

## TAC Sports Mixed Martial Arts Curriculum

### MISSION STATEMENT:

***Developing peacemakers who radiate courage and compassion while having the practical skills of self-defence.***

Understand that children, like anyone else, will have difficulty standing up for themselves verbally if they fear that they could not defend themselves physically. It is essential that they gain a basic knowledge of self-defence in order to have the confidence to stand up for themselves verbally, without fear of being hurt.

*“The more you learn how to fight, the less likely you are to ever need to.”*

A good Martial Arts Instructor is :

Stern, yet fun  
Loud, but never angry  
Compassionate, yet challenging  
Confident, but never arrogant  
Authoritative, yet friendly  
Energetic, but never obnoxious  
Always respectful and always mindful.

Pillars of education:

**Respect**  
**Confidence**  
**Urgency**

Student Creed *(to be said at the beginning and end of every class):*

- 1) I promise to become the best possible person I can be.
- 2) I am kind, confident and strong.
- 3) I will practice Martial Arts with mindfulness and dignity.
- 4) Safety and respect will be number one.

*What is your goal?*

PERSONAL BEST!

**\*\*Say it slowly with them until they learn it. You can print out sheets for each child to take home and practice. Once they get it, count them through the 4 sentences.\*\***

Crede d'étudiants (*a dire au début et la fin de chaque class*):

- 1) Je promet de toujours être mieux que j'étais hier.
- 2) Je suis gentil(le), confiant(e) et fort(e).
- 3) Je vais pratiquer les arts martiaux avec concentration et intégrité.
- 4) La sécurité et le respect sera mes priorités.

*Quel est votre but?*

LE PROGRES CONSTANT!

**IMPORTANT NOTE: If students leave our classes having learned one thing and one thing only, it's discipline, and of course respect. Strive to teach these things in everything you do.**

### **Introduction:**

Explain the three different styles of Martial Arts that we will be studying:  
Shotokan karate, Muay Thai kickboxing, and Jiu Jitsu.

Give a brief description of these three styles of Martial Arts:

- Shotokan Karate is a very traditional style of karate that comes from Japan.
- Muay Thai kickboxing is a style of kickboxing that comes from Thailand. Muay Thai means "the art of eight limbs".
- Jiu Jitsu is a style of ground fighting that comes from Brazil.

"We're going to be learning some Japanese words."

- Sensei - teacher
- Yoi - ready position
- Kyotski - attention
- Rei - bow
- Ossu - "Ok, I understand." It's a form of acknowledgement
- Kiai - Yell of spirit

Structure for each class:

- Bow in
- Student Creed
- Breakdown of the class/ intro/ chat
- Fun 10 minutes warm up
- Basics
- Partner work
- Basics

- Partner work
- Self-defence / chat
- "Game" to practice some kind of martial arts technique or skill:
  - Horse stance game (back to back with a partner - balancing a pad on head - army crawl through the legs race - etc.)
  - Rally races with the pads
  - Partner exercises
  - Obstacle course
  - Workout stations
  - Knee touch game (sparring)
  - Crazy horse game (jiu-jitsu)

## **Different Areas to Cover**

### 1. Shotokan Karate - see video training Part 1

#### *Beginner:*

- How to make a fist
- Natural punch
- Horse stance
- High block
- Low block
- Palm strike
- Back fist
- Front kick
- Front stance

#### *Intermediate:*

- Reverse punch
- Outside middle block
- Inside middle block
- Back break fall
- Side break fall

#### *Advanced:*

- Shuto block
- Back stance
- Hook kick
- Side kick
- Front break fall
- Pressure points

- Spin hook kick and jump kicks (front scissor, side and roundhouse) can be taught at any level, mainly for fun and coordination.

## 2. Muay Thai Kickboxing - see video training Part 2

### *Beginner:*

- Fighting stance
- Bouncing
- Jab punch
- Cross punch
- Forward knee strike
- Ducking

### *Intermediate:*

- Footwork/moving with a partner
- Hook punch
- Upper cut punch
- Horizontal elbow strike
- Vertical elbow strike
- Sideways knee strike
- Deflecting (jab and cross - slip and tap away - the smaller the movement the better)

- Flying sideways knee strike can be taught at any level, mainly for fun and coordination.

