

SUBJECT:	General Training Lesson Plan (Jan 2017)	TRAINING AIDS	REMARKS
PURPOSE	To create a strong framework for the development and promotion of Rhee Taekwondo in Victoria and to encourage stable and well patronized branches through safe, effective and engaging training sessions for all levels of student.		
OBJECTIVE	<p>By the end of this lesson, students will have a positive understanding of the elements delivered and be able to demonstrate on a basic level, these skills in conjunction with skills from previous lessons using a building block methodology: -</p> <p><u>THIS WILL BE ACHIEVED BY:</u></p> <ul style="list-style-type: none"> • Establishing a strong professional, safe and friendly environment in which to train in RTKD. • Delivering effective skills to enhance participants both physically and mentally. • Building enthusiasm and a desire to learn RTKD. • Building and maintaining a strong family engagement. • Encouraging consistency in attendance. • Demonstrating good technique and general class etiquette. • Having strong senior – instructor interaction and support. 		

<p>SAFETY</p>	<p>To assist in providing a safe training environment it will be necessary to insure that all students are made aware of and adhere to the following:-</p> <ul style="list-style-type: none"> • Understand the safety rules • Understand that some activities may pose a higher risk of injury and to not attempt activities they do not feel comfortable with. • Do not wear any jewelry or other items that may cause harm to himself or herself or another person. • Follow the instructions of the instructor. • Horseplay will not be tolerated. • Any injury that may be aggravated be identified to the instructor and other students. • That all techniques be performed at a safe speed and intensity. • All care is to be taken when using striking pads/mitts. The holder of equipment should be capable of safely accepting the impact imposed by the practicing student. Students may have to limit the force and speed of their techniques and always be within the limits of the holder. Impact should only be increased slowly to keep within these limits. • Any pain or discomfort experienced be immediately brought to the attention of any partner student and the instructor. • All students will cease actions immediately when instructed to do so. 		
<p>PREPARATION</p>	<ul style="list-style-type: none"> • Insure there is sufficient class room to conduct partner exercises. • All safety protocols are in place and equipment in good order. • All training aids required are collected. • Instructor understands the lesson – activities to be undertaken and the students specific needs (where appropriate) • Additional safety mats taken to location when necessary. • ADDITIONAL EQUIPMENT TRAINING AIDS FOR SPECIFIC UNIT OR MODULE TO BE INCLUDED. 		

<p>LIST OF ITEMS</p>	<ul style="list-style-type: none"> • Hall keys and Uniform – Belt, specific student items. • Training Aids. • First aid kit, Ice packs – hand towels • Evacuation plan – Information Packs & Promotional materials • ANY SPECIALISED EQUIPMENT FOR NEW UNIT OR MODULE. 		
<p>INTRODUCTION</p>	<p>After changing into their uniform and entering the training area students should pay their respects to their seniors by approaching the senior and bowing. When a black belt enters the training area, the most senior student currently present should clap hands to get everyone’s attention and call those present to bow to the black belt.</p> <p>At beginning of class, after forming up in rows, the Senior student to bring the class to attention and follow Dojang protocols. This may include:</p> <ol style="list-style-type: none"> 1. Turning towards, bowing and showing respect to the Australian and Korean flags if displayed. 2. Turning to face the instructor (Sabum) and bowing. 3. Branch Sabum will instruct class to turn and face any visiting senior instructor to bow, and then turn class to face her/himself. 4. Branch Sabum to bring class to attention and have them raise their right hand and listen to the pledge. 5. Once pledge is completed, class to bow. <p style="text-align: center;"><u>ADDITIONAL</u></p> <p style="text-align: center;">Welcome any beginners or visitors to the Dojang.</p> <p>Tonight we will be going through a number of skills, recapping on our basic stances, blocks and kicks along with general pattern practice.</p> <p>Further we will also be going through (<u>INSERT NEW MODULE</u>)</p>		<p>Introduction</p> <p>5 minutes</p>
<p>CLASS BEGINS</p>			

Firstly before starting any exercise, ensure that any new students are aware of the above safety issues and instruct those present to inform the instructor of any current injury or other limitation.

