



# AIKO Guide for Training Kids

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A BASIS FOR TRAINERS HOW TO TRAIN THEIR KIDS  
REGARDING ASHIHARA KARATE

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## 1 – Introduction

Teaching children is such a different aspect for trainers then teaching adults. With this document we want to help teachers to take a path or at least give them an idea how to start training children.

Were for adults training Ashihara Full Contact Karate is easy or at least they make a conscious decision for practicing Full Contact Karate , with kids this aspect is more difficult. Children are in the first phases of their life and they need to have fun in what they are doing, within a safe environment with a teacher who does everything to help them achieve the most from their training and also in turn keep them safe from harm.

This document is a living document were we want it to evolve and give guidance but also tips, tricks and regulation. Everybody who teaches kids should be our source of knowledge and together we make this work.

So how do we add information to this document?

For the first year it would be prudent to mail additions to [marcel@teamdoragon.nl](mailto:marcel@teamdoragon.nl) describe what you want in to a certain paragraph and provide the data , I will put it in and after checking with the provider send the data around.

## 2 - Training with kids

Here we fill in the part regarding safety, full contact, semi contact or non-contact training for kids. As a teacher you need to decide what path you want to take with children.

### 2.0 – Goals and decisions to training with kids

The goals for training with kids can be some of the following:

- Learn them respect
- Give them physical challenge
- Have fun in training
- Challenge them to grow
- <EXTEND>

### 2.1 – Safety

What is safety for kids? The aspect safety is always there, training with adults but especially with kids. Children are growing, starting to learn and impressionable so the role for a coach is not only to teach them the ropes of the game be it in Full contact, Semi contact or non-contact, but to understand what it takes to guide a child through the years learning techniques and molding his or hers mind and giving them a point in to the future to focus on.

So how does the coach do that also depends on the type of training he prefers, so for the three aspects of karate full contact, semi contact or non-contact and every one should understand the issues regarding their training and how to handle safety.

### 2.2 - Kids and full contact

Usually a teacher training adults full contact karate will go further in the same way and start teaching children also full contact because he is so used to it. As a trainer you should understand that nowadays with the focus on martial arts and laws being intensified coaches should prepare themselves what the aspects of full contact karate and kids means for them.

Nowadays it is socially undesirable for kids to perform full contact karate and coming home with bruises. When kids also start using karate outside and or becomes aggressive this will reflect to all schools and so for the teacher giving guidance is one of the major aspects of karate.

Teaching kids full contact karate should be done with the upmost respect to their youth. Here some pointers how to train within full contact

- Avoid blows to the head
- If you want to train kids striking to the head always use head gear but then still try to stick to a low level of punches or kicks to the head
- Kids have a smaller attention span the adults so training for an hour and a half is too much, in basis a hour, once a week is a good start. Or extend the training for a second hour per week
- Teaching kids the basics of respect and giving them borders to adhere to is good practice, so writing down the dojo rules and hanging them on the wall give clarity
- Always enforce the notion that during training if it hurts they should say this to their training partner and to the teacher.
- <EXTEND>

### 2.3 – Kids and Semi contact

When do we do semi contact? A teacher can also train in the form of semi contact, in this form you try to minimize the force being delivered to the body. Also within this form for kids it is good not to train with contact to the head and or use protective head gear. Because impacts to the body are limited the way to train within this form is based on control, you try to emphasize the techniques and the stop of technique before impact.

Teaching kids semi contact karate should also be done with respect to their youth, though seeing the minimized impact gives more basis for difficult techniques . Here some pointers how to train within semi contact

- Avoid blows to the head
- If you want to train kids striking to the head always use head gear but then still try to stick to techniques of punches or kicks to the head without impact
- Kids have a smaller attention span the adults so training for an hour and a half is too much, in basis a hour, once a week is a good start. Or extend the training for a second hour per week
- Teaching kids the basics of respect and giving them borders to adhere to is good practice, so writing down the dojo rules and hanging them on the wall give clarity
- Always enforce the notion that during training if it hurts they should say this to their training partner and to the teacher. Emphasize the notion of not hitting in full but stop before impact
- Playing a tag game were you tap each other by striking or kicking without impact
- <EXTEND>

## 2.4 – Kids and non-contact

Why non-contact? Some teachers might not be comfortable with training the before mentioned types of training Full contact or semi contact because for them safety for the kids comes first. The training these teachers apply is not to expose kids to any impact regarding strikes and or kicks. For this form the way to emphasize training is working on how techniques are delivered, using extra materials for simulating punches or kicks

Here are some pointers to training in a non-contact type of way

- No physical impact to the head or body
- Training should emphasize techniques
- <EXTEND>
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### 3 – Grading regarding kids

#### The grading

Because kids should have a structured way in training and in exams therefore being able to provide two exams per year should be the goal for every school. Exams and grading's can of course be done within the school but as it stands it's good to do exams during camps and or with other schools. By doing this you also teach children diversity in training with other unknown children.

