

# **The 5 Step “Disguised Repetition” Instructor Platform**



**MARTIAL ARTS**  

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**OF WEST END INC**

**To have students do a technique 100-200 times while  
getting 200 times better in 10-15 minutes.**

# **The 5 Step “Disguised Repetition” Instructor Platform**

The term “disguised repetition” is not a new term but a very important technique to use in classes. The basic meaning of disguised repetition is to have the students do a technique or form many times and many different, creative ways (repetition) without them realizing (disguised) they are doing the same technique over and over. To make learning the moves more fun, less repetitive and increase retention.

As a more advanced instructor we should look at disguised repetition as a way to put your students in as many different situations as possible, to help them learn easier, and perfect the techniques so they can perform them anytime and anywhere if needed. Achieving this while having fun, performing the techniques hundreds of times and not getting bored. Hence the term, Disguised Repetition With A Purpose.

**Our goal is to have a student do the technique 100-200 times in 10-15 minutes and to get 100-200 times better!**

Disguised repetition will also aid instructors to get Results! Remember everyone learns differently and when you lay out different drills, formations and team exercises you are making more tools available for students to learn easier. A group of students will pick up the moves one way and others will pick it up another way. When you provide a series of different ways of learning, it is much easier to get the desired results and have more fun.

Every school owner’s goal is to achieve maximum results, with large numbers of students, in less time, while having more fun. By designing drills and games that the students perform on their own you have the opportunity to individually help and praise students without stopping the flow of class and the other students from training. When you have a good disguised repetition plan your instructors have more fun teaching, your students become champions, have a blast and leave class sweating.

Whether it is in a self defense situation, tournament, graduation, against multiple attackers, on a demonstration team, talent show, even the movies! There are hundreds of disguised repetition drills and I would like to share the 5 Step Teaching Platform that any instructor can learn and implement right away in classes.

# **The 5 Step Teaching Platform**

There are 5 easy disguised repetition steps, drills, and formations to remember and memorize. Each one of the 5 steps is very important in achieving our goal of desired results.

The 5 Steps are:

- 1- To The Front
- 2- In A Circle
- 3- Team Challenge
- 4- Partner Drill
- 5- Line Drill

Once an instructor memorizes the 5 steps, many variations of each step can result in hundreds of different games and drills to build your championship students while having fun. The 5 steps work awesome for basic techniques, sparring techniques, and with a slight change any traditional, open or weapon forms.

Each step is very important and I will spend time explaining each step in depth to fully understand the benefits of each and how to use its fullest potential.

## **1. To The Front**

The first step is teaching the technique to the front. This is the most traditional way all class are taught all over the world. Teaching to the front, towards the wall, serves as great teaching tool as long as the instructors know how to properly use it and why. Since most schools use this method 90% of the time I will encourage you to use this quickly and to move on to the other variations.

The benefits of teaching toward the front are: it is easy to learn, you can use reaction drills, self improvement, black belt practice time.

It is **easy to learn** because the students are all facing the same direction and can see the other students while following the instructor.

**Reaction drills** are when you say “go”. The students complete the technique as fast as possible, or try to react as fast as they can when you give the command. If you are an instructor or have an instructor who always says “go”, “go”, “go”, then “kick”, “kick”, “kick”, throughout the class, its definitely time to get some excitement out on the floor. The only time you should say “go” or “kick” or “punch” in class is if you are having a reaction drill or competition between students or you are starting a drill that will last for a few minutes. Put yourself on “go” restriction. If you say it more than 3 times in a row it should **only** be for a reaction game.

Put music on because it is time for **Black Belt Practice Time!** The majority of the time spent on the front drills should be this. This is fun and teaches the students how to be self reliant. During black belt practice time the students' responsibility is to work on the technique and memorize it by themselves. As the music is playing and the class is practicing, you energetically walk around helping, praising, highlighting and pulling out better techniques. Have the students pause for a brief moment as you spotlight an incredible student or show them a more advanced way of doing the technique. Your goal is to shift the students into \***5<sup>th</sup> Gear**. Peak the students at about 2-3 minutes and have them take an attention stance.

\*In each of the 5 steps the goal of the instructor is to get the students shifted into 5<sup>th</sup> gear before going to the next step, game or drill. What does this mean? When the students are performing all 4 qualities: 1. Speed, 2. Power, 3. Intensity, 4. Balance (proper stance) they are now considered to be in 5<sup>th</sup> gear. We will continue to have the students performing at this level for 1-2 minutes then it is time to go to the next drill.

## **Step 2- In A Circle**

The students are in an attention stance. Now the instructor demonstrates the technique with imaginary opponents surrounding him in all directions. When he completes the technique he turns his head as if another attacker is coming and does the technique and repeats over and over as he turns in a circle rotation. Creating the proper vision is very important here as the students will do it only as good as the instructor.

Make sure and have students turn their heads, gain focus and perform technique as best as possible, relax for a quick moment and then repeat. If it is a sparring technique, have them bouncing, lunge in, do the technique and then back to position, turn to the next direction and repeat. Turn the music on and have the students do it while you are energetically walking around on the floor giving proper feedback.

The benefits of the students performing in a circle are: footwork, surrounding awareness and peripheral vision, multiple attacker situations, mass attack, pressured thinking.

As the students are moving in a circle they will have to adjust their **balance** and therefore their **footwork** and **coordination** skills will be enhanced. It is much more challenging to turn, look, shift your weight and stance and then throw a front kick then to just stand to the front and do it over and over.

