

How to Conduct Safe Warming and Cooling Routines

Warming and cooling routines are important parts of class time, and help prevent injuries. Your G.O.L.D. team members should understand how to lead safe, motivating warming and cooling sessions, and know the purpose of both.

Discuss the three-part process and their main purposes.

1. Warming exercises are designed to increase blood flow, muscle temperature, respiration and heart rate to guard against muscle, tendon and ligament strains. The warming portion of class should last ten to fifteen minutes, with a stretching routine towards the end.
2. Stretching is part of the warming routine. Stretching reduces the risk of injury and soreness, and increases the range of motion around the joints. Each stretch should be held steady for eight to ten counts before relaxing (no bouncing). Students should extend each stretch until they feel slight discomfort. Five to ten minutes of stretching is recommended.
3. Cooling exercises return the heart rate, blood pressure and respiratory rates to normal. They also help prevent muscle soreness and cramping. The cooling portion of the class generally lasts five to ten minutes, and includes light activity and stretching.

G.O.L.D. Team Lesson Group Discussion: Warming Routine

A complete warming routine should help motivate and prepare any class for physical and mental action. The warming routine is ten to fifteen minutes and includes the following three components.

1. Cardiovascular



The cardiovascular portion of the warming routine should come first and may include walking, easy jogging, simulating jumping rope or jumping rope, jumping jacks, weaving and other exercises that gradually increase the heart rate.

2. Martial Arts Activities

Basic martial art activities can be used during the warming routine. These activities may be partial or easy versions of the techniques to be covered during class. For example, you will be teaching a five-punch combination during class. Rather than starting with the combination, you may have the class perform just one or two of the punches of that combination as a warming exercise.

3. Stretching

Stretching during the warming routine should include the muscle groups that will be worked during the class. Static stretches (reach and hold, no bouncing) should be held for eight- to ten- counts for the first round and ten- to fifteen-counts during the next rounds.

- Ask your team to name the three components of a good warming routine.
- Ask your team for an example of a cardiovascular exercise that can be used for warming the body.
- Ask your team for an example of a basic martial arts activity that would be appropriate during a warming routine.

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- Ask your team the duration of each stretch, during the first round of stretches.

G.O.L.D. Team Lesson Group Discussion: Cooling Routine

The cooling routine is just as important as the warming. It helps prevent muscle soreness and return students' body temperature to normal by using light activity and stretching. A cooling routine is five to ten minutes and includes:

Light Calisthenics

The exercises you use during the cooling routine should gradually decrease in intensity. Some of the recommended exercises are easy jogging, slow-motion patterns, sit-ups, slow kicking from a kneeling position, push-ups, etc.

Stretching and Relaxation

During the cooling routine, the body parts that were used most during class are those that should be stretched. To encourage flexibility, instruct the class to hold each stretch for a 20- to 30-count. Ask the class to take deep breathes before engaging the stretch and exhale as they stretch. Remind them to relax, and continue deep breathing while stretching.

- Ask your team the duration of the cooling routine.
- Ask your team to name the parts of a cooling routine.
- Ask your team to name one example of a light calisthenics.
- Ask your team the duration of a cooling stretch.

G.O.L.D. Team Lesson Drills

Now that you have discussed this lesson with your G.O.L.D. Team, you can introduce these drills to emphasize the points of your discussion.

Drill Overview

Ask each member of your G.O.L.D. Team to lead a drill, based on warming, stretching and cooling routines, while using the rules of each. After each team member leads a drill, rate he or she on a scale of 1 to 10. Each team member must average at least a 7-rating to pass this chapter satisfactorily. Consider giving your team members practice time before they are rated on each drill.

Note: Each step can be covered weekly during one month if you have a large class that is scheduled weekly.

Drills

1. Warming Routine

Instruct each member to lead the rest of the class through a warming routine that you use regularly in your school. Watch for his and her ability to follow the warming routine guidelines. Make sure they are not rushing through any of the warming routine and they encourage each student to do the routine properly. Pause, and rate each team member on a scale of 1-to-10 on how well he or she did the drill.

2. Stretching Routine

Instruct each member to lead the rest of the class through a stretching routine that you use regularly in your school. Watch for his and her ability to follow the warming routine guidelines. Make sure they are not rushing through any of the stretches and they encourage each student to stretch properly. Pause, and rate each team member on a scale of 1-to-10 on how well he or she did the drill.

3. Cooling Routine

Instruct each member to lead the rest of the class through a cooling routine that you use regularly in your school. Watch for his and her ability to follow the cooling routine guidelines. Make sure they are not rushing through any of the cooling drills and they encourage each student to do the routine properly. Pause, and

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rate each team member on a scale of 1-to-10 on how well he or she did the drill.

4. Complete Review

Instruct each member to lead the rest of the class through warming, stretching and cooling routines that you use regularly in your school. Watch for his and her ability to follow the guidelines of each routine. Make sure they are not rushing through any of the drills and they encourage each student to train properly. Pause, and rate each team member on a scale of 1-to-10 on how well he or she did the drill.

- Review each team member's scores, and discuss how well he or she performed.
- Review the key points of proper warming, stretching and cooling routines once again and provide team members with an opportunity to ask questions.