

S.T.O.R.M.

Special Team of Role Models



Leadership Training Manual

Level 1

*We Do More
Than
Punching and Kicking!*



MALTA

Martial Arts Leadership Training Association



Characteristics & Responsibilities of the Ideal

MALTA Instructor Trainee

Positive Attitude Have a positive attitude in class. Have an interest in helping others. Be excited to learn and grow. Have a desire to achieve your goals.



Role Model Show you are dependable. Be strong in mind, body and spirit. Reach the goals you set for yourself. Care about people and their feelings. Begin class with everything you need. Be someone others can be proud of.

Appearance

Show confidence in front of others. Act as a positive role model. Clothing is pressed, neat and clean. Hair and nails are clean and groomed.

Outgoing Personality Be a nice and likeable person. Build positive relationships. Be happy and outgoing.

STORM students should line up in front of the class for bow in and bow out. **STORM** students are not instructors, they follow along while the Instructor is leading forms and drills. **STORM** students are made to look and feel like leaders by their Instructors; in return, they will make the Instructor's job easier by being disciplined and respectful.





STORM students perform lots of duties such as:

- Help other students find their cards.
- Collect all the student's cards.
- Learn names and sort cards.
- Help other students line up straight.
- Keep students orderly before class begins.
- Welcome newcomers to the school.
- Hold targets during drills and exercises.
- Demonstrate the Black Belt attributes.
- Motivate individual students.
- Model stretches and warm-up exercises.
- Be a positive role model for other students.



INSTRUCTOR TRAINING

The goal of a Martial Arts Instructor is to assist the students in the process of developing confidence through Martial Arts Training.

The following is a list of some of the more important qualities needed to become a well-rounded instructor.

1. **Knowledge:** Knowledge in the area of instruction is a must. An instructor must be informative; however, no matter how informative the material is, the class is only as good as the instructor's attitude on that given day.
2. **Enthusiasm:** Enthusiasm is a must. What you lack in knowledge, make up in energy – enthusiasm is not taught, it's caught. If you are not feeling enthusiastic – “FAKE IT 'TIL YOU MAKE IT”
3. **Patience:** Patience is an instructor's best friend (always end a correction with a smile).
4. **Love:** You must really care for your students.
5. **Understanding:** You must view things from a student's view point.
6. **Compassion:** You must help your students through frustrating moments.
7. **Punctuality:** Punctuality is a sign of dependability and is a must for all instructors.
8. **Cleanliness:** An instructor's uniform should be clean and pressed. Personal grooming should never be neglected.

An instructor should always be an **EXAMPLE** of the benefits of Martial Arts Training, not only in the school, but also in society.



INSTRUCTOR'S CODE OF ETHICS

Discuss with the group the following points that make up the "Code of Ethics". Add some of your own ideas to the following list:

1. **Be cheerful!** No matter how bad you might feel before putting on your gi, the moment you cinch the knot in your belt, your attitude should change.
2. Be consistent! Steady attendance is a must. The instructors and students are counting on YOU!
3. Never be un-constructively critical. Instead be constructively helpful.
4. Be a good-finder. Look for the good in the students you're helping and tell them about it.
5. Never punish – discipline instead. Discipline is done out of love; punishment is done out of anger.
6. **Give the personal touch. Understand the importance of touch, eye contact, and calling the student by name.**
7. Go the extra mile. Always give more than the expected amount.
8. Treat every student with whom you come in contact as though they are the most important person. Why?
 - a. To them they are
 - b. We should treat people that way**
 - c. They will give you their friendship and respect.



TEN WAYS TO BE MORE POSITIVE IN CLASS

Negative Phrases

"Don't let me down"

"Don't drop your leg after you kick"

"Wrong leg"

"Don't drop your guard"

"You missed a lot of classes,
you're way behind"

"Don't stop"

"You missed the glove again"

"Don't hit your partner"

"Don't bend your wrist"

"If you're not sitting straight you
won't get a turn"

Positive Version

"Make me proud"

"Make sure you recoil"

"Other leg, please"

"Keep your hands up"

"I'm glad you're back so we
can get caught up"

"Keep going"

"You almost hit it that time"

"Make sure to use control"

"Good try, next time keep
your wrist straight"

"As long as you sit straight,
you will get a turn"



ATTITUDE

Success in life is determined by attitude more than anything else!

_____ Attitude = _____ Results
_____ Attitude = _____ Results
_____ Attitude = _____ Results

What does it **mean** to have a good attitude?

