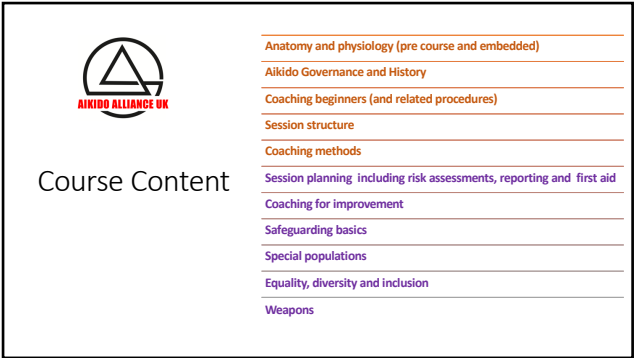




1



3



5



The Aikido Alliance UK

History

Structure

Membership

6

Key stakeholders



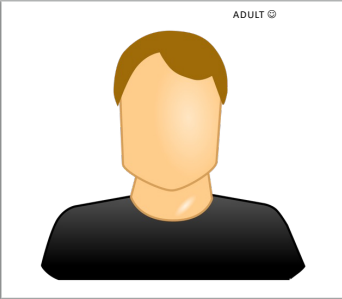
7

Beginner Bob

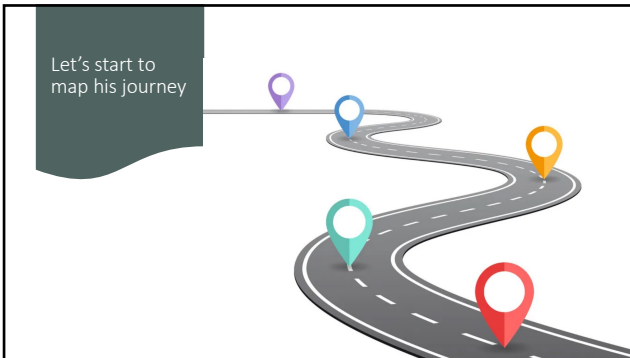
Arrives at the Dojo

First night

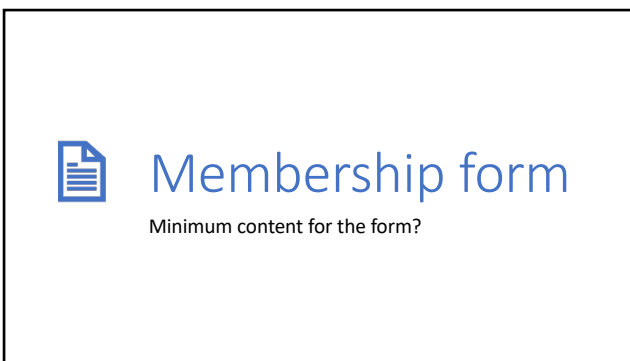
WHAT DO YOU DO IN YOUR CLUB??



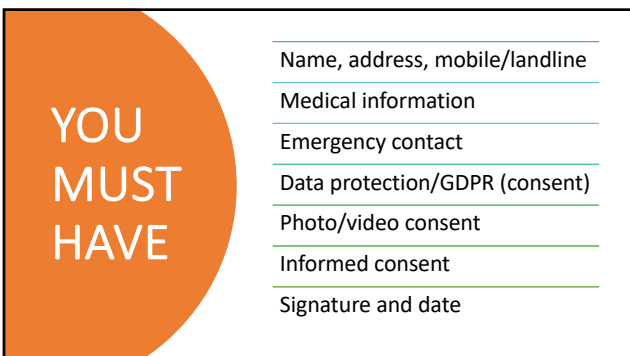
8



9



10



11



Membership considerations

12

GENERAL HEALTH QUESTIONS		YES	NO
Please read the 7 questions below carefully and answer each one honestly: check YES or NO.			
1) Has your doctor ever said that you have a heart condition ☐ OR high blood pressure ☐ ?	☐	☐	
2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?	☐	☐	
3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise).	☐	☐	
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? PLEASE LIST CONDITION(S) HERE:	☐	☐	
5) Are you currently taking prescribed medications for a chronic medical condition? PLEASE LIST CONDITION(S) AND MEDICATIONS HERE:	☐	☐	
6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past, but it does not limit your current ability to be physically active. PLEASE LIST CONDITION(S) HERE:	☐	☐	
7) Has your doctor ever said that you should only do medically supervised physical activity?	☐	☐	
☒ If you answered NO to all of the questions above, you are cleared for physical activity. Please sign the PARTICIPANT DECLARATION. You do not need to complete Pages 2 and 3.			

