

BNMAA Children's Coaching Programme's.

Synopsis:

The coaching programmes are designed to add values to an individual child's development. Responsible parents consider the development of their children's character absolutely priceless. The philosophy of martial arts integrates well with life skills and personal development.

Re-enforcing good behaviour is essential because children have low concentration spans and forget things easily without repetition or reminders. Essentially children learn by the EDIP principle, which means:

1. Educate
2. Demonstrate
3. Imitate
4. Practice

A good coaching programme prepares the body for martial arts through a warm up and stretching session. It is this session, the early part of the lesson that the children are most perceptive and eager to get going.

Using the warm up to deliver information in a fun way is essential, trained instructors would know its working because of the enjoyment the participants were having as they laugh and smile etc.

Running through a list of what could be covered in the warm up would vary depending on the age groups attending the class/lesson. Spanning through those age groups the list below covers a variety of subject matters involving life skills:

1. Fire drills
2. Anti Drugs
3. Stranger Dangers
4. Avoiding Smoking
5. Learning to count
6. Learning Colours
7. Learning Shapes
8. Self- Control
9. Alcohol Abuse
10. Anti Bullying
11. Solvent Abuse
12. Road Safety
13. Animal Safety
14. Electricity
15. Mugging
16. Home Safety (Accidents in the Home)
17. Seat Belts and Travelling
18. Gas Safety
19. Water Safety
20. Junior first aid.

The reward for doing these correctly would be a sticker relating to an item of value such as a TV Show or Film, below are sticker possibilities:

1. Power Rangers
2. Jackie Chan
3. Spider Man
4. Totally Spies
5. Ninja Turtles

Educating the parents is also just as important so by asking the child to tidy their bedroom and get a letter from their parent or doing their school homework and getting letter from their teacher or parent before they are issued with a different sticker shows the positive effect to the parents and schools too. This also acts as an attention grabber and creates good referrals

Home cards are also a part of the programmes so parents can tick appropriate boxes relating to good behaviour, stickers can be used as a reward.

Over time the child exposed to a combination of fun that re-enforces good behaviour and develops life skills, both parents and instructor are aware of the child's progress and feedback through stickers issued and home cards.

By using hand outs, discount vouchers and sponsorship it would be possible to provide access for the interested companies who could take advantage of the responsible image it creates and revenue stream it could provide.