



Level 1 Coach

The Coaching Journey

Aikido Alliance Coaching Qualifications

NGB qualifications will be recognised
(BAB and BAA)

Level 1 available as F2F or online

1st Kyu and min. 18 years old

Level 1 Coaching Certificate is
mandatory if running a class

Levels 2 and 3 in development

Coaching Children: optional



Course Content

Anatomy and physiology (pre course and embedded)

Aikido Governance and History

Coaching beginners (and related procedures)

Session structure

Coaching methods

Session planning (risk assessment, first aid etc)

Coaching for improvement

Safeguarding basics

Special populations

Equality, diversity and inclusion

Weapons





The Aikido
Alliance UK

History

Structure

Membership

Key stakeholders



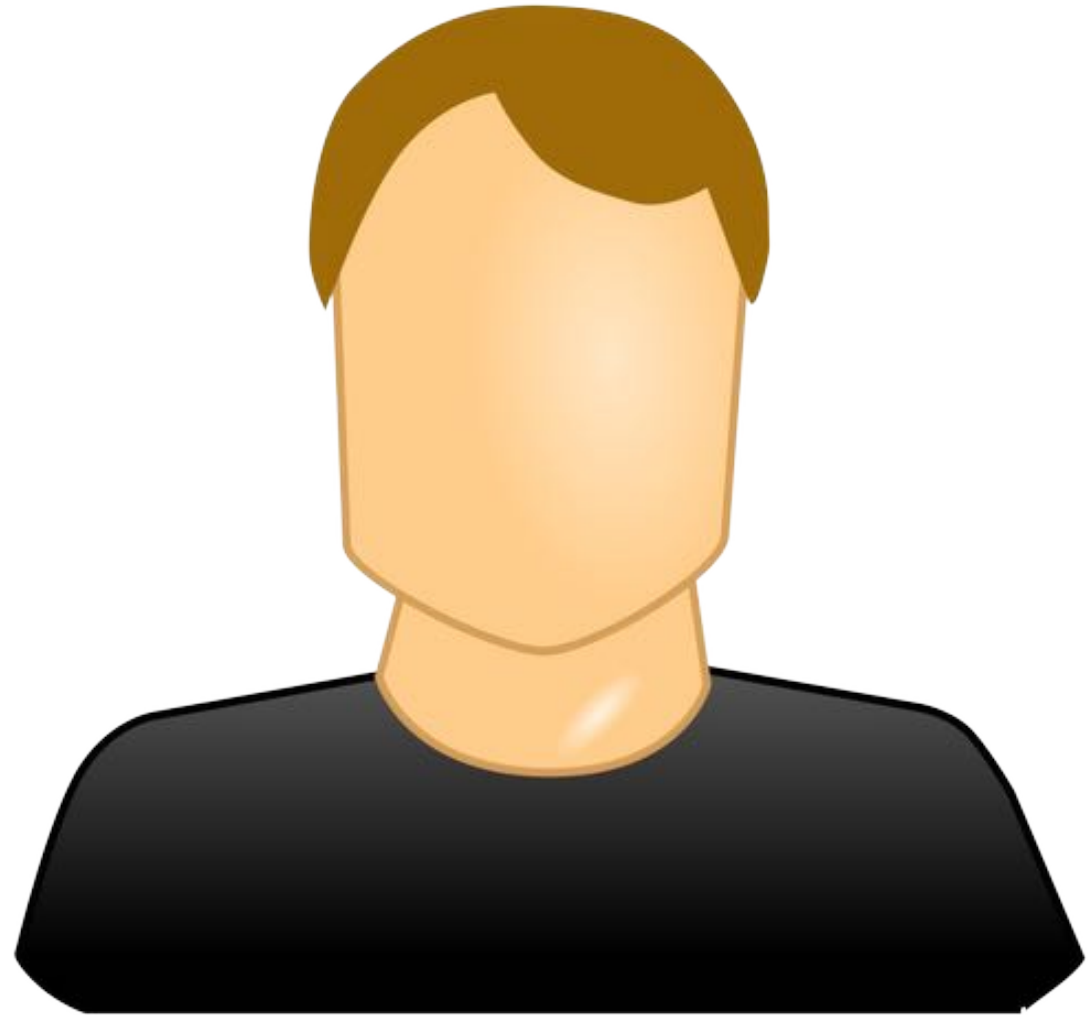
Beginner Bob

Arrives at the Dojo

First night

WHAT DO YOU DO
IN YOUR CLUB??

ADULT 😊



Let's start to
map his journey





Membership form

Minimum content for the form?

A large orange circle on the left side of the slide, containing the text 'YOU MUST HAVE' in white.

YOU
MUST
HAVE

Name, address, mobile/landline

Medical information

Emergency contact

Data protection (consent)

Photo/video consent

Informed consent

Signature and date



2021 PAR-Q+
The Physical Activity Readiness Questionnaire for Everyone



Membership considerations

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in physical activity?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?



Assuming a
“No Issues”
response

What next?

How does Bob learn

**Did you explore
your learning style?**

We probably have no
idea!

How can we cover all
learning styles for BOB?





