

Full Name:

009 - TEACHER TRAINING

Teaching Respect

Attention and Bow

SENSEI

The Karate name for a teacher is "Sensei."
When you answer a question from the sensei, you say, "Oss, sensei" Just like you show respect by looking at your parents and saying, "yes mum." Or "yes dad." Right? Coach them to say, "Oss, sensei."

ATTENTION

Stand at attention like this. Heels together, feet together, hand straight by your side. Attention means concentration and self-control. Say "concentration!" Say "self-control!" Say "concentration and self-control."

When I say "Kiotski!" You snap to attention and say, "Concentration and Self Control." And don't even move a whisker! "Kiotski!"

THE BOW

Now bow like this. The bow means courtesy and respect. Say "courtesy!" Say "respect!" Say "courtesy and respect." When I say "Rei!", you bow like this, "courtesy and respect." "Rei!"

COURTESY AND RESPECT MAT CHAT

Can you tell me what courtesy means? Well, courtesy means being polite...for example when you talk to mum or dad you always look at them and you say yes mum or yes dad? You already do that, right? I thought so.

Do you know what respect means? That's right, it means treating other people the way you would like to be treated if you were them! For example, do you like it when other people are nice to you? Then that means you be nice to other people, right? Does that make sense? Oss Sensei!

CRISS CROSS

When I say *Criss Cross*, you say *Karate Sox*. *Criss Cross - Karate Sox*. You sit down and cross your legs just like this.

When I say *legs*, you say *crossed! Legs! Crossed!*

When I say *back*, you say *straight! Back! Straight!*

When I say *hands*, you say *on the knees! Hands! On the knees!*

QT

Say, "quick take-off." Now, when I say *QT*, you say *Quick take-off*. *QT! - Quick Takeoff!* You stand up and stand at attention, just like this. You don't even move a whisker!

