

## 2022 Instructor Certification – Teaching test

### Description of Requirements

The requirements for the 2022 teaching test are list below. The time limit for the test this year is **9 minutes**.

1. Class planner
  - a. You will be required to compose a class planner that incorporates:
    - i. Warmup
    - ii. Target/focus drills
    - iii. Rank material instruction that includes forms and/or one-steps.
  - b. Your planner should also include one optional category of your choosing from the ATF Class Planner (ATF Instructor Manual Sec. 5 Page 7).
  - c. A copy of your planner should be distributed to each of the three teaching test judges before your test.
2. Teaching test class composition and testing week
  - a. Your class will be composed of yellow and orange belts
  - b. Your class will be in week two of the ATF testing cycle (ATF Instructor Manual Sec. 5 Page 6)
3. Recommendations for a successful testing
  - a. Begin constructing your planner early.
  - b. Practice your testing planner at your school as a full class when possible to hone your skills remembering you have to shrink it down to 9 minutes for the test.
  - c. Make sure that your instruction includes rank material for yellow and orange belts
  - d. Consult the teaching rubric and test score sheet before you test. This will give you a clear idea of how your instruction will be scored during the test.

# ATF Certified Instructor Teaching Class Rubric Page 1

Criteria	Above Average Expectations (7-10 points)	Average Expectations (4-6 Points)	Below Expectations (0-3 Points)	Total Points
<b>Class Management</b>	<p>Instructor utilizes excellent time management, class segments start and end on time.</p> <p>Instructor keeps everyone busy to the theme of the class - there is minimal "dead time" for any student</p> <p>Instructor has a clearly defined theme or goal of the class and integrates the theme in all class segments</p> <p>Instructor presented a well organized class planner that is appropriate for the cycle, ranks, and age of students</p>	<p>Instructor performs decent job of time management, class segments generally start and end on time but some are late.</p> <p>Instructor struggles with transitioning between class segments - there are multiple minutes "dead time" for more than one student</p> <p>Instructor has a class goal but rarely embraces, utilizes, or teaches the theme</p> <p>Instructor presented a class planner that is not the best organized and some sections are not appropriate for the cycle,</p>	<p>Instructor does a poor job time management, multiple class segments start/end not according to the scheduled time .</p> <p>Instructor does a poor job of keeping all students engaged throughout the class - there are many instances of "dead time" throughout the class</p> <p>Instructor does not appear to have a class theme or any class goals</p> <p>Instructor presented a class planner that is not organized and lacks correct areas for the assigned cycle, ranks, and age of students</p>	<b>0-10</b>

# ATF Certified Instructor Teaching Class Rubric Page 2

Criteria	Above Average Expectations (7-10 points)	Average Expectations (4-6 Points)	Below Expectations (0-3 Points)	Total Points
<b>Technique</b>	<p>Instructor displays a very detailed granular knowledge each position and mechanical operation of every technique taught</p> <p>When teaching the instructor provides granular level detail and breaks down and explains the technique in smaller learning chunks</p> <p>The instructor teaches the purpose and provides example use cases of the technique</p> <p>Instructor gives thoughtful feedback and constructive criticism with improvement suggestions that produce meaningful results</p>	<p>Instructor displays knowledge of the basic mechanics and position of most techniques taught</p> <p>When teaching the instructor does a decent job of explaining the basic details of the technique</p> <p>The instructor glosses over the purpose and role of the technique</p> <p>Instructor gives decent and constructive criticism but does not offer improvements for remediation</p>	<p>Instructor only displays a high level of knowledge and techniques and lacks granular level details</p> <p>When teaching the instructor shows/explains the technique with very little detail</p> <p>The instructor does not teach the purpose and role of the technique</p> <p>Instructor does not offer thoughtful feedback - IE: that looks bad, try again</p>	<b>0-10</b>

# ATF Certified Instructor Teaching Class Rubric Page 3

Criteria	Above Average Expectations (7-10 points)	Average Expectations (4-6 Points)	Below Expectations (0-3 Points)	Total Points
<b>Creativity</b>	<p>Instructor uses multiple methods of teaching the same technique or concept</p> <p>Repetitions of technique is disguised through the wide variety and creativity of the instructor</p>	<p>Instructor uses limited methods of teaching the same technique or concept</p> <p>Instructor displays some variations to disguise repetition but is limited</p>	<p>Instructor rarely varies the methods of teaching the same technique or concept</p> <p>Because of the lack of creativity students become bored through the repetition of the same technique</p>	<b>0-10</b>
<b>Presentation</b>	<p>Instructor teaches technique details through different learning modes (verbally, demo, and practice) to help ensure the concept is understood for all students</p> <p>Instructor uses excellent voice inflection to control, manage, and set mood and tone of the class</p>	<p>Instructor uses limited learning modes (verbally, demo, and practice) and does not change the mode per student</p> <p>Instructor uses decent voice inflection in the class but provides limited variations</p>	<p>Instructor primarily only uses one learning mode</p> <p>Instructor uses a monotone voice throughout the majority of the class</p>	<b>0-10</b>