7%

The use of words



38%

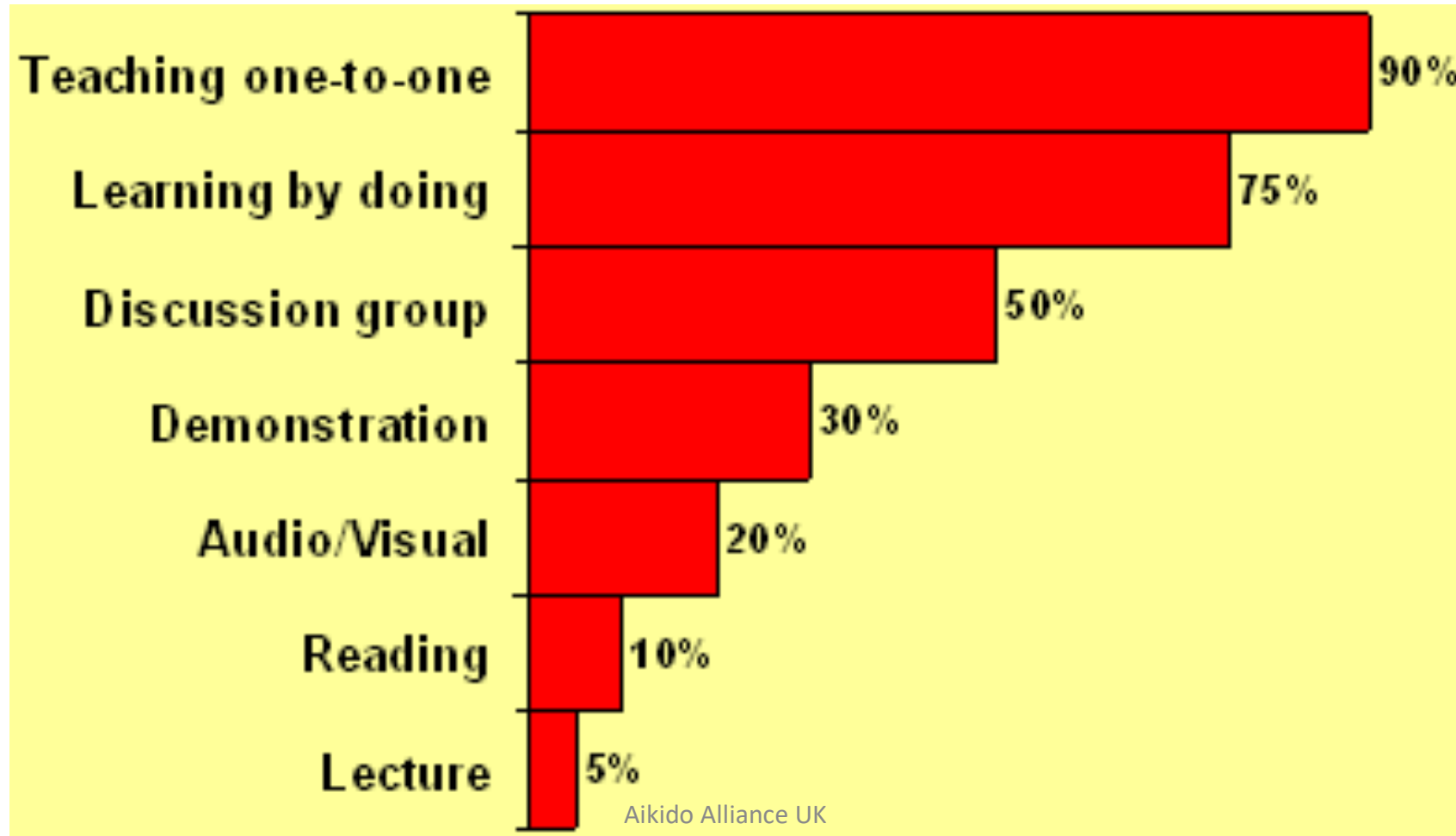
The tone of voice



55%

The body language

Percentage of knowledge retained

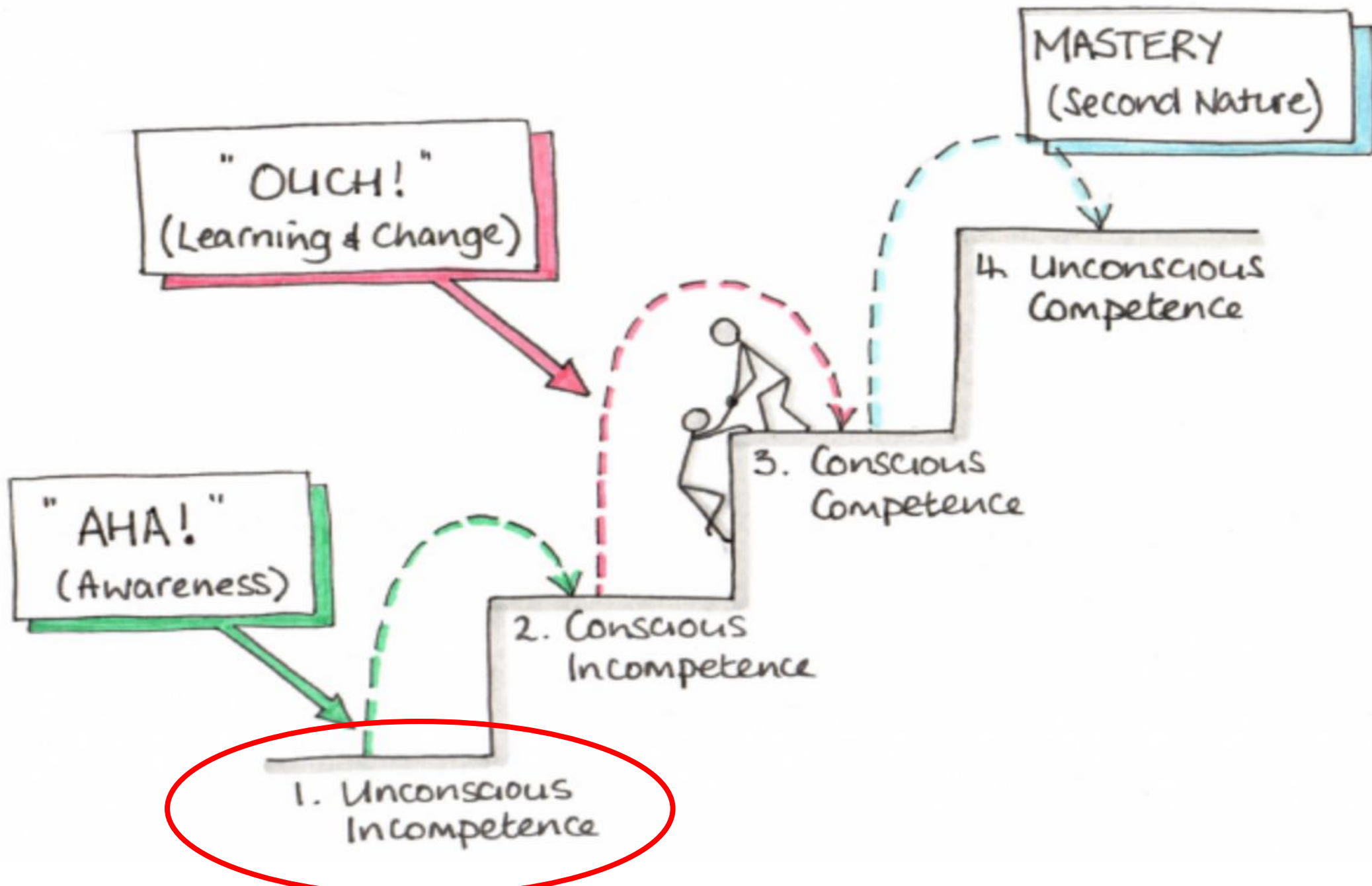


***“Tell me and I forget.
Teach me and I remember.
Involve me and I learn.”***

Benjamin Franklin

The mysteries of the dojo







What are the
risks with
beginners

- Discuss and list



Risks

(not a complete list)

May get hurt

May hurt someone else

Might not come back

Reputation of the club

Legal issues

Beginner
programme?

Integrate

Segregate

Mix of both



Coffee break



Aikido

Warm up

The image is a title card for an Aikido warm-up session. It features a light gray border with a white background. The text 'Aikido' is in a large, black, sans-serif font, and 'Warm up' is in a slightly smaller, black, sans-serif font below it. A thin vertical line is positioned to the right of the text. In the bottom right corner, there is a yellow triangular shape that appears to be a folded corner of the card.



Why Warm Up?

