack such as head punches (at this stage attacks must be stated). Other attacks can then be added on following cycles such as kicking attacks. This can go on and on. To introduce a reaction training element in later cycles do not state your attack and attack with anything. Typical cycles could be: Head punches only, then body punches only, kicks only and so on. This can be done in a clockwise or anti-clockwise direction.

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**Title:** Balance Drill

**Name:** Mr. Lloyd

**Org:** Martial Arts & Fitness **iTip:** In our style of Tae Kwon Do we have different technical kicks for each belt level. Sometimes to add some variety and difficulty I have each student stand on a kicking shield and do their kicks, 4 count round kick, 6 count side kick etc. As we progress in difficulty I'll use a blocker and hit the pad there standing on to try to knock them off balance. If they fall down they stay seated, the last student standing is the winner. If many students are still standing I might have them switch to different stances, duck, jump etc. If they're really good, as they jump I'll knock the pad out from under them, gets a good laugh towards the end of the drill. This is a great web site for ideas, thanks to everyone for sharing!

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**Title:** Fight Like an Animal!

**Name:** Maxwell Thompson

**Org:** Pa Kua Kung Fu

**iTip:** Have you students pick their favorite animal out of tiger, monkey, dragon, crane, eagle, mantis, or the snake.

Have them spar as if they were that animal. Here are the descriptions of how the animals fight: **TIGER:** fights aggressively, fierce, and always on target, never missing a hit, always depending on speed and strength.

**MONKEY:** uses rolls and jumping motions to attack and dodge. All techniques requires the user to stay in a low squatting position and attack with surprising blasts from the squatting positions: the monkey also trys to offend the opponent by teasing him and offen climbing on his/her opponent.

**DRAGON:** uses elbows, knees and other short range attacks to stay inside the opponent's difference and attack from the inside to the out.

**CRANE:** uses slow, fluid motions to knock the opponent off balance, and then strike when enemy is off-guard.

**EAGLE:** uses fast grappling techniques and often uses grabs and locks on pressure points.

**MANTIS:** stays very still until an opening in the opponent is at hand, and then defeats the opponent in one move.

**SNAKE:** uses pin-point targeting to attack pressure points over and over again- often attacking the eyes, through, and groin.

This teaches all students to respect all living creatures and live in harmony with each and every living being.

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**Title:** Intense Station Drill

**Name:** Training Joe

**Org:** Metamora Township High School Martial Arts Club **iTip:**

Every so often, I have my class work on stations. It takes 20-30 minutes, but it is an intense and beneficial workout that will really leave your students sweating.

I set up ten stations around the dojo. Each student must remain at each station for 2 minutes working on that particular exercise. I time and also run around the room trying to get them to work harder. I give them 10-30 seconds rest in between stations, depending on their abilities. You can set up any type of drill you want at each station-- just mix it up to work on different muscles and/or techniques. These are the ten I often use:

1. jump rope

2. speed bag training
3. kiba dachi (horse stance) with front kicks
4. duck and weaving (boxing)
5. ju ju undo (free exercise)
6. dive rolls over and under two ropes tied across chairs

7. judo falls
8. dumb bells (10-15 pounds in each hand doing double corkscrew punches)
9. either stay in best, lowest horse stance or slow motion side kicks



## 10. ab exercises

You're students will really appreciate the hard exercise and you will definitely be giving them a great workout.

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**Title:** Scrambled Eggs

**Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** Three people line up on their hands and knees facing the same direction. The middle person starts by rolling under the person on the right. The person on the right then jumps over middle person and continues then jumps over this person and under the other. This pattern continues. Speed should be increased with ability level. This drill is excellent for developing team work, timing, and tumbling.

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**Title:** Standing Heavy Bag Relays **Name:** Silke Schulz

**Org:** KICKS! Martial Arts & Fitness **iTip:** Set two (or more)

standing heavy bags at one end of the floor. Then have students split into as many teams as standing heavy bags. They can warm up by just running around the bags. Next race they might have to do 10 punches to the bag before running back and tagging the next team-mate in their line. I've had races with 10 left round kicks, next race 10 right, etc. Only your imagination will limit the types of techniques and combinations you can have students perform on the bags.

Builds endurance, speed and ability to perform under some pressure.

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**Title:** Tough Gut

**Name:** Norman Harris

**Org:** Cobra Martial Arts & Self Defense Systems **iTip:**

Impact drills are very important for those practicing self defense.

Just as important as it is for the body to be able to accept getting hit so too is it for the mind. Here is a drill I like to practice for hours. You and your partner will stand right side back facing each other in fighting positions.

Take your lead hand (your left) and hold your partner's lead hand. Put your right hand behind your head and avoid curling your body, rather try to keep it stretched out. Now exchange lead leg round kicks to the body of your partner.

You might want to start with 20 per leg and add reps and sets as you get used to the impact. As you improve you might want to increase the power of your kicks. Just remember to kick only as hard as you want to be kicked. :) :)  
:)  
\_\_\_\_\_

**Title:** Two Man Dough Boy Pool Drill **Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** Two partners face each other with hands up and palms out about four to six feet away. They imagine that they are on the rim of a small dough boy pool. By shuffling sideways to the right or left, one person tries to catch the other. After a minute the two partners switch roles. This drill helps develop foot work and strategy.

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**Title:** Two Partner Balance Drill **Name:** Ron Sell

**Org:** smartLIZARD

**iTip:** Two partners face each other with hands up and palms out in a shallow square horse stance. Both partners try to knock the other off balance by slapping their partner's

palms. To win at this game, you must know when to resist and when to move your hands, in order to cause your opponent to fall off balance. This drill is excellent for testing balance, strategy, and strength.

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**Title:** Up-Downs!!

**Name:** Jason Stanley

**Org:** [www.KarateTips.com](http://www.KarateTips.com)

**iTip:** You can do this with your class!

Jog on the spot for ten steps then on your command, everyone goes into a squat position, then immediately to the push-up position and does a full push-up. Next get back to your feet and stand up as fast as you can. Start jogging again. You've just done an 'Up-Down'.

After 10-20 Up-Downs you know you've been working.

# Grappling Drills

**Title:** "Ferryman"

**Name:** John Banen

**Org:** Taekwondoclub "Chang Nan" Amsterdam

(Netherlands) **iTip:** I use this method to give the youngest students a break in the training.

Its a variation on a old Dutch street game translated "Ferryman can I cross."

All the students are positioned at 1 side of the dojo, except 1 in the middle of the dojo. The ask the "ferryman" if they can cross (to the other side).

The Ferryman tells them how to cross, on one leg, backwards, hand and feet, performing kicks, etc.

Performing this action he/she tries to tick off as many on the way to the other side. They are the next "ferryman" and so on.

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**Title:** Basketball Mobility Drill **Name:** Bill MacCumbee  
**Org:** World Jiu-Jitsu Academy Drill Objective **iTip: The primary objective of this training drill is to develop kinaesthetic awareness through contact with a moving body. The secondary objective of this drill is to improve aerobic capacity.**

Equipment Needed: Fully inflated basketball for each player, T-shirt or sweatshirt(remove your Gi jacket).

Drill Performance: You may not use your hands to keep balance. Begin by lying on the basketball with your chest. Move around the ball to both right and left.

As you move around the ball roll yourself over to rest your back on the basketball. Roll on the ball from your shoulders to your hips on all four sides of your body.

Spin 360 degrees around the ball on all four sides of your body.

Duration: Gradually increase the drill to match the expected duration of up-coming matches.

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**Title:** Belt Sumo

**Name:** Ross Kellin

**Org:** High Performance Martial Arts **iTip:** I am not sure if anyone else does this but you need 5 belts tied together and put in a circle.

Next you have the children (2) stand in the middle of the ring. They try and throw or push each other out of the ring. The catch is they can only grab each others belt. The first one to touch the ring (belts) with their foot, step over the line, let go of their opponents belt or fall down loses.

The kids really love this game, we teach jiu-jitsu and this helps with their balance.

Have fun!

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**Title:** Fun Groundwork

**Name:** Pierre

**Org:** Full Contact Shoot fighting and Kick-boxing **iTip:** We found that using a football (must be large) is great fun when doing grappling warm ups.

One student holds the ball on the ground in any position and the other student try to take the ball from him using basic grappling techniques, like side position etc.

We do it for about 3 rounds of 3 min each.

It is a great way to warm up and to identify strengths and weaknesses because now you are concentrating on 2 different things (ball and opponent).

Keep smiling!

Pierre Vander Walt Head FCSK SA

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**Title:** Grapple Football

**Name:** Bill MacCumbee

**Org:** World Jiu-Jitsu Academy

**iTip:** This drill improves holding and positioning skills.

Split your class into two equal teams. The mat area is our field. Select a captain for each team. They are responsible for strategy.

The captain picks a player from their team and the players sit back to back. The coach places a soccer ball or some soft ball in between the players. On the coach's command, each player tries to grab the ball while staying on their knees and carry it to their side. While one player tries to carry the ball across their line, the other player tries to hold them back and get the ball across their line. As soon as the ball crosses the line, both players stay on that side. The game is over when there are no more players on one side, or time runs out.

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**Title:** Grappling Tag Team

**Name:** Floyd Wills

**Org:** Minden Training Hall

**iTip:** This is a great training drill for grappling. Divide the class into two even teams (make sure that the skill levels

are balanced out between both teams.) Designate a matted area and have each team face each other in lines about 10' apart.

Have one student on each team meet in the center of the mat. When the instructor yells "Go!" the students start to grapple, they can use any allowed throws or submissions.

If they tap out they are out of the game and the next person in line steps out.

At any time the students can drag the other guy over to their line and tag hands so they can allow a new team mate to come in (the person who tagged goes back in line.) The game continues until all players of one team are tapped out! This is a great drill to get into shape and it teaches teamwork.

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**Title:** Ground Judo/King Of The Mountain **Name:** Curtis Lee Bodiford

**Org:** Curtis Bodiford's Toshido Karate International **iTip:** The drill is called "Ground Judo."

The drill can be done as a group drill or in pairs.

The objective is to develop "Base" or balance on the ground. In a group drill pair up the students by size. Then have the students face each other in a kneeling position, then bow to each other. To start they give each other a high five to signal they are both ready. Now they try to get there partner off balance and to the ground on their back, side or stomach. The person who gets there partner to the ground first is the winner then they just start over.

"King Of The Mountain"

Another way to do this drill is called "King Of The Mountain."

**iTip:** We do something that is termed 'lock flow'. It is a prearranged set of standing joint locks and counters to those locks. The basic flow of the exercise is; I attempt a lock, you counter that lock and attempt a lock on me, I counter that lock and then attempt a lock on you, you counter that lock and make up your own set.

A series of 4 or 6 locks/counters is a good length for a set. We have 4 different lock flow sets with about 8 or so locks/counters (for the adults). A shorter set could be used for the kids, with special attention to not cranking on the locks too hard. Most of the lock flows start with one person executing a punch to their opponent's head. The trick to countering any lock is to quickly recognize what your opponent is trying to do and then counter their force before they are able to get the lock 'locked in'. Wait too long and you're out of luck.

That is why a finishing hold is called a finishing hold.

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**Title:** Position Drills

**Name:** Tyke Crocker

**Org:** Kodan Bujutsu Ryu Association **iTip:** **Try to get to top position, and stay there. No joint locks, pressure points, chokes, pokes, or anything that causes pain. The idea is that while technique is important, movement and position are vital to successful grappling. We are not trying to pin our opponent (although that can and does happen) just stay in the top position. If you find yourself under your opponent, get out and get on top. This drill teaches students to use their legs, and hips to move around on the ground, instead of just their arms, as so many people are guilty of.**

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**Title:** Rolling With a Purpose

**Name:** J. R. Gordon

**Org:** Warrior Alliance

**iTip:** I like to have students line up at one end of a mat with one person on the other end of the mat. The student will perform a roll that brings him/her to their feet within striking range of the opponent at the end of the mat. As the student comes up out of their roll the other student will simulate a striking attack. The purpose is for the rolling student to be able to block, counter, trap, parry, or evade the attack of the standing-striking opponent. After having rolled the student will stay at the end of the mat and be the attacker while the original attacker will proceed to the end of the rolling line. This drill is great for teaching students to come out of a roll in a "ready" position.

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**Title:** Steal The Ball

**Name:** Bill MacCumbee

**Org:** World Jiu-Jitsu Academy

**iTip:** The purpose of this drill is to build hold down and arm lock skills.

Pair your partners up. Give one person of each group a ball, (Tennis, small nerf ball, etc.) One player lays face down, with arms outstretched. Other player kneels beside opponent. At the coaches signal, the players attempt to steal the ball from the other person. The person with the ball can do any hold or defense to hold on to the ball, except place it into their uniform. The attackers can use any arm lock or technique to get the ball from the other player, except pressure point or strikes.

The game is over when the ball is stolen. I allow each player about 2 attempts before I rotate partners.

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**Title:** Take the Tale From the Donkey!

**Name:** Matt Avant

**Org:** World Jiu Jitsu Academy

**iTip:** This drill requires two students and two handkerchiefs. Place a handkerchief through the back of each student's belt (one on each student). Have the students either start by standing or start them on their knees. The object is to take the tail (handkerchief) off the other student. The first few times just loop the handkerchief over the belt. Later as their skills and tactics improve, wrap the handkerchief around the belt an extra time, this makes removing the handkerchief more difficult.

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**Title:** The "Shoot"

**Name:** Ray Terry

**Org:**

**iTip:** I don't know if this qualifies as a grappling drill but here goes.

Everyone knows that one of the favorite techniques of the street fighter is the old' rush and tackle. Better known as the "shoot". One of the things we do is have the students put on their safety equipment and get ready to spar. After they have sparred a few rounds I then change the rules. "If at any time the you can reach in and grab your partner around the waist (bear hug), you win. But, if while you are grabbing your partner punches or kicks to the face as you are coming in they win. Once a winner is determined you break and start over again. The "shoot" can be done by either person at any time." When teaching this make sure you emphasize that they use control. There are no take downs, that is not what we are working on. We are working on recognizing the attack and defending against it.

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**Title:** Throw for Throw

**Name:** Clyde Lewis

**Org:** Gentle Ways Judo

**iTip:** This is our version of randori, and works great for a cardio workout as well as skill development. The instructor decides which techniques can be used and how much resistance is given by the person being thrown. We start off usually focusing on the techniques taught that night, and with no resistance. The key is that you are only allowed 3 to 5 seconds to do the techniques. One person performs their technique and the other person immediately gets up and returns the favor. We usually do this drill for 5 to 7 minutes at a time. It really seems to help in all aspects of judo training, because of the use of all skills without a break or time to think about your next move. You always need to react instead of think.

# Inspirational Topics

**Title:** Be Humble and Support the Team

**Name:** Hamilton

**Org:** Hong Park Tae Kwon Do

**iTip:** A lot of times in the past I found myself hoarding my ideas, tips and personal way of doing things. It took some time for me to realize it would do my school much better if I could share my ideas instead.

I felt it was very important to me to help the school I needed to be the very best instructor. But at the same time I was competing against the other members of my team in who could be the best. Once I learned to let this go some. (I still compete a little.) I found it helped raise the schools standards a little by helping others to expand on what they know and can do, we helped my team achieve more.

I think we should all stop and look at if we are helping our teams or holding back our secrets to maintain an edge over our team mates.

I hope my team will continue to share skills and ideas with me so I can achieve more as well.

Hamilton

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**Title:** Food For Thought

**Name:** Fariborz Azhakh

**Org:**

**iTip:** Imagine there is a bank which credits your account each morning with \$86,400. It carries over no balance from day to day, allows you to keep no cash balance, and every evening cancels whatever part of the amount you had failed to use during the day. What would you do? Draw out every

cent, of course! Well, everyone has such a bank. Its name is TIME. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours. There is no going back.

There is no drawing against the "tomorrow."

You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness and success! The clock is running. Make the most of today.

To realize the value of ONE YEAR, ask a student who has failed a grade.

To realize the value of ONE MONTH, ask a mother who has given birth to a pre-mature baby. To realize the value of ONE WEEK, ask an editor of a weekly newspaper.

To realize the value of ONE DAY, ask a daily wage laborer who has kids to feed.

To realize the value of ONE HOUR, ask the lovers who are waiting to meet. To realize the value of ONE MINUTE, ask a person who has missed the train.

To realize the value of ONE SECOND, ask a person who has avoided an accident.

To realize the value of ONE MILLI-SECOND, ask the person who has won a silver medal in the Olympics. Treasure every moment that you have!

And treasure it more because you shared it with someone special, special enough to spend your time, and remember that time waits for no one.

Yesterday is history Tomorrow a mystery Today is a gift.

That's why it's called the present! WOW! I've got to get busy...

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**Title:** g.e.t.i.t.

**Name:** Peter Hill

**Org:** g.e.t.i.t. Integrative Arts

**iTip:** In my years of teaching, one of the most common mistakes I continue to see is the assumption that the student understands what you are teaching them. It is essential to emphasize the GOAL of each training session in regards to what they are working towards and what benefits they will derive from it. For instance, are you teaching and repeating classical drills to develop economy of motion and efficiency of movement? If yes, then be sure to give pointers on HOW to move more efficiently and be more economical with mental, emotional and physical energy.

Here is a quick test to self test how well you are communicating the goals of your classes. When you start a drill or exercise ask the class what the goal of this exercise or technique is. Afterwards assess how well they are able to articulate those goals.

This will give you a measuring stick with which to see how well you are communicating what you are teaching so your students can g.e.t.i.t. together and integrate all aspects of their training into their lives.

Peter Hill

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**Title:** Giving the Instructors What's Due

**Name:** Shihan Ronald Bennett

**Org:** White Dragon's of Bushido

**iTip:** I have owned and Been a part of several Martial arts systems, Red Dragon Karate, Taikenjyryu, Chun Kuk Do, and Tae Kwon do.

In many of these the instructors work for free, but end up with a low energy level when teaching at the Dojo. This hurts your business tremendously. At my school we now have 450 regular customers and over 1,000 cardio kickboxers. The Income is \$360,000 a year and climbing. If an Instructor comes in with a bad attitude he is dismissed without pay and any Instructor who take's over his classes or private lessons gets His \$12 dollars a 1/2 hour and ten Dollars for the hour class. I have 27 Instructors who work for me, and they owe the respect to the: 1st THE CUSTOMERS

2nd THE SCHOOL

3rd THE BELT THEY WEAR

4th THEIR TEACHER

***5th THE TITLE OF A SENSEI***

I know that when one instructor receives the money for the other because he is always Late or makes an excuse. He sees it back when he receives his paycheck.

I have had to let go of many flaky Instructors and it doesn't matter what Rank or how long they have been there.

As a matter of fact these disloyal Irresponsible Teachers usually go out and bad mouth you and your organization like you are the problem.

But trust the families if you are professional you will attract professional client's. I know this to be a fact, I teach 55 people on my blackbelt program and they are from all professions, Dr's Lawyer's Therapist's and many others.

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**Title:** Great Plans!

**Name:** Ron Sell

**Org:** 4kicks International

**iTip:** "'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you a hope and a future.'" Jer. 29:11

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**Title:** Green Belt for a day (use any rank you want to use)

**Name:** Thomas Gordon

**Org:** Pilsung Taekwon-Do

**iTip:** This is a good incentive idea, and keeps the students motivated. I recently started having a student picked for "green belt for a day". The idea is to pick the student who shows the best discipline in class. Works especially well with children who have ADD, or other behavioral problems. Can be varied by using any rank you want or multiple ranks, like green belt and black belt, etc.

[Note From Ron Sell] Occasionally we pulled out black belts and put them on our Black Belt Club Members for the day.

Wow! Tons of motivation during that class. We also called them black belts hundreds of times during the class.

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**Title:** JESUS SAVES!

**Name:** Bernie Fritts

**Org:** USCDKA

**iTip:** The devil decides that he is a better typist than Jesus so he challenges Jesus to a 1000 word typing contest. They get set up on a network and begin typing. After 5 minutes the network crashes and both have to reboot their computers. Well Jesus boots back up and in a few minutes he is done. The devil screams "How, we lost everything in



the crash?" Jesus looks up and says "No, I didn't lose everything just remember... JESUS SAVES!"

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**Title:** Losing One's Temper Brings On Problems...

**Name:** Fariborz Azhakh

**Org:**

**iTip:** There was a boy with a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, to hammer a nail in the back fence. The first day the boy had driven 37 nails into the fence. Then it gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence.

"You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out, it won't matter how many times you say 'I'm sorry,' the wound is still there. A verbal wound is as bad as a physical one."

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**Title:** Motivational Tools

**Name:** Ron Sell

**Org:** 4kicks International

**iTip:** In Class I try to motivate the students by using small rewards. When the class starts, after we bow in, I tell everyone what the reward will be to the student that does

the best job in class today. Ê I tell them what I expect, things like power, focus, strength, speed, great behavior, self-discipline, etc. Throughout the class I remind them of the reward, so that they don't lose sight of the goal. I give away things like: martial art stickers, hand stamps, rubber Chinese throwing stars, T-shirts that aren't selling in my pro shop, old martial arts magazines, ice cream cones (I get biz. cards from Dairy Queen or Twistie Treat down the street to donate an Ice Cream Cone to the kids in my class, I pass the card out and the kids take the card to the store and get a free cone) martial arts pins, martial arts figurines, and the list could go on!

My dad and mom just got back from Korea, I asked them to buy me \$50 worth of Korean pennies (and if you know the conversion rate of Korean to American money, I got a truckload of pennies!) And the kids will bend over backwards to please me so they can get a Korean penny! Most of the time I give two or three rewards per class.Ê I just bought a bunch of Martial Arts removable Tattoos from a company and give them out to the kids. Ê Just Like the Korean money, the kids go crazy! (incidentally, if you would like to buy some cool MA removable tattoos, email me! \$25 for a box of 200! Full Color!) The reason behind this is to motivate the kids to do a great job. Ê and I get what I want, performance. Ê Try it today! Ê See what happens. Ê But, Let me warn you, once you start giving away stuff, they won't let you stop!

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**Title:** Sensei Says

**Name:** Pat Swieton

**Org:** Kids Karate Club

**iTip:** It the same as simon says, or as a previous author wrote master says. The only difference is I allow my junior

leaders to be the game leader, the child is then will make up what he/she wants the class to do.

This game builds self-esteem for the child who gets to be the leader that day for the game. It's a great booster.

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**Title:** Shamu Method of Teaching Martial Arts

**Name:** Ron Sell

**Org:** 4kicks International

**iTip:** Taken from Ron Sell's iManual.

On a plane from a recent speaking engagement I picked up a book from the airport's bookstore that explained the following story, I immediately related it to teaching white belts.

