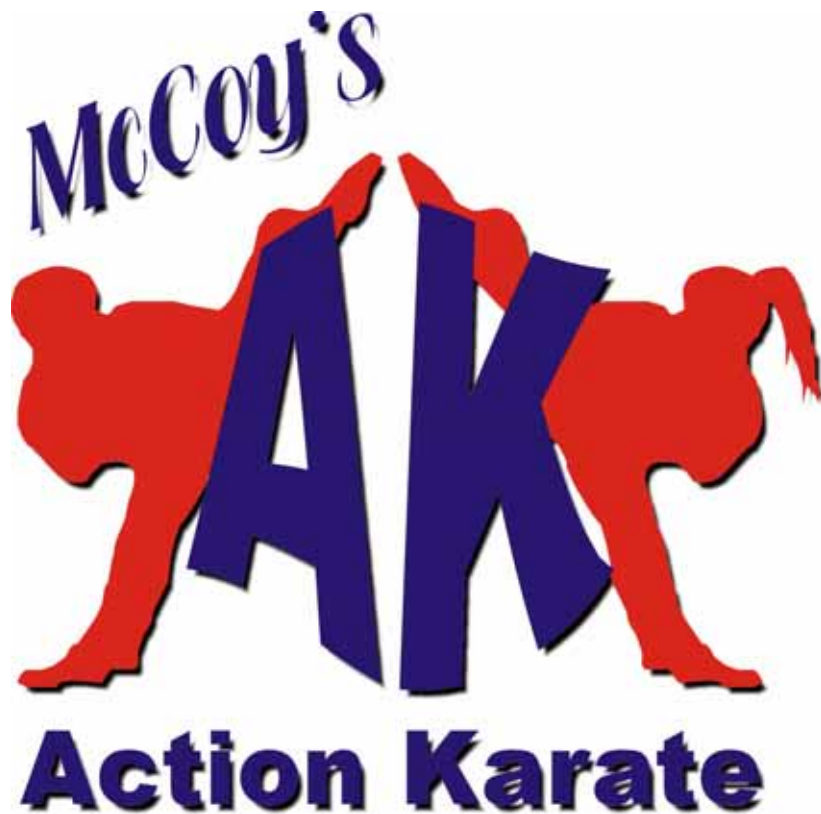


McCoy's Action Karate
Changing the World One Student at a Time!



PROGRAMS SYLLABUS

for McCoy's Action Karate

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614 Southbridge Street – Auburn, MA 01501
2 Great Locations
Auburn School: 508.832.4110 Spencer: 508.885.2700

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McCoy's ACTION KARATE

THE SCHOOL AND ITS MISSION

McCoy's ACTION KARATE's MISSION

McCoy's Action Karate was founded in Auburn, MA October 1, 1994 and opened its second location in Spencer, MA in 1999.

Its mission is:

To Change the World One Student at a Time!

The school approaches this mission with constant in service staff and teaching team training, outside evaluations and certifications, and constant feedback from our clients. We strive to integrate the best of the martial arts traditions with the goals of modern living, and we sacrifice anything that hinders our fulfillment of our mission with our students.

BIOGRAPHY OF ANNE AND PAUL MCCOY

Founders of McCoy's Action Karate

Anne McCoy holds a 5th degree Black Belt (Master Belt) in Tang Soo Do. She also holds belts in American Kenpo and Judo. She has trained in Jujitsu, Akido, Hapkido, Krav Maga and Chinese Kenpo. She, and her entire family, has been involved in the Martial Arts since 1989, and she has been teaching since 1991. Anne is certified in infant, child and adult C.P.R. as well as First Aid. She holds a Bachelor's Degree in Economics from Denison University.

Paul McCoy also holds a 4th Degree Black Belt (Master Belt) in Tang Soo Do. In addition, he holds belts in Shorin Ryu, Kenpo and Krav Maga. He has trained in Jujitsu, Brazilian Jujitsu, Akido, Jeet Kun Do, Hapkido, Universal, Kenpo, and Chinese Kenpo. Paul has been involved in the Martial arts since 1976, and has been teaching since 1991. Paul's Bachelor's Degree is in physics from Denison University and he has pursued graduate work in Physics.

Anne and Paul have spent over 15 years developing separate curriculum for Tiny Tigers, Little Dragons, Children, Teens, and Adults. Each is unique and designed for maximum achievement. Each of our programs is unique to McCoy's Action Karate, and have been designed and tested to provide the best possible result for each of our students.

