Students Working At Teaching

Level 1 - Lesson Four

Pre-Frame Examples

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."

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."

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."

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. Let's work those horse stances and work our inner strength as well as our outer strength"