



AJKA-I

American JKA KARATE Association

I N T E R N A T I O N A L

INTERNATIONAL INSTRUCTOR TRAINING PROGRAM OVERVIEW

L. B. Safar – 9th dan

International Technical Director

Chief Instructor: Europe

Lead Instructor - Europe

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International Chairman

Chief Instructor: North America

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AJKA - International Instructor Training Program Overview

The AJKA-I Instructor Training Program is designed with two goals in mind. First, to encourage the formal training of karate instructors for the development of AJKA-I Shotokan Karate-do. Second, to help participants develop interpersonal, class presentation, skills necessary to motivate and guide others in their search to understand and master the art of shotokan karate-do.

Candidates are admitted to the program based upon their interest and their potential to develop into highly qualified karate instructors. The program is based on time in training, attainment of ranking, and performance of karate instruction in the candidate's own club.

Every person licensed as an instructor by the AJKA-I is required to attend and participate in at least 2 instructor training seminars each calendar year. Every effort is made to conduct these seminars at the individual's own training site, and/or national camps as to minimize travel requirements. Videos and written materials are offered as supplements to the training program.

Upon registration, each instructor training candidate is required to keep track of hours of supervised instruction. These hours should be verified with the supervising instructor as they are completed. When sufficient hours are logged for promotion in instructor grade, the supervising instructor will review the candidate's progress and forward his recommendation for promotion to the AJKA-I Chief Instructor. Upon approval, the Chief Instructor will issue the appropriate license.

Licensed Positions:

1. Unclassified Trainee
2. Instructor Trainee (Class E)
3. Associate Instructor (Class D)
4. Qualified Instructor (Class C)
5. Senior Instructor (Class B)
6. Official Instructor (Class A)

POSITION: Unclassified Trainee

An Unclassified Trainee is defined as an individual who does not meet one or more of the basic requirements for regularly licensed instructors but who a) is assisting with instruction on a regular basis or b) has been identified as having the potential to become a licensed instructor. Minimum ranking required is AJKA-I third kyu.

POSITION: Instructor Trainee (Class E Instructor)

Specific Requirements:

1. AJKA-I Shodan rank or higher.
2. Regularly assisting a Club Director for a minimum of 6 months.

Description: The Instructor Trainee performs those functions assigned by the Club Director with periodic review and formal critique by a Qualified Instructor. The duties assigned will be designed specifically for the individual's development as an instructor.

Other: The Instructor Trainee is recommended by the Club Director and approved by the Supervising Instructor.

POSITION: Associate Instructor (Class D Instructor)

Specific Requirements:

1. AJKA-I Nidan rank or higher.
2. Regularly assisting Associate or higher level instructors for a minimum of 1 year, or acting as a Club Director under the supervision of a Qualified Instructor for a minimum of 1 year.

Description: The Associate Instructor should normally be charged with full responsibility for one aspect of training within a club. ("Aspect" in this case refers to self-defense classes, children's classes, women's special classes for self-defense, the teaching of beginning students, or other aspects approved by the AJKA-I.)

Other: The Associate Instructor must be recommended by a Qualified Instructor and approved by the AJKA-I Chief Instructor.

POSITION: Qualified Instructor (Class C Instructor)

Specific Requirements:

1. AJKA-I Sandan rank or higher.
2. Regularly teaching under the supervision of a Senior Instructor for a minimum of 1 year or acting as a Club Director under the supervision of a senior instructor for a minimum of 1 year.

Description: The Qualified Instructor is charged with the primary responsibility for the training of general members in at least one AJKA-I club. The Qualified Instructor is qualified to conduct general training classes for basic, intermediate and advanced students, and assists Instructor Trainees and Associate Instructors in their development.

Other: The candidate for AJKA-I Qualified Instructor must be approved by the AJKA-I Chief Instructor.

POSITION: Senior Instructor (Class B Instructor)

Specific Requirements:

1. AJKA-I Yondan rank or higher.
2. Regularly instructing in an AJKA-I club for a minimum of 3 years.
5. AJKA-I Qualified Judge.

Description: Senior Instructors are responsible for the training and development of karate athletes and instructors in their jurisdiction, regardless of their ranks, and are qualified to conduct training seminars and regular classes for all levels.

Other: The candidate for Senior Instructor must be approved by the AJKA-I Chief Instructor.

POSITION: Official Instructor (Class A Instructor)

Specific Requirements: Official Instructor status is attained only through successful completion of the Official AJKA-I Black Belt Development and Karate Instructor Training Program or its equivalent.

Description: Graduates of the Program are qualified to conduct training seminars, regular classes for all levels, and instructors' seminars. They are actively engaged in the research and development of karate techniques and training methods, and make recommendations to the AJKA-I based on the findings of their research.

