



AJKA-I

AMERICAN JKA KARATE ASSOCIATION
INTERNATIONAL

International instructor training program overview

L.B. SAFAR- 9TH DAN
INTERNATIONAL TECHNICAL DIRECTOR
CHIEF INSTRUCTOR EUROPE
safar@americanjka.org

EDMOND OTIS -8TH DAN
INTERNATIONAL CHAIRMAN
CHIEF INSTRUCTOR NORTH AMERICA
otis@americanjka.com



AJKA – International Instructor Training Program Overview

The AJKA-I Instructor Training Program is designed with two goals in mind. First, to encourage the Formal training of karate instructors for the development of AJKA-I Shotokan Karate-do, Second, to help Participants develop interpersonal, class presentation, skills necessary to motivate and guide others in their search to understand and master the art of Shotokan karate-do.

Candidates are admitted to the program based upon their interest and their potential to develop into highly qualified karate instructors. The program is based on time in training, attainment of ranking, and performance of karate instruction in the candidate's own club.

Every person licensed as an instructor by the AJKA-I is required to attend and participate in at least 2 instructor training seminars each calendar year. Every effort is made to conduct these seminars at the individual's own training site, and/or national camps as to minimize travel requirements. Videos and written materials are offered as supplements to the training program.

Upon registration, each instructor training candidate is required to keep track of hours of supervised instruction. These hours should be verified with the supervising instructor as they are completed. When sufficient hours are logged for promotion in instructor grade, the supervising instructor will review the candidate's progress and forward his recommendation for promotion to the AJKA-I Chief Instructor. Upon approval, the Chief Instructor will issue the appropriate license.

Licensed Positions:

1. Unclassified Trainee
2. Instructor Trainee (Class E)
3. Associate Instructor (Class D)
4. Qualified Instructor (Class C)
5. Senior Instructor (Class B)
6. Official Instructor (Class A)

POSITION: Unclassified Trainee

An Unclassified Trainee is defined as an individual who does not meet one or more of the basic Requirements for regularly licensed instructors but who a) is assisting with instruction on a regular basis or b) has been identified as having the potential to become a licensed instructor. Minimum ranking required is AJKA-I third kyu.

POSITION: Instructor Trainee (Class E Instructor)

Specific Requirements:

1. AJKA-I Shodan rank or higher.
2. Regularly assisting a Club Director for a minimum of 6 months.

Description: The Instructor Trainee performs those functions assigned by the Club Director with periodic Review and formal critique by a Qualified Instructor. The duties assigned will be designed specifically for The individual's development as an instructor.

Other: The Instructor Trainee is recommended by the Club Director and approved by Supervising instructor.

POSITION: Associate Instructor (Class D Instructor)

Specific Requirements:

1. AJKA-I Nidan rank or higher.
2. Regularly assisting Associate or higher level instructors for a minimum of 1 year, or acting as a Club Director under the supervision of a Qualified Instructor for a minimum of 1 year.

Description: The Associate Instructor should normally be charged with full responsibility for one aspect Of training within a club. ("Aspect" in this case refers to self-defense classes, children's classes, and women's Special classes for self-defense, the teaching of beginning students, or other aspects approved by the AJKA-I.)

Other: The Associate Instructor must be recommended by a Qualified Instructor and approved by the AJKA-I Chief Instructor.

POSITION: Qualified Instructor (Class C Instructor)

Specific Requirements:

1. AJKA-I Sandan rank or higher.
2. Regularly teaching under the supervision of a Senior Instructor for a minimum of 1 year or acting as a Club Director under the supervision of a senior instructor for a minimum 1 year.

Description: The Qualified Instructor is charged with primary responsibility for the training of general Members in at least one AJKA-I club. The Qualified Instructor is qualified to conduct general training classes for basic, intermediate and advanced students, and assists Instructor Trainees and Associate Instructors in their development.

Other: The candidate for AJKA-I Qualified Instructor must be approved by the AJKA-I Chief Instructor.

POSITION: Senior Instructor (Class B Instructor)

Specific Requirements:

1. AJKA-I Yondan rank or higher.
2. Regularly instructing in an AJKA-I club for a minimum of 3 years.
3. AJKA-I Qualified Judge.

