Students Working At Teaching

Lesson 4 Worksheet

1. The Deletion Exercise:

    a. Why is it difficult to see the red when you are looking for the green?

    _____

    b. How do people get conditioned to look for the green only?

    _____

2. Teaching Technique #4: Pre-Framing. What is the purpose of Pre-Framing?
    a. _____
    b. _____

3. How to Pre-Frame:
    a. _____ are contagious. Be excited!

    b. Explain the drill or technique in a way the student can understand the _____.

4. Pre-Framing Examples:

    a. Teaching Choke Defense at a Women's Self-Defense Seminar

    "Today, I'm really excited to teach you all a choke defense. Choke defense is one of the most common attacks against women because you can't scream. Because it's such a common attack, we're going to begin today by showing you how you can easily defend this attach and get away safely. "

    b. Teaching a Side Kick:

"Today, we are going to learn an important kick called a side kick. Because we can be attached from nearly any direction, we have to lean different kicks that will help us defend these attacks. A side kick helps us defend against an attach from the side when we don't have enough time to turn and face that direction."

c. Pre-Framing Star Block Set:

"Because Karate is self-defense, the first thing I'm going to teach you is how to block and protect your face and stomach."

d. Pre-Framing Horse Stance:

"A horse stance is used for training only. We would never use a horse stance in self-defense. We use a horse stance to strengthen our legs and teach us perseverance. So let's work those horse stances and work our inner strength as well as our outer strength"

5. When do we Pre-Frame?
   a. _____
   b. _____
   c. _____
   d. _____

6. The purpose of a Teacher is to:

   a. _____. We teach people first, and then we teach Martial Arts second. A great teacher connects with their students and builds a relationship based on trust, respect and likeability. If you never want to get bored with teaching – remember that you don't teach a lesson plan, you teach people!

   b. _____. A great teacher inspires with actions as well as words. A great teacher does nothing in their actions that would disqualify themselves as a leader.

c. _____. To inspire means to “pull out”. A great teacher pulls out the student’s potential.

*** EXTRA ***

1. What does the Deletion Exercise teach us?

2. How can you learn to look for more of the good in life?