



EAST COAST INSTRUCTOR TRAINING PROGRAM OVERVIEW

The Solebury Club, Buckingham, PA

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AJKA-I Karate Association - International Instructor Training Program Overview

The AJKA-I Instructor Training Program is designed with two goals in mind. First, to encourage the formal training of karate instructors for the development of AJKA-I Shotokan Karate-do. Second, to help participants develop interpersonal, class presentation, skills necessary to motivate and guide others in their search to understand and master the art of shotokan karate-do.

Candidates are admitted to the program based upon their interest and their potential to develop into highly qualified karate instructors. The program is based on time in training, attainment of ranking, and performance of karate instruction in the candidate's own club.

Every person licensed as an instructor by the AJKA-I is required to attend and participate in at least 2 instructor training seminars each calendar year. Every effort is made to conduct these seminars at the individual's own training site, and/or national camps as to minimize travel requirements. Videos and written materials are offered as supplements to the training program.

Upon registration, each instructor training candidate is required to keep track of hours of supervised instruction. These hours should be verified with the supervising instructor as they are completed. When sufficient hours are logged for promotion in instructor grade, the supervising instructor will review the candidate's progress and forward his recommendation for promotion to the AJKA-I Chief Instructor. Upon approval, the Chief Instructor will issue the appropriate license.

Licensed Positions:

1. Unclassified Trainee
2. Instructor Trainee (Class E)
3. Associate Instructor (Class D)
4. Qualified Instructor (Class C)
5. Senior Instructor (Class B)
6. Official Instructor (Class A)

POSITION: Unclassified Trainee

An Unclassified Trainee is defined as an individual who does not meet one or more of the basic requirements for regularly licensed instructors but who a) is assisting with instruction on a regular basis or b) has been identified as having the potential to become a licensed instructor. Minimum ranking required is AJKA-I third kyu.

POSITION: Instructor Trainee (Class E Instructor)

Specific Requirements:

1. AJKA-I Shodan rank or higher.
2. Regularly assisting a Club Director for a minimum of 6 months.

Description: The Instructor Trainee performs those functions assigned by the Club Director with periodic review and formal critique by a Qualified Instructor. The duties assigned will be designed specifically for the individual's development as an instructor.

Other: The Instructor Trainee is recommended by the Club Director and approved by the Supervising Instructor.

POSITION: Associate Instructor (Class D Instructor)

Specific Requirements:

1. AJKA-I Nidan rank or higher.
2. Regularly assisting Associate or higher level instructors for a minimum of 1 year, or acting as a Club Director under the supervision of a Qualified Instructor for a minimum of 1 year.

Description: The Associate Instructor should normally be charged with full responsibility for one aspect of training within a club. ("Aspect" in this case refers to self-defense classes, children's classes, women's special classes for self-defense, the teaching of beginning students, or other aspects approved by the AJKA-I.)

Other: The Associate Instructor must be recommended by a Qualified Instructor and approved by the AJKA-I Chief Instructor.

POSITION: Qualified Instructor (Class C Instructor)

Specific Requirements:

1. AJKA-I Sandan rank or higher.
2. Regularly teaching under the supervision of a Senior Instructor for a minimum of 1 year or acting as a Club Director under the supervision of a senior instructor for a minimum of 1 year.

Description: The Qualified Instructor is charged with the primary responsibility for the training of general members in at least one AJKA-I club. The Qualified Instructor is qualified to conduct general training classes for basic, intermediate and advanced students, and assists Instructor Trainees and Associate Instructors in their development.

Other: The candidate for AJKA-I Qualified Instructor must be approved by the AJKA-I Chief Instructor.

POSITION: Senior Instructor (Class B Instructor)

Specific Requirements:

1. AJKA-I Yondan rank or higher.
2. Regularly instructing in an AJKA-I club for a minimum of 3 years.
3. AJKA-I Qualified Judge.

Description: Senior Instructors are responsible for the training and development of karate athletes and instructors in their jurisdiction, regardless of their ranks, and are qualified to conduct training seminars and regular classes for all levels.

Other: The candidate for Senior Instructor must be approved by the AJKA-I Chief Instructor.