To teach a Killer Whale to jump over a rope in the air, the trainer first puts a rope on the bottom of the pool, each time Shamu swims over the rope he gets a small reward of some fish. After a while Shamu understands that if he wants recognition, he has to swim over the rope, so Shamu keeps swimming over the rope expecting to get some fish, at this time the trainer lifts the rope about 5 feet. Not enough to make a big difference and the rope is too close to the bottom for Shamu to fit underneath, so he continues to swim over the rope, and continues to get the reward. After a while the trainer lifts the rope another 5 feet, now Shamu has a choice between swimming over and swimming under. Every time Shamu swims under, nothing happens, but every time Shamu swims over the rope, he gets the fish. After a while Shamu learns that only when he crosses over the rope does he get the prize, so he does!

Next the trainer puts the rope half way between the top of the water and the bottom of the tank, until Shamu learns to swim above the rope every time, then they place the rope

at water level. Every time Shamu jumps over the rope, a reward, but, every time Shamu swims under the rope NOTHING! You see the trainer knows the importance of setting small attainable goals, and giving a reward for the completion of each small goal.

Just like Shamu, white belts need to be encouraged and given lots of praise. For instance, if a white belt hits a pad with a front kick and drops his guard, hits with the wrong part of the foot, forgets to yell, etc. It doesn't matter! He hit the pad! Give them a compliment specific to what they did. Next month work on their guard, then give them a compliment for that, the following month work on his foot position, etc. After a student has mastered the technique or form or whatever you have taught them, only compliment them when they do it perfect, that way the student continues to improve because they know they will get the reward (just don't give them any fish!) of a genuine compliment.

The Shamu method of teaching can be applied to anything you have to teach: forms, one- steps, grappling techniques, self-defense, etc.

How do you teach kids to swim? If you threw 100 kids that couldn't swim in a 12 feet pool, two or so would figure it out and get to the side, but 98 would be dead! Not a good success rate. I heard a martial arts school owner brag that "only 5 out of a thousand make it to Black Belt in my school!" Wow, what a horrible instructor! If your local elementary school said that only 5 kids in the whole school would make it to the next grade, what would you do? Find a different school!

Instead of throwing the kids in the 12 foot pool, why not give them all floaters and put them in a kiddie pool first, then, when they feel comfortable put them in the shallow

section of a real pool and watch them closely. After a while, give them a kick paddle, then a life vest, then hold them by the waist as they learn to use their hands and kick their feet, lastly, without them noticing it, take away one hand and eventually both hands and watch them swim. Let them graduate out of one step before moving on to the next step.

Now you have 100 kids swimming and having fun and no one on the bottom!

Are you going to still have the two kids that were the strongest? Sure, put them in the advanced swimming class!

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**Title:** The Ham

**Name:** Rob Papile

**Org:** Total Self Defense System

**iTip:** This story is about tradition and how sometimes it is not always the best method.

A little boy watches his mom make dinner. She cuts both ends off of the ham and then places it in the oven. The boy asks.. "Why do you cut the ends off of the ham?" Mom replies.. "Thats the way grandma always did it you will have to ask her. One night while grandma prepared a ham dinner the little boy asked .."Grandma, why do you cut off both ends of the ham?" Grandma replied.. "thats the way your great grandma always did it. Still curious the boy asked his great grandma the same question. She replied.. "When I was young our oven was so small we had to cut off both ends of the ham just to fit it in. Lets not cut off both ends of the ham when we teach."

visit [www.totalselfdefensesystem.com](http://www.totalselfdefensesystem.com).

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**Title:** The number "1" Club

**Name:** Rod Johnson

**Org:** Champlian Heights Taekwon-Do Academy

**iTip:** Recently I introduced the number "1" club to my children's program. The idea behind the club is to encourage kids to respond to their parents requests the first time their parents ask them.

As a "warming" up to introducing the idea have the kids sit down, then stand up , then sit down, do a couple push ups and then stand up. Presto the kids are now members of the number "1" club because they have followed your instructions the first time that you ask them.

Then talk about the value of their parents and how they can be members of the number "1" club at home.

Also send a note home to the parents to introduce the number "1" club to them. Periodicaly ask the kids if they are being members of the number"1" club at home and at school.

You will be amazed at how many of them are making the effort to be a member of the number"1" club.

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**Title:** Use Academic Sessions or Games Related to Them

**Name:** Unknown

**Org:**

**iTip:** This should never be a whole class period, unless you're using physical moves from which to draw philosophical principles. All classes should include substantial workouts. All classes should be instructional. If you do an academic session, and nobody learns anything new, then it has not been a useful session. Unlike the physical skills where they can make it better, once a student has the right answer to an academic question, they have nothing to perfect. Talk. This is one often used when there is

a lot of information to convey. All information said is not necessarily intended to be remembered. It is best if this is done in a format that draws on something that happened so the students have a pre-frame for it, or start with some questions to lead into it. Make sure your talking time is accurate, though, since students will be less inclined to listen in the future if you tell them something wrong. It should not last too long, unless there is something important that must be said that really needs the full time. It should follow or be followed by physical workouts. Ask questions. This is not an academic session, and it is not talking. "What did you learn today?" or "What are you learning right now?" are good questions to get the students focused on the lessons of the day. These, and questions like them are also useful for taking up the last ten minutes or so of a class before bowing out. Do discipline drills. Students may moan about standing at position for minutes on end or in cover, but even the kids seem to like them when they're through. Part of the reason is that the rules are simple. It makes them feel disciplined, and it actually does discipline them. It certainly increases their focus and concentration. It's also a great format to talk to them or question them without it seeming like a lazy time.

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**Title:** What Are You Doing in Between?

**Name:** Richard Dimitri

**Org:** Senshido Personal Protection Programs

**iTip:** You're born, and you know you are going to die. WHAT ARE YOU DOING IN BETWEEN?

Yes Mom, I'll be glad to.

Shannon Hudson

Hurricane Martial Arts Center

During my kids karate classes I always like to talk to the kids about behavior outside the dojo. I will get the kids to

repeat, "Yes Mom I will be glad to" several times. Then I will pretend that I am their mother and I will ask them to do something and they must reply with Yes Mom I will be glad to. I might say, Could you help me get the groceries in? They will answer with Yes mom I will be glad to.

Parents love this and it will add more value to your children's program.

---

**Title:** Yes Sir

**Name:** Hamilton

**Org:** Hong Park Tae Kwon Do

**iTip:** This is not a Zen tip, but is something I do in class to help set the mood for an exciting class once in a while. It helps to build the respect in the dojang, enforces the attitude to respond to the instructor.

Simply start your class with a question! Are you ready?

Yah, grumble grumble.

What? what is this? This is not my class is it? Where is my exciting YES SIR?

We had better practice, go run to the back wall. yes sir, grumble.....

I still don't my good YES SIR let go! YES SIR run to the front wall!

YES SIR!

Run to the back! YES SIR!

(Go through a few simple drills, remember they are not warmed up, just get the energy up.) That's what we want to see! Line Up! Let's get started!!!!



Hamilton

# Kicking Drills

**Title:**

**Name:** Dennis Estrada

**Org:**

**iTip:** One drill I use to make sure my students get the habit of keeping their guard up while kicking is the following. We do 1 or 2 minute round kicking on the heavy bag. I stand behind the bag with a wooden stick and every time they lower their guard, they get a reminder on their heads or on their shoulders.

The stick is made out of a 18" broomstick covered with air conditioning insulation foam. It is soft but will get your point across. After a few reminders, students get the point easily.

[From Ron Sell:] Please use caution, I claim no responsibility or liability. A suggestion would be use a soft "pool noodle" instead, that's what we use at our school.

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**Title:** 4 Corner Kicking Drill

**Name:** Randy Osborne

**Org:** United Martial Arts Academy

**iTip:** Start by separating the students so there is enough room between them as not to kick one another. Have the students begin in guarding stance, then chose any kick, front, round, side, axe, or all four combined.

The student then executes the proscribed technique four times with the right leg counter clockwise, kicking once to the front, quarter turn to the left, kick again, quarter turn to the left, kick again, one more quarter turn, final kick, then turn back to the front with loud key-op / kia. Switch legs and directions, all quarter turns then to the right.

For a little cardio work add jump kicks. We find that this drill executed four kicks to one count at five revolutions per side is quite the work out and an excellent way to hide repetition.

Hope this helps and good luck.

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**Title:** 4 Count Kicks

**Name:** Dan Cole

**Org:** American Okinawan Shorin-Ryu

**iTip:** Have the students line up against the wall placing one hand against the wall for support. Next choose a kick to start with and start your count.

Example Sidekick:

1. chamber
2. extend the kick
3. rechamber kick
4. place foot back on the floor, then repeat.

This is a good workout for the hip flexor muscle.

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**Title:** Alternating Kicking Pads

**Name:** Unknown

**Org:**

**iTip:** We make groups of three, one person will kick, the other will hold the kicking pad, and the other will knee on the floor with his hands on the back of his head and with the elbows protecting his face. The person who kicks have to kick over the person that is kneeling and kick the kicking pad. This help to do round kicks and kicks like Pandal Chagui or kicks that you need to be very flexible. You can also do

combination of kicks without touching the floor until you finish your kicks.

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**Title:** Balance and Strength. I Call It "10 Kicks"

**Name:** Eddie Siller

**Org:**

**iTip:** I have been using this drill for years and my students love it! It is used to develop technique, balance and strength. I call it "10 Kicks". First have the students pair up by height, rank, age or choice. Then have one student hold a kicking pad. Now, I use the round kick mostly for this drill but just about any kick will do. The kicking student starts with the kicking leg to the rear and does one kick then returns leg to starting position. The kicker does two kicks on the pad before putting their foot down. Then three, four, five etc.. until they have done "10 kicks". To give the student a break let the other partner do one leg before the kicker does other leg. Hope you like the tip!

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**Title:** Basic Kicking Series

**Name:** Russel Rogers

**Org:** Ultimate Karate Centers

**iTip:** This series will help beginners to learn their kicking transitions. From a right leg back, fighting stance, right front kick...step down, left side kick...step down, right roundhouse kick...step down, left back kick...step down, left skip side kick...When you land, just turn. You should now be in a left leg back fighting stance, ready to begin the series again from the other side of your body.

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**Title:** Continuation of Beginners Tips

**Name:** Chris Kemmerer

**Org:** Lionheart Martial Arts, Inc.

**iTip:** Yesterday I was reading some of the I-tips. First off they are a great supplement to your lesson plans.

One of the ideas was to help kids with side kicks and round house kicks (turning Kicks). Have your students stomp the ground from a horse stance. Slowly raise their stomping foot up so they stomp in the air. This will approx. a side Kick.

Next have them kick a target on the ground in front of them. Have them kick it to the side, this will represent a round house kick. Later start to raise the target higher and higher.

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**Title:** Doing the Laundry...

**Name:** Dale Gutt

**Org:** Black Tiger Karate / Summit Martial Arts

**iTip:** Here is one that we use to help train correct targeting, accuracy and retraction. It is called "Doing the Laundry."

The premise is that you use a round laundry basket, preferably the ones that are sloped inward toward the bottom. You can really use any size/shape basket, depending on what you want to emphasize with the drill.

Partner up the students (or if the basket is mounted, individual practice can be attained), having one hold the basket on the sides, with the bottom resting against their stomach, hip, etc.

Not only is this a good practice for the kicker, but also for the holder as well. It can help toughen up the stomach of the holder, with the tapping of the kicker on the bottom of the basket.

Goal: The goal of the kicker is to get in, touch the bottom of the basket and get out without touching the sides of the basket, all while performing a good kick.

Drill: Start with front kick. Initially you can do this for a certain amount of kicks. Then as an advanced drill, or when they become more comfortable, do the same drill for a fixed number but if they touch the sides of the basket, the kick does not count. Usually this results in more kicks than the number specified, but will teach them to be more precise while kicking.

You can do front, side and back kicks really well with this drill. Roundhouse can work, if you angle the basket 45 degrees from the kicker.

Results:

You will find that the students will gain immediate feedback when they:

- don't go in straight to the target
- drop the kicking leg instead of retracting it after the kick is done
- do more scoop kicks than linear kicks (depends on style)
- don't focus on the spot to land the kick

Things to watch for:

As an instructor, watch how the students are coming in contact with the bottom of the basket. Typically (as in the case of the front kick) it won't be the ball of the foot making contact, but more of the bottom of the foot. Still emphasize good kicks and correct placement of the foot for striking. They may need to kick slightly off-center to the bottom of the basket, to allow enough room for their foot.

Advanced Drill: You can further practice "Doing the Laundry", by changing the size of the basket. For higher level ranks, start with the laundry basket and then move on to a bucket. This will challenge them to be as precise as possible with their kicks.

Safety: We use both plastic laundry baskets and buckets for the drill. I remove any metal handles, etc. Sharp corners (or areas that get broken by mis-targeted kicks) are taped up to prevent the students from cutting their feet and legs.

Summary: Well that is the drill. We have found it very handy and quite useful over the years, to help emphasize good targeting, accuracy and correct retraction for kicks.

Give it a try and have fun, "Doing the Laundry"!

Dale G. Gutt World Moo Duk Kwan Tang Soo Do Federation

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**Title:** Double Barrel

**Name:** FM

**Org:** Kinderhook Taekwondo Academy

**iTip:** Have a student stand between 2 wave bags. Time it for 1 minute. Have student do let's say roundhouse, right leg. Kick 1 bag, turn kick other bag, back and forth for one minute. Increase level of difficulty by having student add jumping and spinning to his/her back and perform roundhouse. Speed is the drill.

---

**Title:** Drills to Help Beginners

**Name:** Elisabeth Hunt

**Org:**

**iTip:** Here's a drill that popped into my head last night at kids' class. Lots of new students get confused between a turning (roundhouse) kick that comes in a circular motion and a side piercing kick that comes in straight. We work out in an elementary school gym - no heavy bags, no weights, and a tile floor. So I had the kids pair up as evenly as possible (based on weight and size). One kid in each pair lay on his side with his butt about one to one and a half feet

from the wall. He put his top foot on the wall in a side kick position, with his knee bent high in front of him. His bottom leg was just curled up out of the way. His partner lay on the floor at his head with her hands on his shoulders. Then, he had to push himself and her away from the wall (they slid along the floor) using his top foot like executing a slow motion side kick. Actually, the way the kids' bodies were aligned, it was more like a slow-motion stomp, but a side kick motion is very similar and it gets them away from doing a turning kick. Another drill we tried last night for side kicks was to have the kid stand facing her partner, then give him her right hand and chamber with her right foot in his stomach for a side kick. (Having partners stand close together helps them chamber tightly.) Then, the kicker has to try and push her partner away with her kick while he resists (also helps kids tighten their stomachs.) This drill gets the kids' feet and legs into a real side kick position, and helps with balance.

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**Title:** Folding Chair Kicks

**Name:** Jim Biehl

**Org:** Lake of the Woods Karate Club

**iTip:** Use as many folding chairs as needed. Have the taller kids use the back of the chair while smaller kids use the seat part of the chair. Practice front and round house kicks by kicking over the chair. Every now and then it is fun when someone kicks the chair and it falls. Move the chair to a position where they must kick over the portion you want them to. It really makes the kicks lift their knees up high. Adults also love it. It is a great workout if you do at least 50 kick on each leg.

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**Title:** Guantlet of Kicking Shields

**Name:** Ian McMillian

**Org:**

**iTip:** I can't lay claim to this tip. It's something I learned recently at my Master Instructor's do-jang and immediately wanted to do myself. It works very well in the right setting, and with the right person. You have to be the judge of what that setting would be...

1. Have 2 lines of students facing target holders. The lines should be 6-8 feet apart.
2. Have a 3rd target holder between the other two holders. Now, here comes the hard part: :-)
3. The instructor competes with each student who comes forward to kick. He has to kick the target faster than the student, using roundhouse, front, or side kick.
4. If the instructor wins, the student pays a penalty...if the student wins, the instructor pays a penalty.

The key to this whole exercise is to give the student something to measure themselves against, and the instructor can be one of the least threatening "yardsticks" in a school, since everyone looks up to the instructor. At the same time, the instructor gets to show humility IF and WHEN he/she gets beaten, and believe me, you will in time...

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**Title:** Isometric kicks

**Name:** Brett Erwin

**Org:**

**iTip:** Supported Isometric hips - I like to do this with a heavy bag for support.

1. Stand facing the bag and hold it with both hands around chest level.

2. Chamber for a side kick as high as you can. Ê Make sure supporting foot points toward bag, and the lower part of the chambered leg is horizontal. Let your chambered knee touch the bag.
3. Slowly extend the kick out as high as you can (with good technique) and hold for a few seconds. To add extra burn, try this: after the leg is extended, use your hips/butt to gently raise/lower the height of the kick over a 1 foot range. Raise about 6 inches above the height that you hold it and lower it about 6 inches below the height you can hold. After ten of these (or merely holding it for a few seconds).
4. Re-chamber the leg all the way in to the point where the knee touches the bag again and the lower leg is horizontal

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**Title:** Jeet Kune Do Kicks

**Name:** George Hajnasr

**Org:** Eclectic Karate

**iTip:** JKD Kicking drill anyone can use it in kickboxing or karate. It will take approx 1 hour to learn.

Start with right lead (by-Jon)

Front kick

Rear front kick

Front side kick

Rear side kick

front round house

Rear round house

Right low high

Left low high

Step over with right, spin back kick left

Back hand, step slide side kick with the left

Back hand, step slide side kick with the left  
Back hand, step slide side kick with the left

Lateral kick rear front up right  
Lateral kick rear front up right  
Lateral kick rear front up right

Step over with the left, spinning back kick with the right

Back hand step slide side kick  
Back hand step slide side kick  
Back hand step slide side kick

Reverse lunge punch

Rear right snap kick

Rear left snap kick

Rear right front snap kick

Cyclone kick / inside crescent  
Spin slow outside crescent

Palm block in (HAN SAU)

Chicken neck out (DING SAU)

Left punch (CHUN CHOY)

Palm heal block in (HAN SAU)

Chicken neck out (DING SAU)

Right punch (CHUN CHOY)

37 total.

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**Title:** Jump Kick

**Name:** Terry Kendrick

**Org:**

**iTip:** You could use any technique in this drill but for example I will use a jump front kick. Have one student stand and hold a target, while his partner lies on his back. The student on the floor rolls over backward (feet over head) and then upon getting on their feet executes a jump front kick on the target. There are several benefits to this: increased aerobic capacity, gives student a practical application for technique, and it breaks the monotony of the routine.

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**Title:** Kick Ball

**Name:** Jay Kilgore

**Org:** Christian TKD & HKD

**iTip:** Use a tennis ball and clothesline. Cut a hole in the tennis ball, tie clothesline to high ceiling and tennis ball, about 6" from floor. Circle students around the tennis ball. Instructor calls out what strikes to use when striking tennis ball (front-kick, knife-hand, elbow, side-kick, etc). Great for timing, flexibility, control, etc.

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**Title:** Kicking Drills

**Name:** Jack Fried

**Org:** Ul-Ji Moon Dok Taekwondo at the Regional YMCA

**iTip:** Three ropes are suspended from the dojang ceiling at three separate stations. Each rope has three colored tape marks at premeasured intervals representing low, medium and high target points.

Students go from station to station performing kicks at the tape marks.

As time goes by (weeks perhaps) the tape marks may be raised progressively higher and higher.

This seems to work well with both large and small classes.

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**Title:** Killer Hips

**Name:** Brett Erwin

**Org:**

**iTip:**

***1. Get down on hands and knees***

2. Chamber one leg so the knee comes up to your shoulder

3a. Repeat #3 same as above. These can also be done with full speed kicks. Do a lot without letting you knee touch the ground.

b. Point your kicking leg so the upper leg is perpendicular to the body and your knee points to the side. Perform what I call "rapid-fire-round-kicks." This is quick extension and re-chamber of lower leg while keeping the knee in place. Do a bunch without putting leg down.

c. Keeping knee straight, start with leg pointing directly behind you. Perform a "straight-leg- swing" so leg comes around your body and the knee is then close your shoulder and is still straight. Do a bunch of these "power swings" without putting your leg down.

4. Repeat with other leg. I normally do killer hips with about 30 side kicks, then without putting the leg down, do 30 rapid-fire-round-kicks, then without putting my leg down, do 30 power swings. Then I put my foot down and switch legs. This is an exercise that doesn't take long, but DARN my butt really burns!

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**Title:** Killer Legs

**Name:** Dwayne D. Dendy

**Org:** American Taekwondo Association / World Traditional

**iTip:** Assume a comfortable shoulder width stance, with your hands on your sides. After this step forward with one leg, as if you were doing a lunge with weights. The knee closes to the ground does not touch the ground, it stays off the ground anywhere from 1 to 4 inches off the ground.

Stay in this position until the Instructor says go, at this time the student will execute a kick of the instructor chose. You do this walking across the school, and back. Stretch after each time you reach the other side. You can do all kinds of kicks with this.

It builds strength, stamina, speed.

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**Title:** Machine Gun

**Name:** Nam Nguyen

**Org:**

**iTip:** Make groups of three all of whom are the same size. Have one person hold a kicking shield (I like to use Century's BlastMaster) and the other two lined up on opposite sides of the shield. Both person will be in fighting stance. The person on the right of the shield will initiate a back leg roundhouse kick (either a fast or super slow kick) and the person on the left of the shield must imitate the exact kick. Do 25 kicks and yell on every kick (loud yell for a powerful kick and softer one for a light tap)! Alternate so that everyone has a chance to kick with both legs.

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**Title:** Machine Gunning

**Name:** Ed Perdomo

**Org:**

**iTip:** Here is a kicking drill we use to build up stamina and multiple kicking ability. We call it machine gunning.

One partner stands next to a wall with his left hand on the wall. He raises his right leg to a chamber position and executes ten kicks into a focus pad held by his partner (Roundhouse, side, or hook usually) then he switches to the other side. After he finishes, he takes the pad and his partner does the same. We do ten sets of these, 100 kicks per leg total. Then we do 5 sets of twenty kicks, 4 sets of 25, 2 sets of 50, and finally 1 set of 100. Totalling 500 kicks per leg. This drill has helped our students improve considerably. I hope it will help you as well.

---

**Title:** More Folding Chair Drills

**Name:** Michael Lee

**Org:** ATA

**iTip:** I also use folding chairs in class. One drill I do with folding chairs is to have the student sit in the chair.

The student stands up, looks over their shoulder and performs a side kick or back kick, then the student sits down again.

This is repeated several times depending on the student's fitness level and skill.

This drill helps the student to keep their kicks above belt level and also works out the legs. I also use crescent kicks with this drill.

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**Title:** Power Kicks

**Name:** Chris Pennenga

**Org:** Karate National Tae Kwon Do

**iTip:** Have your students pair up in groups of three. Give the center student a kicking shield. Have the other two students be in a fighting stance on either side of the center student. While the instructor gives commands the two outside students will alternate back leg round house kicks as fast and powerful as they can. I like to do 25 with each leg. Then rotate until everyone has had a chance to hold the kicking target.