Official Karate Instructor Training Program presented by American JKA Karate Association - International

Program Objective:

The AJKA-I Karate Instructor Training Program is designed to provide the program participant with the scientific background, technical and biomechanical skills, philosophical base, and interpersonal presentation skills needed to effectively coach, instruct, and motivate contemporary karate students of all ages.

Program Description:

The program requires approximately two to three years, to completion. Classes are held on the average of every 6 weeks, and at special events such as camps and seminars. Each class is approximately four - five hours long.

Additionally, all efforts will be made to allow students opportunities to complete the missing portion of their course requirements through summer courses and/or special projects.

Upon successful completion of the entire course of study, participants will be awarded AJKA-I instructor, examiner, and judge licenses in accord with their ranking and total length of karate practice. Upon attainment of godan ranking, graduates will be awarded a Class A instructor license from AJKA-I.

This program also is designed to accelerate participants' progress in ranking. It is expected that participants will advance at least one dan level by graduation.

American JKA Karate Association - International Karate Instructor Training Program Outline

I. Qualification

Requirements

The applicant must hold Shodan (first degree black belt) or higher, or must possess technical ability equal to this, and must be at least 18 years old and a high school graduate. Exceptions to rank and age requirements may be made on a case-by-case basis.

II. Length of the training program is approximately three years.

III. Training Curriculum

1. Technical Subjects

- a. Techniques necessary for karate instructor
- b. Principles of instruction

2. Academic Subjects

- a. Research of karate techniques, philosophy, and related topics
- b. Principles of physical education

3. Others

Club organizational management, related instructor topics

IV. Training Method

1. Technical/ Academic

Trainees receive recommendations, study materials and technical information on specific topics during each class Module. A brief research report on required on assigned topics prior to the following training Module. All academic studies must be passed. Some topics may be delivered out of order.

V. Qualification After Completion of Training

All trainees who complete the training program will be issued AJKA-I instructor, examiner and judge licenses, classed according to their ranking and other qualifications.

VI. Trainee Tuition

Registration is \$ 350.00US. Tuition is \$ 30.00US per Session.

VII. Textbooks

a. Required Textbooks

The following textbooks are required for participation in the Program:

Dynamic Karate, by Masatoshi Nakayama

Karate, the Art of Empty-hand Fighting, by H. Nishiyama and R.C. Brown

Best Karate (11 Volumes), by M. Nakayama

Shotokan Karate: Its History & Evolution, by R. G. Hassell

Complete Idiot's guide to Karate: Otis & Hassell

Essential Shotokan - DVD series: Edmond Otis

b. Recommended Textbooks

The following textbooks are recommended, but not required, for participation in the program:

The Martial Arts: History, Traditions, People, by J. Corcoran and E. Farkas

Kinesiology and Applied Anatomy, by Rasch and Burke

The Physiological Basis for Physical Education and Athletics, by Fox and Matthews

Textbook of Work Physiology, by P. Astrand, M.D.

Physiology of Exercise, by H. DeVries

Stretching, by Bob Anderson

Sports Health, by W. Southmayd and M. Hoffman

c. Other readings will be assigned and provided by the faculty.

TRAINING AGENDA: AJKA-I INSTRUCTOR TRAINING PROGRAM

Module	Topics/Principles	Kata	Kumite	Report Topics - ✓ as completed
01	Introduction		Sanbon & Gohon Kumite	
02	Body Parts Used in Karate/ Organization of Karate Techniques	Heian #1 & #2	Review	1. What is Karate? 2. History of Karate-Do 3. Differences between Sports and Karate-Do
03	Stances in Karate Body Shifting Power in Karate	Heian #3 #4	Ippon Kumite	4. Organization of Karate Techniques 5. Body parts used in karate techniques
04	Body Shifting Power - Review Body Rotation Power in Karate	Review & Chinte	Review	6. Stances in Karate 7. Necessary Dynamics for Effective Stances
05	Body Vibration Power in Karate	Review	Review	8. Body Shifting Power in Karate 9. Balance and the Center of Gravity
06	Body Expansion & Contraction	Heian #5 Tekki #1	Ippon Kumite (Hand Techniques)	10. Body Rotation Power in Karate 11. Body Vibration Power in Karate
07	Punching Techniques	Review & Tekki #2	Review	12. Body Dynamics Overview - 6 body actions 13. Body Expansion and Contraction in Karate
08	Kicking Techniques	Bassai Di & Hangetsu	Ippon Kumite Foot Techniques	14. Punching Techniques
09	Blocking Techniques	Kanku Di & Jion	Jiu Ippon Kumite	15. Kicking Techniques
10	Striking Techniques	Review	Review	16. Blocking Techniques 17. Reaction Force in Karate Techniques
11	Unbalancing Techniques Throwing Techniques	Gankaku & Jutte	Jiu Ippon Kumite (Hand Techniques)	18. Joints and Muscular Movements in Important Upper and lower Body Techniques 19. Striking Techniques
12	Evasion Techniques and review	Empi & Sochin	Review	20. Techniques of Breaking Balance 21. The Relationship Between Distance and Timing
13	Tournament and Competition: Rules of Kata & Kumite	Refereeing: Kata Contest	Refereeing: Kumite Contest	22. Psychological State and its Effects on Techniques
14	Combination Techs. Offensive	Review & Wankon	Jiu Ippon Kumite (Foot)	23. Judging Karate Contests - kata/kumite