13



Assuming a
“No Issues”
response

What next?

14

How does Bob learn

We probably have no idea!

How can we cover all learning styles for BOB?

Did you explore your learning style?

Visual

Auditory

Reading & Writing

Kinesthetic

15

The infographic consists of three circular icons on a blue background. The first icon shows the word 'WORDS' with a 7% progress bar. The second icon shows a profile of a head with sound waves and a 38% progress bar. The third icon shows a person running with a 55% progress bar.

Component	Percentage
WORDS	7%
The tone of voice	38%
The body language	55%

16

A horizontal bar chart with a yellow background. The title is 'Percentage of knowledge retained'. The y-axis lists seven teaching methods, and the x-axis shows the percentage of knowledge retained for each. The bars are red.

Teaching Method	Percentage of knowledge retained
Teaching one-to-one	90%
Learning by doing	75%
Discussion group	50%
Demonstration	30%
Audio/Visual	20%
Reading	10%
Lecture	5%

17

5

***"Tell me and I forget.
Teach me and I remember.
Involve me and I learn."***

Benjamin Franklin

July 2021

Aikido Alliance UK

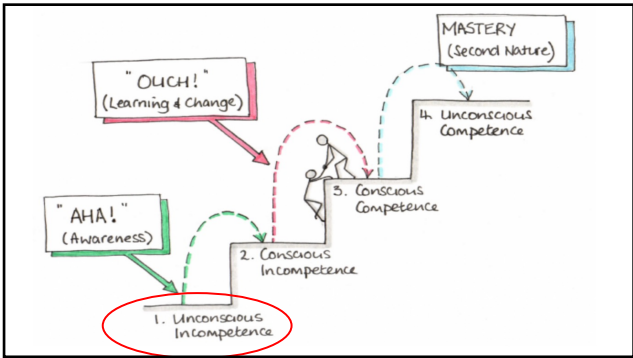
Slide No 18

18

The mysteries of the dojo



19



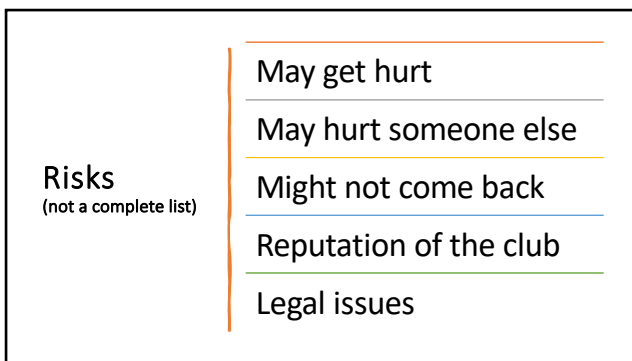
20



What are the risks with beginners

- Discuss and list

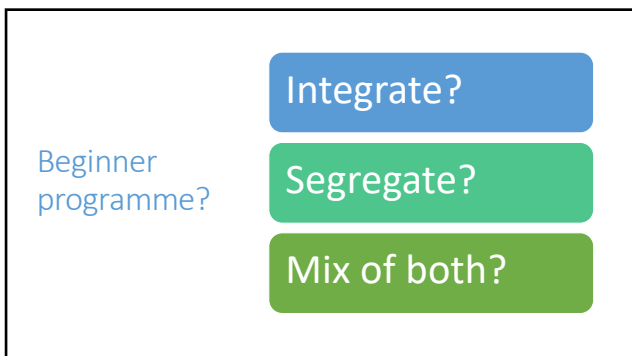
21



Risks
(not a complete list)

- May get hurt
- May hurt someone else
- Might not come back
- Reputation of the club
- Legal issues

