

BLACK BELT **TEACHING**

CONTINUING EDUCATION REPORTS FOR OWNERS AND INSTRUCTORS

Summer Camp Curriculum



Some martial arts schools considering running summer programs may need to conduct classes inside their facility and may not be able to take their participants on field trips for various reasons. Therefore, instructors need to be “masters of motivation” and have plenty of creative plans and ideas to keep the childrens’ interest while maintaining their teaching sanity. If this sounds like your situation or you simply want your campers to beg to come back to camp the following week, consider using the summer camp curriculum ideas and timelines we’ve provided for you this month.

Movie Time: 8:00 a.m. – 9:00 a.m.

Since many of your children will be dropped off between 8:00 a.m. - 9:00 a.m., watching a movie for the first hour of camp is a good idea. You may use one that is recommended below, or select one of your own. Make sure the movie is rated appropriately for the ages of your camp participants.

Recommended Movies:

- A Bug’s Life
- Aladdin
- 3 Ninjas
- Monsters Inc.
- Lilo & Stitch
- Harry Potter

Tip: To increase the childrens’ attention span onto the movie, watch the movie first and create trivia questions for the children to answer.

Example: How many times does Aladdin ride on his magic carpet during the first hour of the movie? Reward the students who answer correctly with a prize. You can use stickers, pencils, trinkets, etc. as your prizes. You can find these types of prizes inexpensively at a local party supply store.

Stretches & Warm-ups: 9:00 a.m. – 9:30 a.m.

Stretching and warm up exercises are great for children. It will wake them up, especially first thing in the morning, and help get them focused and ready to go.

Recommended stretches and warm-up exercises:

- Basic leg, arms, back, and neck stretches
- Static warm-up: Arm circles and leg swings
- Ballistic warm-up: Jumping jacks and basic kicks, strikes and blocks



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- Dynamic warm-up: Squat thrusts, jump kicks, and spin kicks

Tip: Make the warm up as quiet as possible. Try to use the exercises as lessons on how to relax and build focus. During the exercises, speak in a soft tone and motivate each child to focus on the exercise. Have the children breathe as opposed to counting or yelling.

Obstacle Course & Drills: 9:30 a.m. – 10:30 a.m.

Obstacle courses and drills are a great way to strengthen your students' motor skills. This can be used as a key selling point to parents when you explain that their child will be spending time developing muscle and skills vs. staying home and playing video games all day.

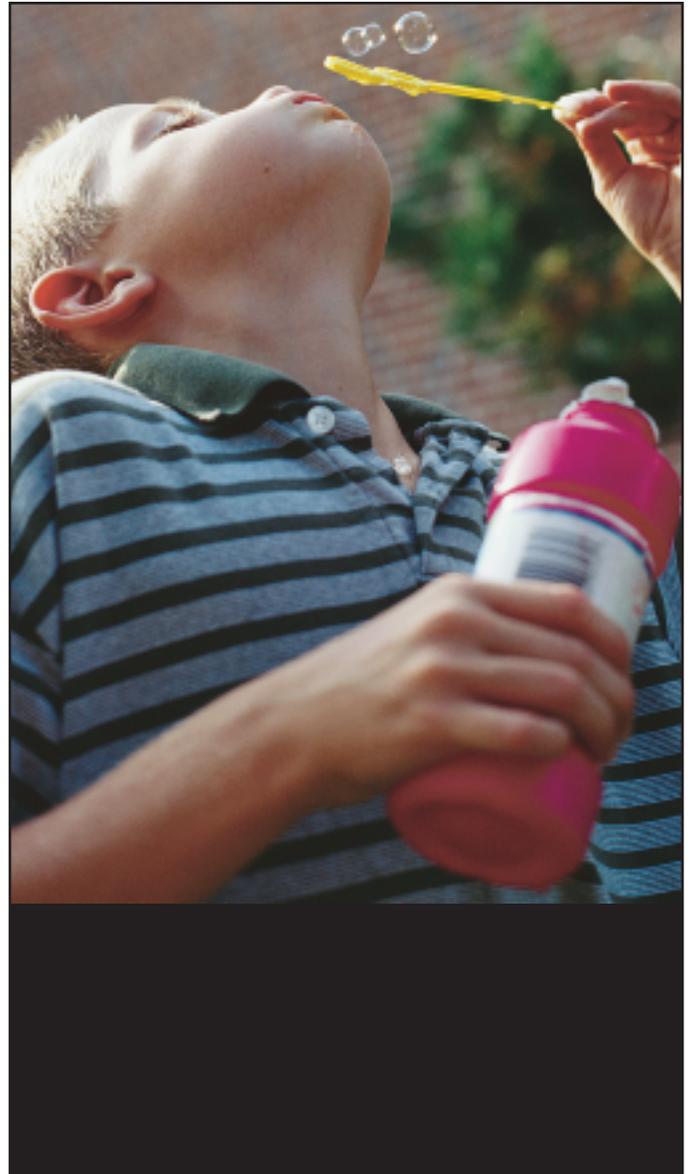
Sample Obstacle Course:

From the starting line, have the children do a military crawl to station 1. At station 1, 10 kicks (of your choice) without putting their foot down. From there, have them run backwards to station 2. At station 2, they perform 10 push-ups. From there, students can duck walk to station 3. At station 3, they can do 10 sit-ups. From there, the children can tightrope walk on a line of tape you've placed on the floor to station 4. At station 4, they execute 10 punches. Next, they sprint to the finish line.