So for training towards exams it's good to take notice of the techniques and kata regarding a specific grade, children should train the techniques regarding the specific grade and be graded towards these techniques only.

Because we are stating different sort of training methodology's the way you handle exams should be in respect to that methodology. What goes over methodology is how we grade our kids. So adhering to the standards as described in the rules of our organization should be paramount

For this we have the following table which states the grading cycle in respect to age. As said we want to give teachers a path to train his or hers kids, a path that gives a balance in training and exams. So thinking of the normal way of graduation it is clear a child would at a certain time lack motivation because the challenge of an exam is not there. So providing extra levels in between the normal graduation scheme is described in the table in the next page:

So we introduced new levels for children, Bronze, Silver and Gold. For very young children this gives an path of 18 exams to reach yellow belt with one green stripe. Starting at a very young age say 5 this means with an normal path of 2 exams per year a child reaches the grade of 5<sup>th</sup> kyu. then at 14 years he or she is returning to the normal system of graduation.

In the table we also described two other concepts based on in between exams and because this is a document for all kinds of teacher he or she can decide on which concept he or she adheres to.

For all the following rules should be adhered to in general:

1. You can only do an exam if you are registered with the AIKO
2. The maximum Skips in grades is two
3. Transferring from styles means a special exam path this must be discussed with D. Jonkers
4. <EXTEND>

### 3.1 Grading and age table (Conceptual)

A.I.K.O KYU	Age 1 exam / year	till 14	Normal Grading	Age 2 exams / year	Concept 1	till 14	Age 2 exams / year	Concept 2	till 14	Age 2 exams / year	Concept 3	till 14
				5	Star Bronze	X						
10 <sup>th</sup> kyu	5	X	1st Blue Stripe	5	1st Blue Stripe	X	7	1 <sup>st</sup> Blue Stripe	X	8	1 <sup>st</sup> Blue Stripe	X
				6	Star Silver	X	7	Silver Stripe	X	9	Gold Stripe	X
9 <sup>th</sup> kyu	6	X	2 <sup>e</sup> Blue Stripe	6	2 <sup>e</sup> Blue Streep	X	8	2 <sup>nd</sup> Blue Stripe	X	9	2 <sup>nd</sup> Blue Stripe	X
				7	Star Gold	X	8	Gold Stripe	X	10	Gold Stripe	X
8 <sup>th</sup> kyu	7	X	Blue Belt	7	Blue Belt	X	9	Blue Belt	X	10	Blue Belt	X
				8	Star Bronze	X						
				8	Star Silver	X	9	Silver Stripe	X			
				9	Star Gold	X	10	Gold Stripe	X	11	Gold Stripe	X
7 <sup>th</sup> kyu	8	X	Blue Belt with a yellow Stripe	9	Blue Belt with a yellow Stripe	X	10	Blue Belt with a yellow Stripe	X	11	Blue Belt with a yellow Stripe	X
				10	Star Bronze	X						
				10	Star Silver	X	11	Silver Stripe	X			
				11	Star Gold	X	11	Gold Stripe	X	12	Gold Stripe	X
6 <sup>th</sup> kyu	9	X	Yellow Belt	11	Yellow Belt	X	12	Yellow Belt	X	12	Yellow Belt	X
				12	Star Bronze	X						
				12	Star Silver	X	12	Silver Stripe	X			
				13	Star Gold	X	13	Gold Stripe	X	13	Gold Stripe	X
5 <sup>th</sup> kyu	10	X	Yellow Belt with a Green Stripe	13	Yellow Belt with a Green Stripe	X	13	Yellow Belt with a Green Stripe	X	13	Yellow Belt with a Green Stripe	X
<b>Vanaf 14</b>												
4 <sup>th</sup> kyu	Wait till 14	X	Green Belt									
3 <sup>rd</sup> kyu	15	X	Green Belt with a Brown Stripe									
2 <sup>nd</sup> kyu	16	X	Brown Belt									
1 <sup>st</sup> kyu	17		Brown Belt with a Black Stripe									
Sho-dan	18		Black Belt – SHODAN									
Ni-dan			Black Belt – NIDAN									
San-dan			Black Belt – SANDAN									
Yon-dan	Promotion		Black Belt – YONDAN									
Go-dan	Promotion		Black Belt – GODAN									
Roku-dan	Promotion		Black Belt – ROKUDAN									
..	..											
..	..											



