

Show and Tell Planner

Important Guidelines!

Primary Notes:

- **Task Number 1:** Get permission slips filled out prior to the event.
- **Task Number 2:** YOUR goal is to get the kids to come to the pizza party or other **EVENT at the school WITHIN 48 hours**. Secondary goals are to get the students to come in to the school with one of the passes. The Party is **ONLY** successful if these are accomplished.

Discipline:

The number one thing that must be maintained is discipline. IF the class becomes chaotic, it will be a terrible promotional activity (actually making it LESS likely that the parents or their kids would want to join and it won't impress the teachers). The key is to make sure every kid is taught the rules (the basic structure of how to sit, stand, etc..), and that the instructor has the expectation that this continues throughout the class and until the student leaves. This doesn't mean the class isn't fun, it's just fun within the rules!

- Bring blue tape for the floor, blocker pad, square target pad.
- Make stickers to put on the kids arm – inviting them to **EVENT at the school!**
- Bring Package of S&T stuff in Priority Mail Package
 - Priority Mail Envelope
 - Certificate of Achievement
 - Cover Letter
 - Other STUFF!
 - **IMPORTANT: Invites for EVENT at the school!**

Preparation!!

- Confirm time and location
 - Show and Tell Kid may wear uniform and/or belt
 - Have everything ready
 - Adjust Planner for Time Available
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Show and Tell Planner

		Time	
Pre Class:	X-Ray Paper, Pads, Stickers, Give Away Materials/Package!		
Goals:	<ul style="list-style-type: none"> ▪ Fun! ▪ Build Up Show and Tell Kid! (use them to display BB Attitude, as examples, etc..!) ▪ Introduce them to Martial Arts! 	:03	
Bow In	Oath: "I Promise what I learn today I will use to HELP PEOPLE, NOT hurt people!" <ul style="list-style-type: none"> ▪ Boy/Girl of Honor Gets to wear Black Belt for the Day! ▪ How to stand: Set, Black Belt Stance (Sparring), Middle Stance ▪ Discuss why you started and tell story about why Show and Tell Kid Started 	5	:08
Warm Up	2x Breathing (4X4X4) with Hands Up	2	:10
Courtesy	Discuss courtesy and respect – Explain Sir and Ma'am	2	:12
Blocks	Discuss Blocks 5x L&R High Block (HB) Discuss "Get Back" Circle Fun Activity: Get in Circle and Hit them with noodle (if they forget to block, they're out)	5	:17
Self-Defense	Weak Link	5	:22
Combo (optional)	3x HB, Push 2x In Line with noodle and X-Ray	Opt	
Honesty	Discuss Honesty in Ninja Says - 4 Min: Ninja Says	5	:27
Self-Def	<i>Pick Current MC Self-Defense or Instructor Option</i>	Opt	
Announce	PIZZA Party and Class Saturday!!!	2	:29
Bow Out	Oath: "I Promise what I learn today I will use to HELP PEOPLE, NOT hurt people!"	1	:30