

A Quick Start Guide to Using Drills to Structure Your Classes...

**Using one of the most powerful,
yet simple concepts,**

**The
Compounding
Teaching Principle**

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Introduction

Thank you for your interest in wanting to become a better martial arts teacher. Using the method that follows, your classes will be easier to teach, your students will enjoy them more and learn faster.

Most instructors think that the problem with their classes is that they've run out of drills, when really the problem is the lack of structure to their teaching method.

By using the Compounding Teaching Principle (CTP), adding structure to your classes, and combining it with the drills and exercises you know your classes will never be boring again.

If you haven't already downloaded and read "How to Teach Martial Arts to Adults and Children Without Losing Your Mind" please do it now to familiarize yourself with the CTP.

<http://www.karateteaching.com/download/HowToTeach.pdf>

This Quick Start Guide uses the CTP in the examples to help you plan your classes quickly and effectively, and will help your students learn faster, build skills more quickly and retain more.

Then, we'll look at 20 different class plans for teaching new techniques and concepts so you can hit the floor running with structured class plans starting today!

So let's get started!

How to Develop a Class Plan for NEW CONTENT

When developing a class plan for teaching NEW CONTENT, there are several factors that need to be taken into consideration. These are:

1. The age of your students
2. The rank or grade of your students
3. Your syllabus requirements

Each of these factors will influence how the class is taught and what you expect from your students.

The *age of your students* will greatly determine how much you will want to ramp up or tone down the INTENSITY of a particular drill.

The *rank or grade of your students* is directly related to the COMPLEXITY of which drills you might use.

Your syllabus requirements determine which techniques you'll "plug in" to your drills and class plan.

Remember you can always take a complex drill and break it down so it's easier for beginners. The way to reduce the complexity is to factor out some of the requirements of the drill.

For example, you might reduce the number of techniques, or number of people involved to SIMPLIFY the exercise for beginners or kids.

And of course you can ADD a technique, an extra person, or an additional requirement to increase the COMPLEXITY of a particular exercise for more advanced grades and adults.

Which of course brings us to...

Defining Drill Categories

To further explain how to use the drills for best results, let me explain the categories I use. There are 3 different drill / exercise categories:

1. Individual – this is when students are working by themselves. It can be done as a group to your count, but the actual technique is executed individually. There is no interaction between students.
2. Partner – students work with a partner to practice their technique in a variety of ways.
3. Group – students work and interact with the group to improve their skills.

Working Backwards

The best way I've found to plan a class is to use a method I learned from the famous lateral thinker, Edward DeBono. It's called "working backwards". Now I don't mean to do the drills backwards; I mean to plan your class from finish to start, not the other way around.

The reason is that if you start with a goal in mind you can work backwards creating the steps to the goal. When you start at the beginning and then try to reach a goal that isn't clearly defined, you don't really have anything to aim for and the steps to achieving it aren't clear.

Using the Compounding Teaching Principle (CTP) and the drill categories we want to finish with the most complex exercise and start out with the easiest. The flow of the CTP in this case is explained below:

INDIVIDUAL EXERCISE → PARTNER DRILL → GROUP DRILL

So in order to design the class plan, ask yourself "What do I want my students to be able to do by the end of this class?"

To give you an example let's say your syllabus requires Green Belts to be able to perform "side kick" and that's what you're going to work on. So the answer to your question is "By the end I want my students to be able to chamber their kick correctly, and snap it out and hit the target."

Great! So you now have your goal. Now let's continue working backwards...

Using the CTP you would pick the most complex GROUP drill for that age group and level into which you could plug in "side kick" as the technique.

For example, this might be "The Circle of Death" drill in which the "defender" must use a side kick in every separate counter attack combination. You might also have each attacker use side kick as the attack so each person practices it.

(The Circle of Death drill is explained in detail in the *125 Dynamite Drills E-book*)

So now you have your complex GROUP drill.

Now work backwards again to the PARTNER drill. What would be a good precursor to that GROUP drill? You could use the 1-4-1 drill in which one person is a target while the other kicks, making sure that each kick is chambered correctly, snapped out and hits the target.

Now you have a simpler PARTNER drill.

Let's work backwards again and plan the INDIVIDUAL exercise. What would be the next step down in intensity and complexity? This might be as simple as standing in place making side kick to your count to gain 30-50 repetitions.