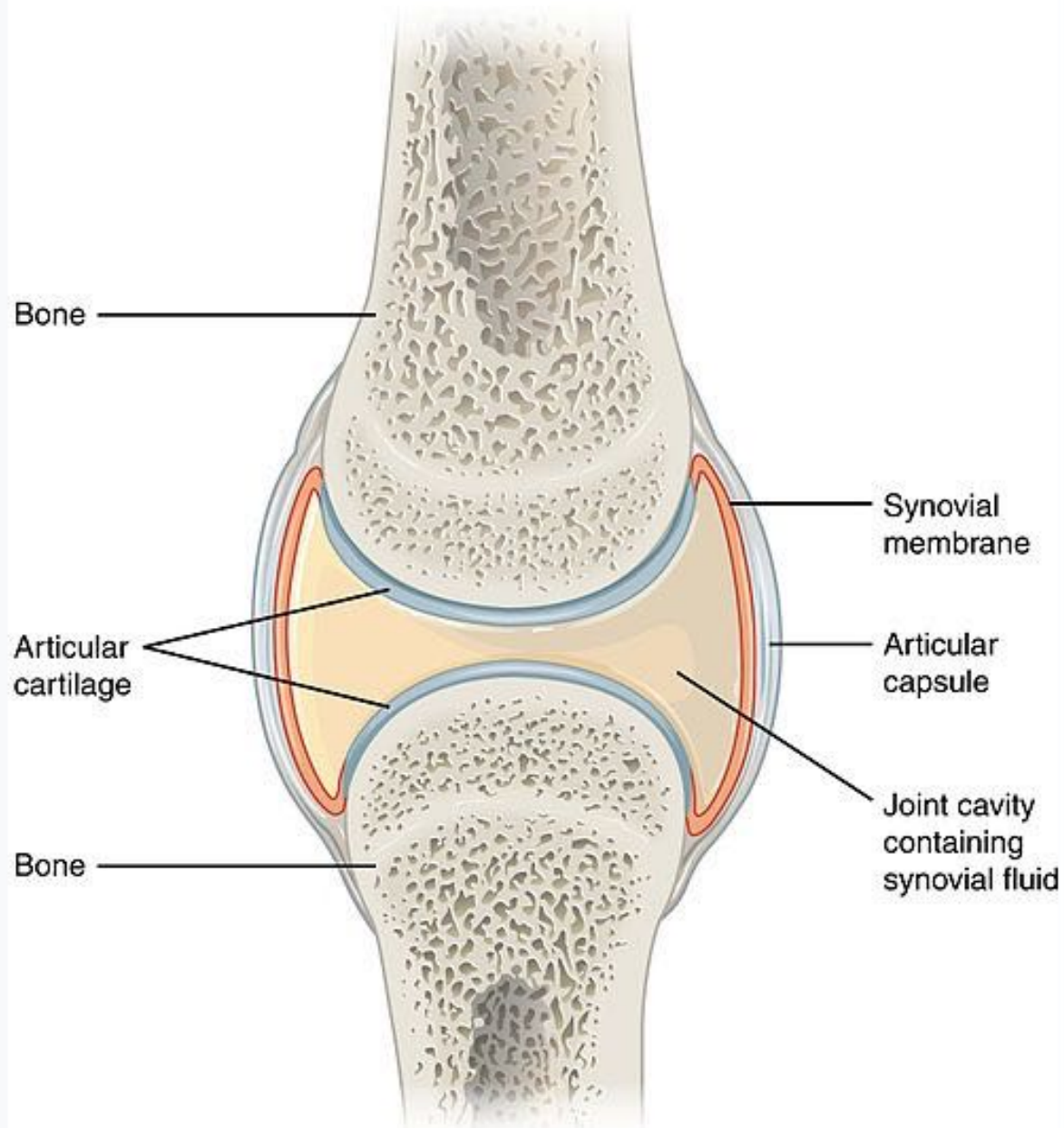
Joint mobilisation



WHICH JOINTS?



HOW?



Pulse Raising



HOW?



LEVEL OF
INTENSITY?

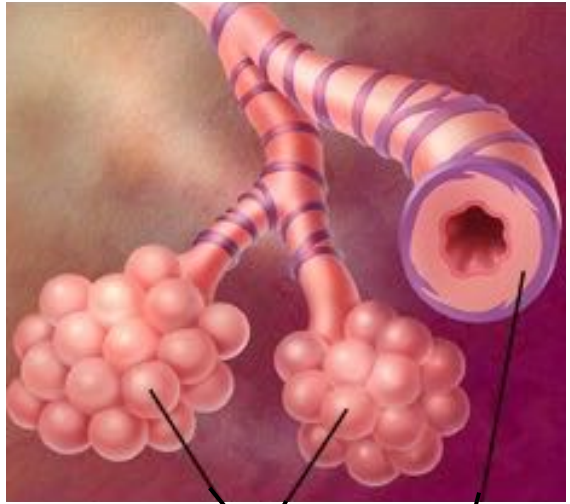


HOW LONG?



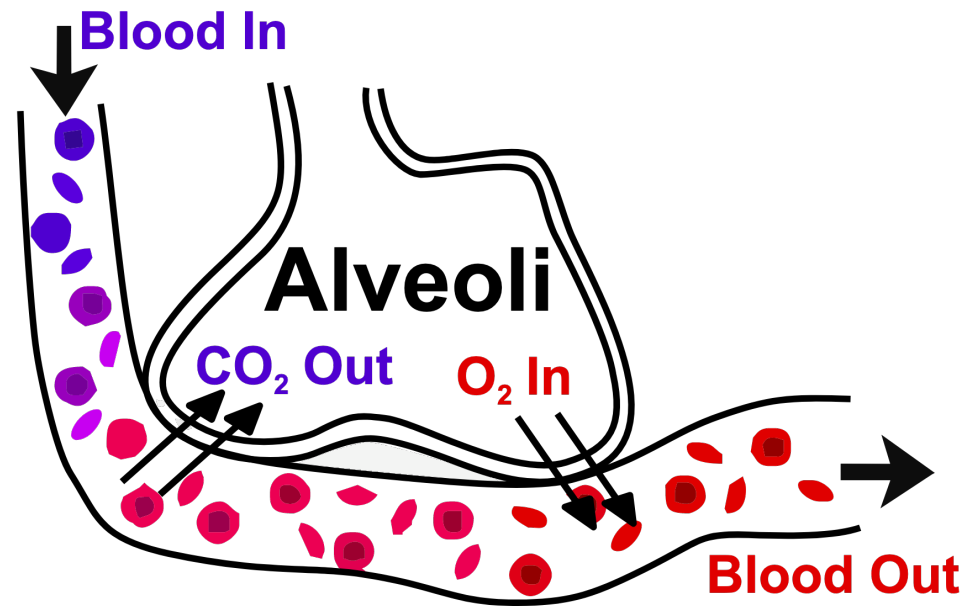
PURPOSE

Gaseous Exchange



alveoli

bronchioles



Mobility + Pulse Raising (MPR)

Mobilise all key joints

Raise the pulse

Relevant (rehearsal)