## 4 – Training exercises

In regards to training here we want to describe some training exercises usefull for training with kids

Stability exercises

- <EXTEND>

Listening exercises

- <EXTEND>

Orientation exercises

- <EXTEND>

Strength exercises

- <EXTEND>

Stamina exercises

- <EXTEND>

## A – Addendum The LAW regarding kids

Here we would like to sum up some topics regarding law and how this combines with especially the kids

Dutch regulation:

Aansprakelijkheid in sport- en spelsituaties

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[HTTP://WWW.JUDEX.NL/RECHTSGEBIED/LETSELSCHADE\\_%26\\_ONGEVALLEN/PRODUCTEN  
,-KINDEREN-EN-DIEREN/ARTIKELN/342/AANSPRAKELIJKHEID-IN-SPORT--EN-  
SPELSITUATIES.HTM](http://www.judex.nl/rechtsgebied/letselschade_%26_ongevallen/producten,-kinderen-en-dieren/artikelen/342/aansprakelijkheid-in-sport--en-spelsituaties.htm)

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Sporten is zowel goed als slecht voor uw gezondheid, mede afhankelijk van het soort sport dat wordt beoefend. In principe knapt uw lichamelijke conditie op van sport, maar er speelt ook een verhoogd risico op blessures en ongelukken. Gevaarlijke en risicovolle situaties horen bij sport, teamsport in het bijzonder.

In het aansprakelijkheidsrecht neemt sport en spel een bijzondere plaats in. Wat buiten het veld 'onrechtmatig' zou zijn, is dat binnen de lijnen vaak niet.

Een voorbeeld.

Na het voltooien van een tennisgame slaat de ene speler ballen naar de andere speler die aan de beurt is om te serveren. Eén van die ballen komt, nogal onhandig geslagen, met een forse snelheid in het oog van de andere speler. Hierdoor ontstaat oogletsel. De speler die de bal heeft geslagen is niet aansprakelijk omdat het bij het spel hoort dat spelers over en weer gedragingen kunnen verwachten die niet handig of gelukkig zijn maar wel bij het spel horen.

Het is wel onrechtmatig om dingen te doen die duidelijk ingaan tegen de geest van het spel en/of abnormaal zijn. Zo heeft de Hoge Raad bevestigd dat het onrechtmatig is om als voetballer iemand tegen zijn been te schoppen als de bal al is doorgespeeld ('natrappen'). Het slachtoffer heeft dan recht op schadevergoeding. Het enkele feit dat u een spelregel overtreedt, wil overigens niet automatisch zeggen dat u aansprakelijk bent voor eventuele schade. Maar naarmate de overtreding ernstiger is (een rode kaart) neemt de kans op aansprakelijkheid toe.

Als u ernstig letsel oploopt in een ruwe confrontatie met een tegenstander, zal de rechter dus beoordelen of de toedracht binnen de normale verwachtingen van de betreffende sport ligt. Is dat het geval, dan is de conclusie dat uw letsel het gevolg is van een ongelukkige samenloop van omstandigheden en niet van een onrechtmatige gedraging. Het gaat er vooral om of de gedraging die tot de schade leidt, buiten de orde van het spel is.

Of men deelnemer is aan een sport of spelsituatie is niet altijd duidelijk, maar het is niet noodzakelijk dat u actief aan het spel deelneemt. Het spelelement is ook niet meteen van de baan als het spel formeel al is afgelopen.

Een voorbeeld.

Bij een spelletje midgetgolf staat u te wachten op uw beurt. De persoon die aan de beurt is haalt uit om af te slaan en treft u in het oog. Hierdoor ontstaat letsel. De persoon die afsloeg is niet aansprakelijk, omdat dit een sport- en spelsituatie is, ook al keek u alleen maar toe.

Nog een voorbeeld.

U neemt deel aan wedstrijd waarbij u zo snel mogelijk een op het water liggende hindernisbaan moet afleggen. U moet droog blijven en aan het eind aan een bel trekken. U slaagt hierin en daarmee is het spel eigenlijk afgelopen. Twee andere deelnemers die wel nat geworden zijn, besluiten om u alsnog in het water te gooien.

Onder water raakt u een voorwerp en loopt u letsel op. De twee plaaggeesten zijn niet aansprakelijk ook al was het spelletje eigenlijk voorbij. U had min of meer kunnen verwachten dat dit soort acties bij het spelletje hoort.

Als u letsel oploopt in een sport- of spelsituatie waarvoor u een ander verantwoordelijk houdt, zijn videobeelden en getuigen heel belangrijk. U moet bewijzen dat de situatie waarin u gewond raakte, buiten de regels of geest van het spel viel. De conclusie dat sprake was van een ongelukkige samenloop van omstandigheden ligt bij sport en spel (veel) eerder voor de hand dan daarbuiten. Dit maakt het verschil tussen wel of geen vergoeding van uw schade.