Obey _____ and be _____.

Why is it **important** to have a good attitude?

*You will be more _____, have more _____,
and your parents will be _____ of you.*

Example of a good attitude:

Yes mom, I'll be _____ to.

*If it doesn't work the first time, try again (don't give up;)
homework, test, Project, etc.*

My Attitude Determines My Altitude.



The Value of Attitude

MORNING QUESTIONS

1.

2.

3.

EVENING QUESTIONS

1. _____

2. _____

The Impact of Martial Arts

1. _____

2. _____

"A Winner's Creed"

*If you think you are beaten,
You are;
If you think you dare not,
You don't;
If you'd like to win,
But think you can't,
it's almost a cinch
You won't.*

*If you think you'll lose
You're lost.
For out in the world
We find
Success begins
With a person's faith;
It's all in the state of mind.*

*Life's battles don't
Always go
To the stronger or
Faster hand;
They go to the one
Who trusts in God
and always thinks
"I CAN."*

~Author Unknown.

TEAMWORK

This fall, when you see...

When you see geese flying along in "V" formation, you might consider what science has discovered as to why they fly that way. As each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in "V" formation, the whole flock adds at least 71 percent greater flying range than if each bird flew on its own. People who share a common direction and sense of community can get where they are going more quickly and easily because they are traveling on the thrust of one another. When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone — and quickly gets back into formation to take advantage of the lifting power of the bird in front. If we have as much sense as a goose, we will stay in formation with those people who are headed the same way we are. When the head goose gets tired, it rotates back in the wing and another goose flies point. It is sensible to take turns doing demanding jobs, whether with people or with geese flying south. Geese honk from behind to encourage those up front to keep up their speed. What messages do we give when we honk from behind? Finally — and this is important — when a goose gets sick or is wounded by gunshot, and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly or until it dies, and only then do they launch out on their own, or with another formation to catch up with their group. If we have the sense of a goose, we will stand by each other like that.

"Together Everyone Achieves More"

Author: Unknown

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ATTITUDE

Whatever it takes!

Having “Whatever it takes” attitude means that you are willing to do whatever is necessary (as long as it is right and moral) in order to achieve the desired results.

Everything in life has a price. For example, the price for getting good grades in school is to:

1. _____ in class.
2. Do your _____.

Sometimes the price of getting your homework done is having to:

1. _____ TV program.
2. Stay _____ doing homework while your _____ play.

One of the most important parts of becoming a Black Belt is that it teaches us how to be successful in life. A Black Belt is a white belt that never gave up. Getting your Black Belt is having a “Whatever it Takes” attitude. For example, Black Belts didn’t just come to class when they felt like it—they came to class regularly, especially when they didn’t feel like going. You can use a “Whatever it Takes” attitude to accomplish anything.

What would you like to accomplish:

1. In Martial Arts?
2. In sports?
3. In school?
4. In life, what would you like to become?

What are you willing to do to get there?

ATTITUDE

Attitude of Gratitude

Once there were two children. One of them spent a lot of time thinking about things that made him sad. The other spent a lot of time thinking about things that made him smile.

Which one was the happiest? _____

Which one would you like to have as a friend? _____

Having an "Attitude of Gratitude" means that you think about whatever is lovely, admirable, excellent, or praiseworthy. It is taking time to appreciate your life and all the things you have.

What are you grateful for in life?



ATTITUDE

Be a Good Finder

You'll either find good or bad in everyone—it just depends what you are looking for.

Memorize everything in _____

Tell me everything in _____

Being a good finder means that you have to look for the good in all the people in your life and in all situations. Sometimes this is not easy. It's hard to look for the good in someone you don't like or someone that is different or mean to you. If you do it, however, you will find a friend in just about everyone. It's hard to see the good in a situation when something bad happens. If you look for the good, that means you will become more optimistic.

Let's try it. I'll say a negative statement and then you help me find the good,

Example #1 - "School is hard and I always have a lot of homework."

Possible Response—"Boy, you sure are going to get smart."

Example #2—I broke my arm and now I can't dribble my basketball."

Possible Response—" Now is a great time to learn to dribble with your left hand."

Whatever happens, try to find the good part by asking yourself, "What's good about this?" or "How can I benefit from this?"

GOOD HABITS

Good Habits are hard to make, but easy to live with.

Bad Habits are easy to make, but hard to live with.

It takes a conscious, deliberate effort to develop good habits.

It is hard to develop _____.

It is hard to develop _____ and not get _____.