---

**Title:** Puppy Howlers

**Name:** Marybeth

**Org:** American Taekwondo Association

**iTip:** This tip is to encourage your younger age children 3-7 to chamber and rechamber for side kicks and to hit with the heel.

1st - get on the floor like a puppy

2nd - shout out (1) the kids and you chamber your leg in as close as possible to your shoulder.

3rd - shout out (2) extend your leg out, have them hold it and have your assistant tap their heel to make sure they are in correct position.

4th - shout out (3) have them bring the knee back to the

shoulder. 5th - shout out (4) have them put their foot down

6th - shout out (5) they get to go up on their knees and howl like a puppy!

7th - shout (1) howling stops and repeat from beginning.

Don't forget the first time you do this to acknowledge and praise the child who stops howling first. The rest will fall in line.

Yes, this does get loud but the kids love it!

Parents laugh and it is so much fun to get a mom or dad to try it with us. They find out real quick the burn in the thigh



when you're not use to doing them.

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**Title:** SharpShooter

**Name:** Master William M. Whitmire Ph.D.

**Org:** Master Whitmire's USA Karate-Do

**iTip:** Students pair up and face each other ready to spar. Offensive students attack with a pre-arranged attack technique, defensive students react spontaneously and perform a counter-offensive technique to a pre-designated target area. Attacking techniques are changed (hands, takedowns, etc.) but the counter-offensive technique remains the same, this forces the defense student to negotiate the defensive maneuver into the proper and most effective counter-offensive position regardless of the attack technique. A real challenge!

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**Title:** Sit Down! Jump Up! Kick It!

**Name:** Michael Tobin

**Org:** Mendocino Okinawan Shorin-ryu Karate-do

**iTip:** Sit down! Jump up! Kick it! Sit down!

Number of Students: Any age, as many as you want.

Equipment: None or focus mitts.

Object: Fun, fast, leg burn and aerobic drill.

How to: Students begin in sitting position (or any floor position), as quickly as possible they get to their feet, perform a specific kick (either to a target or to the air), then they sit back down. This is especially challenging with jump kicks or spinning kicks. The legs will "burn-out" fast.

You can use a set number of repetitions or set a time limit for the students to do as many kicks as they can. This can also be used as a competition exercise or drill. This drill is great to add energy or excitement to your class, also it is a

great end of class drill to send students home with a good feeling.

Variation: Pair up students, give each one a focus mitt or kick paddle. Student #1 sits down, Student #2, stands in front of Student #1 with his/her mitt or paddle. On command or count, Student #1 jumps up from their seated position and completes a specific kick to Student #2's mitt.

Immediately after the first kick, Student #2 sits down and Student #1 remains standing with a mitt. Alternate sitting, kicking, and standing. If you have a limited number of focus mitts, the students can pass one mitt between them.

Remember: "Kids like Fun!"

Sensei Mike Tobin.

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**Title:** Slow Motion

**Name:** K Jerman

**Org:** Beehive Martial arts

**iTip:** I use this drill to help teach the basic kicks. I have each student slowly do the first step of a roundhouse which is the chamber, then we work up to the point where they pivot then onto the snap of the leg to the extended position. All of this is done in slow motion, it builds the leg muscles and works on balance. As they progress then we add double kicks, then one high one low ...etc.

This will work on the four basic kicks and is a great work out.

KJ

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**Title:** The Shadow Kick

**Name:** Maxwell Thompson

**Org:** Pa Kua Kung Fu

**iTip:** There is a legendary kick created by a famous Hung Gar master by the name of Wong Kei Ying. This kick was said to be so fast that it could attack multiple opponents, multiple times. It was also said that it was so fast that it didn't have a shadow. Thus it was named the shadow kick. Here is how to do it.

First, you need to pull you best leg up and point the knee towards your target. When he/she approaches you, execute a series of three kicks at one time, without dropping your leg. Still keeping it up, execute 3 more. The shadow kick is nothing more than a series of three kicks at a time, but done so fast that it stunned the enemy. The most common 3-kick combo (and the fastest, I don't care what anyone says) is the front-kick, front-kick, round-kick, or front-kick, round-kick, round-kick. These must be done at 3 different levels of the body and at three different meridians.

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**Title:** Three Ropes

**Name:** Jack Fried

**Org:** Ul-Ji Moon Dok Taekwondo at the Regional YMCA

**iTip:** Three ropes are suspended from the dojang ceiling at three separate stations. Each rope has three colored tape marks at pre-measured intervals representing low, medium and high target points. Students go from station to station performing kicks at the tape marks. As time goes by (weeks perhaps) the tape marks may be raised progressively higher and higher.

This seems to work well with both large and small classes.

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**Title:** Three Shield Drill

**Name:** Scot Conway

**Org:**

**iTip:** Three Students (number may vary as needed) with kicking shields surround a single student. The center student has to keep hitting all three shields as though it was a three on one fight. The drill may be used with all striking moves, just punches, or just kicks to add variety to the drill. When a shield is hit well (based upon the age and skill of the center student), the student holding the shield backs up three steps, and then moves back in. For beginners, I also have the shield students count to three before they come back in to give the center student breathing room.

This is a great cardiovascular workout and helps with quick power and focus. If the shield students, walking only, manage to box the student in (which happens sometimes if the student doesn't keep moving and keep track of all three people) then he has lost the fight as all three opponents are on top of him at the same time. Ê Sometimes I'll give another student a kick bat or blocker and let them hit one to three times every ten seconds to give the center student some blocking also have to keep hitting when they are blocking, but only the senior students seem to actually be able to do it.

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**Title:** Triple Kick

**Name:** Jack Fried

**Org:** Ul-Ji Moon Dok Taekwon-Do

**iTip:** This can be done from a "fighting" stance, off the front or rear leg. If you are unfamiliar with the terminology, ask a Taekwondo friend.

This can help build balance, coordination, and strength. The sequence is:

1. - Front Snap Kick
2. - Turning Kick
- 3. - *Twisting Kick***

All done on the same leg without dropping the leg. So it's - kick - retract - kick - retract - kick - retract.

Each kick requires a different body posture, so moving from one kick to the other, means the weight has to shift smoothly and evenly. Start slowly and over time (as students gain strength and balance) lessen the interval between kicks.

Later - when this is "easy," add a 4th kick. I suggest a side kick as the transition requires another large shift in posture.

Try it. Good luck and good training.

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**Title:** Use a Kickbat and Shield Drill

**Name:** Unknown

**Org:**

**iTip:** The easy version is one Kickbat and one shield. Ê The student has to attack the shield while blocking the Kickbat. How often and with how many strikes the Kickbat may be used can be varied. The number of shields may also be varied. Ê the Kickbat can also be introduced to the Three Shield Drill for a variation.

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**Title:** Use a Shield Striking Drill

**Name:** Unknown

**Org:**

**iTip:** One or more people hold kicking shields, two to three is ideal, and the students come through the set and strike

each one. The rules can be at least one punch and one kick, all kicks, all punches, anything you want, at least one roll, roll from shield to shield, or whatever you want to make it more interesting and challenging.Ê Make sure the students vary their attacks, so they don't keep using the same simple attacks again and again.

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**Title:** Use Scat, Staff or Other Games

**Name:** Unknown

**Org:**

**iTip:** Scat with sparring gear or Nerf-type balls. Staff or any other rolling game or drill. The Karate Karate Kempo variation on Duck Duck Goose. Kempo Tag, in the vein of T.V.Tag, but with martial arts moves. These come off as more like games than exercises, so they should be used sparingly. Make sure students understand the drill, since you want them to have fun, but you want them to realize that they're training.

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**Title:** Use the Kickbat Blocking Drill

**Name:** Unknown

**Org:**

**iTip:** One person uses the Kickbat to strike at a partner whose job is to block the Kickbat. You can do this with more than one Kickbat if the blocking student is good. Or you have one or more Kickbats and the students in a circle, and the attacker(s) will strike at anyone in the circle and the circle students have to block.

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**Title:** Use the Three Shield Drill

**Name:** Unknown

**Org:**

**iTip:** Two shields could work, too, but four would be too many for most low to middle ranking students. Use ten second time outs for decent attacks, reducing the time as students are higher ranking or have better technique or endurance. This also goes round robin, and it can occupy four people at a time for up to twenty minutes, often longer. If one or more people are out because there's more, try to avoid leaving the same person out more than one or two rounds in a row. If there is an extra person, always rotate the one from the middle out to a drink or a break.

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**Title:** Walking the Body

**Name:** Master Day

**Org:** [www.devoted.to/dayskarate](http://www.devoted.to/dayskarate)

**iTip:** Ideal for developing precision on round kick and developing control. (Killer on the legs!)

Student line up across from one another in opposite stances (one student will be the target/holder) while the other performs the kick.

On the instructors command row A chambers up and performs 5 to 10 round kicks towards the waist of there partner. (No contact: is allowed with round kick)

Then chamber chest level repeating count 1-10 then head level 1-10.

When students get really good have them perform low highs then rest.

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**Title:** Walk-With-Danger

**Name:** Frank Sanchez

**Org:**

iTip: We have a drill we do in my school called Walk-With-Danger. The kids really love it! This is how it works: I line up my students in rows for class. To do this drill I have them stay in their lines but walk to the back of the room. (This is easier said than done!) Then the first person in each row gets into a fighting stance. On my signal, the first student in each row begins moving forward doing blocks, kicks, and strikes. I tell them to do anything they want, even stuff they have seen on Power Rangers, as long as it is not dangerous. This drill helps my students learn to put together their own combinations. It helps them with their balance and coordination also. Sometimes I change the drill and permit them to use only striking combinations, then only kicking combinations. With new students I really do not emphasize good stance, however, as the students progress to the upper ranks, I begin to remind them to have good form.

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**Title:** Water Training

**Name:** R. Gonzalez

**Org:** Ray's Karate-Do

**iTip:** To help teach proper execution of kicks as well as developing power strength and flexibility, try water training. Example, for front kicks, sidekicks, and spinning back kicks you would need to get the student to mid section waist level water and have them execute the kick while trying to bring the leg out of the water in the cocked position before shooting out the kick. It works great, however for round houses and knees you want to be in shallower water, like knee level water, without bringing the leg out though, execute the strike towards where the resistance of the water is pushing back, slower is better... any questions contact me, karaterocker@aol.com.



# Marketing/Promotion

**Title:** 3 Tips to Grow Your School

**Name:** Farid Dordar

**Org:** ChampionsWay Inc.

**iTip:** Dear school owner,

This email contains 3 tips on how to close the back door. All these tips have been tested in many schools that are currently using MAS software including my own. These tips will help you to systemize your school to bring down your quit ratio by half in a very short time. Please review the tips and call me if you have any further questions!

## ***Tip#1***

- On a daily or weekly basis you must know 3 important things about your school.
- Your total # of students

Which students have the state of mind of quitting? (C students)

Students never quit all of a sudden. They show up less and less till they make up their mind of not coming at all. If you rate your students according to their attendance, you will clearly know whom you need to pay attention to the most. Rating the students in this fashion will also help you on renewal day. For example, you should never talk to a C or NA students about renewing their membership. Rather you should ask them to come in for a talk so that you can get feedback from them and know what is going on in their lives that has changed their martial arts training. Only then will you know how to keep them motivated.

- Which students are still paying, but no longer showing up (NA students)

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How would MAS help?

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## ***Tip #2***

Pay attention to the C and NA students in the class when they do show up (Floor chat). Never show up to a class without a class report. Your class report should be able to filter the C & NA students for you so that you can easily focus only on those individuals. Having a class report also systemizes your school and allows other instructors to do exactly what you need them to do. So if you have an assistant helping you out, your students' retention will not suffer. A class report will systemize your approach to the students and will strengthen the communication between the students and the instructors.

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When you do set a new goal for your C student, make sure you get their commitment to show up at least twice a week. This will insure their progress and ultimately their growth in martial arts and fitness.

Students stop training for different reasons. But the most common one is when they feel that they are not good at the sport. Make sure you encourage the C and NA students in the class, by bringing out the best in them. Pinpoint the things they really shine at. Maybe even stop the whole class where everyone can see how good they are at a certain technique, stance etc. and give them a round of applause. (Nothing beats the power of ENCOURAGEMENT)

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**Tip#3:**

Call the C and NA students before their class and not always after! Most schools call their students after they miss their classes. Remember students don't show up to their classes sometimes because they are lazy or not motivated. Calling them ahead of time is sometimes the push they need to show up. And don't we all know that training = progress and progress = retention?

What would you say over the phone when you call?

Hi Johnny, I am calling you to let you know that your next progress check (or exam date.) is by this date and I want to get you ready for it. I know that you are scheduled to come to the class today (or this week), so why don't we talk, when you get here today!

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How would MAS help?

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If you have any comments or additional ideas that we could implement in MAS, please don't hesitate to contact us. If you are not yet using MAS, I would like to offer you a special discount on the software.

Please feel free to call,

877 774-5425 toll free in North America 604 983-0620  
International Long Distance

Thanks, Farid Dordar

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**Title:** Here's a Good One!

**Name:** Maxwell Thompson

**Org:** Pa Kua Kung Fu

**iTip:** Ok, say you're having a bad time with business and you want to do something so incredible that you'll have students coming out of your ears.

Well, the solution is simple.

First you must find a place where everyone will be (mall, school, etc..).

Next, contact the organization in which you would like to perform your demo. Make sure you have some flyers including location and style of your school. Come up with a few weapon and free hand forms and have it last for about 10 minutes each.

Before and after the demo, you might want to give a brief description of what you are capable of and tell all that students will study all kinds of different art forms, play games, and tell them the price. This is a good starting point for an exceptional business.

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**Title:** How to Grow Your Student Base from Within

**Name:** Monty Watts

**Org:** ChampionsWay Inc.

**iTip:** Dear School Owners:

Sometimes we rely on the phone to ring to grow our school. Often the best way to grow our student base is right in front of our eyes. They are our existing students. How do we grow our student base through our existing students? The answers are simple:

- Share the Art Day: This is a day where you have your students invite a friend or two to attend a class with them for free. Each new prospect comes into the school and fills out a waiver with their contact information. This info should be entered into a school database of some type.
- Call 2, 4, and 6: What does this mean? Call 2 is a call to the student 2 weeks after they have joined your program. It is about the progress of their training. Call 4 is 4 weeks after they joined and is similar to Call 2. Remember to mention that a tradition in the martial arts is to sponsor a friend to help the art grow and to help others with the benefits that martial arts training brings. Call 6 is 6 weeks after they joined and to make sure they are ready for their first test and to get a name from them who could be a prospective student.

After you have gathered these names of leads and prospects you need a system to follow up on these people. This is where most schools fail. The best method is to systemize this procedure with the aid of a martial arts management software. The best program for this topic is MAS.

In MAS Software you would enter every student and it will automatically calculate your call 2, 4 and 6 dates. Each day you can create a list of all of the Call 2s, 4s and 6s you need to make that day. Now you enter all of your leads/prospects and enter in the follow-up date. You can easily look in the software and bring up a list of all the leads that you need to contact today.

What do you say to them? You can mention that as a special guest you can try training at the school for 1 free month.

I think this is even better. Once you have entered all of your leads into MAS you can print out a letter or even email it directly to the person. This is great because it adds a

personal touch to the follow up call. You can start your call by mentioning who you are and if they had received the letter you sent/mailed. With MAS, every letter or certificate you print or email to someone is recorded in that person's communication history. This is great information so you know when you sent the lead the letter and you don't send the same letter twice.

MAS is already full of proven marketing documents that you want to send to leads and prospects. Using direct email is an easy and inexpensive way to grow your school. You just need to gather the names and follow up with a system in place. It's guaranteed to work.

Good Luck,

Monty Watts ChampionsWay Inc

P.S. If you want to try a demo version of MAS Software download for free from [www.championsway.com/mas](http://www.championsway.com/mas) or call toll free 877-774-5425 ext 10 to receive a demo CD.

# Other

**Title:** (3) Point Tag

**Name:** Mike Tobin, Sensei

**Org:** Mendocino Okinawan Shorin-ryu Karate-do

**iTip:** Three Point Tag

The basic rules are the same as tag. One student is "The Point Tagger" and the other students run around the dojo. When you get tagged you may cover your "Tag" with one of your hands. When you get tagged a second time, you may cover your second "Tag with your other hand." The third time you get "Tagged," you are out.

Variation: Blocks can be allowed to keep from getting Tagged, Sensei(s) be sure to monitor the game and the use of correct blocks. Use a foam blocker to tag with, for safety and reach. The small child blocker from Century are great for this game.

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**Title:** 10 Penny Night

**Name:** Graham Hills

**Org:**

**iTip:** Just thought I'd share an interesting exercise that we did at my school last night. A few class periods previous to last night, my instructor had noticed that some of the beginners were not keeping a tight fist while doing basics/forms, etc. The problem would range from the hand only being slightly open all the open to completely open. In an effort to correct this problem, he introduced "10 Penny Night". Each student is given 10 pennies and is instructed to lay 4 of the across the palm of his/her hand. Then you close your hand so that each of your four fingers is resting on top of a penny, thus holding it in place. The fifth penny is laid on the second knuckle (kinda tricky to do by yourself) and your



thumb will be used to hold it in place. Once everyone has the pennies in place, we then went on to do basics. All the techniques we did were closed hand (and of course making a good fist). Went through basic blocks, punches, etc. If you dropped any of your pennies...it was 10 pushups for every penny that you dropped. After basics we got a drink (still holding on to our pennies) and then proceeded to do form.

IMHO...this was a really good (and creative) way to teach the class the importance of keeping a good fist while doing basics and/or form. Just thought I'd share this exercise with the rest of the list. After a while it got hard to hold those pennies in place...but you did your best unless you wanted to do pushups!

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**Title:** 3 Tips on How to Grow Your School

**Name:** Farid Dordar

**Org:** ChampionsWay Inc.

**iTip:** Dear school owner,

This email contains 3 tips on how to close the back door. All these tips have been tested in many schools that are currently using MAS software including my own. These tips will help you to systemize your school to bring down your quit ratio by half in a very short time. Please review the tips and call me if you have any further questions!

### ***Tip#1***

On a daily or weekly basis you must know 3 important things about your school.

- Your total # of students
- Which students have the state of mind of quitting? (C students)

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became a world champion was because my brother truly believed in my skill and encouraged me tremendously.

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Thanks,

Farid Dordar

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**Title:** A Little Success Story

**Name:** Farid Dordar

**Org:** ChampionsWay Inc

**iTip:** Let me tell you a little story that happened in my school last week!

I went to my school last night and I asked my program director how many new enrollments we had for the month of April. I was shocked to hear that for the first 17 days we had only registered 3 students (last year on the same month we had registered 12 students). I could have blamed the fact on my 5 competitors in a 2 miles radius or blame it on our city bus strikes or the economy for that manner, but I was determined not to blame it on anything but our lack of marketing education. I talked to my program director with two of my other part time instructors to get on the phone and follow up on all past leads and prospects that we had collected in our MAS program in the last 3 months. I told them that whoever booked the highest number of intros would get a bonus from me. They all got on the phone and

called the leads and offered them our VIP membership. After exactly one hour, I couldn't believe what these guys did. For the first time in our school's history we booked 21 people in less than 1 hour. To me that night wasn't only a successful night for my school, but it also made me think that we should never under-estimate the power of systemization and follow up.

Don't wait for students to come to you. When you are slow, you should go after them. Remember having a good system in place can always help.

Now let's see how MAS could help!

Here we are after 4 years of development with our very best version of the software yet to be released. The version 4 is by far the most complete in management software in our industry. This version of the software not only allows you to take advantage of your favorites features of MAS but also includes a faster and more efficient programming code.

For those of you who didn't have a chance to play with the beta version of the software yet, please click on the following links and download it. If you see, the software really can't add anything to your school as far as marketing and student services goes, you do not need to pay for it.

I know we are all focusing on the upcoming summer to keep the enrollments up. But don't forget to keep track of your leads in your MAS software for the rainy days.

All the best, Farid Dorda

To download you free MAS software please click on the following link. [www.championsway.com/mas](http://www.championsway.com/mas)

To order a CD to be shipped to you including the video tutorial please call toll free 877-774- 5425.

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**Title:** A Really Good Stretch

**Name:** Pie

**Org:** GTF

**iTip:** Having done a lot of research on stretching I think that I have found the best and simplest stretch yet. It is just a spin on an already used stretch but it is BY FAR more effective, try it and you will see: Using the standard box split stretch sitting on the floor, facing forward with legs apart. Now here is the difference, Place two or three Telephone directories under your rear. As you lean forward gravity gives you a gentle pull down making the stretch a lot more effective.

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**Title:** ABSOLUTE FOCUS NEEDED!!!!

**Name:** Maxwell Thompson

**Org:** Pa kua Kung Fu

**iTip:** When you are doing drills or imaginary self-defense, tell the student TO focus on one target area and tell him/her to develop a sense that would allow them to attack that same spot with ease every time.

Preferably pressure points work the best. And even when free style sparring or point sparring, tell the student attack the same spot over and over.

This exercise is done because when a student starts to focus on different things, he tends to lose technique and gets confused, resulting in your student getting hit.

I'm not saying attack the spot in the same pattern, but attack the spot with different techniques and have different body postures. This way, the opponent gets hit in the same spot over and over and causes him to have severe damage in that spot.

It also weakens him to have the same spot hit all the time so he will start to defend the spot and that's when you start to attack a different spot all the time. Even if the opponent will catch on to your strategy, he will probably not be able to do much about it!

Since this strategy is based on repetition, you would most likely attack the inner knees, inner arms, kidneys, or something low so that their defense is dropped.

One exception is attacking the groin. You NEVER attack the groin because most people are trained to defend against it. Thus concluding my strategy of fighting.

[As with all tips from this site, please use EXTREME caution. You use these ideas at your own risk. Read the iTips disclaimer for more info.]

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**Title:** Awareness Challenge

**Name:** Gerri Willever

**Org:** American Karate Institute

**iTip:** This game is to help the student become aware of his surroundings by using all of his senses and feelings. Students can be blindfolded or just close their eyes. They are to walk from one end of the room to the other, stopping as close to the wall as possible without touching it. As they progress, we make it more challenging by placing objects in their path, blockers, mitts, focus pads, etc. Students attempt to avoid the objects before getting to them. They can look first, take a mental picture and then close eyes and proceed to walk their path. Sometimes another student or instructor will stand in front of them to see if the blindfolded student is aware that a person is there. All students, adults and children love this activity.



---

**Title:** Bag Balance Beam

**Name:** Tamara Phillips

**Org:**

**iTip:** One last exercise we like to do in the kids and adult classes is a balancing drill. We take our heavy bag down and lay it on the floor. We have 2 students hold both sides of the bag so it doesn't roll and another student stands on the bag in different stances and tries to throw different kicks/blocks/punches without falling off. You throw a switch stance or kick front then back without setting your foot down and it gets real interesting. It's hilarious in the adult class.

