



Junior Leadership Program¹

The Missouri Karate Association (MKA) is excited to announce the commencement of its Junior Leadership Program. This program is designed for qualified brown | black belt students to develop functional teaching and leadership skills in the dojo environment which in turn will be useful in their social and academic circles. The program aims to facilitate their maturation process by exposing them to various modalities that will lead them to future successes.

Each participant assumes an apprentice teacher role in the Little Ninjas and Youth classes. This role is called **DESHI** (*apprentice* in Japanese). The overall purpose of the Junior Leadership Program is to teach the fundamental skills as listed:

- Teaching
- Leadership
- Communication
- Interpersonal
- Management

Benefits

This program is designed to develop serious brown | black belt students into stronger leaders within and outside of the dojo – to become a role model for other students.

The Deshi will benefit in the following ways:

- Gain a better understanding of Karate techniques and principles through teaching and assisting
- Learn to become accountable for his/her own actions
- Augment maturation process
- Follow up on tasks and take responsibilities

¹ Please note that this is a voluntary program separate from the youth curriculum and is not a requirement for normal belt progression.

- Develop techniques for effective communication and public speaking
- Enhance interpersonal skills (such as management skills and conflict resolution)
- Obtain service hours required for school and other programs.
- Assume a public and recognized leadership role as an apprentice instructor.
- Build confidence to improve chances of earning black belt (Shodan).

Involvement

Under the guidance of the program coordinator, each Deshi will be involved in the following dojo activities:

- Lead the Opening and Closing ceremonies (bowing-in and bowing-out)
- Assist in taking attendance.
- Actively participate in the warm-up and cool-down portions of the class
- Articulate to new students the basic principles of dojo etiquette through explanation and demonstration
- Help Sensei with teaching and managing the class

Requirements

The program is designed for students who have attained 3rd kyu or higher (brown | black belts). The candidate Deshi is one who shows personal qualities exemplifying the philosophy of Traditional Karate such as respect, etiquette, courtesy, and fortitude.

Students must apply for the program (see attached application). Those accepted into the program and their parents will be notified by the Program Coordinator. Each Deshi candidate will be asked to adhere to the following guidelines:

- Commit to the time frame of the program
- Fill out the evaluation sheet after every class
- Help Sensei prepare the dojo for students and instruction before and after class
- Attend monthly meeting with Sensei to review evaluation sheets, progress report and teaching techniques
- Attend Deshi teaching seminars
- Train at least 2 days a week outside of teaching.

Importantly, a key job responsibility of the Program Coordinator is to ensure each Deshi remains committed to the program. If a Deshi is not rising to the occasion the Program Coordinator reserves the right to offer the opportunity to another candidate.

Structure

The program is organized into three progressive levels, BRONZE, SILVER and GOLD. Moving from one level to the next gives participating students opportunities to learn and apply more complex teaching techniques and take on more responsibilities.

BRONZE Level: the following is the criteria to attain this level:

- 15 classroom hours as a Deshi
- Lead the bowing-in ceremony
- Take class attendance
- Explain and teach new students the proper form of dojo etiquette
- Give technique feedback to new students in class
- Understand the general skeletal system related to Karate techniques (e.g. be able to explain the 1.2.3 checks for stance)
- Competency to fill out class evaluation sheet

Graduation to BRONZE: upon completion, a Deshi will receive the following:

- A certificate and a bronze medallion to be presented in class
- A picture of the Deshi posted in the dojo with a bronze medal sticker on the frame which shows the current status of their level

SILVER Level: the following is the criteria to attain this level:

- 30 classroom hours as a Deshi
- Maintain BRONZE level criteria
- Qualify as a flag judge in Youth competition (called Shiai)
- Conduct warm-ups and cool-downs in class
- Understand bunkai for Heian Shodan and be able to communicate it to students

Graduation to SILVER: upon completion, a Deshi will receive the following:

- A certificate and a silver medallion to be presented in class
- A picture of the Deshi posted in the dojo with a silver medal sticker on the frame which shows the current status of their level
- Two sessions of private lesson

GOLD Level: the following is the criteria to attain this level:

- 60 classroom hours as a Deshi
- Become a part of the instructional staff
- Maintain BRONZE and SILVER level criteria
- Plan and execute lessons
- Lead a portion of a class (depending on skill level)
- Qualify as a head judge in Youth Competition
- Interact with parents and other potential youth students as a dojo representative
- Understand bunkai for Heian Nidan and be able to communicate it to students
- Prepare a 1-2 page essay describing the purpose and value of being a Deshi

Graduation to GOLD: upon completion, a Deshi will receive the following:

- A certificate and a gold medallion to be presented in class
- A picture of the Deshi posted in the dojo with a gold medal sticker on the frame which shows the current status of their level
- Three sessions of private lesson