Description: Senior Instructors are responsible for the training and development of karate athletes and Instructors in their jurisdiction, regardless of their ranks, and are qualified to conduct training seminars and regular classes for all levels.

Other: The candidate for Senior Instructor must be approved by the AJKA-I Chief Instructor.

POSITION: Official Instructor (Class A Instructor)

Specific Requirements: Official Instructor status is attained only through successful completion of the Official AJKA-I Black Belt Development and Karate Instructor Training Program or its equivalent.

Description: Graduates of the Program are qualified to conduct training seminars, regular classes for all levels, and instructor's seminars. They are actively engaged in the research and development of karate techniques and training methods, and make recommendation to the AJKA-I based on the findings of their research.

Official Karate Instructor Training Program presented by
American JKA Karate Association-International

Program Objective:

The AJKA-I Karate Instructor Training Program is designed to provide the program participant with the Scientific background, technical and biomechanical skills, philosophical base, and interpersonal Presentation skills needed to effectively coach, instruct, and motivate contemporary karate students of all ages.

Program Description:

The program requires approximately two to three years, to completion. Classes are held on the average of every 6 weeks, and at special events such as camps and seminars. Each class is approximately four -five hours long.

Additionally, all efforts will be made to allow students opportunities to complete the missing portion of their course requirements through summer courses and/or special projects.

Upon successful completion of the entire course of study, participants will be awarded AJKA-I instructor, examiner, and judge licenses in accord with their ranking and total length of karate practice. Upon attainment of godan ranking, graduates will be awarded a Class A instructor license from AJKA-I.

This program also is designed to accelerate participants' progress in ranking. It is expected that participants will advance at least one dan level by graduation.

American JKA Karate Association-International
Karate Instructor Training Program Outline

I. Qualification

Requirements

The applicant must hold Shodan (first degree back belt) or higher, or must possess technical ability equal to this, and must be at least 18 years old and a high school graduate. Exceptions to rank and age requirements may be made on a case-by-case basis.

II. Length of the training program is approximately three years.

III. Training Curriculum

1. Technical Subject

- a. Techniques necessary for karate instructor
- b. Principles of instruction

2. Academic Subjects

- a. Research of karate techniques, philosophy, and related topics
- b. Principles of physical education

3. Others

Club organizational management, related instructor topics

IV. Training Method

1. Technical Academic

Trainees receive recommendations, study materials and technical information on specific topics during each class Module. A brief research report on required on assigned topics prior to the following training Module. All academic studies must be passed. Some topics may be delivered out of order.

V. Qualification After Completion of Training

All Trainees who complete the training program will be issued AJKA-I instructor, examiner and judge licenses, classed according to their ranking and other qualifications.

Monthly Technical Subjects Instructor Training Of The American JKA Karate Association

No	Basic	Kata	Kumite	Signature
01,	Introduction	Heian #1 to #5	Sombon & Gohon Kumite	
02,	Body Parts Used in Karate	Heian #1 & #2	Review	
03,	Stances in Karate	Heian #3 #4	Ippon Kumite	
04,	Body Rotation Power in Karate	Review & Chinte	Review	
05,	Body Shifting Power in Karate	Review	Review	
06,	Body Vibration Power in Karate	Heian #5 Tekki #1	Ippon Kumite (Hand Techniques)	
07,	Body Expansion & Contraction	Review & Tekki #2	Review	
08	Punching Techniques	Bassai Di & Hangetsu	Ippon Kumite Foot Techniques	
09,	Stricking Techs.	Kanku-Dai--Jion	Review	
10,	Kicking Techniques	Kanku Di & Jion	Jiu Ippon Kumite	
11,	Blocking Techniques	Review	Review	
12,	Unbalancing Techniques	Gankaku & Jutte	Jiu Ippon Kumite (Hand Techniques)	
13,	Throwing Techniques	Review	Review	
14,	Evasion Techniques	Empi & Sochin	Jiu Ippon Kumite (Foot)	
15,	Combination Techs. Offensive	Review	Review	
16,	Combination Techniques Defense	Unssu & Chinte	Jiu Kumite	
17,	Self-defance	Review	Review	
18,	Instruction of Kihon	Bassai Sho	Jiu Kumite (offensive)	
19,	Instruction of Kata	Review	Review	
20,	Instructions of Kumite	Review	Jiu Kumite (Defensive)	
21,	Conducting Classes, Clinic and Seminars	Review	Review	
22,	Organization and Perform. of Demonstrations	Review Tekki #1-2-3	Jiu Kumite Tactics and Strategy	
23,	Judging Kata Contest	Rev. Shorin Katas	Review	
24,	Judging Kumite Contest	Review of Shorei Katas	Jiu Kumite (Psychology)	