Our Tiny Tigers, Little Dragon and Karate Kids Program award belts and promotions in American Kenpo and the Teen/Adult Program award belts and promotions in Tang Soo Do. The McCoy's are both certified to issue black belts in each of these styles.

McCoy's Action Karate follows established traditions in Tang Soo Do in awarding Dan Bons or Black Belt Numbers to each First Degree Black Belt in Tang Soo Do. In an effort to honor our faith and family as well as our original instructors in Tang Soo Do, our Senior Master, Anne McCoy, is number 3 rather than no number or number 1. We do this out of humility and respect. "God is #1 in my life followed by my family as #2, so the highest number I can hold is #3," says Anne McCoy. In addition, we also attribute #1 to our first Tang Soo Do instructor Master Mike Bogdanski and #2 for our second Tang Soo Do Instructor Grand Master Robert Cheezic as both men have contributed to our current ability to produce the quality of student we have endeavored to build.

SCHOOL TALKS

School Talk Purpose:

The purpose of the “School Talk” is to take something most students think is “Cool” and use it to teach them Focus, Self-Control, Confidence and Respect for others. These mental qualities are inherent to how McCoy’s Action Karate teaches and are the goal of every school talk.

School Talk Benefits:

The School talk is designed to work with students in Kindergarten through Sixth Grade, though the lesson plan for K – 2 is significantly different than the lesson plan for 3- 6, due to both mental and physical experience and development.

School Talk Lesson Plan:

- 1) **Establish Rapport:** Introduction of the instructor and a brief description of what karate is and is not. Included in this introduction is a forceful statement that the goal of karate is to stop conflict before it starts. Fighting, hitting and kicking are only used if there is nothing else we can do to remain safe.
- 2) **Respect:** We teach them that in karate we refer to everyone, new or experienced, young or old, as Sir or Ma'am. There are no exceptions. All people deserve respect. We then teach them that when answering questions they MUST answer with Yes Sir (or ma'am) or No Sir. We then do various physical tests of these lessons.
- 3) **Self Control:** Once they have demonstrated the proper response with respect, we teach them the basic stances of karate: Each stance with its physical movement and appropriate verbal response is demonstrated, explained, taught and tested before we move on, always with the emphasis on Self Control. This is taught by allowing them to make noise, move around, then return to one of the stances when called to. The immediate response and the continued posture is how they learn self control and earn the right to progress in the lesson.
 - a. **Listening stance** Feet spread and hands on their back. (Yes Sir)
 - b. **Lock it up:** Sitting with legs crossed hands on knees (Lock it up Sir)
 - c. **Set:** Attention (Yes Sir)
 - d. **Ready Stance:** Feet spread, hands in front, eyes looking forward.
- 4) **Star Block Set:** Then we teach that Karate is a defensive art, not intended for attacking people but rather defending when we can not simply walk or run away. We tell them that since their behavior has been so good, or we would not have gotten to this point, we are about to teach them EVERY major block in karate.

Star Block Set is a set of physical movements that is done in place in a stance similar to what it looks like to ride a horse. The movements are done in the Air and stationary for younger students. Older students are taught a moving version of Star Block Set if time permits.

Through the teaching of Star Block Set we have them accomplish one physical task after another with increasing difficulty, thereby building their confidence and self esteem.

ABC'S OF BREAKING

ABC's Of Breaking Purpose:

The purpose of the "ABC's of Breaking" class is to take what we have taught students earlier in the school year with the "School Talk" class and expand on it through what appears to be a huge physical goal, but what is rather a minor physical goal and a huge mental goal. **A**ccuracy, **B**ack-up Mass (Education) and **C**onfidence along with Focus are the main points of this class. *(Though the ABC's of Breaking class is intended to reinforce the "School Talk" class, it can and has been taught without the "School Talk" class as a pre-requisite.)*

ABC's Of Breaking Benefits:

The ABC's of Breaking class is designed to work with students in Second Grade through Sixth Grade, though we have successfully adapted the lesson plan for K – 1, and 7 – 8.

