

# SHOTOKAN RYU KASE HA INSTRUCTORS ACADEMY

## SRKHI A Newsletter 11/04

Dear karateka,

As another Newsletter is reaching your mail I want to draw your attention to the fact that the procedure for renewing memberships for 2005 as well as acceptance of new members is ongoing. All details are written in the appropriate section of the Newsletter, the requested is its timely execution, which will show our dedication to a common aim and will reduce unnecessary correspondence. Without anymore delay I let you to proceed with the contents of the Newsletter.

### **Coaching and Training Principles** by Fedyk Michaylo 6dan, Shihankai member

Hello Once Again,

**Well for those of you who read the last two articles I hope you are beginning to get the message that coaching is not about the physical ability of the coach. It is vital that a coach has full understanding and appreciation of how skill development takes place and indeed applies appropriate methodology when coaching students if a continuing progression is to be accomplished.**

**Please remember** the importance of skill development especially when coaching new karateka and also when teaching advanced unfamiliar techniques to experienced karateka. Apply **FITTS** (1964) **3 Phase Theory of Skill Acquisition**.

In this addition I will briefly review other prominent theories of skill acquisition including those of:

- a. **Adams** (1971) **Closed Loop**.
- b. **Schmidt** (1975) **Schema**.
- c. **Martenuik** (1976) **Information Processing**.

**ADAMS**. (1971, 1976) **Closed Loop Theory**. (Sharp 1992: p13 - 14)

Adams based his theory upon his own consideration that learning by **stimulus response** alone was a weak theory.

In the SR theory external stimuli and reinforcement of movement dictate what may be learned.

Adams theory although not discarding the SR theory was more concerned with an individuals intrinsic perception to movements.

Through constant repetition of a movement skill Adams believed that two important factors occurred.

#### ◆ **Memory Trace**

The first stage of movement initiation in a learned skill. This is developed via stimulus response and constant repetition and experience of result of movements and feedback.

### Perceptual Trace.

Developed via the repeated skill movements and exposure to muscular, auditory and visual feedback. As practice continues reference to past movements is developed. The two traces compare against each other, any comparison discrepancy will result in eliminating errors, as the performer improves the two traces become more matched, it is at this point learning progression can take place.

A balanced interaction of stimulus response (**behaviourist**) and cognitive (**perceptual**) theories and the use of feedback are seen as important aspects of this model of skill acquisition. It is a continual process of discrepancy elimination between the memory trace and the perceptual trace.

A criticism of the theory is the fact that for every movement made there will be a memory trace. Given the number of movements made by an individual it may place a terrific strain on the memory capacity.

**SCHMIDT.** (1975) Schema Theory. (Sharp 1992: p14)

Schmidt worked off the criticisms from previous theories; he looked at the strong points of these theories and made modification in order to justify the criticism.

He did not believe that **Adams closed loop theory** was valid due to the **large memory capacity** required. Schmidt suggested that people only store in memory ideas of relationships (schema) that can be used to produce different but related movements.

Schmidt believed that each time a skill is performed four factors of the performance are stored forming a basic set of rules identified as the schema.

- ◆ The initial state of the muscles and the environment prior to movement.
- ◆ A specification of the movement to be produced known as the **Motor Programme** where force, speed, timing form part of the equation.
- ◆ Feedback from the performance.
- ◆ Outcome of the movement. Has it been successful or reached the expected outcome.

These four aspects of the skill performance may be classed as the base of a set of movement rules that are open to minor modifications each time a movement takes place.

Schmidt suggested that any movement made would have a variation from the last time it was performed.

Each time the movements are performed the base model is **stored i.e. the schema**, this is achieved via experience of the movement, feedback and error correction.

During performance of a specific skill it allows the individual to pick up on forgotten skills by making quick referral to the stored schema.

**MARTENUIK** (1976) Information Processing Theory (Sharp 1992: p14 - 16)

This theory is based on the opinion that the individual processes information in the same way a computer processes information. Information is received either externally or intrinsically and goes through a systematic route prior to any movement initiation-taking place.

**Martenuik** used a model that made use of three mechanism components in a logical order that affected the outcome of a skilled action.

- ◆ **Perceptual mechanism**. - Receives and processes information from an external environment.
- ◆ **Decision mechanism** - Processes the information received and makes the appropriate response for the action required.
- ◆ **Effector mechanism** - Having received the action message from the decision mechanism it is heard that the signal for action to the muscular system takes place.

Intrinsic and external **feedback** are vital elements of this system.

An overhaul plan identified as the **executive programme** utilises each of the three mechanisms identified.

A **breakdown** of the **skills** required to learn and perform a technique takes place and is divided into **sub routines**; these routines will eventually take on full executive program status.

Robb (1972) extended this idea to the process of skill development.

If an individual's performance is hindered it may be due to **lack of and low quality sub routines** that they can draw on when performing.

If this is the case and the individual cannot discipline him or her self to learn new routines, then executing a new skill will be extremely difficult.

I know that some of the theoretical reasoning can be pretty hard going and in most cases a theory is just someone's perception of what may or may not happen. I personally think that it is only through years of practical experience as a coach that one can truly relate to such theories, so for anyone who is just about to embark on a coaching career try to appreciate the theories and link them to your own learning experiences.

At some point in time you may be able to decide in your own mind which theory has the most practical value for you as a coach.

