

THE ULTIMATE WORLD WIDE MARTIAL ARTS MAGAZINE

BLACKBELT



BB

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SELF-DEFENSE:
Conditioned
reflexes!

MARTIAL ARTS AND
the Motivation
it requires

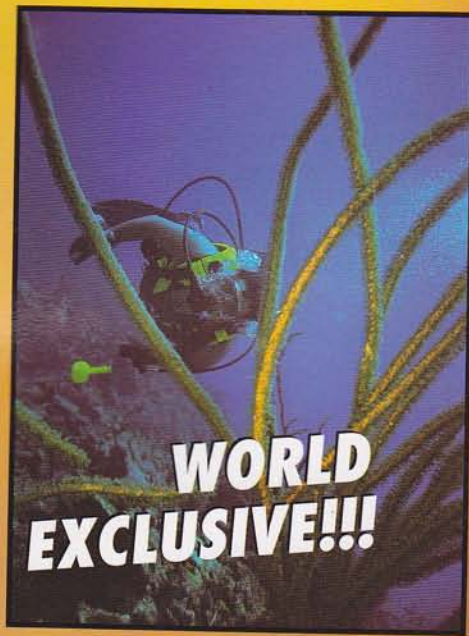
VALE-TUDO:
Prison and torture
of a fighter

NOVA SCRIMIA:
The Italian
tradition
of Combat
with Cane

ERIK PAULSON:
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THE KEYS OF COMBAT AT ANY DISTANCE



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underwater!



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The Parent – Instructor – Student Triangle

Many instructors sometimes wish that they could eliminate the parent from the equation when it comes to teaching children because they ask awkward questions such as:

"Why isn't Johnny grading?" "Can you improve my child's discipline?"

The fact of the matter is, parents, even the most difficult to handle, may be the key to developing an excellent school, because often, their opinion counts, even if it doesn't quite fit into your way of thinking. It is a question of developing a few interpersonal skills to deal with uncomfortable situations and turning them into positive outcomes.

Parents come in many forms depending on their level of involvement:

The Under involved Parents $\xrightarrow{\hspace{2cm}}$ Disinterested/misinformed

The Moderately involved

The Over involved $\xrightarrow{\hspace{2cm}}$ Excitable/Fanatical Parents

Generally, those that pose the greatest problem are the excitable and fanatical parents.

So how do you deal with these different characters?

The key to success with any parents is clear, open, honest communication right from the start. Generally you will meet them for the first time over the telephone during an enquiry or face to face when they visit your school for the first time. Initially they may have concerns about safety, question the actual activity, and want to know what benefits your school can offer their child. Many parents come to your school after being misinformed or with preconceived ideas about martial arts and often naively believe that what you may teach can make their child untouchable or be the miracle cure for their behaviour problems. So your first port of call is to educate the parent to what you are all about and to what extent you can help their child.

Therefore the following strategies may help you deal with parents:

- Listen clearly to the parents' concerns, acknowledge them and try to explain what areas you may be able to help in.
- Explain that you are part of the equation when it comes to helping their child's behaviour problems, depending on the severity; improvement requires a combination of parents, teachers, instructor input. Never promise or sell your programme on the basis that you alone can solve all their discipline problems.



NEW PRODUCT



macpadTM

FEEL THE FORCE

Introducing Multi Angle Combat Pad "MACPAD"

The new revolutionary, multi-angle combat pad or "Macpad" as it's called, is the greatest new striking aid for all combat sports, martial arts and boxing practitioners since the basic punch bag.

Developed by Mark McCreath, coach, training and sparring partner to the likes of legend Prince Naseem Hamed, it was developed over a number of years due to the injuries that can be sustained using focus pads. Mark said, due to the power of such boxers as Prince Naseem, shoulders would take their toll from workouts with focus pads. This drove the early development stages of the Macpad. Mark wanted a single tool that would give a multi-striking angle in one piece of equipment. An old pair of 16 oz. Gloves, covered in carpet underlay and duct tape, became the prototype for this ingenious development.

