

ShotoCanada Instructors Certification

Home and in-dojo tasks

All participants must complete the following tasks by the noted deadlines. Successful participants who complete all sections will be awarded their Instructors certificates.

1. You must complete a recognized CPR course or present a current certificate.
2. Complete a 2000 word paper on the History of Shotokan Karate.
(Suggested resources 'Karate-do, my Way of Life' by Funakoshi and 'A concise History of Shotokan Karate' by Harry Cook and many articles in Terry O'Neil's 'Fighting Arts International'. This must be forwarded to Sensei Holmes.
3. Complete the following dojo assignments to your Sensei's satisfaction.
 - Create a lesson plan with specific goals in the following areas,
 - teach the class with your Sensei observing
 - make follow-up notes.

Students must pass each assignment to the Sensei's satisfaction.

Unsatisfactory assignments can be repeated at the club sensei's discretion.

- Fundamental Skills for beginners
- Combinations for Orange belts
- Kata Instruction Heian Shodan to Heian Sandan
- Gohon and Ippon Kumite
- Identifying mistakes in junior students and correcting them

Sensei Holmes can be contacted at 604 725 7672

Home number is 604 462 1104

Paper can be faxed to 604 462 1154 or emailed to rightchoice@shaw.ca

Now go teach...