



## Instructor Update Course Notes 2011

By Master Paul McPhail

The purpose of the course is to keep you “updated” with any new techniques or changes to the syllabus, and to “update” your Instructors Certificate.

This year’s course covers the following topics:

- Increasing flexibility training in our sessions and understand the importance of muscle flexibility. To learn stretching routine.
- Importance of core strength to maximize Taekwon-Do performance
- Technical refinement to key movements in patterns
- Instructor/student relationship, instructor behaviour and email etiquette.
- Marketing plan (presentation by our CEO, Mr Mike Thompson)

### FLEXIBILITY

Your muscles are like springs - like a rubber band that is stretched and then let go. Tight or weak muscles won’t be able to complete the natural cycle of fully lengthening and shortening when performing movements. They won’t be able to store high amounts of elastic-strain energy. The aim is to have your muscles free to move with strength, so they should be **long** and **strong**. This gives you spring.

Introduce flexibility as part of your training session, not just as a warm-up or cool-down. Warm up for at least 5 minutes with light running, TKD movements or a game, then perform the stretching routine.

You can use static stretching flexibility in the cool-down phase of training as well, however this may not always work well because:

- You can run out of time at the end of class
- Students can be too tired at end of class to put in a good effort with concentration
- The body can stiffen up after more than an hour’s training, especially with older members

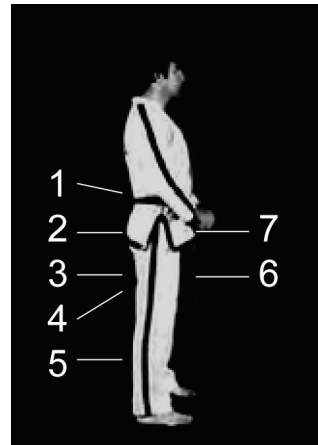
## When stretching, keep these points in mind:

- When you stretch pay attention to your posture and breathing.
- Hold the stretches for 30 - 60 seconds. This allows time for the brain to get the message of what you are trying to do and the muscle reflex to ease off. It also gives time for your muscle to further heat up, allowing elasticity to return.
- Try and relax the muscle you are stretching.
- Stretch the strong buttock and hip muscles first (see sequence below).

### Stretching Routine

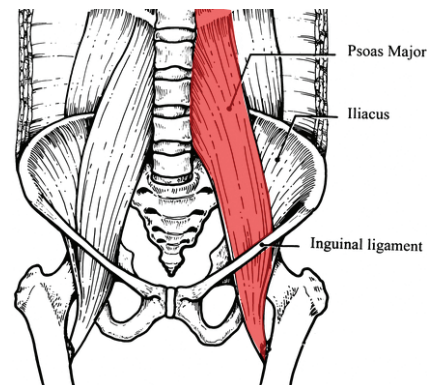
Start with the lower back, moving down the back of the body then back up the front, finishing with the hip flexors.

1. Lower back
2. Gluteus
3. Hamstring
4. Adductor
5. Calf (high and low)
6. Quads
7. Hip flexors (psoas)



NB. The psoas travels from your spine to your femur, and is the link between your body to your legs. A free psoas gives you over-all balance and the power to move, lift and kick properly. A tight psoas muscle affects your posture, balance and power, and can even affect your breathing.

The core of your body should be balanced around a free psoas muscle. The psoas more than any other muscle has the potential to disrupt your internal power.



## CORE STRENGTH / CENTERING

Movement should spring and flow from your centre. When you are strong in this area you generate and transfer power quickly. Fast movements require a strong power centre. The faster you move; the greater are the forces your spine has to manage and transfer between your arms and legs. Your deep abdominal muscles must be strong to counterbalance movement around your lumbar spine.

Correct breathing is important in Taekwon-Do. Your breathing influences your movement power. The diaphragm and abdominal muscles work together to stabilize your core, and generate more power. When you breathe correctly, you increase the amount of oxygen you supply to your muscles, which boosts your performance. Between movements breathe deeply allowing your tummy to swell and your chest to expand.

When you execute techniques breathe out and stop your breath, while pulling your tummy button up and in towards your spine. This helps to stabilize your lumbar spine.