The Gloves and underlay didn't have the weight or density needed, so different materials were tried and tested until the Macpad was born.

With the weight, density, grip and size, the Macpad gives a great workout to both the trainer and the striker. It maintains a correct posture while holding and causes the waist to turn when hit with power. Whether punched, kicked, kneed or elbowed, the trainer never gets hurt and the Macpad will last forever.

This truly is the greatest, most innovative training aid that we have seen in years. We have one and so should you.

Blackbelt UK highly recommends the Macpad.

For more information go to:- www.macpad.com or telephone 01274 737 219.

TEACHING CHILDREN



- Explain clearly the educational emphasis you put in your syllabus as well as the physical. This depends on the culture of your school. If a parent is only interested in turning their child into an elite athlete and your focus is more on character development integrated within general martial arts training, then you may find this parent a problem to deal with, as their way of thinking certainly does not fit into your school. It is best to be honest from the start, and not to mislead parents into false promises.

- When a child joins for the first time, offer a brochure to parents that gives them guidelines on how they can help or be involved in their child's training. Use the brochure to answer some of the most frequently asked questions and clarify key points such as belt structure, attendance requirements, parent involvement, safety factors etc.

- If a parent is not happy with something in particular or has a grievance, don't hide from it, if anything try and pre-empt the grievance and approach them before they approach you. Book an appointment with them to talk about the problem privately rather than in front of other parents. Once again this avoids embarrassment or sending the wrong message to other parents. This method also makes the parent feel important and valued and often ends with a win/win solution.

- For the under involved parent, make attempts to communicate with them for example by telephone, or newsletter. Try to invite them to events such as gradings etc because often they are so busy that they may fail to read the newsletter and need that bit of help in the form of a reminder.

- Over involved parents tend to put a lot of pressure on their children, from shouting out on the sidelines of the class to becoming aggressive and out of line in a competitive event such as a tournament. Many of them are often trying to live their own fantasies through their own children and this can be quite harmful to the child's confidence, self-esteem etc. Once again, the best strategy is to speak to these individuals in a private meeting. Acknowledge that you appreciate their enthusiasm and involvement but explain how on occasions the way it is done can actually be detrimental to the child's development and improvement. Perhaps try to give them a job to do that will satisfy their need for involvement but may de-focus them a little from their child.

So to summarise: It is important to keep parents well informed, to listen to their concerns and invite them to be involved with their child's training. If they need help, offer clear guidance on how this can be done, so that it can be of maximum benefit to the child. ✘

Catarina Murphy has practised martial arts since 1988. A 3rd Degree Black Belt she runs the children's programme for Family Martial Arts full time Headquarters in Kent. She has pioneered a number of industry related courses and workshops. A regular contributor to Black Belt UK she is currently studying for a Master's Degree at Loughborough University in Physical Education. For details of her courses, contact 01474 326967.



What Is The Secret To Why Some Martial Artists Achieve Greatness, While Others Never Seem To Reach Their Full Potential?

When I started out in the Martial Arts, I used to spend most of my time training technique after technique. Like most people, I'd do a few stretches, a bit of cardio and thought that I was in pretty good shape. It didn't take me long to find out that some opponents possessed an edge that I simply didn't. They would appear faster, stronger, with more power. They possessed, what I would later come to learn as, a real 'Warrior' presence. I quickly recognised that this was the missing component in my training and I set about finding out how to achieve it.

After many years of research into fitness and conditioning and having trained with some of the world's top Martial Artists, I have decided to share the knowledge I have learnt in an exclusive new publication, which I have set out for you in an 'all you need to know' course.

The Warrior Fighting Fitness Manual and FREE DVD

Go online to **WARRIORFIGHTINGFITNESS.COM** right NOW and find out more about this great new course in **Warrior** training, fitness, nutrition, mind power and much more.

Also available **BODY STRUCTURE SPARRING SERIES TAPES 1-9** and **NHB WING CHUN DVD**

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