

Coach the coaches

Introduction by SAUK Chair Scott Allbright

British Aikido Board (BAB) requirement

Since joining the BAB as Shodokan Aikido UK (SAUK), we have promoted the BAB Coach level 1 course (CL1). This course is designed to give people new to coaching the skills and tools to begin to coach. People can attend the course from 1st kyu. The course is aimed at people who assist chief instructors or are thinking about starting a new club. It is the minimum compulsory requirement to instruct aikido anywhere in the UK, set by the BAB, the only aikido body recognised by Sport England.

Regular chief instructors and senior instructors should hold or be working towards CL2 and CL3.

Shodokan Aikido UK requirement

The BAB courses are generic for all aikido, covering aspects such as legal responsibilities, professional conduct, lesson planning, coaching groups, etc.

They do not teach someone specifically how to deliver shodokan aikido.

We are fortunate because Tomiki sensei did the majority of our work for us, developing a very robust system of training. But all martial arts can suffer from becoming insular. My instructor was taught this way, so I teach this way, and my students will teach this way, and so on.....

Coach the coaches has been designed to ensure that all our instructors can benefit from a wide range of teaching methods, whilst adhering closely to the shodokan system. None of the coaches are being tested. It is purely a means of pooling together the knowledge and experience of all shodokan instructors, and trying things out on a pool of willing kyu grades.

At the end of the day, we all want to produce as many shodans (our future coaches and club instructors) as possible in an efficient and effective way.

Whilst *Coach the Coaches* is not a compulsory requirement, as the Chair of SAUK and one of its senior instructors, I would strongly recommend that all instructors attend these courses. The courses follow specific themes, which will be announced on the website in advance. There may be a specific part of the system that you are not completely sure of, or just want some new ideas on how to deliver. If topics do not appear that you would like to be covered, please inform contactsauk@gmail.com. We would also encourage you to run your own courses.

I look forward to seeing you at the courses.

Coach the Coaches format

The format is over 1 day, as follows:

Theory - MORNING (a minimum of 2 hours is recommended)

Aims:

- 1) check consistency of the skills being taught;
- 2) share best practice amongst coaches;
- 3) experiment with different coaching styles, methods and exercises in a non pressured environment.
- 4) introduce higher grades to coaching (from 2nd kyu onwards).**

Practice - AFTERNOON (a minimum of 2 hours is recommended)

Beginners and lower grades are invited to join the class.

Coaches are allocated 15-minute blocks to coach a small group (a minimum of 4 is recommended), including taiso + stretching.

Several coaches can coach different groups at the same time.

Feedback is then given by fellow coaches and the senior coach.

The process is repeated throughout the afternoon to give trainees a chance to improve on previous performance.

Debrief - AFTERNOON (a minimum of 15minutes is recommended)

8 courses were run in 2013 and 2014:

- 1) how to teach kihon no tsukuri for kansetsu waza - as per grading syllabus, but also linking up with Hiji Mochi no Kuzushi, and randori.
- 2) how to teach kihon no tsukuri for atemi waza - including different timing opportunities.
- 3) how to teach Kihon kozo and how to relate it to the rest of the system and syllabus.
- 4) how to teach weapons from beginners onwards.
- 5) how to teach breakfalls from beginners to shodan level - koho, yoko, zempo kaiten; tobu, falling leaf, oshitaoshi.
- 6) how to teach kata - using Randori no Kata in 2 hours from beginners onwards.
- 7) How to teach randori for different groups (juniors, beginners, older people, national squad, elite before competition, etc).
- 8) how to teach breakfalls - more advanced: tobu, spiral falling leaf/tentai oshitaoshi, reverse falling leaf.