

06.05.20 – BT Video Conference Call

Notes

Speaker: Gemma Biescas

Subject: Practising Taekwondo with Limited Space

- Offered free sessions initially, which did not encourage loads of members to take part and main reason was limited space in their houses – this is why we've come up with this talk
- Back to basics – Teaching younger children, adapt your lessons to be more fun e.g. 30 punches as fast as they can then hit the thumbs up button on their screen
- Uses four blocks to begin with Korean terminology and when someone is doing it well, they will be selected to switch their mic on and show everyone a good example
- Prepare-switch-block, prepare-switch-block a good exercise to get them thinking and improve their reactions – to be varied for each level: beginner, intermediate or advanced
- Squats then into kicks, back to squats then into more kicks
- Balance exercises, using single leg with soft kicks to challenge their balance, keep it simple to allow them to improve and adapt
- Different body positions for stretching, in splits, leaning across to grab toes then change sides – can use cushions or other comfy materials if they can't go all the way down into the splits
- Foot on wall at shoulder height if possible and using for obliques exercises by reaching to toes and back then repeat
- Leg waving and circling onto sharp kicks to vary the movements and challenge the participant
- Kicks lying on sides and kicks in the box position (hands and knees) with side-kicks, circling and waving
- Hands clasped out in front in line with shoulders and kick up to hands help keep the kicks straight
- Hands on head then practise multiple kicks to affect balance with a variety of kicks
- Ask for feedback from all participants and find out how much they enjoyed the lessons. If they enjoy the lessons, there's more chance they'll come back
- Pick an exercise/stance/kick and vary it in as many different ways as you can think of.
- Use jumping when you run out of space to add some dynamism to the lesson, but only where there is space and it is safe to do so
- Use real scenarios to practice Poomsae moves with blocks and counters etc – all in slow motion
- Teach them facing forward then turn around and be in the opponent's position and stance and they counter your moves, blocks etc.
- For more active, dynamic, reactionary drills, bouncing on toes then have exercises related to Korean numbers – touch floor, switch stance, front kick etc.

Key Take-aways

- **Plan your sessions and use session plans**
- **Pick core exercises you've used before and adapt them slightly to make them more interesting and challenging for the participants**

Speaker: Tony Butcher

Subject: – Encouraging Positive Behaviours & Attitudes

- Would love instructors to all share best-practice and keep communicating when things are back to the new normal
- I focus a lot on developing their characters, and aim to act as their third parent
- I always encourage respecting their parents by bowing to them in class, engaging with them during lessons
- If the children shout louder at home than they do in class, their parents get to select an exercise or task for them to complete as extra motivation for them to work harder in class and behave better at home
- I allow blackbelts to accompany children with autism into gradings to assist them and help them where necessary
- Grading forms have to be signed by parents and teachers to prove the children has been well behaved or they are not allowed to take the grading and this has only happened a few times
- They are encouraged to take pride in what they are doing by completing grading forms as if they are applying for a job or university
- Always encouraging them to try their hardest, give everything their best effort and live by the Tenets of Taekwondo, in school and at home as well as in the dojang
- I make sure they understand the Tenets and relate them to real life situations
- We use a lot of self-defence scenarios to encourage children that are being bullied to be more confident and stand up for themselves. I encourage them to talk about it to me and if they're comfortable, to the class.
- Beat the bully scenarios have become massively popular where two of the larger kids pick on a child and the child has to deal with the scenario, which takes time at first, but when they get it their parents are delighted seeing their progress and the growth in their confidence from the first time they tried it
- Parents have approached me disappointed when their child stops my classes to see if I can convince them to come back, as I have a waiting list for places.
- I try to turn them into better people and the parents really buy into and appreciate what I do.

Key Take-aways

- **Engage with parents as well as the children**
- **Make sure your members understand the importance of adhering to the Tenets of Taekwondo inside and outside of the dojang**
- **Don't be worried about sharing best-practice with your peers, everyone can help each other learn new methods to help them through these challenging times**

Speaker: Chris Wood

Subject: Platforms & Equipment to Enhance Virtual Lessons

- 100% Ethernet connection is recommended and can plug your phone up directly to your router
- WIFI not as reliable and if your WIFI isn't very strong, get a data sim for your phone, unless you already have unlimited data
- Not much difference between mac or windows
- GoPro is good for using for Zoom etc as has a wide lens to improve user experience
- Get a decent webcam HD or similar
- In-built webcam will be fine though
- Rode wireless mic, great sound, last 7 hours and cuts out interference
- Earbuds don't last very long
- Built-in mic on laptop may work, but is worse when you are further away from your laptop
- Streaming software OBS Mac & PC – Free
- Streamyard – Mac & PC
- Ecamm live pro = \$24.99 p/m is what I'm using now
- Can use multiple cameras for different angles on my exercises and can toggle between them all
- In Zoom, can select Ecamm camera
- Can add stopwatches to the screen for timed exercises
- Can add words to the screen, looks more professional and helps you and your club stand out during these challenging times
- Club uses an app called band which can play playlists etc during lessons
- I play music, sound effects and can programme the music to suit the session with warm up music, cool down, stretching, can play pre-recorded videos, all called overlays
- Timers are really useful and once you get used to it, it will be quite easy to use
- All safety announcements and information can slide across the screen, disclaimer etc.
- Can use it for video analysis and teaching certain moves, kicks etc.
- Some good background options, which includes using your own photos/images

Key Take-aways

- **You may have to pay for good technology, but it will be worth the investment if you keep your members through these tough times**
- **Think of creative ways to engage your members and keep your sessions interesting**
- **Try to make your online sessions look and feel as professional as possible to offer value for money, as you want to retain your members through this crisis**