It takes _____ to always be responsible for your actions.

But if you learn these habits, life will be a whole lot easier, more fun, and more rewarding.

On the other hand, it is easy to be _____ and _____ and not try hard.

In the long run, these bad habits will cost you a great life.

“You Don’t Have To Want To Do It, You Just Have To Do It.”

Self Discipline—Doing what you know you should do even when it is inconvenient.

Once there were two children. Neither one of them wanted to do their home-work—they both wanted to go out and play. The first one decided that he shouldn’t have to do his homework if he didn’t want to, and went out to play. The second, thought to himself, “The sooner I get done, the sooner I can play.”

Which child has Self Discipline? _____ Which child gets better grades? _____ Which child’s parents are the proudest of them? _____

GOOD HABITS

Dinner Before Dessert

Once there were two children. The first one would always eat her dessert first, and was then too full to eat her dinner. The second child ate dinner first.

Which child developed the strongest muscles? _____

Which child had the strongest teeth? _____

Once there were two different children. They were supposed to clean their room before dinner and they had enough time to both clean their room and play. The first child decided to play first and clean later. The second decided to clean first and play later.

Which child kept worrying about getting home in time to clean the room before dinner (he didn't want mom to get mad at him)?

Which child had more fun while playing?

"Dinner Before Dessert" means that you do what you should do first, and then do what you really want to do.

Successful kids grow up to be successful adults. If you develop good habits, you will carry them with you for life.

So, the next time you feel tempted to skip over something that needs to be done for something more fun, say out loud, "Dinner before Dessert," and then get busy. **You will never regret it.**



BASIC LIFE SKILLS TEST - ATTITUDE

1. What is attitude?

2. What is a positive attitude?

3. What is a negative attitude?

4. Are we born with positive or negative attitudes?

5. Who should develop our attitudes?

6. How should we try to look at events in our lives?

7. Why is it important to say things that help others feel better about themselves?

8. What kinds of things could you say in class to help others feel better about themselves?

9. How can you show a great attitude with your face?

10. How should you walk to show a great attitude?

11. How does your breathing affect your attitude?

12. Do we have a choice of attitudes or expectations?

13. Will we always be successful if we expect to be successful?

14. What's the difference between the accomplishment of positive thinkers and negative thinkers?

15. Are things easier for people with positive attitude?

CHARACTER DEVELOPMENT

YOUR FIRST IMPRESSION ON OTHERS

We interact with people throughout the day. Have you ever thought of the first impression that you leave other people with? Within the



first ten seconds of meeting you, they will form an opinion about you. The opinion may change with time, but they will always remember that ever important first impression.

First impressions can be both verbal and non-verbal. We have provided you with a checklist for both to monitor yourself.

NONVERBAL FIRST IMPRESSIONS

The way people carry themselves, the clothes they wear and their personal hygiene are all non-verbal traits that contribute to forming a positive impression. Does the person keep their hair, fingernails, and toenails groomed? Does this person dress well and smell good? Remember that when you look good, you feel good. Say for instance you are interviewing prospective employees for your business. The first applicant arrives in a suit and tie, well groomed, and smiling. The second applicant arrives looking casual, a bit disheveled, and without emotion. Which person would you initially want to work for you? It's an easy choice, isn't it? Always represent yourself well by maintaining yourself and your appearance.

VERBAL FIRST IMPRESSIONS

Verbal impressions occur when you speak with individuals or groups. Are you friendly, positive, and sincerely interested in the conversation or are you cold and uninterested? Your voice sometimes speaks louder than your words. The words you use also influence other's first impression of you. Pay attention to your vocabulary and always attempt to improve it.

EXERCISE

A partner is needed for this exercise. Your instructor will choose a partner for you but you may not be told who your partner is. Rate your assigned partner, using both the verbal and non-verbal charts for period of one week each. After two weeks give your list to your instructor. How did you rate? How did your partner rate? What did you learn about the way that you view yourself? Was it different than the way others view you?



FIRST IMPRESSION CHECK LIST

List	Day 1	Day 2	Day 3	Day 4	Day 5
Hair Cut					
Cleanliness					
Smile					
Fingernails					
Clothes					
Tone of Voice					
Greeting					
Eye Contact					
Handshake					
Back Straight					
Walking					
Smell					
Friendly					
Excited					
Positive					
Sincere					
TOTAL SCORE					
1 - Not acceptable 2 - Poor 3 - Fair 4 - Good 5 - Excellent					

CONFIDENCE

What is self-confidence?