POSITION: Official Instructor (Class A Instructor)

AJKA-I Godan rank or higher

Specific Requirements: Official Instructor status is attained only through successful completion of the Official AJKA-I Black Belt Development and Karate Instructor Training Program or its equivalent.

Description: Graduates of the Program are qualified to conduct training seminars, regular classes for all levels, and instructors' seminars. They are actively engaged in the research and development of karate techniques and training methods, and make recommendations to the AJKA-I based on the findings of their research.

Official Karate Instructor Training Program presented by AJKA-I Karate Association - International

Program Objective:

The AJKA-I Karate Instructor Training Program is designed to provide the program participant with the scientific background, technical and biomechanical skills, philosophical base, and interpersonal presentation skills needed to effectively coach, instruct, and motivate contemporary karate students of all ages.

Program Description:

The program requires Five continuous months, One full weekend (Friday 6-9pm, Saturday & Sunday 9:30am-12:30 pm & 1:00-5:00pm) a month to completion. Each class is approximately three - four hours long.

Additionally, all efforts will be made to allow students opportunities to complete the missing portion of their course requirements through summer courses and/or special projects.

Upon successful completion of the entire course of study, participants will be awarded AJKA-I instructor, examiner, and judge licenses in accord with their ranking and total length of karate practice. Upon attainment of godan ranking, graduates will be awarded a Class A instructor license from AJKA-I.

This program also is designed to accelerate participants' progress in ranking. It is expected that participants will advance at least one dan level by graduation.

AJKA-I Karate Association - International Karate Instructor Training Program Outline

I. Qualification

Requirements

The applicant must hold Shodan (first degree black belt) or higher, or must possess technical ability equal to this, and must be at least 18 years old and a high school graduate. Exceptions to rank and age requirements may be made on a case-by-case basis.

II. Length of the training program is approximately three years.

III. Training Curriculum

1. Technical Subjects

- a. Techniques necessary for karate instructor
- b. Principles of instruction

2. Academic Subjects

- a. Research of karate techniques, philosophy, and related topics
- b. Principles of physical education

3. Others

Club organizational management, related instructor topics

IV. Training Method

1. Technical/ Academic

Trainees receive recommendations, study materials and technical information on specific topics during each class Module. A brief research report on required on assigned topics prior to the following training Module. All academic studies must be passed. Some topics may be delivered out of order.

V. Qualification After Completion of Training

All trainees who complete the training program will be issued AJKA-I instructor, examiner and judge licenses, classed according to their ranking and other qualifications.

VI. Trainee Tuition / Schedule

- Cost \$2500 for complete course.
- Payment plans are offered. You may pay \$500 per first 5 months
- Per Module - \$80
- Cost for a graduate - \$1000
- 2 courses a calendar year are offered:
 - o 1st course starts: Feb, Mar, Apr, May and June
 - o 2nd course starts: Sep, Oct, Nov, Dec and Jan

VII. Textbooks

a. Required Textbooks

The following textbooks are required for participation in the Program:

Dynamic Karate, by Masatoshi Nakayama

Karate, the Art of Empty-hand Fighting, by H. Nishiyama and R.C. Brown

Best Karate (11 Volumes), by M. Nakayama

Shotokan Karate: Its History & Evolution, by R. G. Hassell

Complete Idiot's guide to Karate: Otis & Hassell

Essential Shotokan - DVD series: Edmond Otis

b. Recommended Textbooks

The following textbooks are recommended, but not required, for participation in the program:

The Martial Arts: History, Traditions, People, by J. Corcoran and E. Farkas

Kinesiology and Applied Anatomy, by Rasch and Burke

The Physiological Basis for Physical Education and Athletics, by Fox and Matthews

Textbook of Work Physiology, by P. Astrand, M.D.

Physiology of Exercise, by H. DeVries

Stretching, by Bob Anderson

Sports Health, by W. Southmayd and M. Hoffman

c. Other readings will be assigned and provided by the faculty.