---

**Title:** Balance & Focus

**Name:** Robert Cumming

**Org:** Kingston Taekwondo

**iTip:** A lot of time when you ask your students to lift their leg to test their balance you will see that they will use their hands to steady themselves. I suggest that you ask your students to stand with their feet and palms together. Then ask them to lift their heels off the floor, then ask them to close their eyes. Then if you are feeling especially cruel you can ask them to lift one leg up and put it behind the supporting leg. All the while make sure they are keeping their feet and palms together. This will teach them to have good balance without having to use their arms.

---

**Title:** Belt Sparring

**Name:** Master Day

**Org:** Days Karate World

**iTip: A MUST DUE IN YOUR NEXT CLASS!!**

This Ideal would fall under Reaction drills or speed training.

### **BELT SPARRING**

Belt Sparring is really a great way to bring your students and parents together and just have A LOT some clean fun.

Equipment: Old or new karate belts (preferred old white belts)

Equipment Set up: Measure out 14" belt pieces and then cut them. Group the belt pieces in fours then put red tape on the tips of each of them, this will prevent unravelling. Use black tape for the next set of pieces. Continue this process until each student has four pieces of the same color.

Ideal of drill: each student will place belt pieces of the same color under their current belts (2 in front and 2 in back-like flag foot ball) Parents will use the black pieces-stuff them in their pockets or pants. (Belts must hang out) no cheating! :)

Rules: Explain Out Loud! No punching, kicking, biting, choking, or crying. Students and parents can open hand block or parry to avoid their pieces from being taken. Call everyone to attention! Bow! Fighting stance! And begin! Students will then try to pull all of the opponents belt pieces and throw them on the floor. When done all winners advance to new levels just like sparring DO AS MANY ROUNDS AS YOU NEED TO GET A CHAMPION. Replace any missing pieces before next match.

### **RED ALERT**

**\*\* Watch out the parents become addictive to this drill they love it \*\***

One day award a trophy or plaque to the Grand champion.

**P.S. EMAIL WITH YOUR RESULTS!!**

---

**Title:** Clothespin Spin

**Name:** Sifu Lane Cox

**Org:** Hand of Grace Karate

**iTip:** Beforehand, (a day or two before) paint about 12 clothespins red and 12 blue and let them dry.

Divide students into two teams; a red team and a blue team. Have the students get their head protectors and mouth guards; no hand or foot gear will be needed. Choose a member from each team and set them up in the ring or mat as if they are getting ready to spar. Clip the red clothespins onto the red team member's uniform over corresponding target areas (sternum, kidneys, abdomen, floating ribs, etc). Do the same thing with the blue clothespins to the blue team member.

The object of the game is to remove as many of your opponent's clothespins as possible and toss them outside the ring while protecting your own clothespins. Set a time limit maybe a one or two minute round.

This game is really good for teaching blocking and evasion skills, as well as, timing and focus of attacks.

At the end of the round, count the number of clothespins left on each participant and add that number to the number of their opponent's clothespins on the floor.

Example: At the end of the match, the blue fighter had 6 clothespins still attached to his body and had managed to remove and toss out 9 of the red fighter's clothespins. The blue fighter's score is  $6 + 9 = 15$ . The red fighter only has 3 clothespins left on his body and managed to remove and toss out 6 of the blue fighter's clothespins. The red fighter's score is  $3 + 6 = 9$ .

This is a team competition so keep up with the scores from each match as each team member gets a turn. The winner is everyone! But highest scoring team gets bragging rights.

---

**Title:** Equipment: Pool Noodles

**Name:** Mike Tobin

**Org:** Mendocino Okinawan Shorin-ryu Karate-do

**iTip:** Recently I have noticed the large number of pool noodles in the stores, probably due to it being summer. I felt I should offer this tip for cheap equipment. Buy a couple of pool noodles. Different colors. Cut the pool noodle into three 20 inch sections, the noodles come in 60 inch sections (5 feet). You can cut the noodles with a kitchen carving knife.

Average cost of a pool noodle: \$2.00. You now have three child safe "blockers" or "swords" for class use.

This is also a great tip for parents at home to use to make inexpensive equipment to use with their child. I bought six different colored pool noodles cut them into eighteen pieces and now have eighteen colorful blockers which enhance our classes.

Total cost \$12.00. Kids love colors.

Sensei Mike.

---

**Title:** Faint and React

**Name:** Robert Cumming

**Org:** Kingston Taekwondo School

**iTip:** Have two students stand in an open stance (both facing the same direction), one with their front hand up (like a target) and the other getting ready to kick. The objective of the kicker is to use fakes or faints to get a natural reaction out of his partner (getting them to flinch), when he/she gets the desired reaction they try to kick their partners hand (you can use a focus pad as well). Although, their partner is also not only reacting but their objective is

to try and hit their own hand (or pad) before their partner does. If the pad holder reacts premature 3 times by slapping their own had before the other student kicks they must switch roles and if the kicker gets beaten by their partner then they switch. Note the pad holder must have their arm behind their back, back of their left hand on the right side.

This drill gives the students a chance to really work on their faking drills and learn what sort of fakes work for them. Also, the pad holder gets to work on reacting to a kick as oppose to getting set up for the fake. They also learn not to anticipating an attack but reacting to one.

---

**Title:** Fun Conditioning / Refocus

**Name:** Brian Higgins

**Org:** N/A

**iTip:** As I'm sure everyone can relate; little kids don't pay attention for very long. Adults not much longer. The seven second TV attention span is our burden to bare and hope to improve. TV also contributes to the obese child crisis we are now in.

Try this to kill two birds with one stone:

If your little ones are unfocussed or slow moving or if you just need to break things up a little bit. .. .. Thrash if you are a Prior service or active duty Marine you probably have a good idea where I'm headed.

Pick random physical activities, call them out and your students execute them. Of course it's better if you lead them and actually do the activities. It is absolutely essential for you to communicate enthusiasm and energy with your voice. I often compare it to a machine gun. "sit-sit-sit-sit" "run-run-run-run" and so on.

For example: Run (run in place) quickly followed by a command to Push (push-ups) then Jumping Jacks, or sit-ups, or kicks or punches, or a combination, leg lifts, or simply everyone up (stand-up) everyone down (sit down) repeating the up and down a few times can be enough all by itself (the Little ones love up and down as though it were some wonderful game and to them I suppose it is)

Once everybody is paying attention again go back to whatever you were doing before. Some classes you may do this often other classes less often. It helps students to get more exercise each class and is fun and motivating while holding attention because you change what you are doing quickly and often.

---

**Title:** Guardian of the Gates

**Name:** Rob Payne

**Org:** American Karate Systems

**iTip:** This is a great way to build up Self-Confidence in young students.

I put 2 standing heavy bags (like wavemasters) approx. 7-8 feet apart and then select 2 students to be the "Guardians of the Gates" I give those 2 students each a kicking shield, then I have the rest of the students line up and on command, one student at a time will run and try to get through the "Gates."

The 2 students with the shields try to prevent them from getting through the "Gates". No strikes are allowed.

When the student gets through the gate, I give them a high five.

Enjoy!

---

**Title:** Hall of the Wooden Men

**Name:** Sifulane

**Org:** Progressive Martial Arts Alliance

**iTip:** Using either several free-standing punching bags or live people, form the hall by positioning them in two rows about four feet apart and staggered. Like so...

\* \* \* \*

-> -> -> ->

\* \* \* \*

You can give your free-standing bags arms by using a pool noodle and a bungee cord.

Next, one at a time, have your students make their way through the hall. They must stop at each bag or person and execute a technique. The instructor will call out the technique as the student steps up to the dummy.

Students are timed to see how long it takes them to make it through the hall of wooden men. As a reward for having made it successfully, you can apply temporary tattoos to the inside of their forearms, much like the brands worn by Shaolin monks after making it through the hall of wooden men.

---

**Title:** Making the First Class Successful

**Name:** Dave Jarvis

**Org:** USCDKA - Parkway, Orlando, FL

**iTip:** Grandmaster E. B. Sell has long said that the most important student is the white belt. The very first class can be intimidating if the student doesn't feel that he/she made progress. I believe that setting a specific goal (deep square stance with punches and blocks for example) and then praising the student for his/her progress is essential. Some

special attention early lets the students know that they are important.

---

**Title:** Masked Repetition

**Name:** Michael Weydt

**Org:** Mendes Tang Soo Do

**iTip:** This is a drill that will benefit your students forms or (katas). I noticed that my very young students had difficulty changing directions during forms (katas). So I took movements from the forms and made drills out of them. For example, our basic forms have a sequence of three center punches then a back leg  $\frac{3}{4}$  turn to the right executing a low block. For the drill, I break the class into groups and I have helpers hold a focus pad. (you can also have the students take turns if you don't have helpers) The student starts in proper position and executes the three punches and then the turn, executing the low block into the pad.

Repetition of this sequence has helped my younger students significantly!! This drill can be used no matter what sequence your forms follow.

---

**Title:** Overkill Drill Training

**Name:** Richard Dimitri

**Org:** Senshido Personal Protection Programs

**iTip:** The overkill mentality produces a survival mind set. In training, the student is taken far beyond the usual setting and time frame of a real fight. The protective equipment allows for the attacker(s) to continue coming at you regardless of the amount of strikes administered to their vital targets.



In reality, the fight would have changed its course the minute either one of the fighters would have been struck in such a vital area that would have caused them to either immediately react defensively or drop. Instead, the attacker keeps on coming and the fight can and will last anywhere between 3 minutes to 45 minutes of continuous combative action.

This prepares the combatants for anything. In certain situations, one or more of the attackers is given a weapon that he pulls out randomly during the fight. Or a broken bottle is suddenly tossed into the equation close enough for either of the combatants to grab it. This sort of overkill training makes the participant weary, builds mental toughness and not to mention, pushes their physical capabilities to levels where they actually experience the physiological and biochemical changes caused by the adrenal dump.

It is also psychologically challenging for most. It is not uncommon for a student to break into tears, or go into a very mild state of shock after such an experience. This also gets a person in touch with certain emotions that have been controlled or suppressed for the longest time. It is an exercise in character building as well as combat preparedness. However, once Pandora's box has been opened, even a crack, the student should work through the fear and emotional turmoil caused by the experience and DO IT AGAIN. Not doing so will only cause more shrinkage of the comfort zone and make matters worse for the student in terms of personal development.

Not all overkill training happens during high stress situations or combative drills. Most of the workout and warm up exercises have also been modified to use certain natural tools in a combative sense. For example while working the abdominals, the student will also work at executing strikes

like a finger jab - palm strike combination, jab - cross combo, double horizontal elbows, eye gouge - head butt combo etc.

This keeps the mind working combatively as well as the body and keeps the student in a constant offense / defense mind set.

The student is also pushed physically to do more than he or she thinks they can. If you cannot do a series of pushups or a hard core abdominal routine, if you have to stop in the middle of your sparring match because you're "too tired", if you quit every time you begin to feel tired in order to rest, what makes you think you are going to survive a real knife fight?

The key is to make the training harder than anything you will ever possibly encounter so that anything you may face will pale in comparison. Your mind and body will be 100% prepared for any attack on yourself and will react accordingly in total defense of the self.

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**Title:** Paddle Sprint

**Name:** Tim Hayes

**Org:** Quispamsis Taekwondo & Golden Gloves Boxing

**iTip:** This is an excellent sprinting drill that kids are always asking to do.

I use this drill for coaching kids in Taekwondo or boxing. Line up all the kids across the back of the gym as though they were going to sprint to the other end of the gym. Tell them to put their backs to you and don't turn around. Then take kicking paddles and throw them all over the room.

The number of paddles you use depends on the number of kids. If you have 10 kids you use 9 paddles (always 1 less paddle than the total number of kids).

When you yell go the kids have to turn, run and get a paddle and then return to the line where they started, if you don't get a paddle then you are out. Then take away another. Begin again and continue until all paddles are gone and you have a winner.

I usually get the girls to go first then the boys, then I take the top 2 from each group and put them against one another. We have a lot of fun with this hope you do too.

Tim Hayes Saint John NB  
Canada

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**Title:** Perform for Them

**Name:** Unknown

**Org:**

**iTip:** If you're good at something, your students will want to watch. It can be a good chance to show them things that they should be doing, show them forms or techniques that they don't know yet, and get your own practice in at the same time. Of course you have to make sure that you really know what you're doing. You can often use performing to set the standard, showing them what you want their form to look like, or how a line should be done, etc.

Naturally, you must excel to do this.

**Title:** Perform With Them

**Name:** Unknown

**Org:**

**iTip:** This one you can only do with skills you are teaching, but it gives the multiple benefits of teaching and even entertaining the students while you work out. Once again, being able to out-perform the students you are working with is important here.

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**Title:** Ribbon Kumite

**Name:** Lance

**Org:** Midwest Karate

**iTip:** You need some 3"-4" ribbons like you would see for participants at a track meet (paper will work, but it's not as durable). Take some fairly sticky 2-sided tape & put a small piece on the top of each ribbon. Stick a ribbon over each child's solar plexus.

Select the first 2 kids & let the others watch & learn. The idea is for the kids to spar & try to take their partners ribbon. Only nice clean grabs count, no rushing in undefended (coincidentally, the grabs look just like punches to the chest!) Whoever gets their partners ribbon wins.

After 1 or 2 tries each, another ribbon is attached to the shoulder (far enough out so as not to get poked in the eye) Now the kids have to go after & also defend 2 targets. You can add the third ribbon on the other shoulder. Some kids will try to turn their backs so they don't get their ribbon grabbed. In this case you attach a ribbon to their back.

This exercise is so excellent for teaching almost anyone to use their timing & to move in & out. Also, a strong committed attack is usually an outcome. All the while being one of the funniest activities our kids have tried. Sometimes we take 10 minutes & do a mini tournament where the winners continue on to the next round. Usually the highest ranked child will win, but sometimes a lower rank will surprise them.

The beginner adults like it too because it is like sparring with no danger. Easy to learn distance, speed, target & control.

Go Crazy!!

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**Title:** Seek & Destroy

**Name:** Prince Loeffler

**Org:** All Japan Karate Association International

**iTip:** This drill is for all level. First have the defender hold a shield in front of his/her body. Depending on the kick of the day, the attacker's mission is to hit the shield.

Now the fun part. The defender's job is to shuffle back, side step... etc to evade the attacker's line of attack.

NOTE: The defender must never twist the shield around, Defender must keep shield in front of his / her body at all times, Otherwise defender risk of getting hit by the attacker.

The attacker must chase after the defender, focusing on the shield. Do this for 3 minutes or for all black belts 5 minutes.

Benefits:

The defender can learn evasive foot works; the attacker can learn distance control and timing. Overall its a great cardio drill!

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**Title:** Sensi Says

**Name:** Dean Parkstreet

**Org:** Mountain Warrior School

**iTip:** This is just like Simon says only your using strikes and movements that you want your students to mimic while learning the value of listening. If the student loses then you decide what yo8U would like to do to improve his or her consideration!

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**Title:** Speed, Distance and Reaction Drill

**Name:** Paul Ms. Evans

**Org:** Uriah Shorn Ryu (Matsubayashi-Ryu) California

**iTip:** Have students pair off with one partner. One student holds a focus mitt in either left or right hand. The other will hit the focus mitt. Now this doesn't sound too exciting but here is the catch. The student holding the focus mitt will try and pull it away before the other can make contact with it. This is kind of like playing hot hands if you will.

This is an excellent tool for increasing students jabbing speed and learning to punch in a straight line without telegraphing their technique. And it gets the other student involved by reacting to another person. The student holding the focus mitt can tell the attacker what they see them doing, how they see them telegraphing their punch, give pointers.

Now distance. It is very important that the student holding the focus mitt is within range to make contact. If they are standing at a distance where the attacker has to step in to make contact, then the student holding the focus mitt is being denied the opportunity to react at close range. Which is very important in a self defense situation.

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**Title:** Summer Intramurals

**Name:** Hamilton

**Org:** Hong Park Tae Kwon Do

**iTip:** Another fun thing I am trying is summer team intramural. Set some fun game days during the summer and assign all children and juniors teams.

Points are awarded for participation in games, extracurricular activities (like buddy classes) and Summer attendance. Set it up to promote participation in the club and watch all their friends join up!

1. point per class attended.
2. points per activity attended

10 points for team winning a game challenge etc. etc. 20 points for signing up a friend!!!! Set it up any way you like...

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**Title:** Sumo Wrestling or Push Push

**Name:** Illona McKinzie

**Org:** Positive Karate Family Training Center

**iTip:** We place two 5'x10' mats together down there as the arena for them. We have 4 students stand around the arena to help out so they don't fall and hurt themselves when they get pushed out. We also have two students at each end who help the students put on 'official sumo headgear' -- the headgear with the plastic cage in front or the clear ones -- then the head official says "step up on the mat" ... they step up ... then "bow" ... they bow to each other ... then "sumo stance" and they do that elaborate sumo stance like you said ... and then we clap three times and say "hajame" ... and they go at it. When they are finished they stand at their spots again ... "bow" ... "step off the mat" ... and they do and then they get their helmets taken off by the two students there that do that.

If they accidentally walk across the official sumo arena (our blue mat area) ... they have to do 10 push-ups for not watching where they are walking. No one steps up on the arena area unless they are up there to fight next.

We have even incorporated a little bit on ground technique into our Sumo Fighting now. If they feel they are close to going off the mat we have them drop to the ground and try to flip the other student out or just squirm back from the edge. This is when the other student gets on top or beside them and the pushing and pulling begins and we have

classes in learning how to push/pull your opponent and now they get to put it in action. The idea now is to take some part of their body and have it touch outside the mat area.

This is one of the kid's most favorite drills to do ... I highly recommend this one. :-)

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**Title:** Tech Wars

**Name:** Connie Reiersen

**Org:** Reiersen's ATA Black Belt Academy

**iTip:** The title Tech Wars is short for Technique Wars.

We have 2 teams of equal number of students and 2 or 3 judge's. They line up and one team member from each team comes forward.

They are asked to do a technique or series of techniques. The judges score or point to the winning team member. If you have 3 judges and team A gets 2 points and team B gets 1 point.

Then team A's team member wins but team B still gets to keep its 1 point.

After each team member has done the requested technique, the team with the most points added up wins the tech wars.

It is a great way to motivate better technique skills with team competition. Our students like competition games.

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**Title:** The Addition Game

**Name:** John Cantin

**Org:**

**iTip:** We call this the addition game. We squish the class to the back of the room, then (one row at a time) we perform a



simple combination picked by the instructor. After we do that up and down the floor once, the senior student gets to add another technique to the end of the combination. Down and back, then the next highest rank adds another, etc. etc. until it becomes too long to remember. Sometimes we'll start with the lowest rank and work our way up instead.

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**Title:** The Gauntlet

**Name:** Kyo Sa Bill Church

**Org:** Crusader Martial Arts - Tang Soo Do Chung Do Kwan

**iTip:** Students stand at regular intervals around the fighting ring just outside of its boundary.

A student is selected and stands in the middle. The student then has 2 minutes to do nothing but strikes using the students on the sides as "targets."

The student may move around the ring coming close to his "targets" or may strike from the center.

The student must rapidly vary their direction of attack each time and must try to keep up the intensity throughout the whole round. The student may only strike to the "targets" and not to a ring area that is not occupied and they must look first before striking.

There is no contact.

The next round may be kicking or blocking. Time limit is adjusted for the student's rank, knowledge, and fitness level. For senior ranks the "targets" periodically step in from behind making an audible noise and the center student must look, turn and attack instantly.

Still no contact. Intensity must not diminish or have hesitations.

This lets them know where they live after 2 minutes!  
Students love it!

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**Title:** Through the Gate Master

**Name:** R. Trinidad

**Org:** White Tiger Martial Arts

**iTip:** This is a great drill for timing!! Equipment: A long rope or jump rope How to Play:

Have 2 of your staff, instructors, or helper on each side of the rope. Have the students line up in single file. The rope should be turning toward the students. One at a time, each student tries to run through without getting hit by the rope. If rope touches them, they are out. As the students get better in their timing, the speed of the turning can become faster.

This is a great game/drill to improve timing, speed, coordination, and courage. Hope you have fun with this!!

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**Title:** Tunnel Tag

**Name:** Master George Klinedinst

**Org:**

**iTip:** Tunnel Tag is a great way to get the get children warmed up or a great way to finish off an exciting class. For this drill all that is needed is a 3 foot pool noodle! I normally try to keep the number of children in this drill to less than 15 due to safety reasons. It is important that safety is stressed so that they do not bang heads when crawling under "bridges". Basically I will have the children line up and have them pick a number from 1-50, whoever picks the closest number gets the pool noodle. At my command they run in all directions with the child holding the noodle in two hands chasing after. If a child is struck with the noodle "no

face contact" they drop down to a bridge position. Like a real high pushup. When one of the other students crawls underneath a student "bridge" the student that was in the bridge position may get up. After 30 seconds to 60 seconds I stop them and count the bridges. The student with the most bridges is the winner!

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**Title:** Use Guest Instructors

**Name:** Unknown

**Org:**

**iTip:** If you have friends or associates that are martial artists, ask for them to guest teach your class, then discuss the differences with your students sometime when you friend isn't around (since the conversation is likely to focus on differences between Guardian Kempo and your friend's approach). Be Creative. Books, magazine articles, other instructors or schools, movies, even games can inspire exercises. Several classroom drills were birthed in the fictional dojo of Master Yoshiko Gamaliel that she used to train Joshua in Kushmitama, or in Master Chamber's back yard for an Aido drill.

Inspiration can come from just about anywhere. The Emotional Intensity drills and talks were inspired by the scene in Enter the Dragon where Bruce is teaching his student. The concept was reworked so it was appropriate for Guardian Kempo and used all the instructor's State Management and emotional control knowledge to make it a drill. Just make sure the exercise or drill is appropriate for the class, or rework it so it is, before you use it.

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**Title:** Use Sequencing

**Name:** Unknown

**Org:**

**iTip:** This is the flowing version of whatever the student is practicing. The moves should be slightly exaggerated, and there should be little or no pause on each move. It is done at a moderate pace. The sole purpose is to program the sequence into the brain. After you know a student knows what they're doing, they can practice by themselves, but until then some supervision (assigned instructor, group evaluation or personal supervision) should be used.

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**Title:** Water

**Name:** Chase

**Org:**

**iTip:** When you engage into close quarters combat, it is most likely that your opponent will be tense or excited. The key is to stay calm & focus. When you are calm your body will be as the water. Now I know this sounds kinda lame but it helps a lot. now if you think about it water is calm but if disturbed it can be violent & deadly as the ocean. Always calm but on the right opportunity you crush your opponent.