Tip: Make the workout more exciting by adding competitions to your obstacle courses and drills. You may create team competitions or individual competitions. See who can get through the course the fastest. For fun, you may want to have a slow motion race as well to see who can move the slowest. Give away small prizes as suggested above. If you have the NAPMA Focus Point Poster series, refer to them while you are teaching the students to remind them of the concepts of: Rate yourself on a Scale of 1-10, Healthy Competition, Train as if it Were Real, and Coaching Yourself.

Snack Break 10:30 a.m. -10:45 a.m.

You may have the campers bring their own snacks, sell inexpensive snacks that are healthy, or provide a snack yourself. Some schools sell cheese and crackers, fruit, and similar products. Consider at least providing some juice or Powerade™ for break time.



Supervised Free Time: 10:45 a.m.-11:15 a.m.

Students will enjoy being able to select what they get to work on. Some will choose to do kicks or hit the heavy bags, others may want to practice a drill that you've taught them. This gives the children a chance to do what they enjoy the most as well as ask the instructor questions about what they are working on.

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Lunch: 11:15 a.m. – 11:45 a.m.

It is recommended that children bring their own lunch, except for Friday. On Friday, many camps choose to have a pizza day which both the staff and children love.

Tip: Use a large roll of plastic on the floor and have the children eat their lunch on the plastic. This will make the clean-up much easier and neater.

Movie Time: 11:45 a.m. - 12:30 p.m.

Right after lunch is a good time to watch the 2nd half of the movie. This will keep the kids sitting still while their food digests. Make sure you ask additional trivia questions in reference to the second portion of the movie and give out prizes.

Martial Arts Class: 12:30 p.m. - 1:30 p.m.

By now the children have had a nice rest and should be ready for action. Choose two very different topics or categories to teach each day. For example, you may teach some forms or combinations during this class and later on teach a padded nunchaku class.

Tip: Here are some broad categories and themes to use for teaching classes:

Kicking	Punching	Blocking
Boxing	Grappling	Basic Stances
Sparring	Self-defense	Kata/Forms
One-steps	Weapons	Fitness Kickboxing

Game Time: 1:30 p.m. - 2:30 p.m.

Many children will sign-up for camp especially for all of the fun and games! Be sure to use a variety of games and figure out which games the children seem to like the best, then use these games as a reward for great behavior.

Recommended Games:

- Dodge Ball
- "1-2-3 Freeze"
- Musical Chairs (musical targets with martial arts targets)
- Instructor Says (like Simon says)
- "Hot Potato"

- "Ninja, Ninja, Turtle!" (like duck, duck, goose!)
- "Crab Soccer"

Tip: Split the children into groups at the beginning of the camp and let each team create their own team name and encourage them to cheer for each other. Throughout the day, you can have the children line up according to teams.

Cool-down Time: 2:30 p.m. - 2:45p.m.

The cool down is just as important as the warm-up. Especially after game time, the children need to "re-group" their focus and relax after all of the physical activity.

Recommended cool down exercises:

- Slow-motion kicks and concentration hand techniques (slow movement techniques)
- Easy jogging
- Sit-ups
- Heel and toe raises
- Footwork
- Full stretches
- Light calisthenics

Tip: Run the cool down similar to the warm-up. Keep the noise level low. Have the children focus more on breathing rather than counting or yelling.

Positive Message Time: 2:45 p.m. - 3:00 p.m.

Positive message time is important in building excellent character in your children. Spending time on character development will also encourage good behavior from your campers. Parents will love the fact that you teach this during the camp.

Recommended topics:

- Use topics from the book "Action Principals" by Bill Fitzpatrick or excerpts found in your monthly Kickin' Newsletter.
- Use the Words of the Week from the NAPMA Now private magazine found in your monthly packages.
- Speak about courage, integrity, honesty, perseverance, loyalty, dedication, etc.



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Tip: Add a trivia game to the end of the discussion. Here's how it can work: Split the children into two teams. Each team member will compete against someone from the other team. Have each team make a line, standing in order against their competitor. Line them up 10 feet away from the "trivia host" who will be sitting on the other side facing the teams. Ask a question relating to the discussion to the first two students in line. The first of two students to run and tag the host's hand gets to answer the question. If they get the question right, their team gets a point. If they get it wrong, the other person gets a chance to answer. The first team to 10 points wins the game.

Snack Time: 3:00 p.m. - 3:15 p.m.

You'll want to have a snack time in the afternoon to keep the childrens' energy level high (plus hungry kids get cranky). Once again, it's up to you whether you ask the children to bring their own snacks each day, sell snacks or supply snacks for the group.

Game Time 3:15 p.m. - 3:45 p.m.

Select from the list above or use another favorite game.

Martial Arts Class 3:45 p.m. - 4:45 p.m.

Select a different topic than the class you taught earlier from the categories and themes listed under the Martial Arts Class on page 16.

Practice at Home Lesson: 4:45 p.m. - 5:00 p.m.

Finish the day off with a lesson on how to practice at home. Give the children a basic homework assignment.

Recommended lessons:

- Basic stretches to do everyday at home
- How to practice basic kicks and strikes to practice everyday at home
- Basic exercises to practice everyday at home
- Basic pad drills to practice at home
- How to organize a black belt practice schedule at home

Tip: Give the children homework assignments such as practice kicking 50 times without putting their foot down. Then the next day, have them perform the homework assignment during the workout and reward the children who get it with a prize.

Camp Ends at 5:00 p.m.

Teaching a summer program, all day, for five days a week, can be a bit challenging. So, if you want to make sure that your children have a great time, and that your instructors still have some sanity by the end of the program, try out the curriculum guidelines and tips in this report. Happy summer program trails to you! ▲