When the students turn and look they are increasing their **awareness skills** and the reality that your opponent may not always be right in front of you or may try to sneak an attack from the side. This is where they work on their peripheral vision by watching out to the sides.

By moving around in a circle the students will develop the quick turning skills and mental preparation to fend off **multiple attackers**.

**Mass Attack** is fun and also puts more pressure on the students to move very fast. With more pressure, we will better prepare the student to perform **under pressure** and the more confident the student becomes. With challenge comes confidence.

Half way through the 2-3 minutes, have them switch directions. At the end, give out the “Mass Attack” command and the students have to go fast as if attackers are everywhere. I give the students the analogy like in the Matrix when he had to defend himself with the hundreds of guys surrounding him.

It is very important to praise proper training habits, and black belt qualities throughout the entire time to get the students shifted into 5<sup>th</sup> gear.

### **Step 3- Team Challenge**

The Team Challenge is designed to build the energy and excitement of the floor by creating friendly competition. I call this the synergy of class. Each team will want to win and will go above and beyond to be praised. At the same time they feel part of a team and this builds confidence and teamwork. As they do the techniques together it is similar to a show or performance because they do each move together to combine their forces and win the challenge like a demo team or at a tournament.

Benefits- Teamwork, energy, intensity, confidence, team performance

Ask the kids if they are ready for a Team Challenge. Have the kids answer Ready Sir, or Bring It On Sir. Divide the class in half. I recommend having the Team Challenge **Equator** (a line on the floor separating both sides that is always the split between the 2 teams). This way the students will always know which team or side they are on.

If you are teaching an easier 1-3 move technique, have the students shift and face each other. If the moves are more complex, don't make them confused, just have them face the front. Either way, stand in the middle and award points for the team that demonstrates the most intensity and team work when you say go. Watch out, they will get intense to win.

At this point you can call out any black belt quality (speed, power, etc) and give them points for proper execution. This is also a good time to give out **Technique Points**.

Technique points are points for proper detailed forms moves like a bottom of the heel on a sidekick, chambered hand in home position, proper foot position in stance, hip rotation, striking area, etc. These are the details.

In each of the 5 steps I recommend giving one Technique Tip for students to work on besides the qualities of speed, power, intensity, stance etc.

Once the students have improved, have them bow to each other and give each other an ovation. Students are facing the front and ready for step four.

## **Step 4- Partner Drill**

The partner drill is very important for students to understand how the techniques work on a real person. At this point they have done everything in the air. Hopefully they are pretending to use the move on a person but this drill will put it into perspective for them because they have someone to aim at.

The benefits of the partner drill are that it creates better accuracy and perspective by giving them a target to aim at, friendly competition with different partners, and team work especially as they cheer and coach each other on.

Now the instructor says face your partner! The front row turns and faces the second row and the third row turns and faces the fourth row. Or Turn left and right to face your partner. If you have uneven lines just have each person in the back row turn and face the person next to them. If there is an odd person, have them join any team they want for the 3- Person Triangle Partner Drill. Now the students should be lined up with a partner. They bow to communicate respect and begin to perform the technique back and forth the way you showed them. Normally you only want the students aiming at the target area but not hitting it. Of course you can change this for certain circumstances. For instance if the technique was a low side kick to the knee area have the students do it back and forth a few inches away. You have to specify exactly how you want them to do it. You can also give them pads but I feel they get the best results when coming very close to the specific target area so they know exactly where to hit someone on the street. They will visualize hitting an attacker in the right area and under an attack situation. Sometimes the pads take that visualization and realism away from the students. If I have a person standing in front of me like he is ready to attack, I have the state of mind that this move has to hit the right area the best way that I can possibly do.

Have the students go back and forth while you move around the floor helping students and praising students. Have the students face each other bow and give high 5 or hand shake. I always have the students say- "Thank You For Making Me Better Sir or Mam." Now they are ready for the last step 5.

## **Step 5-Line Drill**

In the line drill the main goal is- The Students Must Hit Something. At this point the students have done everything in the air and towards a real target but it will feel most real and usable when they hit a target or a bag. The student can now feel the impact of the technique they are doing. This impact will give them confidence, especially at this point. They feel confident at where to hit the opponent from the partner drill but now they are imaging how hard it would hit the opponent as they feel the impact into the target. Students will also know if they are doing the technique the right way when they hit the bag or target. Encourage them to hit lightly and then increase power with each repetition. Let them know full power takes time. During the line challenges you want the students to gain higher team spirit as they cheer for each person who comes up to hit the target.

The benefits of the line drill are- students gain confidence from the amount of impact they make, better accuracy from hitting targets, proper technique, and team spirit.

The instructor will now create lines. Have the students turn sharply to their left or right and back up to form straight lines facing the center of the room. If you have 4 rows of students then you will have 4 nice straight lines ready to hit the bags. While students are walking back I usually have the first 1-2 people roll out a bag or get a pad. This will save time if they are doing it while the lines are forming.

Each student will come up, hit the target, tag the next person and run to the end of the line. Obviously you can award points and highlight the teams with the most intensity, team spirit, best performances, and protocol.

Have the first 1-2 students put equipment away and have everyone spread out to their original position. The 5 step platform is now complete. The students performed the technique 100-200 times and are now 100-200 times better in 10-15 minutes. Have fun- you know the students will.

# **5 Step Disguised Repetition Quiz**

What are the 4 goals of the teaching platform?

1.

2.

3.

4.

Write down and describe each of the 5 steps.

1.

2.

3.

4.

5.

What does it mean to have the students shifted into 5<sup>th</sup> gear?

What is the rule of the Line Drill?