Consider beginners

TASK: CREATE AN MPR COMPONENT



GENERIC



AIKIDO-SPECIFIC



Muscles



Stretching

Mobility = joints

Stretching = muscles

You cannot stretch a cold muscle

Stretching comes after MPR

STRETCHING



STATIC



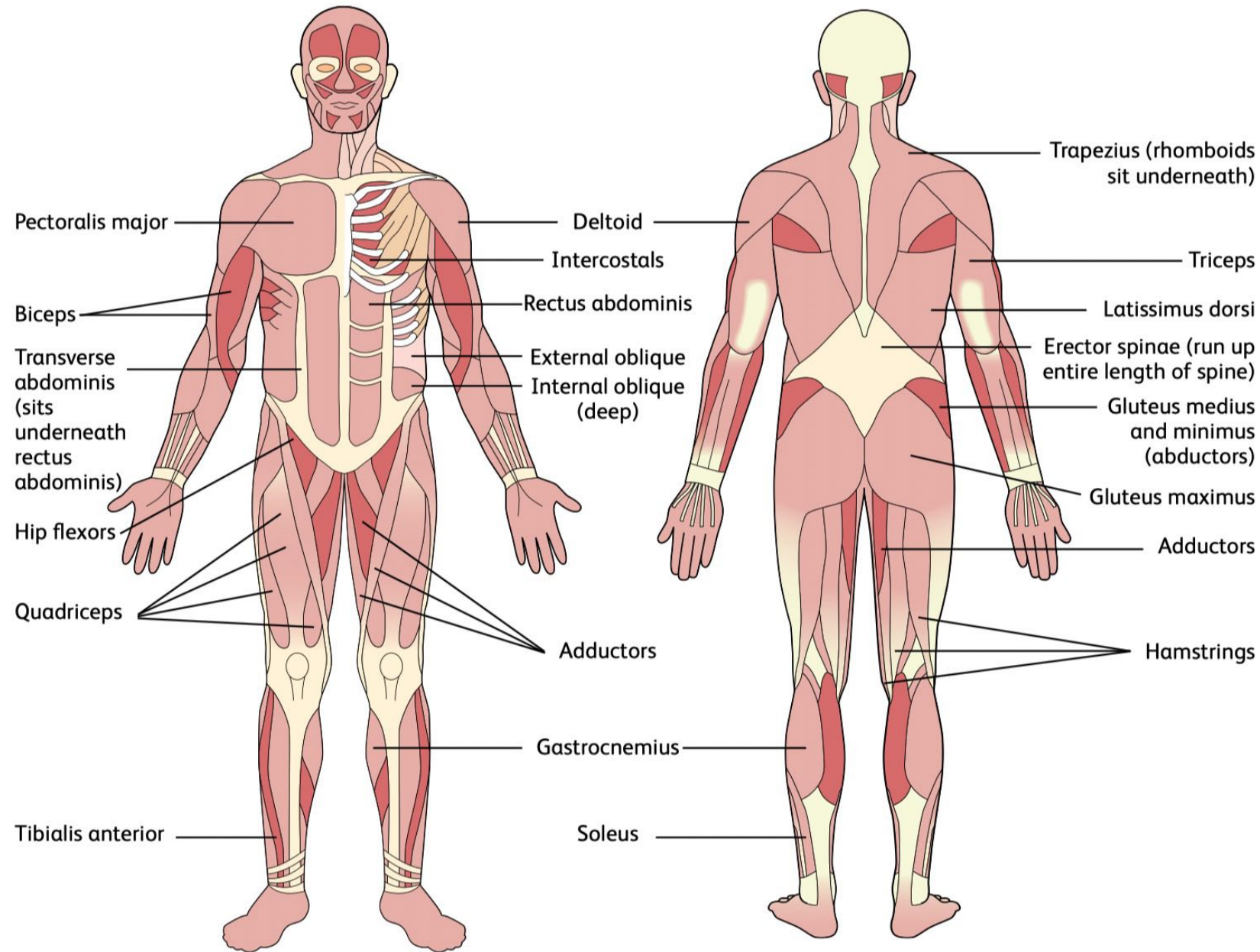
DYNAMIC

Muscles
to be
stretched

TASK.

Anterior (front) muscles

Posterior (back) muscles





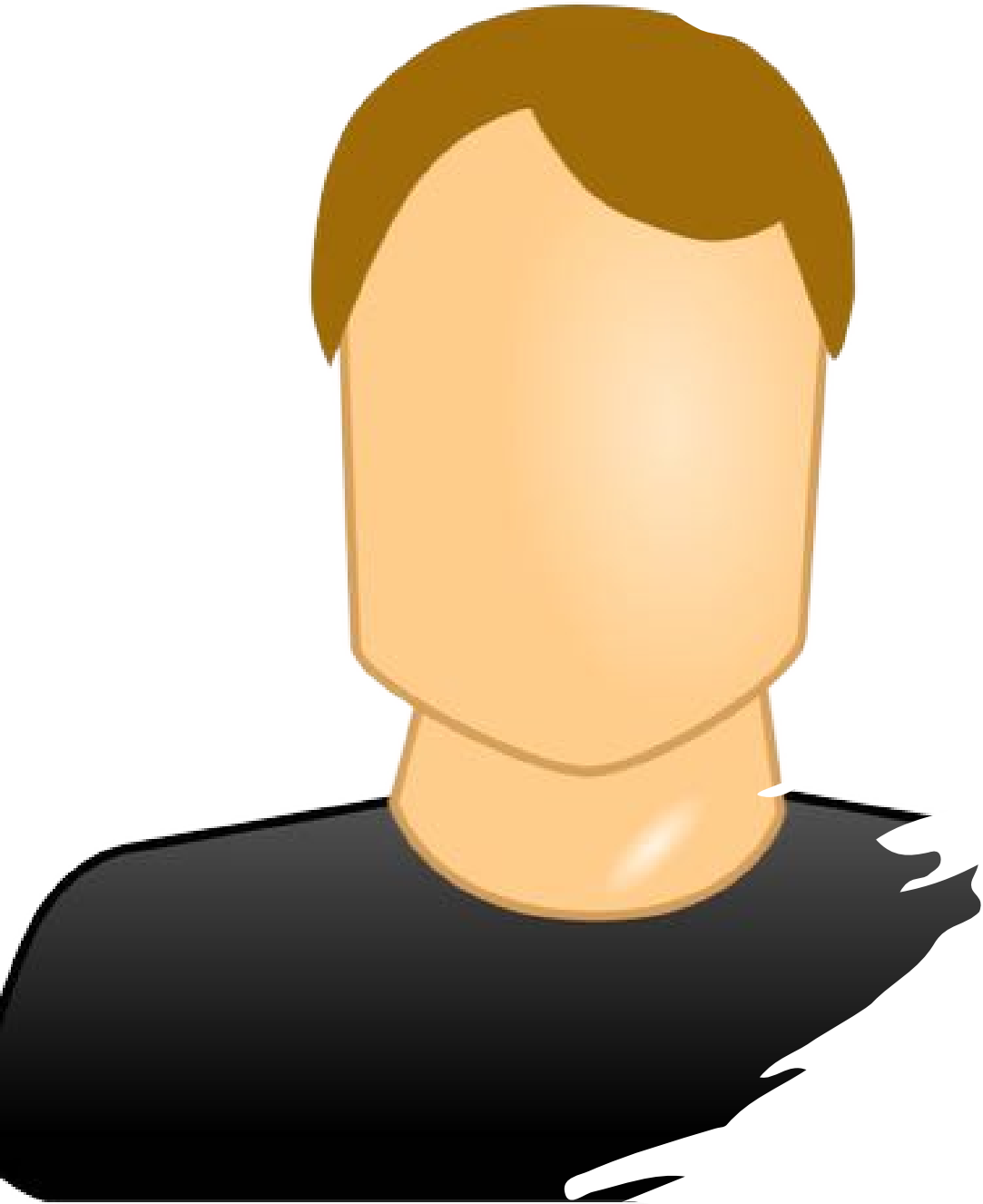
Can I?? or Can't I??