RESEARCH SUBJECTS

RESEARCH SUBJECTS FOR INSTRUCTOR TRAINEES OF THE AMERICAN JKA KARATE ASSOCIATION

1. What is Karate?
2. History of Karate-Do
3. Body Parts used in Karate Techniques
4. Organization of Karate Techniques
5. Stances in Karate
6. Necessary Conditions for Stances in Accordance with Principles of Dynamics
7. Reaction Force in Karate Techniques
8. Karate and Kinesiology
9. Body Shifting Power in Karate

10. Explanation of Body Shifting in Accordance with Principles of Dynamics
11. Body Rotation Power in Karate
12. Breathing in Karate
13. Body Vibration Power in Karate
14. Body Expansion and Contraction in Karate
15. Punching Techniques
16. Uses of Training Equipment
17. Kicking Techniques
18. Striking Techniques
19. Blocking Techniques
20. Balance and the Center of Gravity
21. Techniques of Breaking Balance
22. Joints and Muscular Movements in Important Hand Techniques
23. Joints and Muscular Movements in Important Foot Techniques
24. Judging Karate Contests
25. Historical Differences between Martial Arts and Sports
26. Psychological State and Reflex Action
27. Karate Training and the Environment
28. Karate and Self Defense
29. Management of Health for Karate Practitioners
30. Prevention and Treatment of Injuries
31. Karate and Personality
32. Mutual Influence between Oriental Culture and Martial Arts
33. Value of Karate in Physical Development
34. Difference Between Physical and Non-Physical Development Training
35. Kata
36. Karate Training and Mind Concentration
37. Kumite
38. Psychological State and its Effects on Techniques
39. The Most Ideal Psychological State for Students in Group Instruction
40. Motivation and Ways of Strengthening It
41. Preparation of Training Schedules
42. Karate Ranking Examinations
43. Differences between Sports and Karate-Do
44. Independent Research Subject

Kata Requirements

In addition to the above requirements, all candidates for graduation must display a sound, masterful understanding of all the Basic Group kata and all kata from Group A. They must be able to demonstrate a working knowledge of all Group B and Group C kata, and they must be able to demonstrate a basic familiarity with all Group D kata.

Basic Group: Heian 1 through 5, Tekki 1

Group A: Bassai-dai, Kanku-dai, Jion Empi

Group B: Hangetsu, Jitte, Bassai-sho, Kanku-sho, Gankaku, Tekki Ni-dan

Group C: Chinte, Sochin, Tekki San-dan, Nijushiho,

Group D: Unsu,

TRAINING AGENDA: AJKA-I INSTRUCTOR TRAINING PROGRAM

Module	Topics/Principles	Kata	Kumite	Report Topics - ✓ as completed
01	Introduction: What is Karate?	Heian 1-5	Sanbon & Gohon Kumite	1. What is Karate? 2. History of Karate-Do
02	Body Parts Used in Karate	Heian #1 & #2 Chinte	Review	3. Body Parts used in Karate Techniques 4. Organization of Karate Techniques
03	Stances in Karate	Heian #3 & #4 Hangetsu	Ippon Kumite	5. Stances in Karate 6. Necessary Conditions for Stances in Accordance with Principles of Dynamics
04	Reaction Force in Karate	Review Chinte & Tekki 1	Review	7. Reaction Force in Karate 8. Karate and Kinesiology
05	Body Shifting Power in Karate	Review	Ippon Kumite (Hand Techniques)	9. Body Shifting Power in Karate 10. Explanation of Body Shifting in Accordance with the Principles of Dynamics
06	Body Rotation Power in Karate	Review & Tekki 2	Review	11. Body Rotation Power in Karate 12. Breathing in Karate
07	Body Vibration Power in Karate	Heian 5 & Tekki 3	Ippon Kumite (Foot Techniques)	13. Body Vibration Power in Karate 14. Body Expansion and Contraction in Karate
08	Punching Techniques	Empi & Tekki 2 & 3	Review	15. Punching Techniques 16. Uses of Training Equipment
09	Kicking Techniques	Bassai Dai & Hangetsu	Ippon Kumite Foot Techniques	17. Kicking Techniques
10	Striking Techniques	Kanku Dai & Jion	Jiu Ippon Kumite	18. Striking Techniques
11	Blocking Techniques	Review	Review	19. Blocking Techniques
12	Sweeping Techniques (Unbalancing)	Bassai Sho	Jiu Ippon Kumite (Hand Techniques)	20. Balance and the Center of Gravity 21. Techniques of Breaking Balance
13	Throwing Techniques	Review & Jitte	Review	22. Joints and Muscular Movements in Important Hand Techniques
14	Evasion Techniques	Sochin	Review	23. Joints and Muscular Movements in Important Foot Techniques
15	Tournament and Competition: Rules of Kata & Kumite	Refereeing: Kata Contest	Refereeing: Kumite Contest	24. Judging Karate Contests 25. Historical Differences between Martial Arts and Sports
16	Combination Techniques (Offensive)	Review	Jiu Ippon Kumite (Foot)	26. Psychological State and Reflex Action