15	Combination Techniques Defense	Unssu & Review Jitte	Jiu Kumite	24. Difference Between Physical and Non-Physical Development Training 25. Value of Karate in Human Development
16	Self-defense training and principles	Review	Review	26. Management of Health for Karate Practitioners 27. Prevention and Treatment of Injuries
17	Instruction of Kihon	Bassai & Kanku Sho	Jiu Kumite (hand tech)	28. Karate and Self Defense 29. Psychological State and Reflex Action
18	Instruction of Kata	Kata bunkai	Jiu Kumite (foot tech)	30. Karate Training and Mind Concentration 31. Karate and Personality
19	Instruction of Kumite	Niju Shiho	Jiu Kumite (breaking balance)	32. How Basic Sparring Develops Self-Defense
20	Ranking Examinations	Bassai Sho	Jiu Kumite (offensive)	33. Characteristics of a Good Karate Instructor 34. Karate And It's Effects On Physical Development
21	Presenting Technical/ Scientific/ Research Topic	Present	Present	35. Kata, Kihon, Kumite - How Do They Work Together? 36. Karate Ranking Examinations
22	Teaching traditional karate Teaching competition	Review & Jinn	Jiu Kumite (Defensive)	Independent Research Subject
23	Conducting Class with students of low rank, intermediate rank, and advanced rank Teaching Children	Review & Meikyo	Review	37. The Most Ideal Psychological State for Students in Group Instruction 38. Motivation and Ways of Strengthening It
24	Conducting Classes vs. Clinic and Seminars Organization and Performance of Demonstrations	Review Tekki #1-2 Tekki -3	Jiu Kumite Tactics and Strategy	39. Preparation of Training Schedules 40. Teaching different levels and ages.
25	Organization of competitions	Review Shorin Katas	Review	41. Mutual Influence between Oriental Culture and Martial Arts 42. Uses of Training Equipment
26	Final Review and Discussion with Qualified Candidates	Review of Shorei Katas	Jiu Kumite (Psychology)	43. What is Karate?

Other Class Requirements: All candidates for graduation must attend and pass additional clinics on the following subjects:

Cardiopulmonary Resuscitation (CPR)
Emergency Cardiac Care (ECC)

Taping For Athletic Injuries
Red Cross First Aid Level 1

ADDITIONAL SUGGESTED BIBLIOGRAPHY:

Textbook of Anatomy & Physiology
Anthony and Thbodean
The C.W. Mosby Co.

Textbook of Work Physiology
Per-Olof Astrand, M.D.
McGraw-Hill Book Co.
New York

The Heart of Karatedo
Shigeru Egami
Kodansha International, LTD
Tokyo, Japan

Karate Do: My Way of Life
Gichin Funakoshi
Kodansha International, LTD
Tokyo, Japan

Fighting Arts of the World
John Jolan Gilbey
C.E. Tuttle Publisher

Function of Human Body
A.C. Guyton, M.D.
W.B. Saunders Co.
Philadelphia

Karate's History & Traditions
Bruce A. Haines
C.E. Tuttle Publisher

Complete Idiot's Guide to Karate
Otis & Hassell
Alpha Books

Karate: Zen, Pen, and Sword
Randall G. Hassell
Focus Publications

Karate Ideals
Randall G. Hassell
Focus Publications

The Karate Spirit
Randall G. Hassell
Focus Publications

Shotokan Karate: Its History & Evolution
Randall G. Hassell
Focus Publications

Dynamic Karate
Masatoshi Nakayama
Kodansha International, LTD
Tokyo, Japan

Karate: The Art of Empty Hand Fighting
Nishiyama and Brown
C.E. Tuttle Publisher

The Textbook of Modern Karate
T. Okazaki, M. Stricevic
Kodansha International, LTD
Tokyo, Japan

What Is Karate?
Masutatsu Oyama
Japan Publications Trading Co.
Tokyo, Japan