- Ballistic exercises
- Static Stretching in the warm up
- “Extreme” stretching







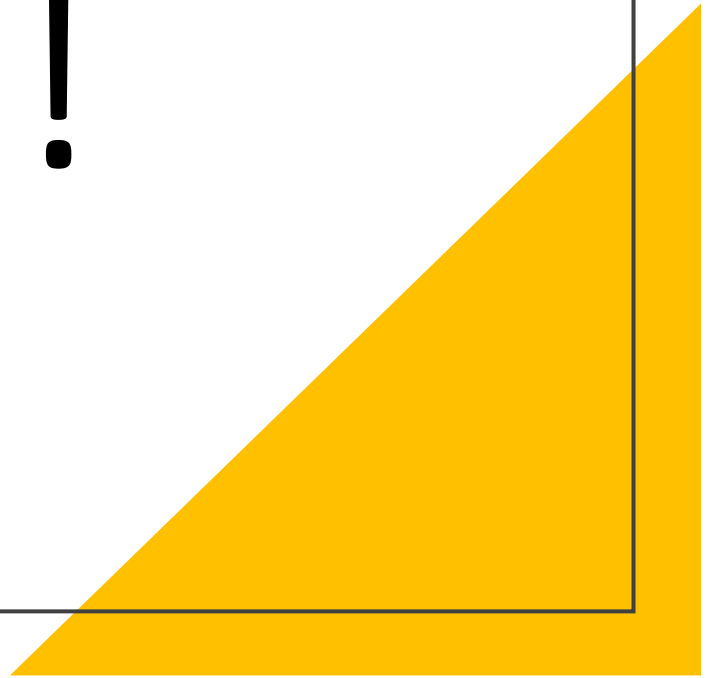
Beginner Bob's Warm Up

- Should be able to make a mistake without it affecting someone else
- Must be able to take part
- KISS

Knowledge Check



Let's teach Bob
some Aikido!



Coaching Methods

- Demonstration
- Whole – Part – Whole
- Progressive/Layering
- Link/Chain/Add on
- Drills, Repetition, Imitation
- Experiential/Scenario

Demonstration

Multi directional.

Demonstrate at
either end of the
dojo as well as in
the centre.

Communicate at
the correct level

Be technically
correct

Give one or two teaching
points at a time

Whole – Part – Whole

Demonstrate the whole technique.

Students practice the whole technique.

Select a common fault or important point

Correct / reinforce as required

Once practising correctly, students go back to practicing the whole technique.

Progressive/Layering

Practice the tai sabaki of the whole technique.

Introduce single elements, along with the body movement.

Introduce the end ukemi, lock or pin.

At this point introduce e.g. zanshin

The technique is built up gradually by introducing small components.

This method can be good for teaching beginners or children.



Link/Add on

- Start with the first movement and get everyone to practice it.
- Add the next movement, and then the next.
- Like links in a chain.