# ATF Certified Instructor Teaching Class Rubric Page 4

Criteria	Above Average Expectations (7-10 points)	Average Expectations (4-6 Points)	Below Expectations (0-3 Points)	Total Points
<b>Challenge Level</b>	<p>Instructor chooses drills and techniques that are appropriate for the age and rank of the students for the entire class time and all students</p> <p>Instructor ensures that all students are challenged and pushes students to a high level and becomes a better martial artist throughout the class and uses the concept of personal victory</p> <p>Instructor finds ways to make each technique or drill challenging for all students in the class include student of different age, rank, and skill level.</p>	<p>Instructor chooses drills and techniques that are somewhat inline the age and rank of the students Some parts of the class may be appropriate and others not</p> <p>The instructor offers a students are challenged   limited amount of challenge throughout the class</p> <p>Most of the class is challenged by the techniques or drill but for some students it is either too difficult or too easy</p>	<p>Instructor chooses drills and techniques that are not in line with the age   and rank of the students for the majority of the class</p> <p>Instructor does not push students to achieve higher goals. Class is run with the simple goal of completing all segments.</p> <p>Instructor only teaches a technique or drill the same way not offer adaptations that make it more or less challenging</p>	<b>0-10</b>
	<b>Total Points</b> <b>0-50</b>			

# ATF CLASS PLANNER

(TWO)

Yellow/Orange

WEEK #

1st THEME

2nd THEME

CLASS

SEGMENT	METHOD OF TEACHING	MINUTES (9 min total)
WARM UP AND STRETCHING	<b>(Required)</b>	
FLOOR EXERCISE	<b>(Optional)</b>	
TARGET AND FOCUS DRILLS	<b>(Required)</b>	
ONE STEPS SELF DEFENSE	<b>(Required</b>	
	<b>Forms or</b>	
	<b>Self Defense)</b>	
FORMS		
SPARRING	<b>(Optional)</b>	
OTHER (Creative)	<b>(Optional)</b>	

ATF Instructor Certification  
Teaching Test Guidelines

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**EIGHT WEEK BREAKDOWN**

WEEK NUMBER

THEME

ONE

1. FUN-RELAYS & GAMES
2. SELF-DEFENSE CLASSES
3. FREE SPARRING

(Class Plan is geared to week two )

TWO

1. NEW TECHNIQUES
2. NEW FORMS
3. NEW ONE-STEPS/SELF-DEFENSE

THREE

1. NEW TECHNIQUES
2. NEW FORMS
3. NEW ONE-STEPS/SELF-DEFENSE

FOUR

1. FREE SPARRING
2. BOARD BREAKING

FIVE

1. NEW TECHNIQUES
2. NEW FORMS
3. NEW ONE-STEPS/SELF-DEFENSE
4. FREE SPARRING

SIX

1. FUN-RELAYS, GAMES, ETC.
2. TOURNAMENT COMPETITION PRACTICE

SEVEN

1. REVIEW
2. TESTING PREPARATION AND PRACTICE

EIGHT

1. TESTING PREPARATION AND PRACTICE

## ATF Instructor Certification Teaching Test Score Sheet

Student: \_\_\_\_\_

Date: \_\_\_\_\_

Judge: \_\_\_\_\_

Category	Criteria	Comments	Score
<b>Class Management</b>	<input type="checkbox"/> Organized Planner for Cycle/Rank/Age <input type="checkbox"/> Theme/Goals Execution <input type="checkbox"/> Student Interaction <input type="checkbox"/> Time Management		_____/10
<b>Technique</b>	<input type="checkbox"/> Breaks down technique in teaching approach <input type="checkbox"/> Detail/granular level/mechanical operation <input type="checkbox"/> Constructive criticism with meaningful results		_____/10
<b>Presentation</b>	<input type="checkbox"/> Teaches details verbally, demo and practice <input type="checkbox"/> Effective voice inflection, class mood and tone		_____/10
<b>Creativity</b>	<input type="checkbox"/> Multiple approaches to technique or concept <input type="checkbox"/> Disguised repetition within lesson		_____/10
<b>Challenge Level</b>	<input type="checkbox"/> Appropriate drills for age, rank and skill of students <input type="checkbox"/> Makes drills challenging for each student <input type="checkbox"/> Pushes students to higher level		_____/10
<b>Total Score</b>			_____/50

Scoring: Above average (7-10), Average (4-6), Below Average (0-3)

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