Or it could be some line work up and down the floor kicking with each step. Perhaps you might like to use the "Left Behind" drill for advanced levels as their INDIVIDUAL exercise. Any of these are fine for an INDIVIDUAL exercise.

Finalizing Your Class Plan

Now that you have your drills all sorted out and in order, your class plan looks like this:

Goal: For students to be able to do and apply side kick

Individual Exercise: 30 repetitions using side kick (both legs)

Partner Exercise: 1-4-1 using side kick.

This is a drill called "One for One" or 1-4-1 for short. First one person executes a particular technique, while the other stands as a target. Immediately as the first person finishes their technique, they become the target and the second person does the technique. Partners continue to alternate as quickly as they can ensuring they are making a fast, and technically correct technique.

Students do 20 repetitions then change sides of the body. Have your students work both sides 3 times each, making a total of 60 repetitions.

Group Exercise: Circle of Death – using sidekick as the defense.

The Circle of Death is a drill where one person stands in the center of a circle of students. Each student on the outside is a potential attacker. The student in the middle must respond and counter attack any incoming combination or technique. Any of the attackers can initiate at any time by making "kiai" and then following with their attack.

The defender must recognize the direction of the attack, block effectively and return fire with their counter attack. If 2 or more people attack at the same time, the defender simply chooses who he

wants to defend against. The drill can be ramped up in terms of complexity by making the attacker use any combination attack.

In our example above, have the attackers make a single lunge punch, so the defender must block and counter with a side kick to the ribs, as this is the technique we're working on in this class.

Done! That was easy wasn't it? Your students are now getting plenty of disguised repetitions to build the skill without the boredom.

Building Skill On Top Of Skill

Do you see how the class plan follows the CTP with each step more difficult than the previous? Each piece of your class plan **BUILDS** on the preceding part for increased learning absorption by your students.

Now that was so much simpler, more fun to learn, easier to teach and has a much better structure than doing a mix of basics, learning some unrelated self defense, followed by some sparring. With that kind of unstructured model the class doesn't flow and while each part of the class might be okay in its own right, it doesn't build on the previously learned skill or reinforce it, like the CTP does.

With that in mind now I want to give you 20 core class plans that I use regularly with my classes when teaching new content. Again you can ramp them up or tone them down depending on the age and rank of your students.

I've broken down the following class plans into different categories and have given you:

- 5 simple class plans to develop kata
- 5 simple class plans to develop sparring skills
- 5 simple class plans to develop self defense skills
- 5 simple class plans to develop impact

From the examples you'll see how each starts with a GOAL and then uses the CTP with the INDIVIDUAL, PARTNER and GROUP exercises to complete the class.

By the time you've taught each of the 20 classes below you should start feeling a little more comfortable in creating your own classes using this method.

Now of course this is not the BE ALL and END ALL of teaching – there are MANY more pieces to the puzzle, however it is ONE hugely important part that makes up a successful overall teaching strategy.

So let's now take a look at some class plans for you...

Class Plan #1 – Kata #1

Goal: To have students perform their kata in front of the class.

Individual Exercise: Individual Kata Practice with your assistance.

Students spread out on the floor and practice kata by themselves. You simply help any student who asks or who you can see requires assistance.

Partner Exercise: Kata Distraction

Students pair up and while one student performs their kata, the other student's job is to distract and cause them to make a mistake. They can use any means necessary to divert their attention.

The student performing kata must remain focused without breaking concentration, making a mistake or stumbling.

Good "attention distractors" include:

- asking a question - this automatically causes the brain to stop and consider an answer!
- telling a joke
- shoving, pushing, controlled striking to the body & legs
- shouting

Advanced Method

Have the student performing kata, close their eyes.

Group Exercise: Kata Challenge

Students pair up and compete against each other to see who performs the best kata, with you as the referee. The winner goes through to the next round until there is one final champion!

Class Plan #2 – Kata #2

Goal: To have students perform their kata in front of the class.

Individual Exercise: Individual Kata Practice to your Count Emphasizing the Timing

Students perform kata as a group to your count. Be sure to emphasize the timing of the kata with fast counts for fast moves and sloooow counts for tension / slow moves in the kata.

