

Prepare Students for Success with Mirror Imaging

This G.O.L.D. Leadership Team Report will help you teach your instructors and leadership team members to use mirror-imaging techniques each time they demonstrate a basic skill. Your instructors will be able to teach students to use the proper side, keep classes running smoothly and prepare students for success.



If you've ever had to remind a student to kick with the other side or switch his or her stance, then mirror imaging can help. When the entire class is executing the drills or techniques that you're teaching, on the same side, there is more confident energy in the classroom.

What is Mirror Imaging?

Mirror imaging is when an instructor demonstrates a technique facing students, and students use the opposite side of the body than they typically would. When you ask students to kick with their left legs, you face them, and kick with your right. They follow you, as if they are looking into a mirror. To students, it appears that you are working on the same side.

This teaching strategy works well with beginner students of all ages, as well as more advanced students learning challenging techniques. Since you are facing the students while executing the drills or technique, you are able to praise students. You can also provide them with corrections easier than if you turned your back to them.

Introducing Mirror Imaging to your Classes

Introduce and explain the mirror-imaging concept when you begin to use it. Tell your students that you will be facing them and they can follow you just like looking into a mirror. You may even do a quick drill with your younger students. Ask them to pretend that they are looking into a mirror, so they can imitate your movements. That will familiarize them with the concept.

Mirror imaging will help you keep the class running smoothly, since you won't have to make frequent stops to say "switch sides." Students will be more positive about learning new material when they can follow the instructor much easier.

G.O.L.D. Leadership Team Drills

Explain and discuss mirror imaging with your G.O.L.D. Leadership Team members and how to use the concept in the classroom. Answer and clarify any questions they may have, and then introduce and test them with these drills.

1. Mirror-Imaging Hand Drill

Create a mock class with one leadership team member as the instructor and the others as students. The "instructor" teaches a punching drill from your regular curriculum to the "class."

The "instructor" should be facing the students, as he or she explains, demonstrates and asks the group to perform the punching drill with him or her. Watch for the instructor's ability to lead the class successfully through the mirror-imaging drill. Rotate each leadership team member through the "instructor" role, and rate each on a scale of 1 to 10, with 7 as a passing grade.

BLACK BELT LEADERSHIP

GUIDANCE ON LEADERSHIP DEVELOPMENT

2. Mirror-Imaging Kicking Drill

Create a mock class with one leadership team member as the instructor and the others as students. The “instructor” teaches a kicking drill from your regular curriculum to the “class.”

The “instructor” should be facing the students, as he or she explains, demonstrates and asks the group to perform the kicking drill with him or her. Watch for the instructor’s ability to lead the class successfully through the mirror-imaging drill, with all students kicking on the correct side. Rotate each leadership team member through the “instructor” role, and rate each on a scale of 1 to 10, with 7 as a passing grade.

3. Mirror-Imaging Blocking Drill

Create a mock class with one leadership team member as the instructor and the others as students. The “instructor” teaches a basic block from your regular curriculum to the “class.”

The “instructor” should be facing the students, as he or she explains, demonstrates and asks the group to perform the basic block with him or her. Watch for the instructor’s ability to lead the class successfully through the mirror-imaging drill, with all students blocking on the correct side. Rotate each leadership team member

through the “instructor” role, and rate each on a scale of 1 to 10, with 7 as a passing grade.

4. Mirror-Imaging Variety Drill

Create a mock class with one leadership team member as the instructor and the others as students. The “instructor” teaches a punch, kick or basic block from your regular curriculum to the “class.”

If the “instructor” is an advanced instructor, then consider having him or her teach a portion of a form to the group. Watch for the instructor’s ability to lead the class successfully through the mirror imaging drill, with all students performing on the correct side. Rotate each leadership team member through the “instructor” role, and rate each on a scale of 1 to 10, with 7 as a passing grade.

Discuss each team member’s effort and his or her score, and provide feedback. When you integrate mirror imaging into your classes, you will find it much easier to teach your students to use the correct leg/arm during class, keeping energy and enthusiasm levels high.