



Genesis Martial Arts

Third Dan

Syllabus

Welcome to the next generation of Martial Arts and Fitness Training.

Genesis Martial Arts objective is to offer the best possible service for all our students; providing a wide range Martial Arts and Fitness training to support continual development in a variety of areas. Thus, ensuring our students achieve their full potential.

The Genesis Martial Arts 3rd Dan Award consists of 3 sections:

1. Genesis Mentoring Program
2. Coaching Program
3. Martial Arts Development

These sections can be completed in any order and may be submitted after a minimum of 3 years from the date of your 2nd Dan award.



Part 1

Genesis Mentoring Programming (GMP)

In this section you will work with a student to improve their martial arts; this could be through helping them to prepare for gradings, improving their technique and as a mentor this could also involve supporting them to mentally prepare for life challenges.

After each visit you will be required to keep a log which will detail what was achieved in the session, and this log can also be used as evidence towards your GMP.

Once a month you will have the opportunity to meet with a senior instructor (your mentor) who will monitor your progress and provide support and guidance where needed; supporting your professional development, as a mentor.

N.B The student you wish to mentor must be an active Genesis mentor.

This section of your pack is an on-going document and will need to be completed at least once a month with your mentor

Students copy

As one of our students, we can further develop and enhance your own experience and Martial Arts skills through the Genesis Mentoring Program.

Give yourself the edge with the support and guidance of a Genesis Mentor. Whether you need advice or guidance, a Genesis mentor can inspire and support your personal development.



Mentor:

Mentee:

What are your personal goals?



What do you hope to achieve whilst on the Genesis Mentoring Program?

Duration of program: 30 hours this is based on at least 1 hour a week dedicated to your program. (This may vary and your mentor will set your hours).

**Mentee
Signature**

**Mentor
signature**

Notes:

	Date	
	Date	

Mentor log to be completed after each visit with mentee

Mentee:	
Meeting number:	
Date:	

1) Do you feel that the GMP is helpful?
2) How do you feel the partnership is working?
3) What is working well?
4) What have you done this month to be successful?
5) What issues/problems have come across that have had an impact on your work? How can these be resolved?
6) How are you finding working in this environment?
7) Is there anything that GMP can do to make you more productive?
8) What do you plan to do over the next 30 days to meet your targets?

9)	General comments on progress since last review:
10)	Areas which need developing:
11)	Agreed targets till next review:
12)	Support required for development of actions:

*I agree to all of the above

Mentee signature

Mentor signature

Part 2

Coaching development

This section promotes continual professional development and provides you with the opportunity to gain a recognised qualification - in an area of personal interest.

We at Genesis appreciate that life can be demanding and are confident that there is always a course which will meet your personal needs. The courses available are flexible in terms of length and vary from short, evening courses, to longer courses - that can be taken in colleges over a longer period of time.

Have a discussion with your Mentor (Genesis senior instructor) about the type of courses that you are interested in.



Enrolling on a course can be a daunting experience for some; at Genesis we aim to make this transition a smooth process. There are lots of courses to choose from; therefore it's vital to choose a course that's suited to your individual needs.

Organisations such as Sport England and Sport Coach UK offer a range of certificates that you may wish to complete. Generally coaching qualifications begin at level 1 and go up to level 4.

Many governing body programs are UKCC endorsed- meaning that they meet a set of standards agreed by the industry. Below is a list of courses that may interest you:

Course	Information/Contact details
YMCAfit Personal trainer Gym instructor YOGA	Courses held at various locations: Watford Middlesex London www.ymcafit.org.uk
Open Learning Fitness and Nutrition Distance Learning Course	www.findcourses.co.uk
Future Fit Training Personal Trainer Diploma Advanced Personal Diploma	Tel: 0800 458 1388 www.futurefit.co.uk

Part 3

Martial Arts Development

This section focuses specifically on developing your Martial Arts knowledge, in order to do this you need to undertake a discipline that interests you. i.e. Karate, Weapons, Kung Fu or MMA.

In this section you will be required to complete a minimum of 52hrs in your chosen discipline (this can equate to 1 hour a week for a year, but is flexible).

In order for us to monitor your progress it's essential that you complete a monitoring log each time you complete a training session in your chosen discipline. Your mentor will meet with you on 4 agreed dates during this section to monitor your progress and to ensure your monitoring log is kept up-to-date; as this will be used as evidence towards improving your own Martial Arts.

Mentor:	Mentee:
Review Number:	Date:

Attributes

- ☐ Adapts to change well
- ☐ Works well under pressure
- ☐ Maintains a positive attitude when under stress
- ☐ Is an active listener
- ☐ Is someone that can be depended on
- ☐ Manages time well
- ☐ Seeks out responsibility and follows through
- ☐ Pays attention to details
- ☐ Constantly seeks professional development opportunities
- ☐ Happy to be here
- ☐ Demonstrates a high level of self confidence
- ☐ Demonstrates a high level of self esteem
- ☐ Has a pleasant personality
- ☐ Follows directions well
- ☐ Exceeds expectations
- ☐ Demonstrates effective communication skills
- ☐ Demonstrates a sense of humor
- ☐ Is highly conscientious about the quality of work
- ☐ Takes criticism well and learns from mistakes
- ☐ Demonstrates a strong team playing ability
- ☐ Works well independently
- ☐ Is highly enthusiastic
- ☐ Shows great flexibility
- ☐ Mature and responsible
- ☐ Isn't afraid to ask questions

Performance Improvement

- ☐ Is showing more interest and enthusiasm
- ☐ Is demonstrating a higher degree of independence
- ☐ Has strengthened their skills in
- ☐ Needs to improve the speed to complete [insert type of task]
- ☐ Needs to demonstrate more of a team player attitude
- ☐ Needs to improve on follow through
- ☐ Capable of stronger performance in [insert area of weakness]
- ☐ Needs more training in [insert area]
- ☐ Sacrifices accuracy for speed
- ☐ Shows an inconsistency in effort in [insert task]
- ☐ Is a poor time manager, consistently misses deadlines
- ☐ Doesn't listen to directions
- ☐ Cannot make decisions independently