

## **The Five Steps of Teaching**

To ensure a positive teaching/learning environment in our school, instructors should have guidance on best teaching practices. Teachers should introduce material in a logical order. This order is clearly presented in the Twelve Progressions. Instructors need to ensure that students learn and be able to perform each phase effectively before moving on to the next. When learning a technique, students should move slowly until they can reproduce the technique exactly, before moving on to develop power or speed. While there is an art to teaching, thankfully there is also a science. The **Five Steps of Teaching** provides a concrete recipe for success: **Demonstration, Explanation, Simplification, Repetition, and Correction.**

First, it is important for the students to have an image in their mind of what the correct technique should look like when being performed at full speed. Therefore, a qualified instructor should introduce each technique or drill with a **full-speed demonstration**. The technique should then be **briefly explained** to the students. The technique should then be **simplified**, so that each movement can be practiced in isolation before being added to the overall combination. Material should be practiced statically at first, working just one aspect at a time **repeatedly**, gradually adding to the technique until the desired result is achieved. If at any time a student is having trouble learning, diagnosing and **correcting** the problem should be a relatively simple matter of backing up, and looking at each component of the combination in isolation. Of course, a knowledgeable instructor recognizes that each one of us is unique, and must sometimes adapt techniques to meet the needs of the individual.

The three stages of practice are **static, fluid, and dynamic**. Each phase is important to the proper full development of any technique. **Static** practice is the introductory phase of learning, when techniques are simplified and practiced in isolation. Once the student can perform all of the components of a technique correctly, then the next step is to perform all of the steps **fluidly** as part of a single technique. Start with half speed to develop proper rhythm, focus, balance, etc. The student should strive to perform each technique with exactness and precision while slowly adding speed, gradually progressing to full speed with the goal of performing the technique as fast as possible while still maintaining good form. Of course, speed will challenge the student's form and control, but this will improve steadily with proper practice. Always adhere to proper form, slowing down to make corrections when a technique becomes sloppy.

Finally, advanced students who can perform a technique well at full speed should be challenged with **dynamic** practice. Dynamic practice can take on many forms, such as repetitive full speed drills, "red-line" training where the student attempts to push their full speed ability to new and greater heights, or multiple opponent training where applicable. This level of training keeps even the most talented students engaged and growing.