## 3. Brazilian Jiu Jitsu - see video training Part 3

### *Beginner:*

- Rolling
- Shrimping
- Bridging
- Full mount
- Side mount
- Guard

### *Intermediate:*

- Escaping the full mount
- Passing the guard
- Escaping the sidemount

- “Free roll” / grappling : transitioning from each position; learning how to get into the better position.

#### 4. Self-defence - see video training

- What's the difference between familiar/controlled environments and unfamiliar/uncontrolled environments?

##### Basic self-defence (self-defence for familiar/controlled environments)

- What is bullying?
  - What are the 4 main types of bullying?
    - physical:
      - Anything that hurts another person physically: punching, pushing, kicking, shoving, pinching, pulling hair, slapping, scratching, flicking, etc.
    - verbal:
      - Distinction between teasing and taunting
        - Teasing is okay! Teasing is when you call someone a name but you're trying to make them feel good about themselves.
          - Examples: Wonder Woman, Speedy Gonzales
        - Taunting is not okay. Taunting is when you call someone a name but you're trying to make them feel bad about themselves.
          - Examples: Slow poke, weakling...
    - social:
      - Scapegoating
        - When a bunch of children gang up on one child and decide to always blame him/her for incidents in the classroom when it was really not they're fault.
    - cyber
      - Confidence is the #1 deterrent for bullies.
- How to verbally stand up for yourself (Hey, don't do that again.)
- How to escape a front choke without using violence (letter "U")
- Same side wrist grab (hand back like combing hair - elbow in/vertical elbow)
- Cross hand wrist grab (hand wraps around and grabs followed by armbar)
- Back hand wrist grab (similar to same side wrist grab - step back and butt out)

##### Intermediate self-defence (self-defence for uncontrolled unfamiliar environments)

- You are not a ninja. When do we use our self-defense? (When it's a life or death situation. If a stranger wants your money, and you have no one to help you and nowhere to run, you give them your money. Only when they want YOU do you need to defend yourself as best as you can.)

- Front choke self-defence (Step back into front stance, double high block, grab around - grab own wrist - knee strike)
- Rear choke self-defence (drop horse stance, front stance away, elbow, grab shoulder, throw - cover break fall beforehand)
- Bear hug grab self-defence (grab wrist, turn elbows in, drop horse stance, elbow and spin out, grab shoulder with hand that elbowed, punch)
- Side grab self-defence (hands up, back fist, same arm goes around opponent's arm - fist against own body or elbow lock - turn towards opponent and sweep to takedown, finish with punch - cover breakfalls first)
- Hair grab self-defence (both hands on opponent's hand - elbows in - shift to outside, roundhouse kick, sweep, finish with punch - cover breakfalls first)
- Defense from a straight punch to the head (attack: step back front stance low block, step forward lunge punch - defence: step back front stance high block, reverse punch, step behind sweep take down, finish with punch)

After takedowns, always place one knee in partner's side so as to keep them on the ground. Before self-defence involving takedowns, be sure to cover break falls.

## **Martial Arts Achievements**

- **Personal Best**
  - Student has demonstrated their personal best and is always eager to learn.
- **Accuracy**
  - Student has demonstrated a great ability to hit the appropriate target with accuracy.
- **Endurance**
  - Student has demonstrated excellent endurance during warm-ups and other physically demanding exercises.
- **Best Balance**
  - Student has demonstrated great physical balance.
- **Crazy Kicks**
  - Student has very good form, effectiveness, and control when throwing kicks.
- **Perfect Punches**
  - Student demonstrates excellent form, effectiveness, and control when throwing punches.
- **Stable Stances**
  - Student has developed incredibly stable and strong stances.
- **New Skill**
  - Student has demonstrated quickness of execution for one of the learned skills.
- **Threat Detector**
  - Student has grasped the Street-Smart rules and Safety tips discussed in class.
- **History Specialist**

- Student has demonstrated a very good understanding of the history and origins of martial arts.
- **Japanese Speaker**
  - Student has demonstrated an excellent knowledge of the Japanese terminology learned in class.
- **Helper**
  - Student has demonstrated selflessness in the way he or she interacts with others.
- **Leader**
  - Student has demonstrated great leadership qualities.
- **Respect**
  - Student has demonstrated respect towards everyone, no matter what.
- **Focus**
  - Student has demonstrated incredible focus while practicing martial arts.