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**Title:** Wellness Weight-Loss

**Name:** Krista

**Org:** Wellness Galaxy

**iTip:** Implement a weight-loss program in your school to compliment your existing services. We have the system that is specially designed for martial arts schools. Contact us at [info@wellnessgalaxy.com](mailto:info@wellnessgalaxy.com).

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**Title:** Why Computerize Your Martial Arts School

**Name:** Monty Watts

**Org:** ChampionsWay Inc.

**iTip:** Dear Martial Arts School Owner:

Why Should You Computerize Your Martial Arts Business?

There are many reasons why most businesses decide to computerize part of their operations. From a martial arts school standpoint the reasons are very specific. Operating a martial arts business is not as simple as opening your doors and teaching a class. If it were so easy you wouldn't see schools open and then close in such a short period of time.

The schools that operate a successful business are the ones that have a system in place. The system only works when the schools' functions are executed and there must be a computer system in place to manage the data. It is impossible to grow a martial arts school efficiently without the aid of a computerized system.

Lets look at the problems inherited by using a paper trail method.

1. Paper is always misplaced and lost.
2. Performing and recording a follow up on paper is time consuming.
3. Finding exact or specific data is difficult with paperwork.
4. Paper costs money.
5. Information stored on paper takes space and doesn't have the same quality as on computer.
6. It is very difficult to improve the communication of a team through paperwork.

What are the most important benefits of using a computerized system?

1. Data can be easily recorded.
2. Student information can be looked up in seconds
3. You can use martial arts software to systemize your school by using automations.
4. Save time by operating in an efficient manner.

Did you know that North America is the fastest growing place in the world for martial arts schools? With such rapid growth, competition is generated between each school and organization. It is important to take advantage of this opportunity so your business will succeed. With the extra money that you have generated by growing your business you can; buy that equipment you always wanted or move into that larger space, buy those classy uniforms and do those renovations that are needed. There are thousands of different martial arts and thousands of different ways to operate a business; but the common denominator in all of the successful schools in North America are that they all use martial arts software.

The best program in the martial arts industry is called MAS Software. ChampionsWay Inc., a global martial arts company, specializing in synchronizing martial arts and technology is the developer of MAS Software. The need for such a program arose out of the necessity to systemize a large martial arts school in a competitive market. As a user of MAS Software you will play an active role in helping us further develop the program to best suit your needs so we will value your feedback.

### Why Use MAS In Your School?

The best way to understand how your school is doing is to monitor its progress by looking at statistics on the schools' performance. Without MAS Software it could take hours to process such information. What kind of information are we talking about?

Let's explain:

- It is important to know how many students you have. This number should also be broken down into the number of A students, B students, C students and NA students.

- What are A, B, C, NA students? A students attended the desired amount of time to show that they like there training. B students attended a little less and are still considered active students. C students have dropped their attendance and only attend a maximum of 3 times that month and NA students did not attend that month and are considered Non-active or they have quit.
- It is important to know if your school is generating new students. This equates into how many leads/prospects you have added.
- It is important to know how many leads have signed an agreement with your school and have become students.
- It is important to monitor the amount of renewals you have made so you can see if you are losing students after they have joined.
- All of these vital statistics on your business are automatically generated in MAS with the click of a button. If you don't use MAS your probably wouldn't take the time to generate these numbers by hand.

The second major function, after systemizing, you want software to perform is automation. Why purchase software when it doesn't save you time? MAS Software has excellent automations. For example you want the software to automatically track a student's progress through your rank system. When you use MAS you enter every rank in your school with the approximate time it takes to advance from one level to the next. MAS will automatically calculate the future testing times and belt stripe times for you. The major automations in MAS are:

**Class Attendance:** Each student is given an ID number which can be manually entered or print a barcode ID card for each student so they attend themselves.

Exam Attendance: When a student is attended for their exam, MAS will automatically update their rank, striping dates and future testing date.

Call 2 4 6: Once you have entered a lead/prospect or a new student into MAS three future dates will automatically be set for follow up calls. It is important to follow up on new students for the first 100 days of their membership.

Delinquent Report: If a student is late in paying for their tuition fees they will automatically show up in a report defining the amount owed and the days in arrears.

Talking Attendance: MAS will recognize students birthdays, when their membership has expired and when information is needed from them.

Currently 1200 martial arts schools across the globe are using MAS software to their advantage. Now is the time for your school(s) to come aboard. Martial Arts school owners recommend MAS because of its design and ease of use. It functions like true contact management software similar to ones used by professional sales companies. If you do not show a significant growth in your school after six months of use you can return the program for a full refund.

To find out more information on how this product works, call MAS Sales department toll free at (877) 774-5425 ext. 10. You can also check out our web site at [www.championsway.com/mas](http://www.championsway.com/mas) to download an evaluation program. Call now and take advantage of our special discounted pricing.

Our goal is to help you grow your business. Sincerely,

Monty Watts Sales Consultant MAS Software  
A division of ChampionsWay Inc. 604 983-0620 ext 10  
[sales@kickboxing.com](mailto:sales@kickboxing.com)



# Seasonal Events/Ide

**Title:** Myth: The Summer Time Slow Down

**Name:** Ron Sell

**Org:** 4kicks International

iTip: During this iTip we will be discussing how to...

- \* Increase your SUMMER ENROLLMENT by 30 students!
- \* Keep cash flow in your studio consistent during summer months
- \* Ways to keep current students interested when they feel lazy!

During the summer months most schools experience a decrease in business. Most by current students taking 3 month vacations, or being lazy. Most schools depend on a steady flow of income and experience a reduction in funds, causing some schools to close.

There is good news! This does not have to be the case!

The first step is to recognize in advance the problem. In the months of March, April and May send out a bulletin that explains your "Vacation Policy" during the summer months. Your policy is the students MUST make up their classes in advance of going on vacation. This way when they come back they will be on target for their next belt exam and their fellow students will not pass them up. (If the students make up their classes in advance they will not lose out on tuition paid.)

Also, If you use a billing company to collect your tuition, it is harder for your students to not pay. I personally recommend <http://www.affiliated.org/Affiliated> Acceptance Corporation. They are very reasonably priced at only .25 per payment processed.

Also make sure that everyone knows you cannot put tuition payments on hold, however they can make up all missed classes. If they are gone for less than one month, they must make up their classes before they leave, or when they come back, or both! If they are gone for more than a month, they still have to make their monthly tuition payment, but they have the choice of making their classes up, or extending their contract. For example, let's say they signed up for a year and they missed two months during their first year. They will still make timely payments, however they will have two months at the end of the twelve they will still use.

OK, Now on how to keep existing student interested in coming to class during the Lazy days of Summer!!!

Again, make sure you start early by talking about the things you will do during the summer months. Talk about trips to the park, the zoo, a water park, daytime tournaments, fun drills during regular classes. Talk to them about "passing up their friends" who choose not to come to class during the summer months. Tell them during the summer you can wear martial arts T-Shirts during classes instead of uniform tops. Of course, they must be school branded t-shirts!

OK, now for the real money maker!!!

Post a big sign in front of your school that reads "SUMMER MARTIAL ARTS ONLY \$99!

INCLUDES 6 WEEKS and A UNIFORM!" Make sure this sign is easy to read, bold letters and is at a place cars that drive by can easily see.

You can sign up 30 people or more during this time period! Last summer we signed up 94 new students! Half of them renewed their program on a 6 months program after they learned the benefits of the program!

Wow! Summer does not have to be slow! Good Luck!

Shameless Plug: For more ideas like the one above, check out the EXPLOSIVE Drills Videos!

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**Title:** Summer Retention Contest

**Name:** Bryan Schoenberger

**Org:** Little Falls Taekwondo

**iTip:** We had a contest last summer that did wonders for summer retention. We ran a contest for the person who had the most classes over the summer months. The winner received \$150.00 of merchandise from our pro shop. Obviously the winners best prize was the fact that they worked hard all summer and made major progress towards self improvement.

Everyone wins, even the students who do not win a prize gain from the extra efforts to have good attendance (make sure you stress this to the students). This was our best summer yet. Our classes were packed all summer long.

# Self Defense Drills

**Title:** Chalk Defense

**Name:** Tsvika

**Org:**

**iTip:** My name is Tsvika, and I'm a kung fu instructor from Israel. My tip for you is something I do with my kids' class, and also the adults. Because we wear black training cloths, each student hold in his hand a white chalk and attacks his partner with it by turn. If the attacked side fails to block the attack there will be a white mark on his suit. It gives the students an indication on their blocking ability, and something different from the usual attack drills.

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**Title:** Force Play

**Name:** Dani'l Chomycia

**Org:** ROSS amerross.com

**iTip: THIS DRILL FOR ADULT SELF DEFENSE ONLY  
*USE AT YOUR OWN RISK***

<http://www.amerross.com>

There are many people in MA that have never been hit! When they do get hit they either freeze or spas and aren't able to respond in an appropriate manner. This is because many MA schools either don't teach how to absorb blows or have the misconception that they will never get hit!

You should decide for yourself! Now the drills.

Have each partner talk to the other so that they are comfortable and relaxed while doing whatever exercises your school does to get loose and supple.

**IMPORTANT: DON'T GET EVERYONE TENSE.**

THIS IS AN EXERCISE IN DYNAMIC RELAXATION AND FEAR REDUCTION! IMPORTANT: THIS IS GOING TO BE AN INCREMENTALLY DEVELOPING EXERCISE!

This means that you DO NOT add sudden impact initially! IF YOU GO UP TO SOMEONE (who hasn't been training this way) AND SLAP THEM SILLY YOU ARE GOING TO REINFORCE THEIR FEARS!

Now the drills.

Have each partner talk to the other so that they are comfortable and relaxed while doing whatever exercises your school does to get loose and supple.

Start with a gentle push to the shoulder, let the shoulder relax and move out the way force. Then move on to other parts, pushing on the chest, BE LOOSE AND RELAXED. SEE HOW BODY COLLAPSES AND FOLDS OVER THIS FORCE THAT IS BEING APPLIED. USE THIS PRICIPLE TO DEAL WITH THE FORCE.

Look for ways to ways to embed force without causing injuries to your partners/students body!

THEN on to the, pelvis, pushing the inner thighs the knees and ankles, do each part of the body in same way. Play with this and have fun, but also take care of your partner.

IMPORTANT: YOU DON'T HAVE TO FORCE THE TRAINING! LET THESE EXERCISES GO FROM REDICULOUSLY SLOW TO AN AMPLIFIED AMOUNT OF FORCE ON THEIR OWN!

LAST TIP ON THIS. NEVER GO TO FAILURE FOR TWO REASONS! FIRST YOU WILL REINFORCE YOUR OWN FEARS!

SECOND IF YOU GO TO FAILURE EVERY TIME YOU TRAIN YOU MIGHT NOT AND PROBABLY WILL NOT BE READY IF YOU DO

## GET ATTACKED OR THROWN IN AN UNEXPECTED ENCOUNTER!

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**Title:** Free Form Application

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Two partners alternate back and forth with basic attacks. The defender defends in any way that is appropriate. New partners should be picked frequently.

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**Title:** Full Circle Self Defense

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Four to six people surround one player. Randomly they attack (with a grab, push, punch, choke, etc.) the person in the middle, who then defends any way possible. The attacks should be frequent so as to keep the middle person busy.

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**Title:** Half Moon Self Defense

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Three to five people form a half circle around one player, each in a guarding stance. Step punches are thrown randomly by various players at the middle player who then reacts with a block and counter. After a minute the circle rotates and a new person enters the center.

Note: To eliminate confusion as to whom should strike, there can be a person standing behind the center player pointing to various people in the half circle.

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**Title:** Hidden Weapon

**Name:** Joan Helson

**Org:** Cole Harbour Tae Kwon Do

**iTip:** This is a drill simulating an attack by multiple opponents, and has had good results with a variety of ages. It teaches focus and awareness, as well as identifying the immediate threat.

Have students work in groups of 3 (advance to groups of 4 as students get used to the drill, it will be that much more effective). If contact is to be used, have students gear up appropriately (we use full sparring gear for this drill, including groin, head, chest, and mouth protection). One student plays the intended victim, the others are the attackers. Have the "victim" stand in the center, with the attackers surrounding him or her. One of the attackers will be provided with a training knife (or stick, if preferred), but the identity of the armed attacker must be hidden from the "victim" (have the "victim" close their eyes while the weapon is passed to one attacker). On the signal of the instructor, attackers move in toward the victim. You can start with attackers moving in one at a time and work up to simultaneous attacks if appropriate. The "victim" must disable the attackers by showing a strong defensive move on each opponent. Watch for the person attacking with the knife. They should be your most immediate concern. The "victim" will not know who has the knife until the attack begins. Students quickly learn to identify and prioritize a threat.

In our school, we use controlled contact to protected areas (body pad, side of head). As well, we encourage simulated strikes or kicks to unprotected or less protected parts of the body, such as the eyes, knees, groin and neck. Takedowns/sweeps and joint locks can also be used if the opportunity opens. Participants (or the instructor if this is

used with younger students) must use their judgement to determine if they feel they were hit with a "disabling blow", and they are then "out" of the scenario. If the "victim" is disabled (either by a knife strike or other attack), the round ends immediately. Otherwise, the scene continues until all attackers are "disabled" by the intended victim. With 3 attackers, the "victim" learns to make every move count, and that Hollywood theatrics will not be effective on the street.

For variety, switch between no weapon and weapon situations, alternate weapon types, or allow a dropped weapon to be picked up by any remaining participants (including the "victim").

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**Title:** Kidnap

**Name:** Irving Gilbert

**Org:** Allard's Tae Kwon Do

**iTip:** Probably the most popular self-defense drill in my Children's class, Kidnap can also be seen as a game - which contributes to its popularity. Have all your students line up on one side of the room, and tell them that object of the drill is not to be taken to the other side of the room. They may use any self defense technique in their repertoire to avoid being 'kidnapped'. But they aren't allowed run away prior to the 'attack' taking place. The students still on the line are encouraged to shout out advice to the student being kidnapped. Shin pads, knee pads, foot gear, and a mouth piece are highly recommended for the instructor.

Taught to me by my instructor, Master David Allard.

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**Title:** Limited Application



**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** In this drill, one person attacks with a basic grab push, punch, etc. The defender blocks then counters, limiting his defense to one type of strike (i.e. palm, elbow, side kick, knee etc.) of which he can do as many as he wants. The two people alternate attacks. The strikes used in defense should vary after about five attacks. Note: this is a good way to strengthen often neglected strikes.

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**Title:** Money Line

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Three to six people line single file facing a person. One by one the group attacks the single person with any strike they wish. The defender then defends accordingly. The group should rotate after about six to ten defenses.

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**Title:** Money Line

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Three to six people line up single file behind one another facing one person. One by one, using the same strike, the people in line attack the single person who defends using the same technique over and over. The group should rotate after about six to ten defenses. This drill is good for strengthening weak techniques and helps develop the ability to use the same technique on various size opponents.

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**Title:** Piggy in the Middle

**Name:** Mike Palmer

**Org:** musado pal do

**iTip:** Put a mat on the floor 3ft square, the defender stands on the mat and is not allowed to move off, the rest of the students form a circle around the mat 6 feet away, each student is given a number, 1 to 15 for example.

Once all the numbers have been given the students mix positions so that the defender does not know who is who, the instructor then shouts numbers at random, the student with that number then kihaps and attacks the defender, the defender then uses 4 or 5 techniques to ward off the attack, once this has been achieved the instructor then calls another number.

Each student takes a turn on the mat.

---

**Title:** Retraction Drill

**Name:** Unknown

**Org:**

**iTip:** Often, students train to hit hard, kick hard, and block hard, but their muscle conditioning for retracting those moves is inadequate. This sometimes results in students who leave punches and kicks out when they fight.

To deal with this problem, I sometimes have them practice retraction drills. When they drill the moves in any normal drill format, rather than emphasize the power of the strike, I have them focus on the power and speed of their retraction. Ê this helps balance the hamstrings with the quad on their kicks, and works different muscles in the arms and backs.

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**Title:** Self Defense Circle

**Name:** Unknown

**Org:** Unknown

**iTip:** The idea of this drill is that you teach your students to fight of MULTIPLE ATTACKERS.

Have everyone of your students make a circle in the Dojo. Pick one student to go into the middle of the circle, Then pick 2-3 other students to attack the student in the middle using only 1-2 techniques each. The idea is that the person in the middle has to defend themselves using martial arts techniques only ( i.e NO PUSHING or PULLING.)

---

**Title:** Self Defense Circle

**Name:** Bob Thomas

**Org:** United States Chinese/Okinawan Kempo Association

**iTip:** I use this drill in the adult class they ask for it so I figure they like it.

Any way we have everyone make a big circle. This could be done couple of ways. First with eyes closed with only body grabs. Second eyes open with any type of attack. Third eyes closed any type of attack. We yell before throwing a kick or punch, also have used weapons in this situation.

Put one person in the middle, have them close their eyes or have them keep their eyes open depend on what you want. We have everyone make noise, to make it hard for them to hear were the attack is coming from.

Each person attacks using different attacks. Once everyone has attacked switch the person in the middle out.

---

**Title:** Self Defense Lines

**Name:** Randy Hamilton

**Org:** Hong Park Tae Kwon Do Canada's Family Club **iTip:**

**This is a little like the circle self defense drills. One Student stands in the center. Rest of the students**

**make two lines one in front one behind. Rear Grips, Front Grips, Etc, Yell before kicks and punches. Alternate Attacking lines Once or twice through with Random Attacks then switch center student.**

Great fun just like the circle drill but no confusion on whose turn.

Hamilton

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**Title:** Shadow Self Defense

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** This drill is similar to shadow sparring except strictly self defense techniques are used in a continuous fashion. This is an excellent drill for increasing one's arsenal of self defense.

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**Title:** Stick Evasion Drill

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Using a bamboo practice sword, the instructor calls up each student one at a time to practice evasion techniques. The instructor swings the sword high or low, straight down or straight in, forcing each student to quickly move out of the way, while keeping their eyes on this stick, to prepare for the next move.

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**Title:** Stick Evasion Drill

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Using a bamboo practice sword, the instructor calls up each student one at a time to practice evasion techniques. The instructor swings the sword high or low, straight down or straight in, forcing each student to quickly move out of the way, while keeping their eyes on this stick, to prepare for the next move.

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**Title:** The Alley

**Name:** Bob Thomas

**Org:** United States Chinese/Okinawan Kempo Association

**iTip:** **We have the kids line up at one end of the dojo. We put pop-up punching bags, kick shields, foam clubs all on the floor. They may hide behind, kick the objects or pick up the objects to use.**

The main object is to get to the other side where there is a door. That is the only exit.

They can use any self defense technique they know. The other kids can yell encouragement to the other students. I have the students wear boxing gloves so they can hit and kick as hard as they want.

The main thing is the kids love it.

---

**Title:** The Gauntlet

**Name:** Roy LaFon

**Org:**

**iTip:** Have students from two lines facing each other. Have one student stand at the end with their back to the gauntlet. The instructor walks between the lines and tells three people on each side which technique to use (whisper so the one in the middle cannot hear you). Have the victim walk

down the gauntlet slow and react to the attack. This is great for reaction time.

---

**Title:** Three Man Reaction Drill

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Decide who is person A, B and C. Person A will strike either B or C. If B is struck, B will block and Counter A, then attach C. C simply submits.

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**Title:** Three Man Reaction Drill II **Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** This drill starts out the same but this time after A attacks B, C also attacks B after A. B is to do a simple block and counter to A then C. Note attackers should attack with a simple strike. Both of these drills are excellent ways of developing quick reaction skills.

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**Title:** Three Person Wax on/ Wax off **Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** All three players are in stationary stances with two throwing punches at the third. The blocker (While using soft eyes or peripheral vision) blocks one person's punches with right hand and the other person punches with the left hand simultaneously.

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**Title:** Twist on Self Defense

**Name:** D. Gannon

**Org:** Global Taekon-Do Federation

**iTip:** I teach a lot of wrist grabs and releases from a standing position.

These, even though they will work mostly, are seldom applicable in a real self defense situation.

I take the same techniques and ask my students to try and GET them on the ground with both students rolling around (similar to Judo Ground Work).

---

**Title:** Wax on/ Wax off

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** This is a two man drill with both men in square horse. One man throws punches (Vertical punches save on the arm) at the other's nose. Second man starts off the blocking drill by doing only inward parries with right hand, then left hand, then both hands. Finally, the blocker varies between inward and outward blocks using either the right or left hand. This drill is excellent for the development natural fluid blocking skills.

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**Title:** Wooden Dummy Drill

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Two people pair off. Person A pretends he is a wooden dummy with both arms held straight out in fists. Person B continuously blocks and counters these extended arms, treating them as if they were various attacks (i.e. right punch, left punch, chest grab, punch combo, push, etc).

---

**Title:** Zombie Drill

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** The whole class walks at a designated player with arms out in a "Zombie" style. The defender simply evades using only parrying movements and pushing on the shoulders of the "zomibes. Excellent for developing maneuverability.



# Sparring/Fighting Drills

**Title:** One Leg Kicks

**Name:** Johan Koch

**Org:** Funakosi Karate

**iTip:** Instead of normal sparring, one person attack with as many kicks as he can... using only one leg but different kicks without touching the floor. As soon as he is getting tired he changes to the other leg and continue without putting his foot down. When he runs out of gas... or hip flexors and his foot touch the ground his opponent counterattack with multiple kicks without dropping his foot using the same pattern.

You use your arms to block the kicks. Try to set up the scoring kick. This drill is without stop and goes back and forth.

Person A kicks multiple kicks with his left leg... as many as he wants, change to his right leg when the right leg is touching the ground he defend against his partners right leg and left leg and as soon as it is touching the ground person A is attacking again.

Change the rhythm. For example 5 kicks left 7 kicks right....defend. 1 kick right 4 kicks left...defend...6 kicks right 2 kicks left...defend....

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**Title:** Peripheral Vision & Reaction Sparring

**Name:** Dane Meade

**Org:** Rhee Tae Kwon Do (Australia)

**iTip:** Place 2 or more different coloured punching mitts or kick shields outside and area marked or designated for sparring.

Place 2 students in area, commence sparring, once student becomes immersed in sparring the instructor shouts a colour and the first student to touch the correct pad is the winner, The losers can do push ups or the winners can continue to sparr off until you have a class champ. You can state before you start the drill that your Peripheral vision is extremely important in a self defense situation, eg 2 or more attackers.

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**Title:** 2 Against 1

**Name:** Astrid

**Org:**

**iTip:** To train quick reactions and skills have 1 fighter attacked by two fighters with the rule that the single one may use all techniques and the two attackers may use only one technique without the one who is attacked knowing what you have instructed to use.

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**Title:** 3 Hogue Drill

**Name:** Robert Cumming

**Org:** Kingston Taekwondo School

**iTip:** When kicking a heavy bag you do not have the benefit of having it move like a sparring partner - it is very stationary. The problem with using a sparring partner is that you cannot hit them like a heavy bag because injuries may occur. So what I have my students do is pair up, one student wears a single Hogue (chest protector) and the other wears 3 Hogues. The student wearing the single Hogue is the one delivering the blows. Working on attacks and defensive techniques without worrying about clashing.

