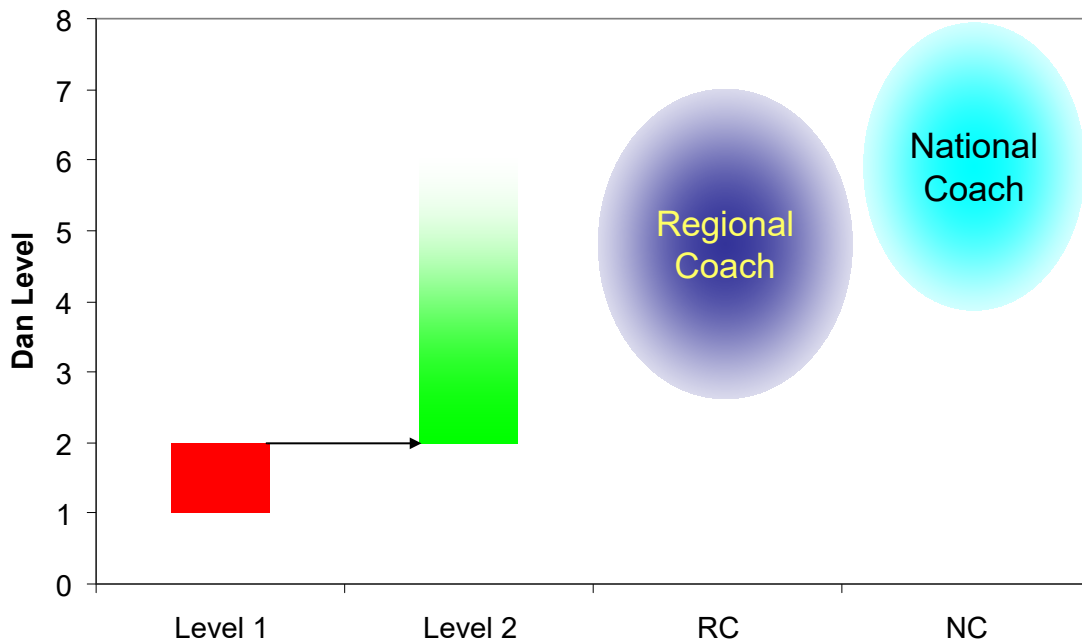


BKA Iaido and Jodo Coach Level 2 Course Introduction

Welcome

To the Level 2 Coaching Course.

Before this document begins to tell you what is in the course, let us think about why the course exists and what is the course.



We would like you to make a clear contrast between what you learned and emotively signed up to with Level 1 and the commitment you will make for Level 2 - this commitment is a contract with yourself.

Looking back at Level 1, the course was designed with compliance in mind i.e. to imbue candidates with the skills and knowledge to safely do anything from opening a dojo to assisting their own teacher.

The strapline for Level 2 is "**Coaching Athletes**" - what do we mean by this?

We mean that Level 1 was made to capture all the factors and conditions required at a minimum to coach and everything below that. Level 2 aims at everything above compliance and is meant to be the final piece of formal coaching learning that the BKA

will provide - everything else you will learn as you do more coaching. Furthermore, why shouldn't we remove all boundaries and limits to how good a coach we can become? Some of the people who have coached the BKA National Squad members to go to Europe and frequently win medals have had no more formal coaching instruction than Level 2. We should consider Level 2 to be the stepping stone from which we can do anything with coaching even to the point of coaching this country's top representatives in the martial arts.

Now for the hard part. We consider your attendance of the course to be a conclusive part of the Level 2 Coach development - it is the preparation and effort that you make before the course which will concrete your position as a Level 2 Coach. For example showing that you have gained some coaching experience by production of a valid coaching log and demonstrating that you have carried some coaching research through a good research project will prove to the course tutors that you are experienced and educated to the Level 2 requirements. We should emphasise that passing the Level 2 Course requires commitment to the following criteria:

1. Prior coaching experience
2. Pre-course study and production of research project
3. Active participation at the course
4. Commitment to further development through the production of a valid Continued Coaching Development Plan.

Hopefully Level 2 will eventually lead you to Regional Coach and National Coach status but along the way it is our hope that you will consider your coaching skills and level as something which works in harmony with your martial arts dan grade, achievements and level. It is a development that has no formal gradings other than those experiences you encounter in your role as a coach. It has no competitors other than yourself. But it does have mentors, it does have role models, it does have world-class leaders; some are within the martial arts and some out of it. We hope it is something that you will enjoy doing and will pass onto others while you set yourself greater and greater challenges as you improve.

We thank you for your participation in this and look forward to working with you.

Preamble

Coaching ability development requires firstly basic knowledge and skills to be acquired and then ways to be found of applying them in practical situations. A newly qualified Coach Level 1 should have basic knowledge and be looking to increase it through their own practice and teaching. Someone intending to take Coach Level 2

should be well into the practical application of basic knowledge and feel comfortable and confident with it.

Reflection upon experience now becomes important, as this should lead to reworking and differentiating some of their material and the acquisition of more advanced knowledge and skills and a sense that they can begin to mentor less experienced coaches.

The Major Aims are to enable candidates:-

(i) to review their coaching to date, in particular the teaching of students of different ages and gender.

(ii) to reinforce their own learning skills such that these can be passed onto those being taught.

(iii) to help plan and run a dojo programme of practices.