(This is categorized as an individual exercise because there is NO interaction with other students)

Partner Exercise: Practice Chosen Kata Together with One Person counting, emphasizing the timing.

This is similar to the first exercise, but done with a partner instead of your count. It's compounding because the counting student now has an extra task – they must count and perform. This is good to help them realize the correct timing and also build their confidence.

Group Exercise: Synchronized Kata Challenge (2 or more per group)

Students get into groups of 2 or more, and compete against the other groups to see who performs the best synchronized kata, with you as the referee. The winners go through to the next round until there is one team declared champion!

Class Plan #3 – Kata #3

Goal: To have students know their kata application

Individual Exercise: Stance Switching

Students must make a new stance and new technique to your count. This is a great drill to develop subconscious technique.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Partner Exercise: Practice Bunkai (application) with a partner

You demonstrate and then have your students practice certain sequences of the kata performing both the attack and defense parts each. For a single class 2-3 bunkai should be plenty with each student performing each part 10-20 times.

Group Exercise: Kata Bunkai Challenge

Students get into groups of 3 or more. One person will perform the entire kata while the other people will act as the attackers from each new direction. The person performing the kata must successfully apply each bunkai for the entire kata.

Change roles and repeat.

Class Plan #4 – Kata #4

Goal: To have students remember their kata

Individual Exercise: Tops and Bottoms Kata

Students must perform their kata by just using their upper or lower body. This is an excellent challenge that forces students to visualize their movements.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Partner Exercise: What Comes Next?

Students partner up and one student asks the other questions about their chosen kata. They can be regular or trick questions to test the knowledge of the other student.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Group Exercise: Kata Distraction

Performed as above in Class Plan #1 but this time students gather into groups of 3 or more. This is a very disorienting drill with multiple people acting as the distractors.

Class Plan #5 – Kata #5

Goal: For students to increase their awareness when practicing kata

Individual Exercise: Combat Speed Kata

Students must perform their kata as quickly as possible without thinking. This is a great drill to develop subconscious technique.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Partner Exercise: Kata Balance Distraction

One student ties an additional belt to their belt while the other student holds the other end. The first student must perform a particular sequence of their kata with the other student tugging and pulling them in random directions.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Group Exercise: Random Kata

Randomly assign different katas to each student. Students spread out on the floor and perform their nominated kata at the same time as everyone else. This causes students to interact with others through increasing their awareness as their paths will cross. Caution students to be careful with this exercise.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Class Plan #6 – Sparring #1

Goal: To have students practice and perform particular sparring attacks and defenses

Individual Exercise: Basic Repetitions

Students perform 5 different attacks to your count – front jab, back fist, reverse punch, front leg roundhouse kick, and rear leg roundhouse kick. Do 10 repetitions of each.

Finally add them all together so they perform one of each technique as one set. Do 5 sets.

Partner Exercise: Block and Counter

Students pair up and perform each of the previously practiced 5 techniques with the defender blocking and countering with reverse punch. Do 10 times each for each different attack.

Group Exercise: Line 5

Expand on the partner exercise by now making groups of 4 or more. One person will be the defender while the others make a single line and execute the attacks one at a time with the defender blocking and countering each attack.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Class Plan #7 – Sparring #2

Goal: To have students develop their pick off fighting skills

Individual Exercise: Basic Repetitions

Reverse punch 20 times each on both sides of the body with the emphasis of being direct, fast and moving forward with the technique.

Partner Exercise: Pick Off Drill

Students perform this sparring drill with one partner the attacker and the other the "pick off fighter". The attacker "crosses the gap" and the pick off fighter, attempts to hit the target before the attacker gets within range.

Do 10 times each and change.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Group Exercise: King of the Ring

This is a sparring drill where two students spar and the others are ready to fight next. The first to score 2 points is the winner. The winner stays on as the "King of the Ring" and the next person in line challenges the King (or Queen). For this class plan emphasize the pick off strategy. Give single points for any attack and 2 points for a successful pick off. (1 regular and 1 bonus for working on their pick off move)

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Class Plan #8 – Sparring #3

Goal: To have students improve their reaction time and tournament sharpness

Individual Exercise: Duck, Jump, Move

Students react to your commands and must perform the action as quickly as possible.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Partner Exercise: Silly Moments

Students spar as per usual and then one student will make 5 silly moments on which the other must capitalize. Examples might be turning their back, feinting a fall, etc.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Group Exercise: Tournament Simulation

Simulate a tournament environment with time limits, ring boundaries and correct terminology. Have 2 fighters come up and fight in front of the class with you being head referee. Use other instructors to fill the other judging positions (or students if you don't have another instructor in class).