Self-Confidence is a feeling that you can do something. It is when you believe in yourself. Self-Confidence gives you the ability to finish what you started by believing in yourself.

What does it look like?

Eye contact, posture, firm handshake, high-strong-fast kick/hand techniques, loud yell and answer, willingness to; participate, demonstrate, answer questions, etc.

How do you teach it?

Help students to achieve small goals constantly, help them prepare, give them clear goals to accomplish in the beginning of class, confirm their accomplishment often/rewards, etc.

What is it for?

To have good relations with others, to defend against criticism, to stay positive through hard times, to make family proud, etc.



BASIC LIFE SKILLS TEST - CONFIDENCE

1. What is self-confidence?

2. What would be an example of self-confidence?

3. Can you learn to have self-confidence?

4. Is self confidence something you are born with?

5. How do you get self-confidence?

6. What should you do to improve your self-confidence?

7. What is self talk?

8. Do most people have positive or negative self talk?

9. What kind of self talk will improve your self confidence?

10. What is visualization?

11. How have we used visualization in the past in our lessons?

12. What are fears?

13. How can you overcome your fears?

BASIC LIFE SKILLS OVERVIEW

GOALS

What is a goal?

A goal is a target, something you want to strive for, like getting your black belt. This goal is something you're willing to work for: getting better grades, keeping your room clean.

Whatever your goals are, make sure to write them down so you know how and when you will accomplish them.

"If you don't know where you are going, you could end up somewhere else." Yogi Berra

What do goals look like? What behavior and attitude does a student display when they try to accomplish their goal?

Work hard in every class, try to improve constantly, be eager to participate, attend classes regularly, be willing to assist in class, work out themselves, share the goals with others, can tell the date of accomplishment, focused, etc.

How to teach it? Help students set goals, recognize when they accomplish them (home, school, dojo, etc.), ask for a target date in class.



BASIC LIFE SKILLS TEST - GOALS

1. What is a goal?

2. What belt do you expect to achieve in 12 months?

3. Who wants to earn a Black Belt?

4. What is one of your other goals?

5. Why is it important to write down you goals?

6. Why don't most people write down their goals?

7. Give examples of a

Specific Goal

Motivating Goal

Achievable Goal

Relevant Goal

Trackable Goal

8. What is the difference between a short-term and a long-term goal?

9. What are the next three belts you can achieve?

10. What would be the intermediate goal to reaching Black Belt?

11. How long would that take?

12. What is your next short-term goal on the way?

13. Which of you has a long-term goal for school, work, personal?

14. What is your long-term goal?

15. How can you set an intermediate goal for this long-term goal?

16. What are some short-term goals you can set?

17. What are action steps?

18. Give an example of an action step.

CHILDREN LEARN WHAT THEY LIVE

If children live with **criticism**, they learn to **condemn**.

If children live with **hostility**, they learn to **fight**.

If children live with **fear**, they learn to be **apprehensive**.

If children live with **pity**, they learn to **feel sorry** for themselves.

If children live with **ridicule**, they learn to be **shy**.

If children live with **jealousy**, they learn what **envy** is.

If children live with **shame**, they learn to feel **guilty**.

If children live with **tolerance**, they learn to be **patient**.

If children live with **encouragement**, they learn to be **confident**.

If children live with **praise**, they learn to **appreciate**.

If children live with **approval**, they learn to **like themselves**.

If children live with **acceptance**, they learn to **find love in the world**.

If children live with **recognition**, they learn to **have a goal**.

If children live with **sharing**, they learn to be **generous**.

If children live with **honesty and fairness**, they learn what **truth and justice** are.

If children live with **security**, they learn to have **faith** in themselves and in those around them.

If children live with **friendliness**, they learn that the world is a **nice place** in which to live.

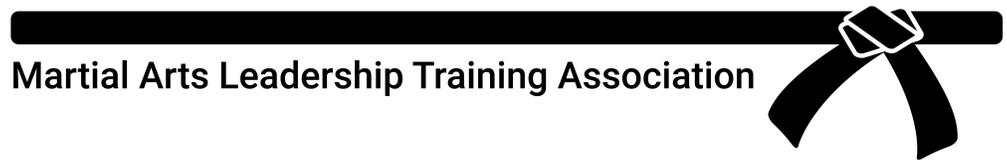
If children live with **serenity**, they learn to have **peace of mind**.

With what are your children (students) living?

-Dorothy L. Nolte



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