The other student wearing all three of the Hogue is accepting, but they do not have to worry about getting the

wind knocked out of them or breaking a rib. This enables the student accepting the blows to advance or retreat without any worry of injury. They can cut in on their partner's attacks (forcing their partner to always think of distance).

This drill is very draining because you are not just tapping your partner you are forced to kick as hard as you can with every kick that connects. When you get use to this drill you can do it as you are sparring although the student wearing the 3 Hogue's kicks lightly.

Enjoy!

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**Title:** 30 seconds over Tokyo

**Name:** Steve Alexander

**Org:**

**iTip:** I call this one, "30 seconds over Tokyo", or Seoul, or whatever city you want to put there....

This is great for reaction times. Take two kick paddles (targets) and have a student stand in front of you like you were getting ready to begin a sparring match. Have another student designated as time-keeper". The time keeper's job is to start the drill, measure off 30 seconds then call time. When the time-keeper says go, use the paddles (one in each hand) to present different angles of attack or defense to your student. The student must then decide how they would attack or defend against the paddle. I.e. if you step forward with your right leg and the paddle is in your right hand the student could slide back and deliver a round-house kick against the target. If you stepped back with your right leg and kept the left leg forward with the other target in the left hand, the student could switch legs and deliver a round-house or a front leg left round-house for example. Make sure they have an opportunity to use punches, axe kicks etc. to keep it interesting. Keep moving and don't linger too long at

one angle, if they miss an opportunity, they miss it! Make it as much like a fast paced sparring match as possible for the 30 seconds available. This is also great for stamina! Ê you would be surprised how much 30 seconds of this drill, going all out, will take out of a student!

Have fun!

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**Title:** Advanced Sparring

**Name:** Unknown

**Org:**

**iTip:** This includes two man sparring, team sparring, no-gear sparring, plain clothes sparring, plain clothes terrain sparring and other advanced sparring variations. These usually require greater care and tighter supervision, so they are not often performed with a whole class doing them, even if the whole class has high enough ranks to practice. It is, however, a wonderful performance event where students can watch and gain insight and be entertained during a class.

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**Title:** Air Self Defense

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Each student thinks of one self defense technique that he wants to practice. The first time the instructor says MOVE, the student does the move in slow motion. The second time, medium speed. The third time full blast. A new technique is then chosen and the drill continues.

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**Title:** Arm Bar Counters

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** The instructor first teaches a basic arm bar take down (as in "Hand staff" or "Crossing Talon B") against a cross wrist grab, then an outside wrist grab, two hand wrist grab, two hand chest grab, choke from behind, and side shoulder grab. Once each defense is mastered, the attacker varies his attack and the defender counter with an arm bar. Note: Various movements can be added after the arm bar (instructor's preference).

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**Title:** Balloon Sparring

**Name:** Bryan Winkelman

**Org:** Martial Arts of America - Isshin Ryu

**iTip:** This drill will combine sparring, concentration and multiple attacker scenarios.

2-person sparring. Each person has a balloon, easier if they are the same color as their belt, if possible. When the match begins, each person tosses their balloon up in the air. The object is to get the other person's balloon to touch the ground. You cannot touch their balloon, only yours. The object is to get the person so busy that they cannot watch their balloon and it will hit the ground. You must throw techniques and find your balloon and hit it back up in the air. I allowed grabs and throws, but only for the 2-second rule.

The class loved this drill it made them think of their opponent as well as the balloon, just like in a multiple attacker situation.

Added tip - the smaller the balloon the faster it will fall.

I found it was easier to have 1 ring going at a time, due to this can get wild if not careful. People running and diving for

their balloon as it gets close to the ground. It's a real workout.

Good luck.

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**Title:** Beginner Sparring

**Name:** Richard Gordon

**Org:**

**iTip:** This works for all level students, but I like to use it with the beginner students to have them work with a partner without any fear of injury. I just use a basic linear stepping drill from sparring stance on your count, person facing the back stepping forward other person stepping back (no kicks just stepping). From this point you can see if everyone is on the same sheet of music. If the group is getting the hang of it you can now speed up your counting and talk about rhythm and not anticipating the count. The first time you go real fast and stop abruptly you will always get a majority of the people leaning forward. I then progress to allowing them to move across on line on their own count when their partner moves they move. I then demonstrate the power of the yell by calling up one of my leadership team members and get them to move with a loud yell. I then let them try it again this time using the yell to help distract their partners. The result is people yelling and moving and having a good time. The parents and spectators are entertained as well and I must admit even though I have been doing this drill for years I still have to smile on occasion. I then use the same principle with kicks and talk about distance and timing. As the students progress beyond beginner they take with them a good foundation of working with a partner in a non threatening manner. I hope this can help some folks out there it has worked for me on many occasions in the do jang and giving intro classes to the general public.

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**Title:** Block, Counter, Block

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** One person throws a right punch at his partner, pauses for one to five seconds then throws a left punch, pauses one to five seconds then throws a right punch, etc. The defender blocks the first punch and then continuously throws counters until the next punch is thrown. At which time he blocks again and counters continuously until the next punch is thrown, etc.

---

**Title:** Bobbing and Weaving

**Name:** Scott Childress

**Org:** Hen Wa Senta Ryu fighting style

**iTip:** This tip will teach you students to move out of the way if a punch is thrown. first you take two hooks or nails and put them in the wall then tie one part of the string to one side and the other piece tie it to the other side make the string tight. Then let the student bob and weave to one side to the other without hitting the string.

---

**Title:** Bodyguard

**Name:** Eric Flener

**Org:**

**iTip:** This drill is good for footwork and distance control. During sparring when the students are fully padded I put two shields together to simulate a door at one end of the studio and have one student stand by them (they are the fan). I then have two other students at the other end of the studio one standing in front of the other. The one in front is

the bodyguard and the one behind is the celebrity (I used Madonna which is even more fun if you have a class with mostly boys). The bodyguard has to escort Madonna to the waiting limo without the fan touching her with their feet or hands. All sparring rules still apply. I found this as a good exercise for footwork and learning how to move your opponent without grabbing them.

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**Title:** Chop Block Counters

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** In this two man drill, one partner attacks with a basic punch, push, grab, etc. The second person defends using only a chop block or a double chop block, followed by a counter punch. This drill teaches the versatility of a chop block.

---

**Title:** Choreograph Sparring

**Name:** Sally Judge

**Org:** Soo Bahk Do

**iTip:** Choreograph Sparring: Partner the students by rank and size. Allow 10 minutes for the students to choreograph a sparring match. They may request more time (3-5 min,) for practice This can be simple sparring combinations or they can make a "show" with acting, dialogue, facial expressions, and pain sounds. Give assignments of how many techniques per student and/or specific techniques to be used. After the students have completed their assignment, ask for volunteers to demonstrate to the rest of the class. Everybody will volunteer eager to give a show.

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**Title:** Circle (Stances)

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** The group forms a circle with everyone facing the center. The instructor calls off various stances (attention stance, at ease, horse stance, right guarding stance, left guarding stance, kneeling position, sitting position, sitting with legs crossed, etc.) which the student quickly assume.

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**Title:** Circle Gama

**Name:** Adam Springmeyer

**Org:** SIY Tae-Kwon-Do School

**iTip:** Line up all of your students in a circle and have a kicking bag in the middle have all of your students kick & spar with it for a couple of minutes. Usually 2-3 min. works out great.

Have fun!

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**Title:** Circle Sparring Drill

**Name:** Unknown

**Org:**

**iTip:** This is one of the things that we do at our school:

1. Students form a ring and are given focus targets.
2. Each student is given a number and they need to remember that number assigned to them.
3. One student is chosen to stand in the middle of the ring is told to get in a fighting stance.
4. A number is called out and the student with that particular number holds out the target.
5. Student in the middle then proceeds to hit the target using a variety of kicks.

6. Another number is called out and the student proceeds to do the same drill.

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**Title:** Circle Sparring Drill 2

**Name:** Unknown

**Org:**

**iTip:** I got this drill from my kenjutsu class, but thought it could be adapted to Taekwondo. We start by forming a circle. We try to limit the circles to about six people. One person is in the center. Everyone bows. When the center person points the tip of his bokken at someone on the outside of the circle, that person immediately attacks with an overhead strike.

The person in the center blocks, then counters. The attacker moves back to the outside of the circle. Then the center person points at another person at random and he attacks. If the person pointed to does not respond fast enough, the center person will attack, which makes everyone stay ready. After awhile, another person takes the center position. With Taekwondo, you could use certain kicks or punches, or allow any attack. Another variation of this drill is to have the person who attacks remain in the center, and have the previous defender take a place in the circle. The new center person then points at someone else in the circle with the tip of the bokken, who attacks. Both of these are very fun and keep you on your toes.

---

**Title:** Circle Sparring Drill 3

**Name:** Thomas VanLuvender

**Org:**

**iTip:** Start out by having your students form a circle. Choose a student to be in the middle, The Instructor starts

out by calling one student at a time to enter the circle and spar with the center student. You can give them a time limit or call a different student in at will. When the Instructor calls another student the center stays and the first person in leaves. You could call a student to spar that is behind the center, they move in right away this develops reaction time, and helps students learn to deal with different angle attacks. If you leave the first center in to spar until they spar everyone in the outside circle this is also great for endurance. When the first center is finished choose another center and let the first center return to the circle.

Have Fun!

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**Title:** Close Counts

**Name:** Jay Kilgore

**Org:** Christian TKD & HKD

**iTip:** Here's a sparring drill used to help the students learn control. defender stands still in a ready position (chumbi) and doesn't move. Attacker then starts punching as close as possible without making contact, moving around the defender, all the body, neck and head targets he/she can find. The defender becomes attacker. Next add kicks only. then elbows. Then knifehands and ridgehands. Then lastly all of the above. Great drill, creates trust among group. Helps you to learn patience and control.

---

**Title:** Counter Punch Drill

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Attacker attacks with one kick (of any kind). The defender blocks with the front arm and counter punches with back arm. After a minute the attacker switches from

kicks to hand techniques. Finally, the attacker uses either hand or foot techniques; the defender uses just a counter punch.

---

**Title:** Endurance sparring/Language Drill

**Name:** Scott Gawne

**Org:** Wa-No-Michi Karate Academy

**iTip:** Have all of your students line up against one wall of the training hall. Assign each student a number in English. On the start command all students begin running at a moderate speed up and down the floor.

Every now and then, call 2 numbers in Japanese/Korean, the two numbers called automatically start sparring. 20 - 30 second rounds.

Even your youngest can get involved, if one of the numbers called isn't prepared to spar yet, they can try to score points by trying to touch there partners knees. Their opponent of course adheres to the same rules.

20 minutes of this can wear out even the most hyper classes!

---

**Title:** Fast Head Movement

**Name:** Cory Wachal

**Org:** cobra kai martial arts

**iTip:** Have students partner up and face each other in a fighting stance. Lay a punching bag sideways behind the one who will be the bob n' weaver. This student will have his rear foot (heel) against the bag so that he cannot move backwards.

Standing in range, the attacker will CONTINUOUSLY throw Jabs and Punches only, in random order for the face. The blocker will have hands on chin and practice head movement from left to right, up and down and bob n' weave. Change after two minute round.

For more advanced. You can drop the hands to the side which will force you to move a lot faster so you don't get hit. The attacker can also add hooks and uppercuts to make it more challenging.

Enjoy!

---

**Title:** Flag Sparring

**Name:** Jim Ingram

**Org:** Ingram Martial Arts

**iTip:** Sparring drill with minimal contact.

I have taken belts with colors we don't use (Orange), and cut them in to 12 inch 'flags'. Everyone takes two and tucks on under their belt, at each hip.

The point of the game is to grab your sparring partner's flags. If you grab one, tuck it in your belt, you now have 3 flags, your opponent has a better chance now of getting one of yours, there by evening up the game.

This class works well with 'sticky hands' type of exercises. Emphasis is on moving with your partner and related sparring skills.

The class really enjoys this drill.

---

**Title:** Foot on Wall for Reverse Punch

**Name:** Glenn Stevens

**Org:** United Karate Association

**iTip:** Start in a free fighting stance and put the back foot on the wall with the heel up on the wall.

The partner faces you with a ribbon in the belt at the front. As the partner comes close enough try and take the pad with an opposite punch motion. If you manage it the other partner does a forfeit (e.g 10 burpees).

So one person is practicing their reverse punch and the other person is practicing flushing an opponent.

---

**Title:** Footwork Tag

**Name:** Keith Elkins

**Org:** Elkins Karate Centers, Inc.

**iTip:** The benefits of Footwork tag are to teach the student how to move quickly and still maintain balance. It also teaches students how to create as well as close distance quickly. The activity goes like this. Pair students off and have them wear their sparring gloves. The students will be facing one another. One side will shuffle in with one step and try to tap their partners shoulder. They then alternate. You can increase the amount of steps they are allowed to take as they get better. This is a great activity to teach them quick take off and increase their reaction time.

---

**Title:** Guided One-Step Sparring

**Name:** Dave Jarvis

**Org:** USCDKA - Parkway, Orlando, FL

**iTip:** After learning the basic and advanced numbered one-step spars, USCDKA students learn creative one-step sparring. It is often difficult for students to make up different combinations in rapid succession so I often use a modified exercise. While the students are paired and engaged in

creative one-steps, I will call out specific categories of blocks and/or techniques to use. (Examples: "After your block use at least one elbow technique." "Use a two-handed block." "Make your final technique to the ribs.") To make it fun you can get a little silly; "Block with your head (that's what some are doing anyway) and make your final technique an attack to the big toe!"

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**Title:** Hand vs Foot

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** One partner spars using just kicks, the other uses just hands. After a minute they switch.

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**Title:** Holistic Comprehension Training

**Name:** Richard Dimitri

**Org:** Senshido Personal Protection Programs

**iTip:** Holistic Physical Comprehension - In order to fully understand and experience physical retaliation it's not enough to just work counters and defensive tactics. It's important to feel and experience the dynamics and specifics of the oncoming assault to fully experience the totality of combat.

For example: When working defense against a shove, tackle, choke, knife attack etc. Work in letting your partner come in and shove you, tackle you, choke you (or any submission), take the attack, feel it, experience it, analyze it and see where you would negate it and how many options you have from there. When being choked, take the choke and see how long before you have to 'tap out'. If it's 4 seconds, 7 seconds, it makes a difference on how you will perceive your counter.

This is being pro-active. The more you know about a subject, the easier it is to navigate through it.

Holistic Emotional Comprehension - Add dialogue, threatening, swearing etc, to feel the impact of the physical attack on an emotional level. Use congruous behavioral tactics.

Figure out what really gets under your skin. If someone vulgarly insulted your mother or sister, your race, your accent, your intelligence, your weight, your sexual orientation, whatever you may have a partial weakness too and gets you personally riled up.

Holistic Comprehension can be broken down into 3 steps. Step one, keep it strictly physical. Work solely on the Holistic Physical Comprehension drill. Step two, keep it emotional and physiological. Work solely on the Holistic Emotional Comprehension drill and have your partner stand there like a drill sergeant and just verbally assault you picking on your weaknesses.

The Holistic Emotional Comprehension drill will invoke emotional and physiological changes in you. It is important that you DO NOT TAKE THIS DRILL PERSONALLY AND THAT IT REMAINS A DRILL WITHIN YOUR CONSENT. Your partner must let loose on you and hold nothing back to experience the emotional inertia, whether it be anger, rage, fear, sadness, pain, heartbreak, frustration, etc. This will allow you to feel and see how emotional inertia has an impact on how you will react physically and change what needs to be changed in order to maximize optimum physical retaliation.

Step 3 is putting it all together. Total Holistic Comprehension. Work it physically with dialogue and improvise from there. It is extremely important you do not turn this drill into a joke and work it using congruous behavioral tactics. This drill will allow you to experience the



realities of a violent encounter as closely as possible without placing yourself in real danger. In sports psychology, there's a term called Meta-Cognition, which is basically creating a mental blue print through visualization. It's pro-activity. When, or God forbid, if you encounter violence, you will not be shocked by the level of aggression displayed or surprised by the method or angle of attack attempted. You would have already lived it through the Holistic Comprehension drill. Any changes or variations will be easily adjusted. This drill will create clarity in the moment.

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**Title:** Hop-A-Long Balance Drill

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** The object of this drill is to stay balanced on one foot as long as possible. The drill begins when all students pick one foot off of the floor and start hopping about. The idea is to not touch anyone else, not touch the other foot to the floor, and not touch the walls. If any of these things happen, the student is to sit down on the side. To make it more exciting, the instructor can try to tag students out by moving into them. Note: This drill should be done at least twice so the students have a chance to develop balance on both legs.

---

**Title:** King of the Hill Sparring

**Name:** Mark Pawley

**Org:** Desert Dragon Taekwondo

**iTip:** Group students in groups of 3. Have two students square off to spar and the other observe for safety concerns. The first point wins and the student that is scored on trades places with the student that was out. This type of

sparring allows for a good deal of integrity to be shown and the sparring is intense because one point and you are out.

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**Title:** King of the Mountain

**Name:** Keith Del Guercio

**Org:** Sun Do Kwon Tae Kwon Do

**iTip:** Pick one person to be in the center of the ring (All with gear on) then each student tries to knock the person in the middle of the ring out with a scoring kick or punch to the target zone.

Whoever scores first stays in the ring and continues with the next student.

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**Title:** Limited Technique Sparring

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Both sparring partners pick one technique they would like to perfect. Then the two of them spar using only that technique. After a minute both people pick a new technique.

---

**Title:** Limited Technique Sparring

**Name:** Michael Forman

**Org:** TKD

**iTip:** Have students partner up. Assign one side one or two techniques, say Turning kick, and knife hand strike(both are circular/angular), and the other side the same number of different techniques, say Side kick, and front hand jab (both linear). Let them at it, only using the techniques you gave them.

The idea is to get them to understand the comparative strengths and weaknesses of each technique. It also really helps teach them to position themselves to most effectively use those techniques, and to realise when they are open for their partners techniques.

I find this a good drill to give students a better/deeper understanding of the application of techniques.

---

**Title:** Offense/Defense Drill

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** In this drill, one person throws numerous sparring techniques at the second person. The second person only blocks and moves working on strictly defense. The roles should be switched frequently.

---

**Title:** One Choice Drill

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** In this self defense drill the defender picks any one self defense technique. The defender is only allowed to use this technique, regardless of the various attacks thrown at him. This is a great way to stumble across various uses of a single self defense technique.

---

**Title:** One Sided Sparring

**Name:** Tom Day

**Org:** Southern Union Com College

**iTip:** Have students spar with only one side of the body. Start with weak side then progress to strong. Helps develop

weak side and promotes more usable moves. Can do front side, back side, spin, reverse, jump, and swing techniques but only with one side. May block with either.. Don't want any injuries!!!!

---

**Title:** One Step Circle Sparring

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** The students all line up in a circle with one person in the center. The person in the center fires out one strike to anyone on the outside. The outside person then returns a strike back to the center person, who then strikes at another person on the outside. The drill continues for a minute then a new person is selected to step into the middle.

---

**Title:** One Step Dark Alley

**Name:** Mark Pawley

**Org:** Desert Dragon Taekwondo

**iTip:** Upon instructors command all students will move through the dojang, no running or hiding allowed, stopping at any one student they wish to confront.

The confrontation starts when one student faces another and steps back into a low block and kiaps. The student being challenged should go to a ready stance and kiap.

The challenging student then tells the challenged student to perform a specific one step that is belt appropriate. If the student performs it correctly he gets to return the favor. If he is unsuccessful then the reward is pushups and the other student is free to encounter other students.

This is a great drill for increasing the energy levels of the students and for allowing students to practice perfection of

their one step. It is also great for etiquette as the students shake hands and thank each other after every challenge.

Try this for 5 or 10 minutes and it will become a constant part of the curriculum.

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**Title:** Reactive Sparring Drill

**Name:** Michael Purdy

**Org:** JKA

**iTip:** This drill is similar to offense-defense, however the defender is allowed to counterattack. It should be stressed that only counter attacks are allowed. I find this helps improve reactions.

---

**Title:** Right vs. Left

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** One partner spars using just his right side (hand and foot), the other person uses his left side only. After a minute they switch sides.

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**Title:** Sparring Line Drill

**Name:** Robert Cumming

**Org:** Kingston Taekwondo School

**iTip:** When you have a huge class and not enough people to have everyone spar you can use the line sparring drill. The way it is set up is that you get the whole class in a line with one person in front of the line facing them. The person facing the line assumes a sparring stance (defender) along with the first person in the line (Attacker). So moving down the line the attacker kicks and the defender counters and

they repeat this all the way down to the end of the room. When they are finished the defender runs back and assumes his old position in front of the next attacker, they repeat the drill (attacks and counter will vary - or not it is up to the instructors discretion). This continues until the defender has gone through the whole line then the first attacker assumes his position. Other variations are i) attack, counter ii) attack, counter, counter iii) two attacks one counter iv) one attack two counters etc. This drill gives the defender a real sense of reacting to their opponents varied attacks - the drill is meant to be done at a quick pace - but that will vary according to the level of students partaking in the drill.

---

**Title:** Selective Technique Sparring

**Name:** Mike Snisky

**Org:** Eastern Defensive Arts

**iTip:** In this particular drill, I have the students spar. I will tell the students that a particular technique will end the match, a back kick for example. While the students may execute any kick while sparring, the first person to land a solid hitting back kick ends the match.

You can use this for any kick or punch.

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**Title:** Sparring Circle

**Name:** Unknown

**Org:** Unknown

**iTip:** The idea of this drill is that you teach your students to SPARR of MULTIPLE ATTACKERS.

Have everyone of your students make a circle in the Dojo. Pick one student to go into the middle of the circle, Then pick 2-3 other students to SPARR the student in the middle until the person in the middle scores once on each

attacker. The idea is that the person in the middle has to defend themselves using sparring techniques only (i.e NO PUSHING or PULLING.) \_\_\_\_\_

**Title:** Sparring is Always a Big Draw

**Name:** Unknown

**Org:**

**iTip:** If you spar well, students also like to watch it. It's also something that take up as much of class as you like. You can have one or two full matches going on at a time, or you can do line sparring where you have opponents facing each other in lines, so they can only spar back and forth to fit more in. If you go round robin, then everyone gets several matches, a good workout and it uses up time real well, too. Try to make sure everyone gets at least one fight where they have to work for it. You should try to make sure the instructor does not appear incompetent, since many people who do not understand the place of sparring in a class over - estimate its value for self-defense. The instructor should maintain sufficient skill to fight well, no matter who the opponent is.

