

National Governing Body Junior Coach Awards

Available To all Junior Black Belts age 12 and above

Dear Parent/Guardian

“This Course has been specifically formulated to develop the coaching and leadership skills of our younger students. Enabling and Empowering them to help and assist at their classes under the Mentorship of their Sensei. The skills and knowledge that will be imparted to them can be carried forward in all parts of their lives both now and in the future. This is a vital part of the Junior Black Belts Education which will in a great many cases give them the edge over and above their peers when transferring these skills into their community and workplace”.

Professor James Pape National Governing Body Director of Coaching



News you can use

Earn your Black Belt in Parenting

By Allie Alberigo

Kids are being raised much differently today than when I was a child. My parents didn't keep track of my extra-curricular activities on a calendar. Today's world is an exciting place to live, but, parents and adults often forget that children need time to be children.

Ju Jitsu is a great opportunity for children to have fun—like children—and provide parents with a powerful tool to prepare their children for the “brave new world” of the future. The martial arts is an all-around activity, with unmatched physical training, compared to other sports. Martial arts training also develops a positive mental aptitude. It stimulates the mind and teaches students *how* to learn.

For many parents, the greatest benefit of martial arts for their children is that it will change their lives forever. One lesson in self-defense, discipline and confidence building could keep a child from falling prey to bad elements.

Parents can help their children benefit fully from martial arts with these tips.

1. Avoid boredom. Most children become bored with martial arts training, due to a lack of support, not lack of fun. It's not the sole responsibility of instructors to keep children's interest high. Parents must be willing to bring martial arts into their home, with designated space for home practice.
2. Do not bring children directly from another activity to their martial arts classes. I suggest at least a bit of downtime, chores or relaxation between activities. This will ease students into their training and have a more positive experience.
3. Don't ask the instructor to be your substitute disciplinarian. Refer to him or her as a role model, not a bad guy. When children misbehave at home they won't want to come to class because they'll be afraid the instructor will reprimand or punish them.
4. Don't expect your children to be always at the maximum level of excitement and motivation. Remember, the only kids that attain excellence are the ones that stick with their training for years. Motivate your children and revitalise their excitement if they ever become bored. Trust in the instructor for advice and keep him or her informed of how your children feel and their concerns.

Remember, your martial arts school and its instructors and the parents are on the same team. Parents often miss the opportunity to use the support system that's available to them. This is an opportunity that shouldn't be wasted.