Winners go through to next round, until a champion is declared.

Class Plan #9 – Sparring #4

Goal: To have students improve their close range combat skills

Individual Exercise: Basic Repetitions

Work close range techniques such as thigh kicks, elbows, and knee strikes. Do 20 times each on both sides of the body. The emphasis should be on keeping the hands up with a tight guard to protect the body at close range.

Partner Exercise: Dojo Fighting

Students spar using long, middle and short range techniques. Kicks to the legs, knee strikes and elbows are now permitted. Each round is 2 or 3 minutes long with emphasis on continuous technique.

Have students wear protective gear as you see fit and limit the intensity of contact to the head to avoid serious injury. This is not an *anything goes* UFC fight. The intention should be in line with the goal of the class – to improve skills at close range – not to destroy the opponent.

Group Exercise: Toilet Block Fighting

Two students fight within a ring of other students who control the size of the arena. Sometimes the ring will be open for long range techniques, and other times there will be very little room as the ring is closes in at which time the short range techniques should be practiced.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Class Plan #10 – Sparring #5

Goal: To improve students reaction time when blocking

Individual Exercise: Basic Repetitions

Students work on blocking techniques to your count from their sparring stance. This might be blocking up, down, left or right with the front hand, or rear hand, making sure to make correct footwork.

Choose 5 different kinds of blocks or blocking combinations for multiple techniques. Do 20 repetitions for each.

Partner Exercise: Line Attack / Defense

One student fires attacking combinations moving forward and pressuring the defender who is moving backwards. The defender must keep a tight guard and control the distance when moving backwards. The attacker continues their attack bursts until they reach the other side of the room.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Group Exercise: 3 Man Monster

Four students are required for each group. Three students make a "3 Man Monster" while the fourth must defend, block and counter against the Monster who has 2 arms and 4 legs.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Class Plan #11 – Self Defense #1

Goal: To have students apply the specified self defense techniques

Individual Exercise: Basic Repetitions with Line Work

Students work on basic techniques, like lunge punch, front kick, roundhouse kick, etc. Nominate 3 different techniques and your students make repetitions for each doing line work up and down the floor, twice each for each technique.

Partner Exercise: Ippon Kumite

With a partner students practice each attacking technique they practiced above with a specified defense that you issue. They perform 20 repetitions each as both the attacker and defender, to your count.

This is explained in detail in the *125 Dynamite Drills E-book*.

Group Exercise: Circle of Death

This drill is done with the entire class as one big group. Students form a circle around one student (the defender). The attackers initiate their attack one at a time using the attacking techniques practiced above, while the defender must counter with their defensive techniques practiced above.

This is explained in detail in the *125 Dynamite Drills E-book*.

Class Plan #12 – Self Defense #2

Goal: To have students apply the specified self defense techniques

Individual Exercise: Basic Repetitions with Line Work

Students work on basic techniques, like lunge punch, front kick, roundhouse kick, etc. Nominate 3 different techniques and your students make repetitions for each doing line work up and down the floor, twice each for each technique.

Partner Exercise: Attack / Defense with partner

Students take a partner and practice their own defense in their own time for the 3 different techniques you nominated above. Each student must do both the attack and defense 20 times each.

Group Exercise: The Gauntlet

One student will run the Gauntlet at a time using the defending techniques they practiced in the previous exercise. The attackers must attack with any of the 3 attacks specified in the 2 previous exercises.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Class Plan #13 – Self Defense #3

Goal: To have students apply the specified self defense techniques

Individual Exercise: Basic Repetitions

Students work on basic attack and defensive techniques to your count facing the front of the room. Do 20 repetitions of each attack and defense. The attacks should be irregular or non-martial arts style attacks. These might be things like a wild hook punch, a front grab, or a soccer type kick to the groin. Select 3 different attacks and 3 matching defenses for your students to practice basic repetitions.