***If you have any particular questions related to coaching / training principles please send them in and as each newsletter is produced I will try to answer your questions.***

### **Bibliography**

- Robb, M. (1972)      The Dynamics of Motor Skill Acquisition. U.S.A. Prentice Hall.
- Sharp, B. (1992)    Acquiring Skill in Sport. UK: Sports Dynamics.

### **Membership status:**

The procedure for the renewal of annual memberships, as well as the acceptance of new members has started.

**The annual membership fee this is 60 Euro or 36 British pounds.** Payments may be done, either by bank transfer to our accounts or by a bank cheque:

If you choose bank transfer, here are the details of our accounts:

## **STERLING ACCOUNT TRANSFER ONLY STERLING (GB POUNDS) TO THIS ACCOUNT**

Bank: Natwest Bank Ltd. Cheltenham Branch, 31 Promenade, GL50 1LK  
Account Name: Shotokan Ryu Kase Ha Instructor Academy  
Account No: 16412087  
Sort Code: 60-50-16  
IBAN No: GB33NWBK60051616412087  
SWIFT CODE: NWB KGB 2L

## **EURO ACCOUNT TRANSFER ONLY EURO TO THIS ACCOUNT**

Bank: Natwest Bank Ltd. Cheltenham Branch, 31 Promenade, GL50 1LK  
Account Name: Shotokan Ryu Kase Ha Instructor Academy  
Account No: 550/00/08791120  
Sort Code: 60-50-16  
IBAN No: GB69NWBK 60720308791120  
SWIFT CODE: NWB KGB 2L

If you choose a bank cheque or international money order, made them payable to Shotokan Ryu Kase Ha Instructors Academy and post them to our Treasurer, Alan Armstrong, 19 Jubilee Drive, Bredon, Tewkesbury, GL20 7QJ, England, preferably by registered mail (**attention, cheques could be either 36 British pounds or 60 euros, whichever is more convenient to members**).

In any case you must not forget to mention the name(s) and the year. Renewal of membership should be completed by 28<sup>th</sup> February 2005.

New applications for membership should reach SRKHIA Secretariat, namely myself, by 31<sup>st</sup> December 2004. They will be consequently forwarded to Shihankai for approval, by 31<sup>st</sup> January so new members will have the appropriate time to fulfil their financial obligations before 1<sup>st</sup> March 2005.

Please keep in mind that delays to the fulfilment of the above obligations, which in turn create frictions, cannot justify dedication and commitment to a common course we all have voluntarily accepted.

## **SRKHIA News**

**Kase sensei illness:**

### **Reports**

I regret that there are no reports for this month from seminars or other activities that you have participated or organized.

### **Recommended Courses:**

If you want to stay informed about courses in different countries by any or a particular instructor you must visit [www.kamikazeweb.com](http://www.kamikazeweb.com) and then follow the links for events. Our colleague Frank Schubert has a quite updated data base. In any case you may want to pay attention to the following information.

If you want to combine holidays with budo training, Dave Wilkins, 5th Dan SRKH, will run a course with Derek Ridgeway, 6th Dan Shito Ryu, in Tenerife - Monday 1st November to Thursday 4th November with specially reduced rates at a 4 star hotel in Playa De Las Americas. For anyone interested, email Dave Wilkins, [www.leicesterkarateclub.co.uk](http://www.leicesterkarateclub.co.uk) for more details.

Pascal Lecourt, 5dan, member of the Shihankai will teach at a course in Dublin on 20 and 21 November 2004. For more information concerning this seminar please contact Shotokan Ireland, [shotokanireland@hotmail.com](mailto:shotokanireland@hotmail.com) .

Dick Fieret will organize a daily seminar on Kobudo and Kobujutsu on 27/11, in Terneuzen, the Netherlands. In addition a seminar on Karate and kobujutsu under the instruction of Dirk Heene, 7dan, Dick Fieret, 5dan and Gertjan Fieret, 4dan, will be held on 14 November 2004 in West Kappele in the Netherlands. More information Dick Fieret 0031 115 696383 or 695072, e-mail [dfieret@zeelandnet.nl](mailto:dfieret@zeelandnet.nl) .

On 11 & 12 December Dick Fieret will organize a seminar with Dirk Heene 7dan and Julian Mead 6dan on karate and kobujutsu. For more information Dick Fieret 0031 115 696383 or 695072, e-mail [dfieret@zeelandnet.nl](mailto:dfieret@zeelandnet.nl) .

Mark your calendar with an important date; June 3, 4 and 5, 2005. The Academy's annual Gasshuku will take place in Athens Greece. More detailed information will be given beginning 2005.

Last but not least; if you want to train with Dirk Heene sensei, at Honbu Dojo Limburg, throughout the year, you are welcome to stay in the dojo (sleeping bag is necessary). Price per day: 7 euro including: 2x training a day; use of showers, sanitary, kitchen. Buffet-restaurant is 5 minutes away.

Keep in mind, [www.shotokan-ryu-kase-ha.de](http://www.shotokan-ryu-kase-ha.de) , Pascal Petrella's dojo site on SRKHIA. The site includes many useful Academy information, including SRKHIA Newsletters as well.

Before closing I would like once more to invite you to contribute to this Newsletter by providing, not only information on upcoming courses, but articles, seminar reports etc. Be reminded that this is not my Newsletter, it is our Newsletter.

The next Newsletter will be edited in the first week in December 2004. Stay strong, train hard and enjoy life and remember, KEN WA KOKORO NARI, *the sword is the heart. If the heart is right the sword is right; If the heart is wrong, then the sword is wrong.*

Oss

Spiros G. Drossoulakis