Research Subjects For Instructor Trainee Of the JKA International Karate Association

order	subjects	topic	units	detail
01,	What is Karate-Do	K-G	.1	
02,	Organization of Karate Techniques	K-T	.1	
03,	Difference Between Sports and Karate-Do	K-G	.1	
04,	Value of Karate in Physical Development	P-G	.1	
05,	Body Parts Used in Karate	K-T	.1	
06,	Karate and Kinesiology	K-O	.1	
07,	Stances in Karate	K-T	.2	
08,	Rotation Power of Body in Karate	K-O	.1	
09,	Body Shifting Power in Karate	K-O	.1	
10,	Vibration Power of Body in Karate	K-O	.1	
11,	Reaction Force in Karate Techniques	K-O	.1	
12,	Punching Techniques	K-T	.2	
13,	Body Expansion and Contraction in Karate	K-O	.1	
14,	Kicking Techniques	K-T	.2	
15,	History of Karate-Do	P-H	.1	
16,	Historical Differences Between Martial Arts and Sports	P-H	.1	
17,	Mutual Influences Between Oriental Cultures and Martial Arts	P-H	.1	
18,	Striking Techniques	K-T	.2	
19,	Kumite	K-T	.2	
20,	Blocking Techniques	K-T	.2	
21,	Motivation and Ways of Strengthening it	P-P	.1	
22,	Karate and Personality	P-P	.1	
23,	Karate Training and Concentration of Mind	P-P	.1	
24,	Karate Training and the Environment	P-P	.1	
25,	Psychological State and its Affect on Techniques	P-P	.1	
26,	Psychological State & Reflex Action	P-P	.1	
27,	Most Ideal Psychological State of Students in Group Instruction	P-P	.1	
28,	Techniques of Breaking Balance	K-T	.2	
29,	Joints & Muscular Movements in Important Leg Techniques	K-O	.1	
30,	Joints & Muscular Movements in Important Hand Techniques	K-O	.1	
31,	Necessary Conditions for Stances From Principles of Dynamics	K-O	.1	

32,	Explanation of Body Shifting From Principle of Dynamics	K-O	.1	
33,	Karate and Self Defance	K-T	.1	
34,	Management of Health for Karate-Ka	H-S	.1	
35,	Prevention and Treatment of Injuries	H-S	.1	
36,	Form Kata	K-T	.2	
37,	Difference of Physical and non Physical Development Training	P-G	.1	
38,	Making of Training Schedule	K-T	.1	
39,	Judging Karate Contest	K-T	.1	
40,	Ranking Examination of Karate	K-T	.1	
41,	Free Subject		.3	

K-G Introduction to Karate

K-T Techniques of Karate

K-O Kinesiology

P-G Introduction to P.E.

P-H History P.E

P-P Psychology of P.E

H-S Health Management

American JKA Instructor Training Program Bibliography for Reports

Bibliography for the report:

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C.E. Tuttle Publisher

Karate: The Art of Empty Hand Fighting

Nishiyama and Brown

C.E. Tuttle Publisher

The Textbook of Modern Karate

T.Okazaki, M. Stricevic

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Tokyo, Japan

The Heart of Karate-do

Shigeru Egami

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What is Karate?

Masutatsu Oyama

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Fighting Arts of the World

John Joan Gilbey

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Gichin Funakoshi

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A.C. Guyton, M.D.
W.B. Saunders Co.
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