Partner Exercise: Ippon Kumite

With a partner students practice each attacking technique they practiced above with a specified defense that you issue. They perform 20 repetitions each as both the attacker and defender, to your count.

This is explained in detail in the *125 Dynamite Drills E-book*.

Group Exercise: Outside Training - Simulation

Students get into groups of 3 or 4. Using the attacks and defenses previously practiced students simulate a multiple attacker simulation. Each new attacker can either wait until the first is dealt with, or to make it more complex, have the next attacker attack immediately as the first counter is completed. To further complicate the drill have 2 or more people attack at once. This is an excellent drill for students to apply what they learned above in a different environment.

Class Plan #14 – Self Defense #4

Goal: To have students apply knife defense skills

Individual Exercise: Basic Repetitions

Students work on basic knife defense techniques to your count. Choose 1 defense for 3 different attacks. Do 20 repetitions for each defense.

Partner Exercise: Felt Pen Knife

Simulate knife fighting with a felt pen for the knife. Students need to wear an old t-shirt so their uniform doesn't get marked. This drill is a knife sparring exercise in which the attacker may attack with any of the 3 attacks practiced above. The defender must apply their defense, disarm and ensure they don't get stabbed.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Group Exercise: Circle of Death

Perform the Circle of Death as per usual however this time each attacker is equipped with a felt pen knife. At the end of the drill the defender must count the marks on their t-shirt and you decide if they survived based on how many slashes or stabs they received.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Class Plan #15 – Self Defense #5

Goal: To teach students to get up fast!

Individual Exercise: Get up Fast

Students lie on the floor and must get to their feet as quickly as possible when you count. Repeat 20 times.

Partner Exercise: Get up Fast Tag

Students now must get to their feet before their opponent tags them. A successful tag by their partner is an unsuccessful attempt in the first person getting to their feet in time.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Group Exercise: Circle of Death

Perform the Circle of Death as usual however this time the defender must start on the ground, then get to their feet and apply any standing defense.

Note: The attacker's "kiai" is the cue for the defender to react. They must jump up, turn and face the incoming attack. The attacker waits until the defender is almost on their feet before committing to the attack. This way the attacker isn't doing an unrealistic attack to a target that's not there. For example, the attacker wouldn't step over and punch to the head if the defender was lying down.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Class Plan #16 – Impact #1

Goal: To have students apply the specified techniques with as much force as possible

Individual Exercise: Basic Repetitions

Students work on basic techniques, like lunge punch, front kick, roundhouse kick, etc. Nominate 3 different techniques and they practice to your count.

Partner Exercise: Impact with Stationary Target

Students now take the 3 techniques you had them practice above and perform them against an impact pad or air shield one technique at a time in sets of 5 before changing roles.

Each student executes each technique 20 times in total, then moves on to practice the next technique with impact.

Group Exercise: Eyes Closed Impact

Students get into groups of 3 or 4. One student is the striker and closes their eyes. The other students position around the striker holding their impact pads in random positions and distances. The striker must then open their eyes and hit each pad with the correct technique.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Class Plan #17 – Impact #2

Goal: To have students apply the specified techniques with as much force as possible

Individual Exercise: Basic Repetitions

Students work on basic techniques, like lunge punch, front kick, roundhouse kick, etc. Nominate 3 different techniques and they practice to your count.

Partner Exercise: Eyes Closed Impact

One student closes their eyes. The other student positions themselves at a random place near the striker holding the pad for any of the 3 techniques practiced in the individual exercise.

On your count the striker opens their eyes and hits the target. Count 5 times before students change roles. Repeat 3 times for a total of 15 techniques each.

Group Exercise: The Gauntlet

In this version of The Gauntlet, each student holds an impact pad or air shield in a random position. The person who is *running the gauntlet* must strike each pad with as much impact as possible as quickly as possible; then move to the next "attacker".

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Class Plan #18 – Impact #3

Goal: To have students apply the specified techniques with as much force as possible, using both sides of the body

Individual Exercise: Basic Repetitions

Students work on basic techniques, like lunge punch, front kick, roundhouse kick, etc. Nominate 3 different techniques and they practice to your count.