ABC's Of Breaking Lesson Plan:

- 1) **Establish Rapport:** Introduction of instructors and a brief discussion of the art of breaking. We include in this discussion a "common sense" warning about using the knowledge in obviously improper ways.
- 2) **Accuracy:** We introduce the concept of Accuracy being like the stem of a new plant in that it holds everything else up. We define the first steps of accuracy as "Doing it Right."
 - a. **Doing it Right:** We first show them a palm strike on a piece of wood. Then we explain "Doing it Wrong" and all the pain that would follow. We then teach them how to do the palm strike in the air, by the numbers, and how to use it to escape "Predators" if need be.
 - b. **Raise the bar:** We then increase the challenge level by having them hit specially designed pads held by instructors. We increase the verbal response tying it to an attitude of success.
- 3) **Back Up Mass:** We then ask them if they want more power. We then explain that the method for developing more power requires knowledge. We tie this to their need for knowledge in general, and thus their attendance at school. We teach them how to use their body mass to increase their power. We have them feel the difference on the pads, where we once again increase their verbal response as they apply their new knowledge.
- 4) **Confidence:** We then show them the specially designed plastic wood that they will be breaking. We let them feel it so that they know that it is hard. (This lowers their confidence at first.) We then pick out one of students who has the ability but does not get the respect of the students and have him do the first break. (This accomplishes two goals; - First, the student we pick has his self image and the image others have of him raised, Second, everyone now believes they can.

If we have the time, we let them go to the next difficulty level of plastic wood, with a lesson on focus and attitude.

BULLY BUSTING

"CONFLICT RESOLUTION" – PROMOTING NONVIOLENCE IN A VIOLENT WORLD

Bully Busting Purpose:

The purpose of this class is to introduce our method for addressing the #1 social concern for young people today, bullying.

We believe that students today need to be educated in how to avoid and resolve conflicts as well as how to deal with a conflict that develops into a physical fight. We are bringing the introduction of how to Avoid and Resolve conflicts to the public as a service to our communities. We teach Avoidance, Resolution and Physical Defense in our full time schools as well.

Much of our material and curriculum comes from Dr. Terrence Webster-Doyle's Bully Buster System™ as well as our own extensive experience in teaching, helping, guiding and developing thousands of children in this one topic over the last 2 decades.

Bully Busting Purpose Benefits:

We have curriculum for Ages 5 – 12, or Kindergarten through eight grade.

Bully Busting Purpose Lesson Plan:

- 1) **Establish Rapport:** Introduction of instructors and a brief discussion of using karate's mental side before we use the physical side. This is punctuated with a demonstration or drill depending on the ages of the students. (We show that the natural response of most people when they think of karate is physical force but the job can be accomplished without resorting to force.)
- 2) **Program:** AR – Avoid the bully, Resolve the Conflict
 - a. **Avoidance:** Am I a Bully Game: We introduce what a bully is by asking questions of the students, who are generally seated on the floor. This is intended as a game and the instructors make it fun.

The purpose of the drill is to show them that if they understand what a bully is, they can recognize one, and prevent themselves from being one. Many children will also see in themselves that they were bullies at some point in their lives. We ask a question by starting a sentence and have them finish it, as if they were a bully.

- i. Example of the questions we ask: "I am a bully! Sometimes, when I am angry, I know I would probably never DO this, but I feel I would really like to"
- ii. "I am a bully! The last time I got angry with someone, I"
- b. **Conflict Resolution** – once a conflict has begun it is too late to avoid it, now we must attempt to stop it by nonviolent verbal skills.
 - i. Avoidance: By developing and understanding and awareness of what conflict really is, and we see one about to start, we can do something to prevent it. When you see a bully or a bullying behavior:
 1. Ignore the bully,
 2. Agree with the bully,
 3. Be nice to the bully,
 4. Walk away from the bully,
 5. Refuse to fight the bully,
 6. Call for help.

KIDS SAFE

BRINGING OUR CHILDREN HOME ALIVE – CHILD ABDUCTION AND ABUSE SAFETY

Kids Safe Purpose:

The purpose of the Kids Safe class is to give our children the tools they need to recognize a dangerous situation and get back home alive.

Kids Safe Who Benefits:

This class is designed to work best with students in Grade 2 – 8, but we have also created a separate curriculum for K – 1.

Kids Safe Lesson Plan:

- 1) **Establish Rapport:** Introduction of instructors and a brief discussion of what Karate is.
- 2) **Respect and Self Control:** To enable us to manage the lesson, and to assist the teachers of the class once we have gone, we introduce or review (if we have been there before) the listening stance, locks it up, set and ready. (see School Talk) This also brings the comfort level and energy level up high enough to capture their interest and attention.
- 3) **Red, Yellow and Green Lights:** We wish to teach them to use and trust their most valuable tool, their intuition and fear. We do this by relating how they feel inside to several situations. Red Light means danger, Yellow means Caution and Green means safe. (As in traffic lights.)
- 4) **Scenario Training:** We then introduce them to a few of the most common behaviors for victimizing children in America today. We introduce and role play a selection of these in each class. Among them are:
 - a. **Gift Giver:** Someone who gives gifts to you,
 - b. **Messenger:** Someone brings a message to you from your family,
 - c. **Friends:** An adult that just wants to be your friend,
- 5) **Boundary Training:** We teach them what to do if an adult meets any of these behaviors, or they feel a yellow or red light situation. Both of these boundary methods put the aggressor in a difficult situation. Predators normally do not want to be discovered and the child will learn to put them in a position that they will be at risk of being noticed.
 - a. **Physical Boundary:** We teach them to take 2 steps back the moment they feel any light but a green light. Further we test them on several different scenarios.
 - b. **Verbal Boundary:** We teach them several ways to create a verbal boundary, putting the aggressor in a difficult situation.
- 6) **SLAP:** Surprise, Leverage, Attitude and Punctuation. We teach them 1 or two physical responses that work on adults trying to grab them if the Boundary Training does not work. Further we teach them where to go and whom to go to if it reaches this stage.
 - a. **Front Kick - Shin**
 - b. **Palm Strike – Nose**

CHILDREN'S KARATE PROGRAMS

CHANGING THE WORLD ONE STUDENT AT A TIME

S.T.A.R.S. – Students Taking A Responsible Stand

McCoy's Action Karate uses a unique program called STARS and it is the backbone of our curriculum. STARS is a character development program that teaches the students, both in karate class and through interactive "STARS Sheet" at home, the fundamentals of good citizenship, integrity, concentration, perseverance, respect, obedience, self control, humility and indomitable spirit. It is our belief that education of this nature is fundamental to success in life and is best taught in a physical format where it can be tested and refined at the karate school, at home, and even through cooperation with the local school system.

One of the components of STARS is an optional reporting system called "Intent to Promote." This is a reporting form that allows parents and school teachers to participate in our students reaching for and achieving these character development goals, and tying them to their belt promotion goals.

The sign of achievement in the STARS program is a monthly award for successful completion of a star to be worn on the right leg of the uniform pants. Each 12th star completed receives an award of a jumbo star with the Year number on it.

F.L.A.G. – Full Life Achievement Goals

FLAG is a literacy program that is designed to assist our parents and students in meeting their reading goals while providing them with quality books written at an age appropriate level. Each of the books deals with character development, conflict management, nutrition, random acts of kindness and success from a martial arts perspective. Many of the books are written by family councilors and many are Scholastic selections.

The program is not just a "read and forget" process. It involves 3 months of reading, study and work for each segment. Each segment has a book that must be read, a report that must be written meeting specified criteria and a project that must be planned and executed. The program is designed for our second year students but it is also available to any family that wishes to participate.

The successful completion of each segment of the FLAG program generates the reward of a FLAG to be worn on the left leg of the uniform.

6 Qualities of a Champion

We break down the behavior of successful people into what we call the 6 qualities of a champion. We find that all successful demonstrate these mental and physical qualities and we teach them to every student as part of every class;

Focus, Power, Speed, Accuracy, Excellence and Intensity

CHILDREN'S KARATE PROGRAMS

CHANGING THE WORLD ONE STUDENT AT A TIME

Tiny Tigers Class - Ages 3 & 4

This class is designed for children who are looking for large muscle development, coordination, and self-control. The program helps build self-esteem and socialization skills as well. Participants not only have fun, advance in rank every 3 months, based on evaluations that are designed for them to build a success record, but they also start to develop cooperation and team work. Tiny Tigers are also prepared for participation in Little Dragons at an advanced level.

Tiny Tiger Curriculum is designed with their developmental level in mind. They learn basic karate techniques including Kicks and Strikes that they can perform and understand. They also learn short patterns of movements and Self Defense. The class is structured around Self Esteem and Self Control, both of which are developed by realistic goal setting and accomplishment marked in their belts.

Tiny Tigers may participate in our STARS program. Their lesson plans are designed on a weekly basis to teach the Character Development steps outlined in the monthly STARS sheet.

Tiny Tigers are encouraged to work toward each belt on a quarterly basis but are also introduced to the concept of goal setting by being encouraged to plan for testing for Golden Tiger, a belt that allows them to gain entry into the Little Dragons program at an advanced level.

This program is 100% designed, developed and tested by McCoy's Action Karate and is unique.

Little Dragons Class - Ages 5, 6 & 7

This class is designed for children who are looking for finer motor control than that which is taught in the Tiny Tiger program, and involves learning the physical and mental control skills seen in the older children's and adult programs, except that their program is taught in segments that children of this developmental stage can master.