Or

- Put two movements together, then another two
- Add these together



Drills,
repetition,
imitation



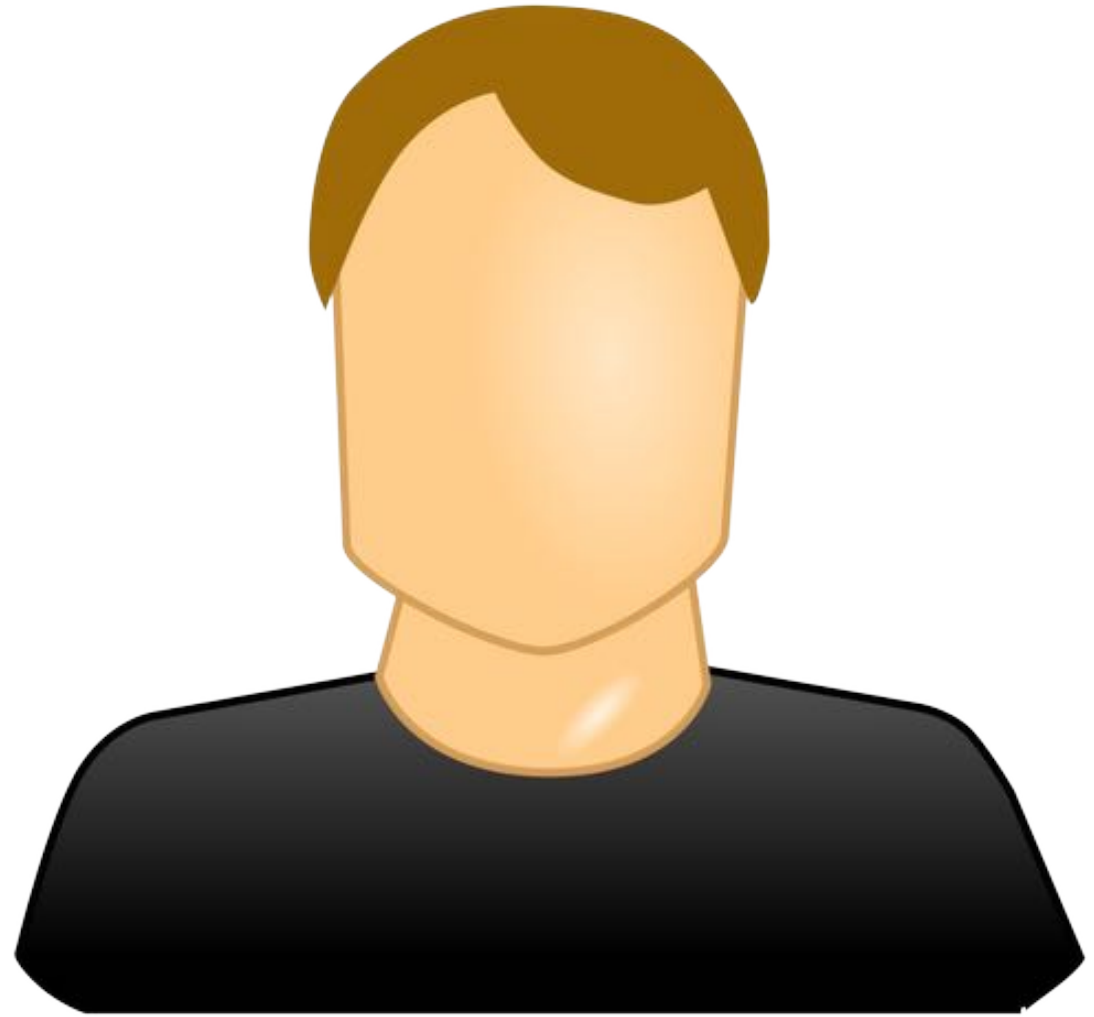


Experiential / Scenarios



IMAGINE IF

Coaching beginners

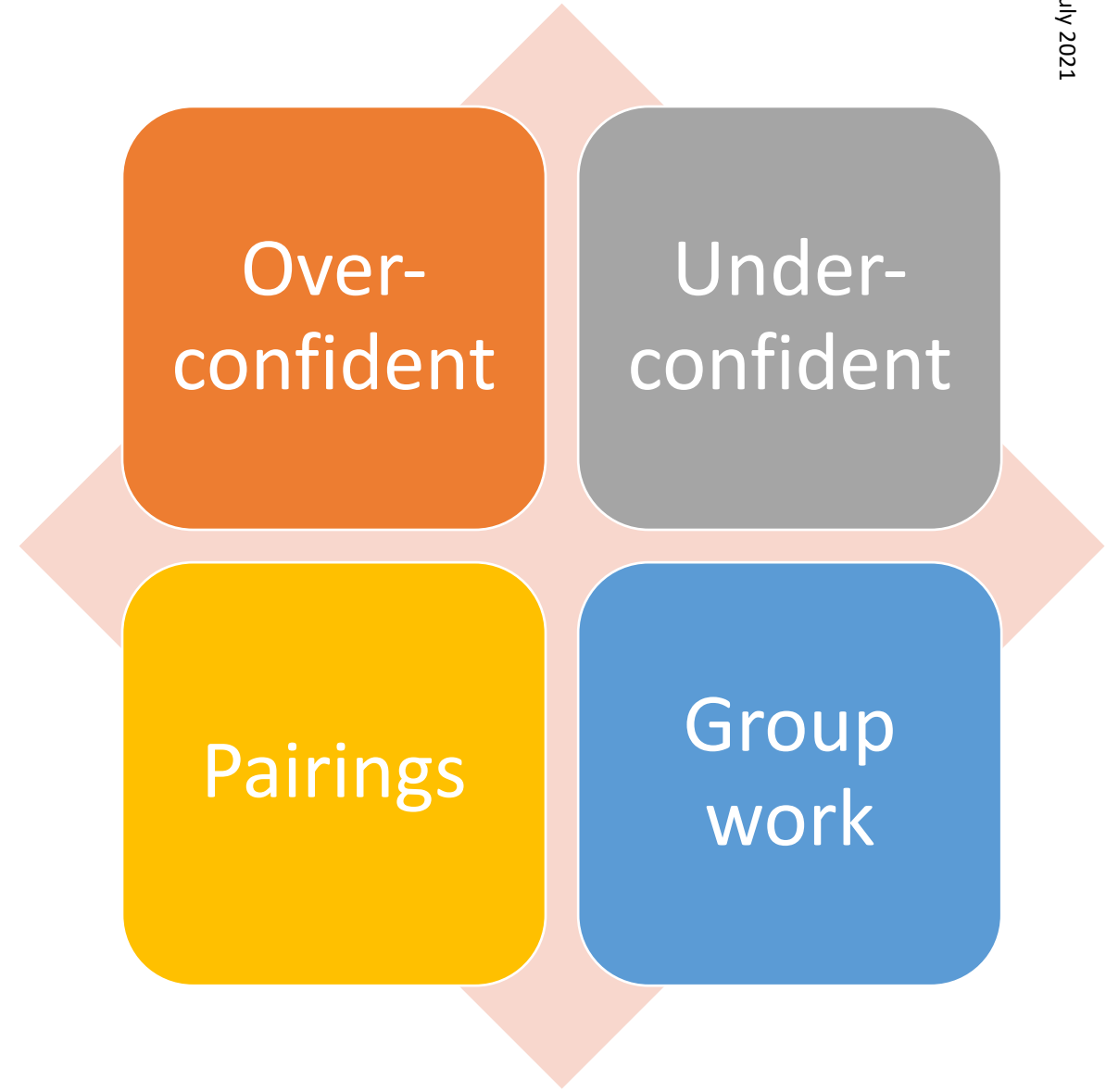




Coaching Beginners

- Screening
- Membership (insurance)
- Strategy for coaching breakfalls
- Suitable pace (student-centred)