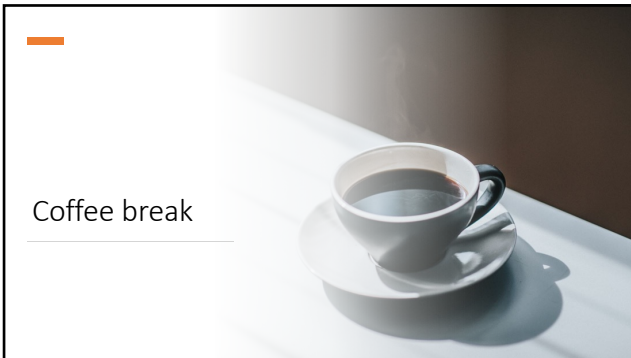
22



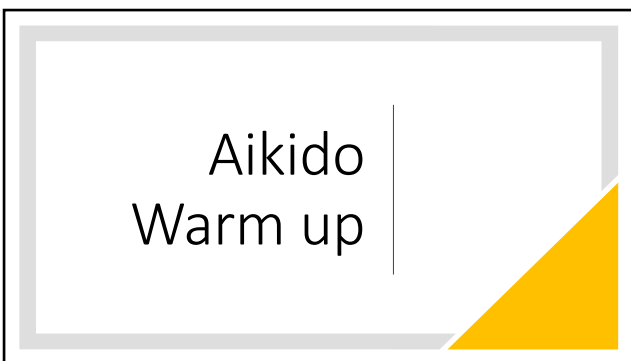
Beginner programme?

- Integrate?
- Segregate?
- Mix of both?

23



24



25



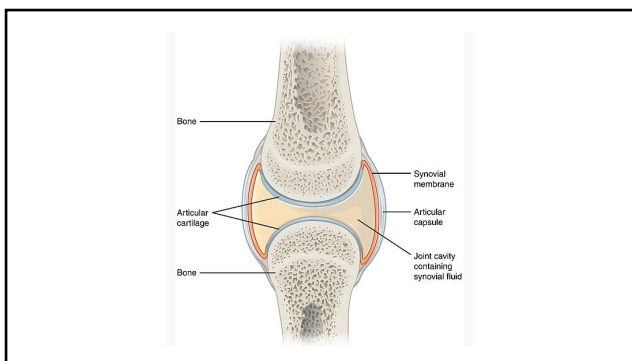
26

Joint mobilisation


WHICH JOINTS?


HOW?

27



28

Pulse Raising

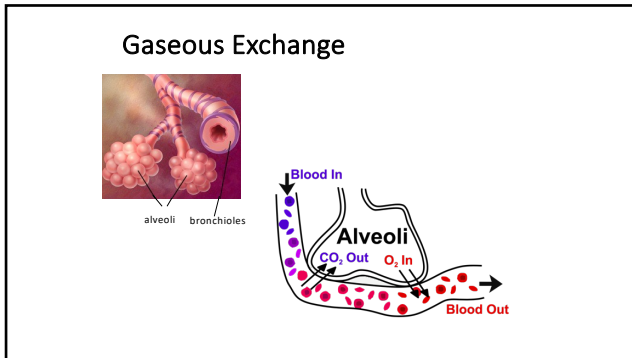

HOW?


LEVEL OF INTENSITY?


HOW LONG?


PURPOSE

29



30

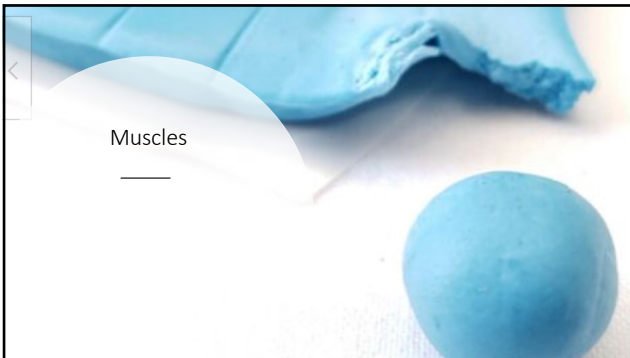
Mobility + Pulse Raising (MPR)	Mobilise all key joints
	Raise the pulse
	Relevant (rehearsal)
	Consider beginners

31

TASK: CREATE A MOBILITY PULSE RAISER

GENERIC	AIKIDO-SPECIFIC

32



33

Stretching

Mobility = joints

Stretching = muscles

You should not stretch a cold muscle

Stretching comes after MPR

34

STRETCHING


STATIC

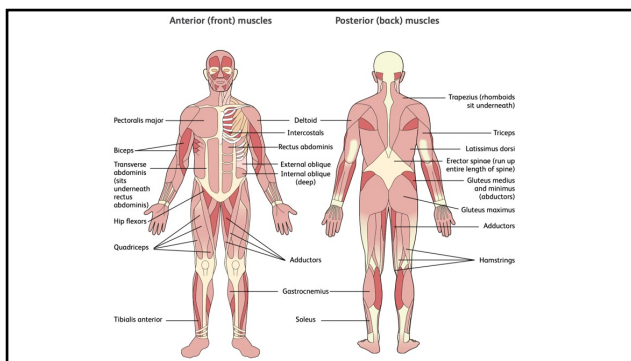

DYNAMIC

35

Muscles
to be
stretched

TASK.