Partner Exercise: Impact Training

Students perform regular impact training to your count for the 3 selected techniques from the individual exercise. The only spin on this exercise is that students must use their non-preferred side of their body when striking.

Group Exercise: Moving Targets Impact

Students get into groups of 3 or 4. One person is nominated the striker, and the others hold the pads. The "attackers" surround the striker in random positions and on your count move toward, away or sideways relative to the striker. The striker must hit each of the pads with the correct technique, using both sides of their body when necessary - not just their preferred side.

The targets can all be for the same technique for simplicity, or you can have the "attackers" hold the pads in random positions to make the drill more complex.

Class Plan #19 – Impact #4

Goal: To maintain impact skills when tired

Individual Exercise: Basic Repetitions

Students practice the following techniques / combinations to your count, making 20 repetitions of each.

- Front jab / reverse punch
- Front kick
- Side kick
- Roundhouse kick (to the thigh with right leg)
- Roundhouse kick (to the thigh with left leg)

Partner Exercise: 2 Minute Drill

One student holds an air shield at any of the 3 positions for the techniques practiced in the individual exercise - front, left side or right side.

The other student works for 2 minutes on the target with techniques and combinations suitable for that target as practiced above. You call the next position when you want the target to change. Spend 20 seconds or so on each target before changing.

This drill is explained in detail in the *125 Dynamite Drills E-book*.

Group Exercise: 1 Minute Drill – Multiple Attackers

Students get into groups of 4. One person is nominated the striker. The other students (the targets) hold the impact pads and surround the striker. The targets are numbered 1,2 and 3. You call "1", "2" or "3" to let the striker know which target they must work on just like in the previous exercise. Spend 10-15 seconds on each before calling a change of target.

Class Plan #20 – Impact #5

Goal: To have students apply the specified techniques with as much force as possible, using both sides of the body

Individual Exercise: Basic Repetitions

Students work on basic techniques, like lunge punch, front kick, roundhouse kick, etc. Nominate 3 different techniques and they practice to your count.

Partner Exercise: Impact Training

Students perform regular impact training to your count for the 3 selected techniques from the individual exercise for BOTH sides of the body.

This is explained in detail in the *125 Dynamite Drills E-book*.

Group Exercise: Circle of Death

This Circle of Death drill works in the regular fashion except the "attackers" will hold air shields or impact pads. The targets are limited for the positions of the 3 techniques practiced above.

The person in the middle must react to the direction of the attack and apply their techniques with full force to the targets as they attack.

This is explained in detail in the *125 Dynamite Drills E-book*.

Conclusion

After reading these examples above I'm sure you can see how each uses the CTP and the 3 types of exercises to build skill on top of skill.

Plus now that you have some basic ideas and structure it will be easy for you to take drills from the *125 Dynamite Drills E-book* and plug them into this type of teaching format.

Remember you can intensify a drill by adding another component to it, such as another technique, opponent or direction. And you can simplify each by removing one or more of the components depending on the age and skill level of your classes.

Browse through the *125 Dynamite Drills E-book* and look for exercises that you can use in your classes.

Remember for small kids; turn the drill into a game by utilizing their imagination as a performance enhancer.

And for adults, ramp up the drills by increasing the intensity of the attacks, and the complexity of the exercise.

Enjoy!

Jason Stanley

Recommended Reading

"The KarateTeaching.com Blog"

Check out my KarateTeaching.com Blog where I share teaching and marketing ideas to help you become a better martial arts teacher and business owner.

See it at: www.KarateTeaching.com/blog

"The Martial Arts Early Learning System"

Written by 10-time Australian champion and national kumite coach, Marco Mazzanti. In this e-book Marco reveals the exact system that he used to grow his struggling school from less than 100 students to a mind-blowing 530 students in just 3 years!

You'll learn Marco's awesome business system for increased student retention and marketing, without compromising your high standards. I highly recommend this if you want to increase your students' skills through a clearly defined approach, or if you want to grow your school and make the jump to becoming a full time instructor.

Check it out at www.EarlyLearningSystem.com

"The Fighting Secrets Revealed Home Study Course"

Learn the strategies and tactics of world class coaches and international fighters. In this 165 page step by step home study course you'll improve your sparring skills for both the dojo and tournament.

Learn more at: <http://www.karatetips.com/fsr>