### **Weekly Focuses:**

These are only guidelines. You may modify the progression based on the students and the time you have. Also, be sure to always review what you've learned in the previous class. You don't have to do the same things every single time, but do review techniques and self-defence learned in previous classes. We never learn something once, or twice, and then forget about it. REPETITION IS KEY. So is fun and creativity...

Every class should be structured in the same way:

- Discussion (Martial Arts, Bullying, Confidence, Safety, etc...) / 5 mins
- Line up; Bow - 1 min
- Warm-up / 10 mins
- 1 or 2 basic techniques / 5 mins
- Practice either with partner or on pads / 5 mins
- 1 or 2 basic techniques / 5 mins
- Practice either with partner or on pads / 5 mins
- Self-defence drills / 10 mins
- Fun team exercise or game / 5 mins

- 1) Intro to Martial Arts: What is it? Where does it come from? What different styles will we be studying?
  - a) Japanese terminology
  - b) How to make a fist
  - c) Bow
  - d) Natural punch
  - e) High block
  - f) Horse stance

- 2) What is bullying? What are the four main types of bullying? The importance of confidence. Share stories. Differentiate different scenarios with INTENTION.
  - a) Japanese terminology
  - b) Low block
  - c) Front fighting stance
  - d) Front kick
  - e) How to verbally stand up for yourself (Hey, don't do that again.)
  - f) How to escape a front choke without using violence (letter "U")
  
- 3) Review the three main styles of Martial Arts we are studying; why is it important to know them?
  - a) How to bounce in a fighting stance
  - b) Back fist
  - c) Palm Strike
  - d) Forward knee strike
  - e) Jab
  - f) Cross
  
- 4) Understanding the difference between S.D for familiar/controlled environments and S.D for unfamiliar/uncontrolled environments.
  - a) Roundhouse kick
  - b) Outside block
  - c) Sideways/Horizontal elbow strike
  - d) Same side wrist grab S.D (hand back like combing hair - elbow in/vertical elbow)
  - e) Bouncing in a fighting stance with a partner
  - f) Knee touch game (intro to sparring: learning how to move the body in a defense manner)
  
- 5) Learning about self-defence for uncontrolled/unfamiliar environments - the talk : "You are not a ninja...yet..." - how to defend against strangers and WHEN to defend against strangers.
  - a) Front stance
  - b) Front choke self-defence (Step back into front stance, double high block, grab around - grab own wrist - knee strike)
  - c) Hook punch
  - d) Rolling
  
- 6) Breakfalls - why it is important to practice how to fall properly.
  - a) Rear choke self-defence (drop horse stance, front stance away, elbow, grab shoulder, throw - cover break fall beforehand)
  - b) Upwards/Vertical elbow strike
  - c) Upper cut
  - d) Deflecting



- 7) Intro to Jiu-Jitsu + bear hug grab S.D
  - a) Shrimping
  - b) Bridging + rolling
  - c) Bear hug grab self-defence (grab wrist, turn elbows in, drop horse stance, elbow and spin out, grab shoulder with hand that elbowed, punch)
- 8) Intro to Jiu-jitsu: 3 basic positions + side grab S.D
  - a) Learning the three basic positions in jiu-jitsu
  - b) Side grab self-defence (hands up, back fist, same arm goes around opponent's arm - fist against own body or elbow lock - turn towards opponent and sweep to takedown, finish with punch - cover breakfalls first)
- 9) Jiu-jitsu continued + hair grab S.D
  - a) How to escape the 3 basic positions
  - b) Hair grab self-defence (both hands on opponent's hand - elbows in - shift to outside, roundhouse kick, sweep, finish with punch - cover breakfalls first)