- Student pairings
- Group work (how to manage)

Danger!
(class dynamics)





Task

How can we ensure
Bob comes back week
after week

Beginners: ideas for retention



BEGINNER COURSE
/ MODULES



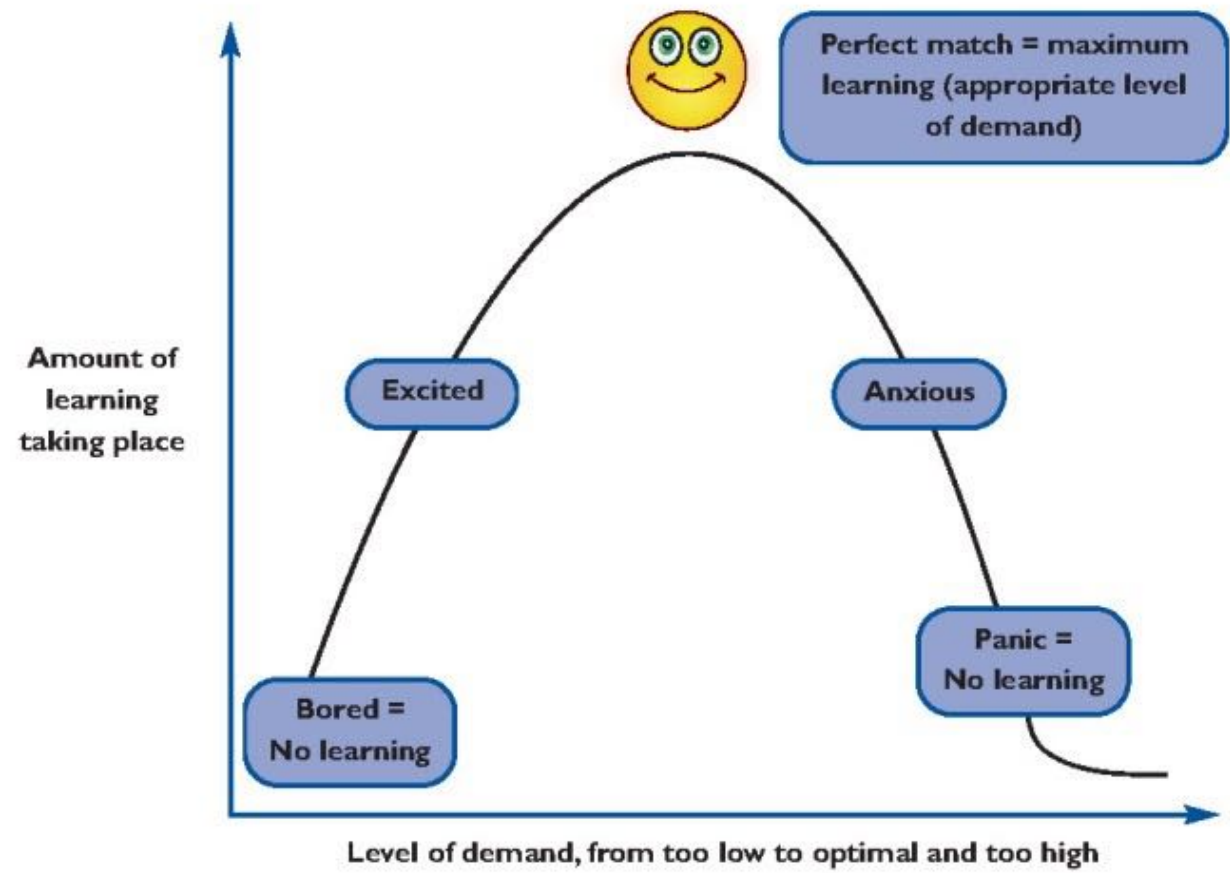
BENEFITS OF
INTEGRATION INTO
NORMAL CLASS



COMPLETION
CERTIFICATE



“FIRST GRADE”
BELT





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