

Teaching and Instructing Kyu Grades

(Copy Right Nelson Seido Shibu)

It is an honour, privilege and a responsibility to be in the position to pass on your knowledge in this wonderful Martial art of Seido Karate.

As you know this practise changes people's lives.

Some Important points to remember-

The students are the important factor - you are there as a guide on their journey, the students will teach you, the instructor about '**Shoshin**' - beginners mind.

You are not in front of them to show how good you are or how experienced you are.

It's like teaching children to swim - get them in the water first to enjoy the environment and then gradually add technique without being ***pedantic*** and strict. Don't focus too long on one particular (good or bad) student. Share the attention evenly.

Be careful-being in a 'leadership' position makes us vulnerable to a feeling of superiority and our own ego.

The Instructor should be warm, but ***firm*** with clear instruction.
BE careful with touching when teaching.

The students learn from a kinetic (*moving*) practise-not from talking and intellectualization. In fact the purpose of "**Kiai**" is to free us from that thinking and mind confusion.
Just 'doing' is the main practise.

Remember new students are walking into a new, unfamiliar culture, probably completely foreign to anything they have experienced before - they need help but not too much forceful information at once.

We bow because it shows respect and puts us in the right frame of mind for the job at hand. It puts us in the present. It should be explained that bowing is a show of respect (not subservience) and it is a way of engaging in our practise and a chance to forget the self.

This is not a new fad practise but a life changing path that has been around for 100's of years.

People start Seido for many reasons. To get fit, self defense, their friends do it.

Students have told me over the years it just makes them feel better about themselves.

We use the body as a vehicle to understand our true self. There are many important benefits apart from self discovery... Getting fit and flexible, self defence, meeting nice, like minded people and enhancing your 'no quit attitude'.

Historically Karate is about defending yourself. But the basis of self defence is that you must feel good enough (worthwhile) about yourself to take care of yourself and not to quit. This applies not just too physical confrontation, but to getting sick and all the ups and downs of life that we all experience.

The questionnaire we give out at promotion with the question '...why do you like Seido? Invariably comes back with 'the people are nice'.

Remember always when instructing – **LESS IS MORE!**
Don't get to clever with instruction verbally, physically or technically.

We cannot over emphasise the importance of basics.

Instructors have to be training and be a current student. Treat people as they should be treated -not necessary as they appear to be.

'Black Belts are just white belts who have never quit'