

Technique mechanisms & Teaching

Stances

1. Toe : mobility, source of power
Heel : stability, support
2. Sequence in teaching
3. Height of stances: force & hip freedom
4. Forward : alignment (front & back toes direction)
commitment (stretch hip joint)
execution (slide)
Rectangular & Side
Back (front toes)
Diagonal → Forward
5. Movement from stance to stance (toe ↔ heel in kata)

Hip Motion

1. Power source (action & reaction)
2. Training :
 - a. three types (punch, inside chop, outer chop)
 - b. shift weight and twist (legs & hips)
 - c. toe ↔ heel movement

Hand Techniques

1. Body posture (shoulder relax)
2. Types of motion : thrust & snap
3. Ready position directly to targets
4. Twist at last moment
5. Penetration of techniques (relax but firm)
6. Starting positions : momentum generation & protection (knife hand block)
7. Hip rotation : action $\geq 90^\circ$ reaction $< 90^\circ$
8. Hip coordination : reverse techniques (teaching sequence)

Kicks

1. Knee high, hip commitment (kick & turn)
2. Toe - Hip constraint (kicking & supporting legs)
3. Front : line up shoulder with kicks, stretch of supporting hip joint
Side & Back : toe direction, stretch of hamstring of supporting leg
Roundhouse : ready position (knee ↔ hip joint)
4. Stretching
5. Turning kicks
6. Jumping & flying kicks

Teaching

1. Discipline
2. Repetitions (knowledge ↔ practice)
3. Loading : stamina, techniques
practicing ↔ instructing
Pair-off or not
4. Flow : efficiency
 - a. rhythm (jogging, sprinting)
 - b. arrange hard & soft, kicks & hands, stretch & strenuous moves
 - c. combination : motion ↔ memory, one move → merge
 - d. correction & explanation
 - (1) at that particular move
 - (2) tempted to correct → slow down the class
 - (3) non-verbal correction
 - (4) talk at the right time (while they are doing, exhausted, rest)
 - e. signs of insufficient loading
 - f. spirit : voice & dynamic action
5. Multi-level class
 - a. foot work dictates the class movement
 - b. hip commitment affects the execution time
 - c. based on beginners' level, don't ask them to perform advance technique