

# **TSU SHIN GEN INTERNATIONAL**



## **INSTRUCTORS MANUAL PSYCHOLOGY WHEN TEACHING**

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## **PSYCHOLOGY WHEN TEACHING**

### **GENERAL BACKGROUND INFORMATION**

One important thing to remember when you teach a class is to try to satisfy everybody's need for attention, especially if you are the only Instructor. As an Instructor you often have too much to think about when it comes to the technical teaching, so the psychological part of the training is forgotten. Everybody probably feels fed up of teaching basic techniques to the beginners or trying to get the students to take the responsibility for learning their Fighting Drills or Fighting Kata themselves! It's no wonder that an Instructor sometimes get tired and the standard and quality of the teaching goes down. This is quite normal! So, what can you do?

### **YOUR PLANNING**

What you can do is quite simple - be prepared! By using the TSG planning form for the lessons, you make sure that you have already decided beforehand what is going to be taught. When preparing, all that needs to be done is open the TSG Syllabus and pick out the techniques and combinations that you need to teach and make a note of them. When you get used to using the TSG planning form (see Methodology) it will only take you a couple of minutes to plan a lesson. It will also help you to keep to a theme during the lesson and you will have a record of what you have taught. This way you can be sure that you are teaching the TSG requirements. If you are well prepared the students will notice it and respect you even more as an Instructor.

### **GROUP PSYCHOLOGY**

A very important thing when you are teaching a class is your approach and your way with words. By demanding respect, using punishment to force your will on the students and using personal and negative words, you can totally ruin the training atmosphere and make the training session unpleasant. This can also lead to the students being afraid of you and they will eventually leave the club.

### **DOJO BEHAVIOUR**

When you are teaching, especially children, you need to lay out the rules so the students know what to do and what not to do. If you have taught them the proper etiquette and you yourself are setting a good example, the students will follow your

example. When you are training with fellow Instructors it is easy to revert informal behaviour and use forenames and ordinary greetings, instead of titles and formal greetings (Osu) the students will take notice off this and may even imitate you. You should not punish them for this type of behaviour because you are probably to blame.

When the students know how to act in the Dojo you should make it clear what will happen if they do not behave according to the Dojo etiquette. If, for example, you want to use a physical exercise to make it clear for the students that they have done something wrong, you should make this clear before the lesson, you could also have them decide what the physical exercise should be performed e.g. push ups. So, when the students forget to use the correct title or maybe they are talking loudly and disturbing the class, you only need to remind them what they have agreed to and they will do the physical exercise blaming themselves instead of you. If you do things this way instead of becoming upset and punish them in anger, you will have their respect.

### **POSITIVE AND NEGATIVE WORDS**

In Martial Arts we have a lot of old school Instructors who are used to teaching in the traditional way, where the students are not allowed to ask questions, they are just expected to do what the teacher says. This is not the way in our TSG Organisation. We want the students to get involved in their own training and development and understand why they are doing things in a particular way. We as Instructors can achieve this by giving them attention, positive feedback and by giving them time to try things out.

The choice of words that you use during the lesson is more important than you might think. If you tell a student that they doing everything wrong, they will probably become nervous, tensed and they will not be able to do what you want them to do. Instead you should tell the student that you can help them improve and this will put them in a positive frame of mind.

Another important thing is that you should not correct the students too much, take one thing at a time and give positive comments on their progress before you make further corrections.

Everybody wants to be complimented sometime! It doesn't matter if it is a beginner or a Black Belt it's the same for everyone! And at the end of every training session, try to make a couple of positive remarks about the training in general.

### **GIVE PERSONAL ATTENTION TO THE STUDENTS**

As mention before it is difficult to give everybody attention during a training session, but there is a solution! In larger groups the Instructors should try to have an Assistant Instructor who has the responsibility of giving positive remarks during the training

and giving support to the students. This will produce a positive atmosphere; the student will learn more and the Instructor who is leading the lesson can concentrate on teaching.

An example of negative/positive personal remarks to someone who is always dropping their guard when kicking is the following: Negative “you are dropping your guard the way you always do” positive “you are not dropping your guard as often as before, good work”. In both examples you have put their attention on their guard but with the second example you will have created a more positive contact with the student.

**Always ask the students if they have any questions!**

**This is one way to discover if you are getting your message across to them. It will also help you develop as an Instructor because you must analyse the questions and give them answers that motivates what you are teaching and makes it clear. When I was developing my systems, I always said that if I couldn't motivate why we were doing something in the way we were or something didn't work well, I would change it or delete it.**

## **WORKING TOGETHER**

When people work together, they need to set up guidelines. This is not an easy task in the beginning, it does not matter if it is concerning an organisation, a sports association or new way of training, it will always be difficult until everybody is moving in the same direction.

One of the biggest problems when you are working in a group of people is to let go of your own ego and do not judge everything you do by the prestige it gains for you.

Some people are meticulous and therefore work slowly, while others are high performers with a higher tempo, however most people fall somewhere in the middle. High performers are the people who will have the most problem working in a group in the beginning. They want everything to happen right away. The problem is that the people who require time to think about things can feel overrun and therefore in the end they will retreat. On the other hand, if nothing gets done the high performers will react with impatience and they in their turn will retreat from the project.

It is up to everybody to consider why they want to be a part of the TSG irrespective of if it is as a student, an Instructor or as an administrator. If one decides to be a part of the Association as an official, one also agrees to follow the Association's rules and guidelines (Constitution) and that should be the common ground for everything we do. With that in mind it shouldn't be too difficult to work together because of our common goal. The people who want everything to happen right away need to learn

patients and respect decisions of the leaders of the Association. The ones who require time to consider things need to set deadlines for their undertakings in order to avoid unnecessary conflicts.

The structure of the association is under continual development and some of the guidelines are under maybe under evolution, so I want to let Instructors make their opinions known before we set the guidelines. A well-founded group decision is sometimes better than one made by a single person and it is can be easier for everyone to follow. We also need to be aware of and respect the fact that as our Soke I have the last word in everything. I am the TSG founder and front figure. We should also remember that everything we do reflects on the Association!

## **HAVE A RESPECTFUL ATTITUDE TOWARDS OTHER FORMS OF MARTIAL ARTS AND INSTRUCTORS**

Criticising other systems or Instructors is not an honourable thing to do. One should not compare our grades with other styles either because they have other requirements and goals.

Nor should one behave badly at Tournaments. It is up to the Instructor to keep his students from using negative words or actions at Tournaments or elsewhere because this can reflect badly on oneself and on the TSG.

If we are going to gain respect and a good reputation in the Martial Arts world, we need to show a respectful attitude. We will also achieve this goal because we have high quality systems and Instructors!

### **Reminders**

- **Be prepared!**
- **Follow the Syllabus!**
- **Use positive stimuli!**
- **Try to give everybody positive attention!**
- **Control your ego!**
- **Work together and make everyone feel part of the team!**
- **Be a role model for the students!**