

## INTRODUCING THE IFCMA'S INSTRUCTOR CERTIFICATION PROGRAM

In First Corinthians 14, the Apostle Paul tells us that as Christians, *all things must be done decently and in order*. If we are to believe that *all things* means all things, then this biblical principle holds true for the Christian martial artist as well. In the secular world of the martial arts, all too often, instructor certification simply means that a student had been awarded a black belt and is therefore *certified* to teach. Sometimes a *trial period* is required in which the young black belt assists in teaching the class before the title of “instructor” is awarded. At other times, the black belt simply pays a fee to a certifying agency and, without training or testing, is pronounced an instructor.

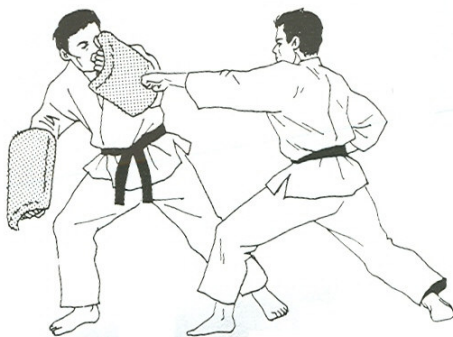
As leaders in the world of Christian martial artists, we can not afford to accept the standards of the world, but hold ourselves and our programs to a higher standard. When parents entrust their children to us they expect that the teachers in our schools not only have the technical knowledge of the art, but have been trained in proper and effective coaching skills, are experienced leaders and role models and have a consistent, positive Christian testimony.

For this reason, the International Fellowship of Christian Martial Artists has developed a comprehensive martial arts leadership and Instructor Certification program.

## THE PROGRAM MODEL

In traditional oriental martial arts no one is considered an instructor—sensei—until he or she has reached the 3<sup>rd</sup> degree black belt level. This can be a bit confusing because in the orient, anyone wearing a black belt is called *sensei*. Still, only third degree black belts or higher are considered *full* sensei. First and second degree black belts may assist a sensei, and in America these are referred to as Assistant Dojo Sensei.

The IFCMA Instructor Certification program is based on this model. While any black belt can, and should take the Basic Instructor Course, it is designed primarily for the first and second degree black belt student. The Senior Instructor Course is designed for the third and fourth degree black belts, and the Master Instructor Course is designed specifically for the 5<sup>th</sup> degree black belt student and higher.



## BASIC INSTRUCTOR COURSE

Senior instructors may recommend any of their advanced students and young black belts for this training program. However, the Instructor Certification will NOT be awarded until the student has earned a black belt and assisted in six months of dojo/dojang training. The course is designed to prepare the student to be an effective assistant instructor.

The course covers:

- Dojo Policies and Procedures
- Dojo Rules
- Care of Equipment
- Records Keeping
- Dojo Safety
  - Common Martial Arts Injuries and Prevention
  - The Medical Release Form
  - Basic First Aid Training for the Dojo
  - The Dojo First Aid Kit
- Leadership Characteristics
- Martial Arts Traditions, Protocols and Etiquette
- Lesson Planning
  - Classroom Control
  - Sample Training Plan
  - “Hip Pocket” Training
  - Creating your own Makimono
  - Using the Martial Arts to Communicate Christ

## SENIOR INSTRUCTOR COURSE

The Senior Instructor Course is designed to prepare the student to manage a school or program on his or her own, without direct supervision. The program is open to all 3<sup>rd</sup> degree black belts and higher, with a minimum of five years martial arts experience.

The course includes:

Coaching

- Principles of Coaching
- Techniques of Coaching
- Characteristics of an Effective Coach
- Levels of Development
- Fear in Sparring
- Visual vs. Sequential Methods of Coaching
- Steps to Winning

Creating a Christian Philosophy of the Martial Arts

First Aid

- CPR Training
- Basic Kinesiology

Tournament Officiating

Dojo Management

- Annual Planning
- Events Planning
- Christian Business Practices

### THE MASTER INSTRUCTOR COURSE

The Master Instructor Course is open to all fifth degree black belts or higher with a minimum of ten years of martial arts experience. The course is designed specifically for the master who primarily teaches advanced students, and is involved in martial arts on the national or international level.

The course includes:

Officiating and Managing

- Judging Kata/Forms for Competition and advancement.

International Tournament Management

Olympic Contest Officiating

The Open Tournament

Teaching Teachers

Master Promotion Boards

- Standards of Excellence

- MMA Etiquette

- Martial Arts Familiarization

- The Vestment Ceremony

Ambassador Status

- Senior level Etiquette and Protocols

- Professor of the Martial Arts*

- Professor for Christ*

### POLICE INSTRUCTOR CERTIFICATION

In recent years, Christian martial arts organizations have sought for an agent that would certify its students as police instructors. In answer to this demand the IFCMA has developed a Police Instructor Certification program.

The PIC program does not offer police instructor training, but rather recognizes those who have completed training in police instruction and offers international recognition. In order to receive recognition a student must:

- Be at least a 2<sup>nd</sup> degree black belt.
- Have completed a course in basic police defensive tactics.
- Have training in basic take-downs.
- Have training in police arresting techniques.
- Be recommended by his/her instructor.

*For information on Instructor Certification or other IFCMA information contact:*

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## Introducing

# The International Fellowship of Christian Martial Artists'

## Instructor Certification Program