(iv) to become a mentor to other coaches

Precourse

The recognition of a Level 2 Coach comes about from 4 elements:



Thus it is necessary to prepare well for this course, participate and enjoy the course and think and work on continually developing your coaching skills. Therefore before the course you are required to:

1) Produce evidence of **at least 26 hours of coaching** over a reasonably period of time e.g. in one year. The sheet included in this package can be used (**IJC02-03 Coaching Log**) or you may choose to design and use your own. These should include if possible records of discussions with your mentor or other coaches. They should be signed by your dojo leader or a Regional/National Coach if you are the leader. The records will be signed by the course tutors and so **must** be brought to the course.

2) Examine your records

(i) identify two positive things you have learnt from your students about your coaching

(ii) identify two things you have found difficult in your coaching.

Write these down as concrete examples with your thoughts on attached document **IJC2-02 Coaching Experiences Review**. This sheet will be posted at the course for sharing and the regional coach will be required to sign off the work as having been completed and feedback may be given by the coach.

3) Design your own kata.

You will be required to teach a new kata, either iaido or jodo, to a number of your course colleagues. Develop a relatively simple kata and think about the important points within it. If you did this for your Level 1 Coaching Course then you may wish to reuse this kata. This need not be a complex technical process; you will not be examined as to the practical value of your kata, it will merely be used to develop your coaching skills.

4) Using what resources you can find and trust, research and write a short paper on some aspect or subject of coaching in the martial arts. Subjects may include (but not be restricted to):

- Video/IT use
- Physiology
- Nutrition
- Physical and mental performance
- Coaching physically impaired
- Political correctness and related issues
- Training through injuries
- Academic learning routes

Only one to two sides of A4 are required.

You will be asked to provide a short (no more than 10mins) presentation of your subject at the course. Again this need not be an intricate production; you will be asked questions about your subject and you may wish to prepare a visual presentation although it is not compulsory. Please do not assume that a PC and projector will be available at the course.

5) Read all the attached material and complete any exercises where required to do so.

We would also ask you to re-read all of your Level 1 Course notes before this course. This may sound like a weighty task but it is important that:

- You are ready to receive new information on top of aspects that you are fully conversant with.
- You acknowledge to yourself how much you have moved on since taking the course.

Note: Much of the coursework material makes reference to kendo when talking about the art practiced. Please consider that kendo refers to all of the arts we practice in this context.

On the Course

You need not study the course agenda however should you be interested the following plan will be adhered to as closely as practicably possible:

Time	Subject
10:00	First Meeting Introduction, organisation and timings for the day.
10:10	Session 1 – Mental Warmup
10:30	Session 2 – Presentation of Research Project
11:30	Break

11:40	Session 3 - Coach and improve using video technology
12:20	Session 4 – Coaching with Sensory Deprivation
12:55	Lunch
13:15	Session 5 - Kinaesthetic Training Improvement
13:45	Session 6 - Preparing a taikai or shinsa
14:30	Session 7 - Paving the way to gradings and taikai for students - brainstorm
14:55	Session 8 – Improving flexibility and performance through enhanced warmups
15:40	Session 9 – Q&A Session
16:15	Session 10 – Continued Coaching Development – Review progress, plan future
16:25	Session 11 Course Evaluation and Sign-off

The course is set to start at 10:00am (unless otherwise advised) and finish around 17:00. Please ensure that you are able to commit to staying for this duration. We cannot sign off candidates who do not attend the whole course.

You will also need to bring:

- Your course notes printed off and bound or in a folder for easy reference during the course.
- Your martial arts training wear (you may wish to wear light comfortable clothing or your keikogi, either is okay).
- Whichever weapons you are planning to use for your kata delivery
- Lunch and refreshments

And you may also wish to bring:





























- A video camera
- Presentation delivery equipment if needed





For the Level 2 course it has been deemed useful to point out to the delegates which objectives they are fulfilling during each unit. This has been introduced in the hope that the benefits of the course, including building more confidence in coaching to the delegate, are made clear. On the next page you will find a list of course objectives. We ask that you ask your course tutors to remind you at the end of each session which objectives were under focus and for you to fill in one box for each objective exercised. At the end of the day you will be able to see which objectives were easily met and which ones you may wish to focus on for your Continued Coaching Development.

We look forward to seeing you at the course.

Course Objectives Fulfilled

Please also think of 3 other objectives that you have from your coaching development and fill them in the last three lines. Fill in the boxes appropriately if you think as session has addressed one of your personal objectives.

<ul style="list-style-type: none"> • Time management 	 
<ul style="list-style-type: none"> • Giving clear and useful feedback 	 
<ul style="list-style-type: none"> • Observing and monitoring 	 
<ul style="list-style-type: none"> • Improving others coaching skills 	 
<ul style="list-style-type: none"> • Using new or unfamiliar techniques 	 
<ul style="list-style-type: none"> • Understanding the learning needs of others 	 
<ul style="list-style-type: none"> • Reviewing your own coaching performance 	 
<ul style="list-style-type: none"> • Understanding strengths and weaknesses 	 
<ul style="list-style-type: none"> • Maximizing strengths and opportunities 	 
<ul style="list-style-type: none"> • Carrying out extra-curricular research 	 
<ul style="list-style-type: none"> • Communicating ideas and information through non-verbal methods 	 
<ul style="list-style-type: none"> • Preparation and planning 	 
<ul style="list-style-type: none"> • Empathizing and tuning into the student 	 
<ul style="list-style-type: none"> • Interpreting information and turning it into action 	 

<ul style="list-style-type: none"> • Minimizing injury, incident or accident 	
<ul style="list-style-type: none"> • Maximizing longevity of training 	
<ul style="list-style-type: none"> • 	
<ul style="list-style-type: none"> • 	
<ul style="list-style-type: none"> • 	