17	Combination Techniques (Defensive)	Unsu & Review Jitte	Jiu Kumite	27. Karate Training and the Environment
18	Self-defense: Standing, Floor and Chair Sitting	Review	Review	28. Karate and Self Defense
19	Self-defense Against Weapons	Bassai Sho	Jiu Kumite (Hand Techniques)	29. Management of Health for Karate Practitioners 30. Prevention and Treatment of Injuries
20	Self-defense Against Multiple Attacks	Heian 1-5 & review	Jiu Kumite (Foot Techniques)	31. Karate and Personality 32. Mutual Influence between oriental Culture and Martial Arts
21	Instruction of Kihon	Gankaku	Review	33. Value of Karate in Physical Development 34. Difference Between Physical and Non-Physical Development Training
22	Instruction of Kata	Niju Shiho	Jiu Kumite (Breaking Balance)	35. Kata 36. Karate Training and Mind Concentration
23	Instruction of Kumite	Kanku Sho	Jiu Kumite (Offensive)	37. Kumite 38. Psychological State and its Effects on Techniques
24	Conducting Class with students of low rank, intermediate rank, and advanced rank Teaching Children	Review	Jiu Kumite (Defensive)	39. The Most Ideal Psychological State for Students in Group Instruction 40. Motivation and Ways of Strengthening It
25	Conducting Classes vs. Clinic and Seminars Organization and Performance of Demonstrations	Review Tekki #1-3	Jiu Kumite Tactics and Strategy	41. Preparation of Training Schedules 42. Karate Ranking Examinations.
26	Organization of competitions	Review Shorin Katas	Review	43. Differences between Sports and Karate-Do
27	Final Review and Discussion with Qualified Candidates	Review of Shorei Katas	Jiu Kumite (Psychology)	Independent Research Subject

Other Class Requirements: All candidates for graduation must attend and pass additional clinics on the following subjects:

Cardiopulmonary Resuscitation (CPR)
Emergency Cardiac Care (ECC)
Taping For Athletic Injuries

Red Cross First Aid Level 1

ADDITIONAL SUGGESTED BIBLIOGRAPHY:

Textbook of Anatomy & Physiology

Anthony and Thbodean
The C.W. Mosby Co.

Textbook of Work Physiology

Per-Olof Astrand, M.D.
McGraw-Hill Book Co.
New York

The Heart of Karatedo

Shigeru Egami
Kodansha International, LTD
Tokyo, Japan

Karate Do: My Way of Life

Gichin Funakoshi
Kodansha International, LTD
Tokyo, Japan

Fighting Arts of the World

John Jolan Gilbey
C.E. Tuttle Publisher

Function of Human Body

A.C. Guyton, M.D.
W.B. Saunders Co.
Philadelphia

Karate's History & Traditions

Bruce A. Haines
C.E. Tuttle Publisher

Complete Idiot's Guide to Karate

Otis & Hassell
Alpha Books

Karate: Zen, Pen, and Sword

Randall G. Hassell
Focus Publications

Karate Ideals

Randall G. Hassell
Focus Publications

The Karate Spirit

Randall G. Hassell
Focus Publications

Shotokan Karate: Its History & Evolution

Randall G. Hassell
Focus Publications

Dynamic Karate

Masatoshi Nakayama
Kodansha International, LTD
Tokyo, Japan

Karate: The Art of Empty Hand Fighting

Nishiyama and Brown
C.E. Tuttle Publisher

The Textbook of Modern Karate

T. Okazaki, M. Stricevic
Kodansha International, LTD
Tokyo, Japan

What Is Karate?

Masutatsu Oyama
Japan Publications Trading Co.
Tokyo, Japan