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**Title:** Sprint Drill

**Name:** Dane Meade

**Org:** Rhee Tae Kwon Do (Australia)

**iTip:** Have students line up down centre of dojang on a marked line. Place one hand mitt for each student on opposite sides of the dojang at the same distant apart. Call command, student race to pad pick it up and race back to original position, over the line and touch partner with pad, who ever crosses the line and touches the other first is the fastest. Good to start from stance position or sitting cross leg, eyes closed, great for reflex training and of course speed.

---

**Title:** Stick Evasion Circle Drill

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Three to five students surround the instructor within striking distance. Students are instructed not to step back but only step sideways, up or down. The instructor proceeds to strike randomly at the surrounding students. This drill forces students to be alert at all times while working effective evasion techniques.

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**Title:** Strike, Lock and Block

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Two opponents pair off. Side A throws any basic hand strike at side B. Side B waits for the strike to be completed, then blocks and counters. Side A then blocks and counters. The Circle continues.

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**Title:** Strike, Lock and Block II

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** In this variation the defender blocks and then follows with several strikes finally locking the last strike out. Then that strike is blocked and countered. The circle continues.

---

**Title:** Strobe Light Sparring

**Name:** Gary Jacque

**Org:** Taekwon-Do Academy of Tyler



**iTip:** Strobe Light Sparring: This works great if you can turn out all your lights. Strobe light can be adjusted to whatever speed you want. I use this with adults only. Turn out lights and turn on the strobe light. Make sure everybody is paying attention. The students sparring have to really focus on the other person's body. We have found out that sometimes you see the star of the technique and then only the end. Students must stay wide awake for this one.

---

**Title:** Tag team sparring

**Name:** Jenny Calgary

**Org:** TKD

**iTip:** We have the class split into two, and line up side by side on opposite sides of the Dojang. Next we pick two people from opposite sides to the middle. Once they begin to sparr, it is their choice to tag someone (from their team) in the middle to sparr for them. Eventually everyone will have had a turn to fight someone.

The whole class likes this one because if the partner they end up being chosen to spar is not one they would like to, they can tag in someone else to fight.

Yet keep the sparrers in the middle for at least 20 sec. before their allowed to tag out.

---

**Title:** Tag Team Sparring

**Name:** Jenny

**Org:** Calgary Panthers TKD

**iTip:** We have students split into two groups and line up on opposite sides of the gym in their sparring gear. Then two students are chosen (from opposite teams) to begin sparring. They are free to tag any person from their side of

the gym to sparr for them. Let the students in the middle know that they must sparr for at least 15 sec. before tagging out.

---

**Title:** Teaching Sparring

**Name:** Bob Rosenbaum

**Org:**

**iTip:** One of the mistakes made in teaching is mistaking karate basics for sparring, before allowing a student to spar, work them on direct sparring drills, such as a backhand, using footwork, keeping hands up, and ether following up, or covering up upon backing out. Once the student has learned to throw a technique, they must be taught how to defend, and counter against that attack. Before letting a student spar, make sure the student understands and knows how to spar. Also in the beginning let the sparring be one point sparring, with critiquing after every point. By following these principles, the student is less likely to be afraid of sparring.

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**Title:** The Gauntlet

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Line class up in two lines facing the center in guarding stances. One child is selected to "Walk the gauntlet." The child turns his on the class while the instructor chooses several students to be attackers. The one child then walks slowly between the two lines ready to defend. When the attacker steps forward with a punch, the defender blocks and counters, then continues down the middle, defending whenever necessary, until he reaches the other side.

---

**Title:** Three Man Reaction Drill

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Divide class into groups of three, with two people on the outside and one in the middle. All three people are in a guarding stance with their hands up and palms out. The people on the outside randomly throw lead leg round kicks at the center person who then responds quickly by throwing the same kick back.

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**Title:** Three Man Reaction Drill

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** Divide class into groups of three, with two people on the outside and one in the middle. All three people are in a guarding stance with their hands up and palms out. The people on the outside randomly throw lead leg round kicks at the center person who then responds quickly by throwing the same kick back.

In the second round, after all three people have had a turn in the middle, the people on the outside throw lead hand back knuckles at the middle person who then counters with an upward block and uppercut.

In the third, the people on the outside throw a rear hand high punch and the person in the center counters with a block and rear hand low punch.

In the final round the outer people have their choice of any of the first three attacks. The person in the middle must counter with the appropriate movement.

---

**Title:** Tig points

**Name:** David Breed

**Org:** Evade Blackbelt School

**iTip:** Have 2 students pair off, no contact can be made to the head, only the hands can be used to score with. The aim being to tig your partner with a clean tig to score the point. Anywhere below the neck scores, including the feet. Blocking and parrying can be used if required, variations can be, for eg one hand only (rear hand) lead hand only parrying etc, scoring to the legs only, first to score 3 points etc.

I use these drills for varied warm ups, movement drills, great for developing timing, distancing, defense, also a safe way of introducing sparring to the younger age groups. Hope it works well for you!

---

**Title:** Two Man Evasion Drill

**Name:** Ron Sell

**Org:** 4kicks.com

**iTip:** One person throws deliberately slow strikes. Second person (with hands held behind back) just ducks, bobs and weaves. This drill really makes you appreciate blocking skills.

# Speed Drills

**Title:** Belt Tag

**Name:** Bryan Schoenberger

**Org:** Little Falls Taekwondo

**iTip:** This drill is intended to improve reaction to grabs and attacks.

First cut a white belt in to 12 inch pieces. You will need as many pieces as you have students in a class. Everyone is to put a piece tucked in to the back of their belt.

The object is to pull the other persons piece out without losing yours. If your piece is pulled out you lose! You can do the drill one on one or everyone against everyone.

To add a twist use different colored pieces and have teams.

Both adult and youth students love it and it develops good physical skills and with the team tag it develops teamwork skills.

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**Title:** Bubble Popping

**Name:** Bryan Winkelman

**Org:** Martial Arts of America - Isshin Ryu **iTip:** Bubble popping.

This exercise is where you have a partner that is blowing bubbles, kids bubbles. The person not blowing the bubbles must use a certain technique to pop all the bubbles before they hit the ground. Your partner decides which technique, punch, kick, backfist, etc. This drill requires speed to pop the bubbles, if not they will float away from your technique.

You can even add that the number of bubbles that hit the ground will require that number of push-ups to be done. That will make it interesting.

Doing this with kicks is difficult, it will require you to keep kicking without setting your foot down. Good luck.

---

**Title:** Circle of Numbers

**Name:** Sensei Mary

**Org:** The Elusive Dragon Academy of Martial Arts **iTip:** I have the students get in a big circle then I assign each student a number.

I then tell them that when they hear their number called they are to step forward to the center on the circle and do any punch, block, or kick. I begin calling out numbers and each student does any technique they choose.

I increase my count so that they begin to have to step out and do the techniques faster and faster. At some point they are barely done when I call out the next number.

I start out calling out each number that I assign then I begin calling out for example 1, 3, 1, 2, 2, 5, 6, 3, 4, 5, 7, and so on.

I increase my counting speed faster and faster sometimes the student has to watch to not bump the student of the next number I call out.

They love this drill and it is good for reaction time, speed, endurance, and helps them do a technique without taking time to think about it.

---

**Title:** Fast Feet and Legs

**Name:** Callahan

**Org:**

**iTip:** My art is Taekwon Do, therefore we drill on increasing the speed of the feet by focusing on various activities that

require you to move your feet and legs in a quick fashion.

Climbing stairs while thinking of nothing but "fast feet."

1. Lay something on the floor that would resemble a rope ladder. Perform a side-stepping action so each foot lands between the "rungs" in a right, left, right, left... pattern. Then reverse the direction to a left, right, left, right... pattern to work equally on both sides of the body.
2. With the exact same scenario as number 2 perform the task in a forward and backward pattern.
3. Create a pattern on the floor that resembles the old "4-square" ball game, only in a much smaller size (each square about 18" to 20"). Assign a number to each square. Have the student stand in one square and they will step or jump into the numbered square that you call, as quickly as they can, then step or jump back to the starting point.

Stress to the students that they should only concentrate on fast feet and legs. As time passes they should be able to execute fast actions while maintaining absolute control.

---

**Title:** Quick Thinking

**Name:** A. Eyerman

**Org:** American Taekwondo Association **iTip:** I started using this drill to help my students react quickly.

Have students get a partner, one will be in a sparring stance and light on their feet. The other student will have 2 clapper pads and will raise them one at a time either vertical or horizontal.

The kicker must quickly kick the pad with a correct kick and from the same side as the hand that was raised. When they

get good at this eliminate one pad and have the student with the pad call out #1 or #2 (one meaning front leg kick, 2 meaning back leg kick).

Now the kicker must not only kick with the correct type of kick but he must be able to react quickly with either leg.

---

**Title:** Speed/Reaction Drill

**Name:** Buzz Conroy

**Org:** Healthy Attitude Martial Arts

**iTip:** Two students each taking a right lead (or left) standing wrist to wrist (Back hand). The students must race to a lock or strike. The first one to move may have the advantage but not if the others reaction time is quick to block or counter. Each session should only last a split second at a time, then practitioners return to standoff, and continue.



# Stance Drills

**Title:** Balance Training

**Name:** Illona McKinzie

**Org:** Positive Karate Family Training Center

**iTip:** In the Kung Fu movies they have these new monks always carrying water in big jugs hanging on each end of a stick sitting across their shoulders. They would cross rivers, go up mountains, up steep stairs and such.

The students have bo's or dowels over their shoulders ... we have tied on either boxing gloves or those TKD paddles to the ends of the bo's (actually the strings are tied and then just draped over the dowels or bo's) ... they put their arms over them and then they get in good front stance and do them up and down the room without letting the gloves or paddles fall off. They were finding this hard to do ... one side or another was always slipping off or they were walking way too hard or up and down too much ... so they would slip off or rock too much and then fall off.

I would sit them down and have them close their eyes and breathe and imagine walking down the room slowly ... carefully ... lowly with hardly any movement ... then have them stand up and put the bo's on and try it again. Worked better that time.

---

**Title:** Below the Waist!

**Name:** Bill Parsons

**Org:**

**iTip:** This drill effectively teaches balance and footwork. For any given technique or form, have the student tuck their hands in to their belt (front or back), or place their hands on their waist. The hands must not move during the exercise.

Have the student do an entire form or series of belt-level techniques concentrating only on the stances, transitional changes, and kicks. No hands. This drill is effective for all styles and skill levels because it only uses what the student already knows. Start out slowly and speed it up as you see fit. This great if you have belt level classes where everyone is at approximately the same skill level. It's also a great at-home drill your students will like.

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**Title:** Bull-in-the-Ring

**Name:** Kelly Bennett

**Org:** Martial Arts America in Prattville, OK

**iTip:** Have students form a circle. Then the instructor goes around the group numbering each student in chronological order or at random. The instructor calls out a number for the middle position. Then randomly calls out other numbers to spar the middle student one-on-one.

Students prefer to wear sparring pads during this, but urge them to go a quarter or half speed to ensure no one gets hurt. Also encourage them to do a loud kihap in order to let the middle student know where the attack is from. Older students like to do their meanest, loudest kihaps with the younger ones to scare them half to death. Limit the amount of time each student gets called to spar the middle one so everyone gets a chance to be in the middle. This is great for classes with ten people or so. Then once they get the hang of it.

Call two numbers to attack the middle person. You may even want to attempt calling out three numbers. Be careful though to tend to the personalities of the students and if you get one of the older students.

---

**Title:** Poster Perfect Stances

**Name:** Sherri Roosa

**Org:**

**iTip:** What's Needed:

á White Poster board ( White on both sides)

á Different color markers

á Ribbon that matches the markers

Have the students pair up. Put an upper rank with a lower rank if possible. Have them cut a piece of ribbon twice their shoulder width. One student stands on the poster board in what She/He considers a good stance. The partner then measures the stance with the ribbon (lengths according to the blue book). The student on the poster board then adjusts the stance. (A good rule is the six point check.) The partner traces the feet with a marker that matches the ribbon color. The student being traced then writes the name of the stance on the feet, and tapes the ribbon onto the poster board in the appropriate length/width direction. Students can get two stances per poster board. I always suggest to them that they practice at home by saying the name of the stance, getting into the stance, and then checking themselves with their poster board.

NOTE: This also helps the parent to know what the stance is to look like.

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**Title:** Push Into a Better Stance

**Name:** Unknown

**Org:**

**iTip:** Many of the kids in my dojang have very weak stances. I've tried many ways to teach them stronger

stance. What worked for me was while they're in the middle of their form I just pass by and slightly push them. If they fall or move back then their stance is weak. After I push them and they move back, I give them another chance to show me a strong stance and I push them again. Just about all of the time their second stance ends up a lot stronger than their first.

---

**Title:** Shekadachi Jump

**Name:** Sensei Shirley Smith

**Org:** 4th Dan Welsh Coast Karate Association

**iTip:** Divide your class into two teams. Have them form two lines opposite each other making sure each team have the same amount of students. Have them stand opposite a partner making sure there is lots of room in the middle of the two teams.

The idea is to have them race but they have to perform the race in Shekadachi, jumping down the Dojo between the two teams. When they reach the other end of the teams the two students have to do 5 push-ups and then turn round and perform the same stance all the way back. As they are returning the next two students are in position to go and do the same when the first two students touch their hand.

The idea is that the stance is practiced and you also have team work. Have the students shout out the performing students names to encourage them. The atmosphere is brilliant. Obviously the team who finishes first wins.

---

**Title:** Stance Drills

**Name:** Sherry McGregor

**Org:** McGregor's martial arts center

**iTip:** Have Students get into a good Kiba dachi or horse stance. Then the instructor stands in front and points to the direction you want them to go, using the 4 basic directions, front, back and each side. Then the students have to jump, turn and land in their horse stance to face that direction.

The object is to try and do this without losing balance and rising and then lowering in your stance.

My students love this drill and we sometimes have a competition with it, especially with the kids.

To add a little intensity you can have them do 10 punches and Kei each direction they turn to.

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**Title:** Stances and Punches

**Name:** Sensei Mary-Ohio

**Org:** The Elusive Dragon Academy of Martial Arts

**iTip:** Sometimes we have the students each call out a stance and with that stance they are to also call out a punch or block. The students do the stance and as soon as they are in that stance they do the punch or block (EACH COMBINATION) is done 10 times before going onto the next student for their choice. It is fun and also helps with speed and helps the students learn the stances and punches faster. It also gets the student in the habit of doing a technique with a stance. We sometimes add kicks or animal strikes.

---

**Title:** Use Measuring Tape

**Name:** Dave Jarvis

**Org:**

**iTip:** Recently, my son Jon Jarvis (2nd Dan) put taped rectangles on the floor for each of our senior students. Each

rectangle was measured according to the individual - one shoulder width by two shoulder widths. With some basic fundamental moves, the exercise focused on getting the feet in the right place without significant re-adjustments. In the future, if the lesson plan calls for this exercise, we plan to have the students responsible for putting tape on the floor for themselves and removing it after class.

---

**Title:** Visualizing Footwork or Kicking Action

**Name:** Paul Regan

**Org:** cho-ja martial arts([www.cho-ja.org.uk](http://www.cho-ja.org.uk))

**iTip:** These are simple visualization techniques especially good when you are too tired or injured to demonstrate appropriately! Rarely!

1/ In order to help kids visualize the footwork for stances I demonstrate the stance and use my hands to show the footwork at the same time to reinforce the shape i.e when in shikodachi have hands palm outwards both at 45 degrees or for nikodachi (cat stance) left straight and right at 45 degrees).

2/ as above to reinforce for use of kicking chamber (recoil of knee action), use a finger to demonstrate the same hinge action but with a wry smile on your face!

# Warm Up Drills

**Title:** Altered Forms

**Name:**

**Org:**

**iTip:** Since the first form of any style usually introduces many of the important basics (stances, kicks, blocks, strikes), one nice change of pace is to alter your white-belt form for a warmup! Here's some I have successfully used:

Ê- Do it in reverse (only 18 moves in ATA TKD, so this is manageable)

Ê- Fast/slow: Do first technique normal speed, second slow with tension, alternate for whole form

Ê- Reverse step: do normal techniques, but step with other leg, for example: our white belt form starts with a left step into a left front stance with a high block, and a reverse punch. For this drill, step BACK with the right leg into a left front stance, do left high block, reverse punch - adjust all moves in form similarly - Others?

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**Title:** Animal Walks

**Name:** Bruce Henry

**Org:**

**iTip:** For all students 5-15

1) duck walk

butt squatted heels and walk, keep butt deeply squatted while doing duck walks, up to 20laps around dojo no stopping.

2) bear walk

on all 4s walk slowly around dojo 10 laps.

3) backward crab walk

go into backward push up and slowly walk backwards around dojo. 10 laps.

4) bunny hops

in a deep squat hop up and leap as far forward as you can and and in the full squat 20 reps.

---

**Title:** Animal Warm Up

**Name:** R. Judge

**Org:**

**iTip:** Animal warm-up for the young student: 1. DUCK. Squat and grab ankles with arms on the inside of knees, now walk and quack. 2. BEAR. On all fours, arms and legs straight, now walk moving left arm and right leg at the same time and then right arm and left leg. 3. GIRAFFE. Very similar to bear, but move right arm and right leg together and then the left side together. 4. BUTTERFLY. Sit with soles of feet touching each other. Knees out to side and push down lightly. 5. CRAB. Supine on all fours, walk forward and backward. 6. CRANE. Balance on one foot with other foot resting at knee area. Strengthens ankle. Stay in position like a contest. 7. EAGLE. Balance on one foot and wrap the other leg around the supporting leg, now wrap arms around each other and touch hand to nose.

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**Title:** Animal Warm Ups

**Name:** R. Judge

**Org:**

**iTip:** Animal warm-up for the young student:

1. DUCK. Squat and grab ankles with arms on the inside of knees, now walk and quack.
2. BEAR. On all fours, arms and legs straight, now walk moving left arm and right leg at the same time and then



- right arm and left leg.
3. GIRAFFE. Very similar to bear, but move right arm and right leg together and then the left side together.
  4. BUTTERFLY. Sit with soles of feet touching each other. Knees out to side and push down lightly.
  5. CRAB. Supine on all fours, walk forward and backward.
  6. CRANE. Balance on one foot with other foot resting at knee area. Strengthens ankle. Stay in position like a contest.
  7. EAGLE. Balance on one foot and wrap the other leg around the supporting leg, now wrap arms around each other and touch hand to nose.
- 

**Title:** CAS3

**Name:** David Hinckley

**Org:** Park's Tae Kwon Do Martial Arts College

**iTip:** This is a variation of the Push-up pyramid drill mentioned above. I picked up this drill while in the Army. This is a great way to work on your upper body and abs. The drill consists of pushups and sit ups. You're working both while elevating your heart rate. Start by picking a target number in this case I pick 4. Do 1 push-up (PU) roll over and do one sit-up (SU), then 2 PU & 2 SU, then 3 PU roll over 3 SU , 4PU roll over 4SU down go back down 3 PU & 3 SU, 2 PU,SU 1 Push-up & 1 Sit-ups. Be careful not to pick a large number as the reps add up quickly. Hope this works well for you my students like this as it mask the number of reps we are actually doing. Not many students like the Idea of doing 50+ push-ups but by challenging them to the pyramid it hides the numbers with fun.

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**Title:** Class Warm Up

**Name:** Unknown

**Org:**

**iTip:** Our kids' class warms up by running from one end of the gym to the other. At each end, they "hit" the wall and kihap. Whenever they pass another student, they give each other a high five. Periodically, I stop.

Then and we do one set of pushups, leg raises, etc., then they run again. Usually the last thing we do is get in a large circle and do jumping jacks together, going around the circle and giving each student a chance to count to ten in Korean (or English if they don't yet know the Korean.) If there are enough kids that going around would be too many jumping jacks, we go every other kid. One other thing: we line up by rank, and kids of the same rank line up by age. This was a problem when I had twins! Finally, I decided that Wednesdays were Aaron's day and Fridays were Andy's. That was a year ago, and I thought they'd forgotten, but last night as they were lining up I heard Aaron say "Andy, move over. Wednesdays are my day!"

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**Title:** Compass Warm Ups

**Name:** Kevin Darcy

**Org:**

**iTip:** Our student/class do the reps facing north east south west and then return north. Basically qtr turns clockwise or counterclockwise instead of doing the reps up and back. I add a technique after a complete set example first do it with a back fist then add a reverse punch then add another and another until they cannot remember the whole sequence go fast slow and mix directions we also switch sides anything to make it fun but also hard hope this explains it better.

**Title:** Conditioning Class

**Name:** Michael Hetcher

**Org:**

**iTip:** I would like to give this Tip of what I call a Conditioning Class, but this could also lend itself to a basic class or just give everyone a super workout. This includes basic blocks, kicks, whichever poomse (forms) that your school teaches and various exercises, all done one right after another with a little rest in-between "sets". For example, my system teaches the Taequek and the Pyong Ahn Poomse, so those are used. The sequence is as follows: poomse, block, kick, and then an exercise. Such as Taequek #1, Low Block, Front Kick and then Pushups. I give them a 30-45 second rest then we move into the next poomse, block, kick, exercise, etc. After a set of 4, I give them a 2 minute rest and let them get a little water to prevent them from becoming dehydrated. We go through the entire form system from white belt to Black Belt. I usually break the poomse systems into two separate nights to add variety (Taegueks one night, Pyong Ahn forms the next).

As you can see, all this takes is a little paperwork to implement a real beneficial workout for your students.

---

**Title:** Counter Clockwise Warm Up

**Name:** Steve Lang

**Org:** U.K.A.S.K.O.

**iTip:** Get the group in a circle with everybody facing the person to their left. Every other person now turns to face the person to their right.

Everyone now runs around the circle in the direction they are facing weaving in and out of every person they pass.

Chaos but a great fun way to warm up.

---

**Title:** Do Wind Sprints

**Name:** Unknown

**Org:**

**iTip:** Of course you can only do this one if you have the space for it. If you do, winds sprints are good for wearing students out if they have too much energy, and short running helps to make the legs faster, not just for running, but for kicking, too. If you are going to do a running exercise, though, it is important to know good form so you can teach your students. You don't have to be faster than your students, but you should be able to help them be better runners.

---

**Title:** Getting Dug

**Name:**

**Org:**

**iTip:** Here's a drill I learned in the Marines, we used to call it getting dug because it was usually performed in a big sand pit and by the time you were done you would have a hole dug where you were exercising. You start out with jumping jacks, do them a little while , maybe 30 seconds or so and then go instantly to push ups, after a little while of that go to sit-ups or crunches then back to pushups and then back to jumping jacks. The longer you go the shorter the amount of time you spend on any one exercising. Try to do this for 5 minutes or more it's a pretty good workout and the kids love rolling around trying to get to the next exercise. This exercise deals with jumping kicks we take a foam blocker and make a circle, each student takes a turn in the center trying to jump over the blocker, the instructor swings the blocker at the students feet while they try to first just jump

it, 2nd jump it with a spin Ê 3rd jump it while doing a spinning crescent kick.

