

PARENTS ONLY!

CLINIC

“How To Help My
Child Train At Home”

Training Pointers

KATA and WAZA (Ippon/Taezu/Kihon) Training:

- 1) Hands Start and Stop Together
- 2) Hands and Stance Stop Together
- 3) Fast / Sharp head snaps prior to changing direction.
- 4) No rising / bouncing up / down between stances... Head stays level throughout...
- 5) **Breath** ~ Exhale and Strike stop together... Inhale on Preparation (Nose) / Exhale on Execution (Mouth—Pinch lips as if blowing a balloon in order to control the speed of the exhale. No puffy cheeks though.
- 6) **Trigger Point** ~ Normally, one hand will be performing an action, i.e. block or strike and the other should be pulled tightly back to **Trigger Point**. Instruction... Pull hand back tightly on side, just above hip bone and below lower rib. Fist is tight and pinky should be high. Asking your child to make a muscle in this position usually works.
- 7) **Stances** ~ In **Front Stance**, front knee should be bent forward and in line with Big Toe. Instruction... Bend front knee until you can't see your toes. In **Horse Stance**, the same applies although both knees are involved.
- 8) **Straight Punches** ~ Corkscrew punches target the center of the body – face, solar plexus or groin. Instruction... Tighten the muscles under your arm and the muscles in chest on the side your punching on. This is a simple way to get your child to properly align their punch.
- 9) **Kicks** ~ In **Front Kick**, the knee should be raised and pointed in the direction of the target. The leg extends out while using the ball of the foot to strike with. Instruction... Remind your child, **the higher the knee – the higher the kick**. In order to get them use to the ball of the foot, have them **stand on the toes** (ball of the feet), as if reaching for something high on a shelf. You can have them apply the foot position to their kick. After kicking the leg out, make sure they recoil / bring back the foot before placing it on the ground. In **Back Kick**, the striking surface is the heel of the foot. Lift the heel to the rear end with the knee pointed down. Upon striking, the toes should be low and the heel high. Please refer to the Intermediate I Manual for Roundhouse and Side Kick.
- 10) **Balance** ~ As your child proceeds through their kata or waza (Ippons & Taezus) be aware of their eyes, hips and knees. These are the three key body parts for balance. Instruction... Look at the horizon – keeps their gaze forward, bend your knee(s) – roots them to the floor, tuck your hips – connects their lower body with their upper body.

Training Pointers

Calisthenics

* Upper Body Strengthening:

1) **Assisted Pushups (Parents):** This is a way to assist your child in developing strength in their chest and arms with consideration to a weak core section (abdominals and back).

* **Proper Push-up Position** (feet together, hands under shoulders, back straight and looking forward).

Hip Pinch: Grab your child's sides, just above hips (abdominals) and apply a little pressure or pinch. In doing so, your child will most likely offer resistance back thus causing them to tighten their core. Ask your child to bend their arms/elbows and to do a push-up. Assist them on their way down for deeper range of motion.

Leg Hold: Stand behind your child and hold an ankle and have them do pushups. This is another way to help stabilize their core so they can focus on bending their elbows. Next step, have them raise their own leg.

* **During Pushup**, elbows stay close to side / ribs. This helps in the proper mechanics of the wrist and helps create muscle memory for proper punching.

* **Next Step...** Once child is able to tighten center and bend elbows without your help then it is time for you to encourage. encourage, etc. Keep a log of their progression. Do pushups with them. Set some realistic goals and maybe a reward when achieving that set goal....

A) **Other Drills:** Squat Thrusts, Side to side drills, Leg spread drills and Road runner drills are great. Make sure they look forward and keep rear end flat with back. 2 to 3 sets of 10 to 15 reps.

* Core Strengthening:

1) **Lower Body Strength: Sit Ups...** Knees must be bent. Hold child's feet. Child should cross arms on chest and rise up toward knees. Be sure child's shoulders are square and that they do not lean to either side. If leaning then they are showing a weakness on the side they are leaning towards. In that case, have them look at your opposite hand, which you will hold up, as they rise up towards their knees.

* **Leg Lifts:** Place hands under rear end. Legs straight out in front ... 2 inches from floor. Raise legs to 6 inches then back 2 inches. A few sets of 10.

* **Leg Spreads:** Place hands under rear end. Legs straight out in front ... 2 inches from floor. Spread legs Out and in. A few sets of 10

* Get creative... Watch us in class. Many more available.