Eg:

Is there anyone here tonight that has a specific injury or circumstance that may prevent them from undertaking specific activities or exercises?

If so, please remember you know your body better than most, please do not do anything that may aggravate the injury or condition and understand that you do not have to keep pace with other more senior students, do what you can and what you feel comfortable with, there is no pressure to undertake the activities. If you have any special medical conditions (such as Asthma) please make sure you administer your medication as needed.

WE WILL BE STARTING THE SESSION FIRSTLY WITH:

- General exercises and stretching of the major muscle groups, to get the body warmed up and ready for training.
- Some basic stance practice
- Some basic blocks, strikes and punching practice.
- Some basic kicking practice
- (INSERT NEW UNIT OR MODULE TO BE UNDERTAKEN)
- Followed by a gentle stretching and cool down session.

There will be water and toilet breaks allocated throughout the evening, should you need them. We encourage you to stay hydrated.

Further if at any time you feel discomfort from carrying out any of the activities, please stop and bring this to the attention of your instructor, your safety is most important.

BODY	<p><u>WARM UP ACTIVITIES</u></p> <ul style="list-style-type: none"> • Series of suitable warm up – stretching activities sourced from the instructors approved resource material. • Increase intensity – difficulty depending on class participant’s experience – seniority. • Additional activities suited to engaging younger- less experienced participants. 		10 minutes
	<p>BASIC STANCE PRACTICE AND APPLICATION</p>		10 minutes
	<p>BASIC TECHNIQUES PRACTICE, DEVELOPMENT AND APPLICATION.</p>		15 minutes
	<p>BASIC DRILLS enhancing previous techniques.</p> <p style="padding-left: 40px;">Instructor and appointed seniors to monitor and supervise the conduct of the drills and give appropriate guidance, demonstration and correction.</p>		10 minutes
	<p>DELIVERY OF THE NEW UNIT – MODULE – SKILL SET TO BE FOCUSED IN THIS LESSON</p>		
	<p>INSTRUCTOR TO OUTLINE PURPOSE – NEED FOR SKILL.</p>		15 minutes
	<p>INSTRUCTOR IS TO DEMONSTRATE APPROPRIATE APPLICATION & PRACTICAL EXAMPLE OF IMPLEMENTATION.</p>		
	<p>ENSURE STUDENTS ARE GIVEN OPORTUNITY TO PRACTICE AND DEMONSTRATE THE SKILL IN A SAFE YET EFFECTIVE APPLICATION OF THE SKILL AND CORRECT ANY MINOR ISSUES BEFORE ADVANCING.</p>		

	<p><u>SENIOR CLASS TO CONTINUE</u> Dependent upon number and rank of participants move forward with</p> <ul style="list-style-type: none"> • <u>FURTHER APPLICATION OF NEW UNIT OR MODULE</u> <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • Pattern practice • Step sparring • Free sparring • Bag work kicking and striking • Cool down session 		<p>20 minutes</p>
<p>End of Class</p>	<p>Any questions or issues arising from tonight's lesson?? Instructor should check if anyone has any soreness or pain from the training session. If so, advise the use of RICER. Rest, Ice, Compression, Elevation of any injured part, Referral to medical practitioner for further treatment as necessary. At the end of class, after forming up in rows, the Senior student to bring class to attention and follow Dojang protocols. This may include:</p> <ol style="list-style-type: none"> 1. Turning to face the right and adjusting uniform. 2. Turning towards, bowing and showing respect to the Australian and Korean flags if displayed. 3. Turning to face the instructor (Sabum) and bowing. 4. Branch Sabum will instruct class to turn and face any visiting senior instructor, to bow, and then dismiss the class. 5. Pack up and secure the Dojang. <p>Instructor should (personally or by a nominated senior student) ensure that all students safely leave the premises. This may involve escorting students to the car park or waiting until parents arrive to collect children.</p>		<p>5 minutes</p>
<p>CONCLUSION</p>	<p>Thank you all for your attendance and assistance with tonight's lesson, I hope to see you all again next lesson, have a safe trip home.</p>		<p>Time available 90 minutes</p>

