

An Overview of the Four Rules of Teaching

[Editor's Note: NAPMA recommends that this is an excellent month to review one of the most important teaching concepts that every G.O.L.D. Leadership Team member should be able to quote when asked, and consciously use when he or she assists during a class.]

The Four Rules of Teaching were developed to support the concept of pedagogy, or the science of teaching, and its important role in martial arts instruction. These rules will help your students understand how to perform and apply the techniques you're teaching them. The rules provide you with a sound structure to teach any technique or drill, while promoting teaching consistency, when and if other instructors teach your students.



The Four Rules of Teaching

1. Explanation

Your first step, as an instructor, is to explain briefly how to perform a technique or drill. Your description of the drill should be exciting and motivating. Each time an explanation is given, a direct goal should be defined and discussed. Keep the explanation brief, however, to maintain your students' attention.

2. Demonstration

Once you have explained the drill or technique, demonstrate it or ask a student with great form to perform the technique. Your students will develop

more confidence in their abilities, as a result of seeing a classmate perform the drill or technique, properly.

3. Correction

In this rule, you help students who require correction. It is important for students to receive feedback on how to improve their technique, so they can become excellent students. Corrections should be done in a positive manner, and only after you've given the student positive feedback.

4. Repetition

The final rule of effective teaching is practice. Students must practice what they've learned a significant number of times, so the material becomes effective. You must develop the ability to elevate and maintain students' energy and effort, as they practice the same techniques, repetitiously.

The Four Rules of Teaching Class Lesson Plan

Start your G.O.L.D. Leadership Team class by explaining the Four Rules of Teaching, as they apply to a martial arts instructor.

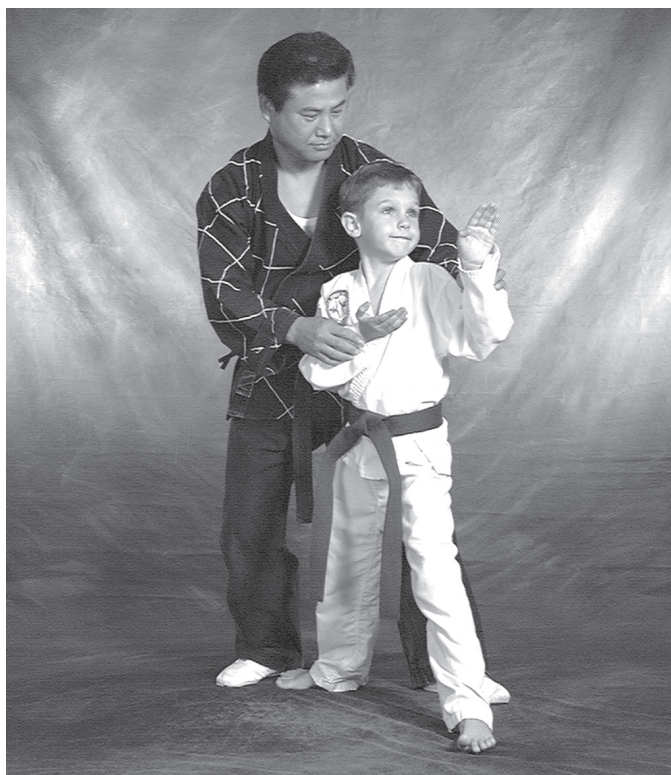
- The Four Rules of Teaching are explanation, demonstration, correction and repetition.
- These rules are used as guidelines to teach techniques or drills.
- Explanation is the first rule to follow when teaching. Instructors should provide the class with a quick, concise description that motivates students and outlines the primary purpose of the drill.
- Demonstration is an instructor's second rule. The instructor demonstrates the technique or asks a student with excellent form to perform the technique. Whenever possible, the student's demonstration is preferred because a successful student is more likely to motivate the other students to develop greater confidence in their abilities.
- Correction is the third rule of teaching. The instructor provides feedback and focuses his attention on those students who need help. The correction may

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be verbal or physical; and the student may need to see another visual demonstration.

- Repetition is the fourth rule of teaching. The instructor structures his classes, so students have the time to practice the technique they just learned, repeatedly, and are comfortable performing it. As their comfort level increases, repetition helps them to



increase their skills and knowledge.

A Drill for Your G.O.L.D. Leadership Team

Organize this drill, so each of your G.O.L.D. Leadership Team members can lead four different classroom techniques, according to the Four Rules of Teaching: explanation, demonstration, correction and repetition. Assign other team members to play the roles of students, when needed.

Each team member takes his or her turn to use the Explanation Rule of Teaching to explain a typical classroom technique at your school, clearly and

concisely, as well as present the technique's goal or purpose.

Next, move to the Demonstration Rule of Teaching. Each team member demonstrates a classroom technique and also shows how he or she would ask a student to perform the drill, as an example of excellence.

In the third part of this G.O.L.D. team lesson, each member will provide a class of students with feedback and then help individual students who need it most. Make sure your team members use a positive approach to make corrections. Helping students is important to create student success and quality.

Finally, your team members present the Fourth Rule of Teaching: Repetition. As other team members pretend to be students in training, the presenting team member monitors the practice session, providing students with plenty of time to repeat what they've learned and motivate them to stay energized and enthused.

After each team member presents one of the four rules, the other G.O.L.D. team members and the instructor rate each member on a scale of 1 to 10 (10 is the best). Calculate each team member's average score. A minimum average of "7" is required to pass this G.O.L.D. team session.

Tip: An option to this drill is to have team members practice the Four Rules of Teaching with each other before they show what they've learned to the entire team.

Note: Although G.O.L.D. Leadership Team lessons were developed for a monthly class, you can also schedule one class per week for four weeks.

Close your G.O.L.D. Leadership Team training session with a review of all team members' scores and a general discussion of their performances. Review the Four Rules of Teaching again, and open the floor for a question-and-answer period.