Promotions in the Dragon Belts are every three months, and the lesson plans develop in the students the ability to set goals and achieve them.

Self Defense skills, based on escape and common sense are an integral part of the program. During each 3 month cycle they are taught a Stranger Danger concept and a Bully Safe concept. Our unique "Kids Smart" Junior program is also taught in this class as well.

Little Dragons are prepared for participation in the Karate Kids class at an advanced level by being taught in 3 separate classes, Beginner, Intermediate and Advanced. Each class places more responsibility on the student's performance and each class's patterns of Self Defense are geared toward not only succeeding in the Karate Kids program, but also in obtaining the designation of Black Dragon.

The STARS program is available for students in the program and their weekly lesson plans are drawn from it and the 6 Qualities of a Champion.

This program is 100% designed, developed and tested by McCoy's Action Karate and is unique.

CHILDREN'S KARATE PROGRAMS

CHANGING THE WORLD ONE STUDENT AT A TIME

Karate Kids – Age 8 - 12

The Karate Kids program is designed for student with a starting age of eight to twelve. The program is divided into two separate age groups when on the floor; age 8 – 10 and Juniors Age 11 and up. Each group has at least one fully qualified and certified Senior Instructor and may have in addition to the instructor 1 or more Student Instructors, or F.I.S.T. (Future Instructor, Student Teacher program)

Karate Kid students are required to participate in the month STARS program as part of the monthly evaluation.

There are three levels of training available to our Karate Kids; Basic Training Course – evaluation of the program and student, Black Belt Training Course – after a decision to pursue the goal of earn a Black Belt. Master's Training Course – after a decision to pursue advanced concepts beyond the required curriculum.

The weekly lesson plans are constructed around the monthly STARS requirements as well as the 6 Qualities of a Champion. Input into the weekly curriculum is also taken from the needs of the students and their parents. (Example – increased Bully Buster material at the start of school in the fall; Increase Focus training after the first grade reporting cycle at school; Respect and Self Esteem as a constant component of the program.)

This program draws from the established curriculum of American Kenpo, created by Greg Silva, and has been reviewed during its construction to make sure that it meets the developmental needs of children rather than the 2000 years of warrior heritage of the martial arts in general. In addition, McCoy's Action karate has reworked the nature of the curriculum to include as a design feature "Kids Safe" and "Bully Busting" on a monthly basis.

McCoy's ACTION KARATE

OUR OTHER PROGRAMS

TEEN KARATE

Our Teen program teaches Adult Karate but the lesson plans adhere to the Character Development Program as outlined in STARS. Though Self Defense is a stated and obvious goal, Self Esteem development is also a primary goal for this program.

ADULT KARATE

The Adult program serves a variety of functions, ranging from Self Esteem and Empowerment through physical fitness and socialization needs of our clients. The program is both large and successful primarily because we adjust the environment to the needs of the students and we supply the best trained and certified staff in New England. (Certification through United Professionals: www.unitedprofessionals.com)

ADULT SELF DEFENSE

The Adult Self Defense Program consists of class without formal martial arts structure, for those who are seeking self defense and self defense alone. The class teaches escapes and defenses from common attacks in our society.

XMA – XTREME MARTIAL ARTS

Xtreme Martial Arts is a nationally certified program that teaches a fusion of gymnastics, acrobatics, dance and performance. This is for the athletic karate student looking for the sharpest point.

H.I.T. – HIGH INTENSITY TRAINING

High Intensity Training is a class taught to those who wish to learn as much as they can about competitive sparring as it is seen in the national competition circuit today. This class requires 1 year of training and an athletic ability capable of the high degree of physical work. We have both a Teen/Adult program and a Jr. Program (age 11 – 15).

MAXIMUM EDGE – DEMONSTRATION TEAM

Maximum Edge is our Demonstration team. This is a professional trained public performance team that consists of students and Teaching Team members of all ages. The team performs for Schools, churches and business without charge.

FPA – FOCUS, POWER, ATTITUDE: COMPETITION TEAM

FPA is a training program for the 10% of our student body who wishes to pursue Sport Karate on a competitive basis.

SWAT – SPECIAL WINNING ATTITUDE TEAM

SWAT teaches its members the fundamentals of teaching and its members become student assistants in our daily classes. Leadership Development is one of the goals of this program.

F.I.S.T. – FUTURE INSTRUCTORS STUDENT TEACHERS

FIST program members train with the senior staff, learn the same leadership development lessons the teaching team learns, and develop and practice the skills necessary to become a student teacher or an instructor.