

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
Class Management	<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>	0-10

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
Technique	<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>	0-10

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
Creativity	<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>	0-10
Presentation	<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>	0-10

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
Challenge Level	<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>	0-10
	Total Points 0-50			

ATF CLASS PLANNER

(TWO)

Yellow/Orange

WEEK #

1st THEME

2nd THEME

CLASS

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

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
Class Management	<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
Technique	<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
Presentation	<input type="checkbox"/> Teaches details verbally, demo and practice <input type="checkbox"/> Effective voice inflection, class mood and tone		_____/10
Creativity	<input type="checkbox"/> Multiple approaches to technique or concept <input type="checkbox"/> Disguised repetition within lesson		_____/10
Challenge Level	<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
Total Score			_____/50

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

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