---

**Title:** Indian Run

**Name:** Dianne Ubana

**Org:**

**iTip:** This tip (if no one already knows about it) is great for a class of 10 or more (also depends on the size of the classroom. I learned this when I was in the Army and introduced it to the higher belt class. It is sometimes called the "Indian Run" where the class will double time in a single file (the pace should be comfortable for everybody - a medium paced run or a jog is fine).

The objective is to have the last person in the file move quickly (sprint) to the front line and once there, the next (rear) person will do the same and so on and so forth. Once everyone in the file has sprinted, the "run" is finished unless the instructor calls out for another round. The longer the file, the challenging the "Indian Run" becomes. Hope this one works out for you. Have a great work out!

---

**Title:** Indian Run

**Name:** Dianne Ubana

**Org:** Lee's Tae Kwon Do School

**iTip:** This tip (if no one already knows about it) is great for a class of 10 or more (also depends on the size of the classroom. I learned this when I was in the Army and introduced it to the higher belt class. It is sometimes called the "Indian Run" where the class will double time in a single file (the pace should be comfortable for everybody - a medium paced run or a jog is fine). The objective is to have the last person in the file move quickly (sprint) to the front

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---

**Title:** Keeping Things Fresh

**Name:** Derrick G. Monahan

**Org:** American Judo-Hapkido Inst.

**iTip:** Always keep things fresh in your warm ups. This is the point that could make or break your class, because if you don't have a high energy warm up more than likely your students won't be pumped up for class. During your warm-ups your students will either become happy and eager or lazy.

So also change up what and how your do it. From anything to the type of exercises to formation in which you do them. Formation being either in lines facing the front or maybe even in a circle. Especially when working with children change is a good thing. So keep them motivated and ready to train.

---

**Title:** Make it FUN!

**Name:** Dave Jarvis

**Org:** Parkway Baptist Church TKD - USCDKA

**iTip:**

1. Make sure that YOU, YOURSELF, are having fun. (Let it show in your face, voice, and general attitude.)
2. Play with the tempo and the pattern.
  - All the students know "My Favorite Exercise" - Body Builders! (Six counts from standing position 1-squat, 2-thrust legs back to push-up position, 3-down, 4-push-up,

5-legs back to squat position, 6-stand-up.) I play with the count by hesitating (1 - 2 - 3 "I didn't say '4' yet!") I will also cycle the count in the middle (1 - 2 - 3 - 4 - 3 - 4 - 5 - 6). With a playful attitude we have fun with the warm-ups.

- During jumping-jacks, I will speed up and slow down. Perhaps I will also make the pitch of my voice change with the speed (pitch up, count faster). Maybe during other exercises, I will lead in slow motion.
3. At other times, I like to invite a student to lead. Then I follow the leader like everyone else counting loudly with a strong "Sir" or "Ma'am" following the number.

Each of us must work within our own personality, but I believe that even the warm-ups can be fun!

---

**Title:** Martial Arts Shuttle Run

**Name:** Keith Lynn

**Org:**

**iTip:** After warm up and stretching I line up all of the students form a line across the dojang, a front line and back line when we have many students. I set three marks on the floor down the dojang, the drill is to have the students run to the first line and touch the floor with their hands and run back to the beginning. They then repeat the drill to the second and third lines. There is a reward for 10 pushups, for last place and five for second to last. The second to last and last places get a lead or handicap for the second run. This is a great way to get the students pumped up for some high paced kicking drill and helps build up the enthusiasm for the regular class drills. We do this at least once a week.

Variation 1: instead of touching the lines, have the student do: 5 pushups, or 5 sit-ups, or 5 Ooooga Booogas, or 5

punches, or 5 front kicks, etc.

Variation #2: At the first line, 5 pushups, at 2nd line 5 sit-ups, at 3rd line 5 jumping jacks, and every time you hit home 5 front kicks.

---

**Title:** Personal Trainer

**Name:** Derek Sadler

**Org:** Precision Martial Arts Academy

**iTip:** This warm-up idea will create an awesome energy level in every class and provide an excellent warm up. The kids and Adult students all love this one!

Everyone partners up. One Partner is the "Personal Trainer" (P.T.), the other is the client/student.

When the Instructor says go, the P.T. has 1-2 minutes instructing his/her partner to do any activity, but they must perform it with the partner. J-jacks, pushups, wall sits, Kicks, punches, blocks, sprints, balance, stretching, Cat rolls, break falls, the list goes on.

Instructor will call out "switch" and partners reverse rolls. I guarantee that after 3-4 rounds each, everyone will be dripping sweat, warmed up, stretched out and ready for regular class training.

Instructor tips: Watch for safety. Ensure that the Personal Trainers include a balance of cardio, strength, and flexibility in each round.

Be creative and have fun with this one.

Enjoy.

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**Title:** Progressive Workout!

**Name:** Jeremy Lee

**Org:** OneTree Martial Arts

**iTip:** This drill will certainly warm your students up, in fact, it is a good drill to use to push them to stretch their limits. First print out several sheets of paper with techniques or exercises on them. (ex. one says side kick, one says crunches, one says knuckle push-ups, etc.) Place these papers (I usually have somewhere around 10 different stations) around the dojang in the appropriate places. Kicks can be by a heavy bag, push-ups in the middle of the room, etc. Have everyone in the class start at a particular station and do what their sign says for a couple of minutes. Kiap and tell them to move on to the next station. Continue rotating until all the students have been to each station at least twice. Great endurance drill!

---

**Title:** Proper Breathing

**Name:** Peter Dallman

**Org:**

**iTip:** I think perhaps one of the most important aspects of the forms that seems to have been overlooked is breathing! Breath control is inexorably linked to movement. Okinowan and Japanese styles have actual katas devoted to the breath, like Sanchin. Like the physical movement practice when you have them do the hyungs soft then hard, perform the breathing really soft and then hard. The have them perform the hyung with special attention to timing the release and concentrate on perfect breath control. Another interesting hyung drill that I have had students do I relate to them as "Combat" training. In the orient, especially in Chinese gung fu, they take uneven ground into consideration. They have training fields that have uneven posts sunk into the ground and they must execute the form

on these post ends. Later they fight on them! If you look into the form you will see some stances that do not seem to make sense though in most modern forms these have been eliminated because most terrain in studios is level. In the ITF there is a 1st degree black belt form that is performed in a straight line. In Japan this form is often performed with your heels on the edge of a cliff, that means with your back to the edge and if you screw up, your dead!

Obviously they take their katas very seriously. I had to test with this form in the American way, on a balance beam. Let me tell you it's tough. Ê to simulate this with less danger we would have give a student 7 or 8 breaking boards to set out on the floor at various positions in his hyung at the location of his choosing. Now, this works on many levels. First - he (she) must predict where they must step in advance, second-they must step up to vary to terrain, third-concentrate. A variation on this can be done with mats where they are placed in such a way that one area of the form is flat, another is 2 mats another is three. You'd be amazed how this will throw you off course. You can also use flat drink coasters and give enough to each student so he can see if he can predict where he will need to step before he starts the form. The one with the most hits wins!

---

**Title:** Put It In Reverse

**Name:** Norman Harris

**Org:** Cobra Martial Arts & Self Defense

**iTip:** Here are two exercises that will not only strengthen your quads but are beneficial for the ankles as well.

Either duck walk or bunny hop a specified distance, and then walk or hop backwards to the original starting position.

It sounds easy, but it is a little harder than most think.

These will also help your balance a great deal as well as working the legs from a different angle.

---

**Title: Pyramid Drill**

**Name:** Dave Manevich

**Org:** ATA Black Belt Academy

**iTip:** Have start with Ten Jumping Jacks count the last one of each set.

Then Ten Push-ups count last one again.

Then Ten crunches count last one again.

After this do nine of each.

Then eight of each and so on.

Works up a great sweat.

When they're done they'll have done 55 of each exercise not alot alone but all together it tires you out.

---

**Title:** Pyramid Push-Ups

**Name:** Shelby Smith

**Org:**

**iTip:** Have the students do their pushups in "pyramid sets". Do 5..... short pause..... do 4..... short pause..... 3..... pause..... 2..... pause..... 1. Then start working back up to 5.

Using 5 to begin with gives you a total of 30 pushups when completed. If this is too easy..... try increasing the size of the pyramid.

---

**Title:** Pyramid Training

**Name:** K. Bradley Willis

**Org:**

**iTip:** The idea of this drill is to have teams of two introduced to one set of exercises and then given a new exercise that is added to the drill building up into a long series of exercises. First inform the members that awards will be issued based on the position the finish in. I.E. finishing position x 3 pushups. Introduce one exercise such as back to back dips. Have the teams do 10 dips then sit down to show their finished. Give out the awards. Then introduce a second drill like sit-ups with legs interlocked. They now do 10 dips and 10 sit-ups before sitting in the finish position. Give them the awards and continue introducing new drills. We often add different kicks, straddle jumps and other body conditioning exercises such as dips. Dips are performed with partners by having one person sit up and grab their ankles with knees bent. The other partner then places their hands on the seated persons knees with their legs out straight away from the seated partner. From there they can lower and raise themselves from the floor. The most important thing to remember is to work the whole body evenly while they work together as a team.

---

**Title:** Running Through the Jungle

**Name:** Shannon Hudson

**Org:** Hurricane Martial Arts Center

**iTip:** I always like to start every class off with a high energy warm up. This will set the energy tone for the entire class. In Running Through the Jungle I will get the entire class to run in place.

I will ask, "what are some animals you might see in a jungle?". If they say Tiger then every time I say tiger then you have to punch and Kiah. Every time I say bear you must do a front kick and Kiah. Every time I say monkey you must duck really low. If I happen to say BUS then you have to

drop to the floor on your belly. They really like that one. Of course they are always running in place in between. Kids love it and you can be creative.

---

**Title:** Running Warm Up

**Name:** Robert Fitton

**Org:** Chungdokwan Taekwondo NT Darwin Australia

**iTip:** Running around an oval can be difficult to keep a group motivated. What I do is take to training 4 soccer balls. Our training hall is next to some hockey grounds so I take my group out onto the grounds form them into a Primary school group and another group high school and above and both groups form a big circle and practice running and passing the balls together. It helps with kicking and team work. We then play a short game about 5 minutes with the higher belts Red and Black versus the other belts Yellow and Blue. Strangely enough the senior belts usually win through better cooperation. Everybody ends up in a light sweat and the Juniors really run a lot and have a lot of fun. We then go back into the training hall ready for Taekwondo.

---

**Title:** Shout It Out!

**Name:** Janko Mesec

**Org:**

**iTip:** Here is how we sometimes begin a kids class; we usually make them to run around the dojang and then I shout!! Turn directions!! And everyone has to run to the other direction, or shout! Everyone sit! Everyone lay down, everyone jump, etc., Sometimes we change this orders like front fall, or back fall, or side fall. Or front kick, side kick, etc. After every direction they have to start running. After this or at the end of class sometimes we play to catch the

others. One student have to catch the others, the first to be caught has a penalty, the last one to be caught earns a life "like in video games" and he has the opportunity in the next game if he get caught he give his life and he doesn't have to get a penalty. A variation of this "game" is all the kids that are caught help the first one to catch the other students. This is good for warming up or to finish a class with an Ê "High Energy Drill"

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**Title:** Speed to Wheel Barrel Race

**Name:** Norman Harris

**Org:** Cobra Martial Arts & Self Defense

**iTip:** A good variation to the standard wheel barrel race that will build hand speed and control at a rapid rate is to have the participants go backwards instead of forward. This should be reserved for those with adequate strength and speed.

Another good variation is to have the participants go forward, maybe to a wall, etc. touch it and then do 10 pushups before backing up to the starting position. (If that becomes too easy, add military [plyometric] pushups when you get to the wall).

---

**Title:** Speedy Bunny Sprints

**Name:** Nick LeClair

**Org:** Dion's Tae kwon do

**iTip:** The idea of this drill is to have fun and get a good work out at the same time. This drill works out the legs, arms, and abs. Have 3 or more students lie down on there backs with all their feet in a straight line about 6 inches off the ground, have the person on the end get on their feet and jump over everyone's legs, while doing the bunny hop

to the end of the line. Then have that person lie down at the end of the line and have the next person continue the end and so on.

Variation two is instead of having the kids hold their legs up in the air, is have them do pushups instead.

---

**Title:** Splits Work

**Name:** Kyle Dickerson

**Org:**

**iTip:** Something my instructor, Mr. Jason smith, used to have us do was lay down on our backs and spread our feet on the wall. While this goes on you have gravity to push your legs and sometimes if that doesn't work you can use ankle weights or have somebody tap your legs to make them go down. After doing this for a period of time you become pretty flexible. And that is my idea.

---

**Title:** Taekwondo Tag

**Name:** Bryan Schoenberger

**Org:**

**iTip:** For a fun warm up in our children's classes we use a drill called "Taekwondo Tag" (or you could call it whatever martial art you practice). Basically it is done the same as traditional tag with a few twists. First all the students must keep moving at all times, if any one student stops moving we will issue fun-ups (our version of pushups) to the whole class, next when you tag someone you must yell "Taekwondo" or the tag doesn't count. Usually this drill will be done for 2 minutes or so. The kids love it and they don't even seem realize that their doing a cardio - warm up exercise.

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**Title:** Team Push-Ups

**Name:** Chris Callahan

**Org:**

**iTip:** This exercise will work with 3 or more people I will explain it by using 4 people in this example. All 4 students lay on their stomachs so they form a square with their bodies. Then each places their legs on top of the back of the student that is at their feet. Ë On the instructors count, they all must do push-ups in unison, when they are in the up position only their hands will be touching the floor. If the students do not time their push-ups together, this exercise is very difficult.

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**Title:** Team Squats

**Name:** Chris Callahan

**Org:**

**iTip:** This exercise will work with 3 or more people I will explain it by using 4 people in this example. All 4 students stand so they form a square. Each student must lift their right leg and place their right ankle on top of the right thigh of the person to their right. This will leave all of standing only on their left leg and supporting their right leg on the person next to them. On the Instructors count, they must do squats on their left leg, in unison. After a predetermined number of squats, then they change legs and do the squats with the other leg. This exercise is also very difficult if the student's timing and team work are out of synch.

---

**Title:** The School Run

**Name:** Ron Sell



**Org:** 4kicks International

**iTip:** We have a pretty big training floor so what we like to do is put out four orange cones in a square and have the students run around the cones. We call it "the school run." We call out different commands like: "SWITCH!" - the students stop and change directions and start running. "PUSH UPS!" - The students do pushups. "SIT UPS" - Well, you know... "JUMPING JACKS!" "Ooooga Booogas," "5 Front Kicks," "5 Side Kicks," etc. Do figure eight's instead of running in circles. Have a lead student take the students wherever the lead student wants. Play follow the leader.

We have found this is an excellent warm up for kids and adults.

---

**Title:** Train Pushups

**Name:** Norman Harris

**Org:** Cobra Martial Arts & Self Defense

**iTip:** Have students lay on the floor in a straight line, on their stomachs. Put the feet across the shoulders of the person behind you. Right leg on right shoulder left on left. Everybody up together. Everybody down together. When you go to the down position don't let your body touch the floor. Everyone must work together. The added weight across the shoulders is good for developing upper body strength and punching power.

---

**Title:** Warm Up Exercises and Strength Training

**Name:** Darren Walters

**Org:** X-Treme Karate and Kickboxing

**iTip:** Strength training for kids needs to be fun and safe. In my dojo we do most of our strength training during our

warm up. First have the class do 10 jumping jack. Then do 10 pushups then 10 sit-ups.

Continue the drills by going to 9 of each, 8 of each, 7 of each, and so on until you reach one. Make to warm up drills a contest of speed and technique. My students love because they can compete both with the class and themselves.

My advanced class will go from 10 to 1 and then back up.

I hope this will work for you as it has for me.

Be safe and train hard.

---

**Title:** Wheel Barrel Race

**Name:** Larry Lauer

**Org:**

**iTip:** One of the drills I use for the kids is the old wheel barrel race. One child is on the floor in the push up position and the other one hangs onto his feet. I make them aware that this is "not" a race as they tend to go to fast and do nose dives. They love this and its great for upper body strength and coordination.

Another one is follow the leader doing our blocking form. I have a full length mirror so I can watch everyone while doing the form myself. They like the idea of trying to outdo me and catching me making a mistake. When they make a mistake they sit on the ground and wait. The last one up gets to count out loud while everyone else does ten pushups.

# Weapons Drills Title: Deuce

**Name:**

**Org:**

**iTip:** Once a student has practiced with a couple of weapons I like to challenge him/her to use one weapon like another.

Try using a short staff like a sword or numbchuk or maybe a bo like a cane or a two handed sword like a staff.

This has added to the number of practiced moves a person has with a weapon and it also helps to teach using new weapons.

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**Title:** 9 lines

**Name:** Jay Kilgore

**Org:** Christian TKD & HKD

**iTip:** Nine lines of cut. We use escrima sticks, bo, kendo stick, nunchaka, just any single or double weapon we can get our little hands on. strike 1 is to the heavy bags right side, neck high, using a right handed grip. strike 2 is to the left side, neck high. Strike 3 to the right side ribs. Strike 4 to the left side ribs. Strike 5 to the right side knee area. strike 6 to the left side knee. Strike 7 to the groin. strike 8 to the top of head or shoulder. Strike 9 a thrust to solar plexus. Try this with 2 escrima sticks... 1, 1, 2, 2, 3, 3, 4, 4, 5, 5, 6, 6, 7, 7, 8, 8, 9. Work on rhythm, then speed. try not to get off balance. Then when you have mastered the strikes, have another student call out a series of numbers (1, 5, 9. then 2, 3, 2. and so on)

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**Title:** Escrima Drill

**Name:** Sensei Mary-Ohio

**Org:** The Elusive Dragon Academy Of Martial Arts **iTip:** I have my students lay on the floor with a stick beside them. On my count they get up and do strikes, punches, jabs, and blocks to our heavy bag. This is fun and they learn to react quickly, and to be creative in thinking up strikes. They pretend they are knocked to the ground, see a tree limb, or object jump up and begin striking.

I ask that they use good technique in this drill, and they are to use effective strikes, jabs, etc. and do this as fast as possible. Each student takes turns while the others watch so they can pick up on new techniques they may not normally think to use. Sometimes all the students do this at the same time hitting just in the air. This drill is good for speed, focus, and technique. It also is a great exercise because of all of the movement involved.

---

**Title:** Fun Knife Defense Drill **Name:** Scott Warner

**Org:** Villari's Martial Arts of Franklin, MA **iTip:** To get across the point of how difficult it is to defend against a blade, we have students use sticks of colored chalk as pretend knives. Initially, students work in pairs with one attempting to "color" the other with the chalk and one attempting to remain free of chalk marks. Later, those with chalk knives can attack anyone else in the group.

At the end everyone observes how colorful their uniform has become. It's a fun drill that drives home the point of how dangerous a knife attack really is.

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**Title:** Keeping Weapons Interesting **Name:** Ryan Couture

**Org:** Whitehorse Chinese Fist Kempo **iTip:** What we do in our class to keep the interest alive is very simple but very effective.

We teach practical uses of the weapon that apply everyday objects to work as a weapon in every sort of situation.

Not only that but just about every student gets a chance to learn strikes, spins, and such that are outside of the specific curriculum. That way every student can help to teach other students about extra uses of the weapon, keeping it interesting and the spirit alive.

---

**Title:** Knives in the Dark

**Name:** Johan Koch

**Org:** Funakosi Karate

**iTip:** [BE VERY CAREFUL, DO THIS DRILL AT OWN RISK!!!]

1. instructor and a very quiet class

***2. blind folded students with rubber training knives***

Both students turn 20 times around fast. Then they have to find each other and the first one to stab or slash his opponent is the winner.

Students get very creative on this one for example: making a noise and move away, lie on the floor, etc. lots of fun ... time consuming but this will teach them to use other senses other than their eyes.

---

**Title:** Learning a New Weapon

**Name:** Jason Cole

**Org:** West Coast Taekwondo

**iTip:** Whenever a student is learning a new weapon the first thing I usually do is have the student create their own form with it. (Open Form) A simple form that which the student

takes 10 - 15 min to create themselves. Then each student performs their form. This gives the students a chance to think about how the weapon may have originally been used or how it was originally developed. It's fun, exciting and very educational. Parents are always impressed with this drill.

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**Title:** One Hand or Two?

**Name:** Maxwell Thompson

**Org:** Pa Kua Kung Fu

**iTip:** If you teach your students double weapons drills, listen to this.

Try mixing the weapons up. Instead of practicing with double broad sword, have them practice with one broad sword and one straight sword. or even harder, let them try 2 spears instead of just one! I do stuff like this with my guys all the time and they never fail to surprise me!

---

**Title:** Stick/Weapons Offense/Defense Flow **Name:** Chris Washington

**Org:** Mikele-Wahasa Fighting Arts **iTip:** Using whatever striking angles taught in your style (we have a 12 angle matrix for all weapons), you and your partner stand facing each other. One person starts the drill by executing a striking angle to the opponent, who in turn, blocks the strike. The person who just blocked the strike now returns a strike, which is blocked by the partner. As familiarity with the striking and blocking angles increases, vary the angles, slowly speeding up the whole process. For example, partner 1 feeds an angle to the top of the head-partner 2 blocks and returns an angle to the knee of partner 1 who blocks, returning an angle to the neck of partner 2 and so on. This exercise helps to flow from offense to defense and back

again. START OUT SLOW! And incorporate footwork so that the whole body works in concert.  
GOOD LUCK and KEEP PRACTICING!!!

---

**Title:** Tonfa Drills

**Name:** Sensei Mary

**Org:** The Elusive Dragon Academy of Martial Arts **iTip:** We do punches and blocks with tonfas in our hands. This creates a stronger punch and increases arm strength, and helps with focus.

We also do our open hand regular katas holding the tonfa it is more difficult to do and makes the student think which way is best to hold the tonfas and move into next position.

We also line up at the end of the dojo and certain punches and kicks are called out and the student does them holding tonfas to the other end of the dojo. Then I let the students be creative and create other drills to do with them. Like a waza.

This is fun and creative way of working with the weapon.

Sensei Mary

Ohio

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**Title:** Weapon Disarming Drill **Name:** Floyd Wills

**Org:** Minden Training Hall

**iTip:** This is a very simple Arnis stick disarming drill. Have all the students form one line, each is armed with a stick (Padded is best.) Have one student come out on the floor and face the first person in line (he/she can be armed with a padded stick or unarmed.) One by one, each student in line

will feed the person an angle of attack, the person out on the floor must disarm and follow up with a counter.

Go through everyone in line and then rotate other students out.