- Core strength push test in parallel and walking stance
- Core strength exercises:
  - Upper Abs: Crunches
  - Lower Abs: Pressing lumbar spine into floor (10 secs, 10 reps)  
[feet down, 1 leg up, both legs up]
  - Lower back & Abs: Prone holds
  - Lower back: Lying arm & leg lift (hold 5 secs, 5 reps) and Kneeling

Other Strength Exercises:

- Legs: Squats, Lunges, Reverse Lunges
- Arms / Chest: Press-ups – variations

## TECHNICAL UPDATES

Remember "Practice makes Permanent"

- Walking stance back foot position and L-stance front foot position.
- Always maintain foot over second toe.
- Backward motion positions and timing.

### Intermediate positions and techniques:

- Cross the forearms in front of the CHEST for:  
Outer forearm / inner forearm side block, Twin Forearm Block (left going left), Forearm low block, Backfist side strikes on walking stance, L-stance and Sitting stance.
- Cross the forearms in front of the RIBCAGE for:  
Palm hooking block, Knifehand low block, X-stance backfist side strike.
- Cross the forearms in front of the FLOATING RIBS for:  
Forearm rising block, Knifehand rising block.
- Cross the forearms in front of the Lower Abdomen for:  
Circular block (inner forearm forms straight line with opp shoulder)
- Cross the forearms in front of the Epigastrium / Solar Plexus for:  
Backfist sideback strike, Parallel blocks, Reverse knifehand w-shape block, Side front block.
- Front elbow strike starts with both sidefists faced downward
- Double forearm block - starts with back arm fist at should level, other arm lower
- U-shape block, starts with palms upward
- Knifehand checking block, starts with palms facing each other
- Turning kicks - to "side front" except for Choong Moo movement 17.

## **INSTRUCTOR / STUDENT RELATIONSHIP**

Taekwon-Do etiquette should be taught by all of us, so that the moral and cultural values can enrich the quality of our students' lives. Etiquette is taught by example, as upright conduct and humility.

### **Instructors' Attitude**

Every movement of the instructor is being watched closely by the students. They want to follow their instructors very closely. Instructors must at all times make an effort to set an excellent example to others.

### **General Etiquette:**

#### **In Public**

Always try to use proper language in your conversation and maintain good or normal spoken language. On all occasions, in whatever relationships you have (e.g. teacher-student, worker-boss, etc.) always maintain and display good etiquette.

#### **During Conversation**

Ensure that you use the correct and appropriate language.

When speaking to others, do not talk in an abrupt, violent or aggressive manner. Speak with humbleness. Always remember to address a person with a proper title.

Always be a good listener. Do not cut in on someone else's conversation. When giving an opinion, think very carefully beforehand.

#### **Socially**

If you are introduced by a friend to a VIP, let your friend complete the introduction first before you speak.

When shaking hands, junior students must wait until the senior extends his hand first. A junior must never be the first to extend the hand to the senior. When shaking hands, do not hold too tight (or loose) or for too long.

Instructors must show respect to the members for their outside status, professions or achievements. Members may not only be students of Taekwon-Do. In other fields they may be Masters. Respect them as individuals.

### Etiquette Basics in the Do Jang:

- All students must bow to seniors on arrival in the do-jang
- When entering a Do Jang, bow first to the Instructor, then the assistant instructors and finally the senior members. Even when visiting other Martial Arts Do Jang, our students must show proper respect and observe the traits of modesty and courtesy at all times.
- Acknowledge seniors, even if they are out of dobok or out of the dojang.

### Electronic Etiquette

- Teach your students the dangers of Facebook / social networking. (Remember who your “friends” are and adjust your language accordingly)
- Always address your seniors as Sir, Ma’am or Surname in emails, unless you are personal friends and have agreed to be on a first name basis.
- Be respectful and consider your audience. Remember that your readers may include current members of varying ages, backgrounds and beliefs. Readers may include our own Masters and Senior’s, or even interested parties from overseas. Consider that before you publish and make sure you aren’t offending any of those groups.
- Be responsible for what you write. As a member of ITFNZ Inc. you must be responsible for your published words and show refrain and common sense when needed. Exercise good judgment. Refrain from comments that can be interpreted as slurs, demeaning, inflammatory, etc. Always think twice before hitting ‘send’.