2) **Back Work:** Back Extensions ~ Place hands on forehead or on back of head. Lift head and chest off floor while looking straight.

Fundamentals

1) **Complete Gi and Belt** (Name on belt)... They feel like everyone else.

2) **Gear Bag...** This helps with organization and transportation.

3) **Bring Notebook...** Parents or children can look up and / or buddy up for notes while in dojo.

4) **Learning Tools ...** Buy proper learning tools: Manuals or DVD's for you at home training. There are Free Manuals for your use while in the dojo.

5) **Tutoring...** At times during your child's time here in the dojo, I encourage one on one sessions with one of our Black Belts. No Distractions, 100 % attention to child, Problem Solving and a great confidence booster. If your child was having trouble in math and you couldn't help them then you would normally get them extra help... **We are here for you...**

*** Ask Questions ***

Training Pointers

Waza

* Ippon(s)

In your assistance at home, please use the language that I use to prompt the children to respond. As a Dragon white belt, the student will be asked to do this category while I prompt them with directional words. All other children, Dragon yellow & above, as well as Tiger white & above will be responsible for performing this category from their memory.

* **Directional Words:** *Step back—High block. Pull it in* (High Block will be pulled into/across chest) - *Front Kick—Chop/Hammer Fist/Leopard Fist/Vertical Punch/Palm Strike* (Depends on which one they are doing). *Punch—Punch. Step back-Grab your ear-Low block.*

* Taezu(s)

In your assistance at home, please encourage your child to *utilize “one” breath* while performing all the techniques involved in the routine. The student must first learn and memorize the routine before they can accomplish the “one breath” task. In *first learning the techniques* they should practice them like Ippons (one breath per technique) until they memorize the entire routine. *Taezu(s) are first taught* to our Tigers at Yellow Belt. You can use similar directional words for them as well although they differ a little from Ippons. Please look them up and/or observe my teaching in class to hear the manner in which I teach them.

Self Defense

* **Hair Grab:** Be sure that both hands overlap on top of attacker’s hand next to crease in wrist. Lightly kick knee, bring elbows together, step back one step with both feet—feet parallel to each other, bring elbows to knees. Do not bend knees or walk backwards while holding attacker’s hand on head.

* **Two hand Choke:** Raise your right arm high in the air. Rotate body/ right shoulder to left / counter clockwise. Quickly catch attacker’s hands/arms w/ left hand and attach to own chest. Execute right elbow to attacker’s body of head.

* **Bear Hug:** (Dragon Version)

Head Butt. Right foot stomp to attacker’s right foot. Step to outside of attacker’s right foot w/ right foot while raising right hand/arm in air and shooting left arm straight down (Travolta) - breaking attacker’s hold. Reach between legs and grab attacker’s ankle. Pull up while standing still. Shoulder check. Then move away and turn w/ guard up.

* **Bear Hug:** (Tiger Version)

Head Butt. Right foot stomp to attacker’s right foot. Step to outside of attacker’s right foot w/ right foot while raising right hand/arm in air and shooting left arm straight down (Travolta) - breaking attacker’s hold. Hook attacker’s right arm w/ own right forearm. Step behind attacker’s right leg w/ own left leg—knee deep / left foot parallel w/ attacker’s feet. Press back along attacker’s clavicle line with left forearm while keeping a strong stance. After attacker falls back behind you, turn to right/clockwise the drop right knee on head.

* **Side Head Lock:** Turn head into attacker. Block head with far hand / palm out to avoid being hit by attacker. Place closest hand on attacker’s back. Step in front and through attacker’s legs w/ closest leg/foot—knee bent while on ball of foot. Push forward w/ hand while straightening out leg. Attacker will fall forward.

Kata

* **Three Punch Kata:** 18 Movements. All front stances. Low / Middle / High Punches. Forward then Backward.

* **Tai Ichi:** 8 Movements. Plus Pattern. Always starts to left. Every block is followed by a punch then a turn. Same arm—same leg at all times. Tai Ichi (Low Block/Low Punch), Tai Ni (Middle Block/Middle Punch), Tai San (High/High Punch).

* **Tai Kyoku Ichi:** 22 Movements. “I” Pattern. Always starts to left. The only difference between Tai Ichi and this kata is that it has three punches up and back. Please watch the form in class or on DVD. There is also pictures of the form in the Basic Manual.