36



37



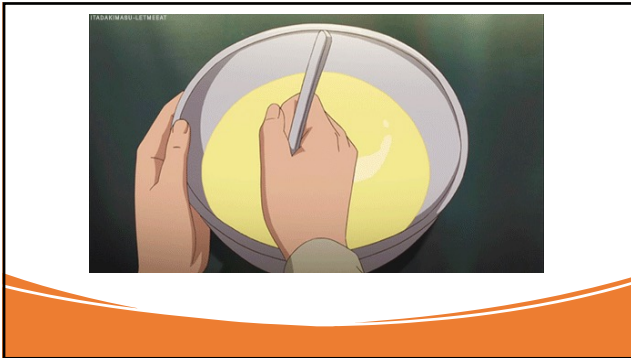

**Can I??
or Can't I??**



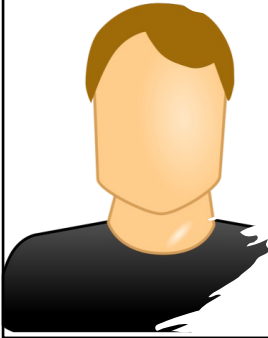

- Ballistic exercises
- Static Stretching in the warm up
- "Extreme" stretching




38



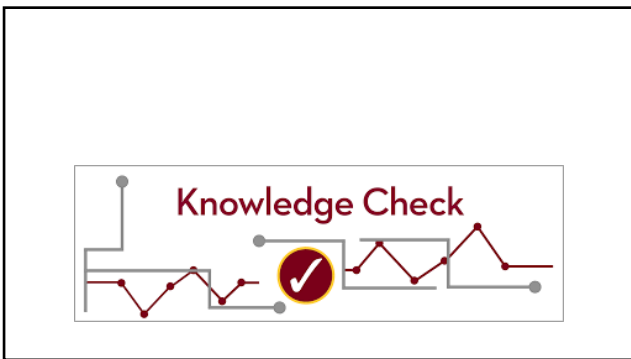
39

A stylized illustration of a person's head and shoulders. The person has short brown hair and is wearing a black shirt. The face is a plain, light-colored oval.

Beginner Bob's Warm Up

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

40



41

Let's teach Bob some Aikido!

42

Coaching Methods

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

43

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

44

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.

45

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.

46



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

47

Drills,
repetition,
imitation



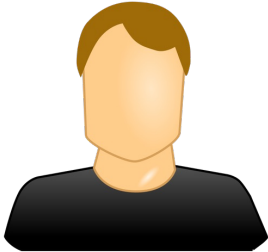
48

Experiential /
Scenarios


IMAGINE IF

49

Coaching beginners



50



Coaching Beginners

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

51

/

Danger!
(class dynamics)



52



Task

How can we ensure
Bob comes back week
after week

53

Beginners: ideas for retention



BEGINNER COURSE / MODULES



BENEFITS OF INTEGRATION INTO NORMAL CLASS

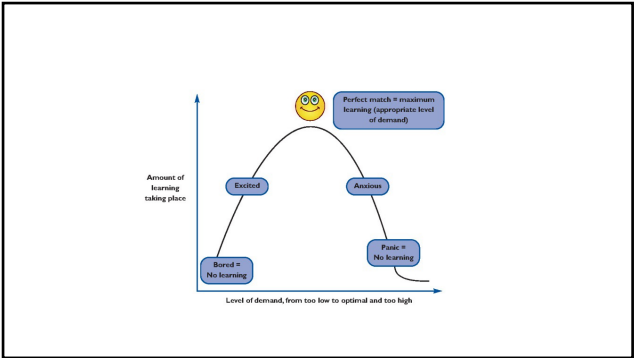


COMPLETION CERTIFICATE



"FIRST GRADE" BELT

54



55

Sample Lesson Plan

Date & time:	Location:	Duration:
Aims: you can also indicate which week from the SOW		
Outcomes:		
Resources: e.g. weapons		
Timings	Instructor activity	Student activity
By the clock or duration	What will you do and how will you do it	What will you get the students to do. How will you assess what they have learned?

56

Sample Scheme of Work

Date	Title/ Theme	Aim	Content	Linked skills	Resources

NB: EACH ROW IS A LESSON

July 2021

Aikido Alliance UK

Slide No 57

57



Aikido Alliance UK

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

58



59



60



61
