

Take A.E.i.M.

ADULT EDUCATION IN MARTIAL ARTS



Intention of Take AEiM!

It has been recognised that many people wish to practice a martial art but are deterred by the overt physical nature, dynamics and pressure to perform to a certain standard in gradings. Even so they may start training they are stymied in progression and learning further techniques due to the Academy's syllabus and grading system of the impression that one needs to perform to a 'certain' standard.

With this in mind, Take AEiM is to encourage participation with the emphasis on gaining awareness, confidence and enjoyment through the practice of martial arts rather than achieving higher levels of performance through grading. Students are only required to perform what they feel comfortable they can achieve and will learn material from all courses within the Academy's system.

Take AEiM is structured to suit people with age, mobility and injury concerns. Through consultation with their instructors participants in this program are encouraged to take responsibility for their health to ensure the individuals health concerns are not aggravated, e.g. only low impact techniques to be practiced. Modifications to techniques may be required to keep the practice safe and/or within the bounds of the students abilities. Thus different techniques that are simple yet still effective may be taught for certain scenarios.

1. Course Operation – Administration

- All participants must still fill in a membership form and pay fees in accordance to that set by the branch CI.
- Participants are still bound to adhere to all rules of the Academy.
- Take AEiM is positioned between the 8 week Self Defence course and the normal Kyu syllabus.

2. Course Operation – Training

- Take AEiM students will be considered as white belts, thus no expectation of expertise is placed upon them. They are learning for the sake of learning and proficiency is developed through this process. If students wish to they may perform an advancement test, which will be rewarded with a form recognition for the level they have achieved. (See Section 3 below)
- Depending on the student's abilities and health/injury status and in consultation with the student, the CI may need to give modifications to certain techniques. This is in particular to breakfalls and techniques requiring

proficiency in breakfalls and any techniques that can potentially aggravate health/injury concerns. Other modifications may be required where elements of speed, agility and strength are needed to perform the techniques safely and effectively.

- Depending on the student's abilities and health/injury status and in consultation with the student, receiving certain techniques may not be possible as the receiver needs proficiency in breakfalls. However the student may still practice the technique with a partner with the necessary breakfall experience.
- Skills and techniques shall be taught in a fashion similar to the normal syllabus and class routine. The following list indicates the recommended order of training and progression;
 - Exercises
 - Tsuki & Geri
 - Basic Steps
 - In conjunction with the above three physical components, the personal safety strategies conveyed in the Self Defence course shall also be taught.
 - Breakfalls – Need constant monitoring. Students may never progress from floor level. This component should not be stressed heavily in training, but awareness of the skills and practice at safe (floor) levels is to be encouraged. Because of the high impact nature of breakfalls, students must also be aware of what their body is capable of sustaining and provide feedback to their CI where necessary.
 - Techniques from the syllabus – Yellow, Orange, Green, Blue, Brown (may include boxing skills), Sparring techniques, Shodan, Brawl fighting, Advanced Nerves.
- While the above list is a recommendation, CI's may teach material from any part of the entire syllabus. Consideration on what is taught is based on the student's proficiency and readiness versus the technique's difficulty.

3. Course Operation – Grading, Proficiency Test and Progression

There are three forms of advancement in the Take AEiM program, Progression, Proficiency Test and Grading. At any form of proficiency test or grading, the students must be identified as a Take AEiM student to the grading instructor with some history of abilities and health status so that due consideration can be given on their performance. The CI must also indicate to the grading instructor what techniques have been modified and how. The CI can also perform a role in the grading/proficiency assessment.

- **Progression** – is the normal mode of operation whereby the student learns for the sake of learning and the CI teaches new material when they feel the student is ready. Students will always remain a white belt, but their level of experience will be shown through the traditional method of how worn and frayed their belt becomes.

- Proficiency tests (optional) – These are done in a semiformal setting with much latitude being given to the performance. Here the spirit of participation and a recognition of what has been achieved is more important than accuracy and martial ability. Students do as much of a particular senior belt course as possible, with or without modifications. Certificates are issued with indication of proficiency to a modified belt level.
- **Grading (optional)** – While training to grade and advance to the next level is not the main focus, students may still grade to normal belt levels if they and their instructors feel reasonably confident of a positive result.
 - Gradings are done formally with all the usual components applied; Exercises, Tsuki, Geri, Basic Steps, Techniques, Two man attack.
 - Take AEiM students should be able to perform about 80% of the techniques to the same standard as that expected for the particular Kyu being attempted.
 - The remaining (4 – 5 techniques) with minor or major modifications but still effectively replicating the attack to a standard consistent with the Kyu being attempted.
- **Breakfalls** – do not fall into the same grading assessment category, as students may never progress from the floor level. If a Take AEiM student progresses as far as grading to brown belt then they must show that they can fall safely from a standing position into a shoulder roll (L & R side), side breakfall, (L & R side), front breakfall and back breakfall (not necessary to roll over).

4. Standardisation of modified techniques

As experience develops through this program, the various modifications for techniques will become formalised into a set syllabus. Depending on the ability of the student the relevant modification will be selected for the Take AEiM student to practice.