

21 Ways to Energize Your Martial Arts Class

by
Keith Pascal

Introduction

Take a break from your normal routine. Energize your students. Yes, do something different to fill them so full of enthusiasm that they will be chomping at the bit for more lessons.

Is it possible?

Sure. And **it's probably easier than you think**. Why?

Because we are creatures of habit. We like routines. And martial arts is one big routine, training us to develop habits.

What we sometimes forget is that any routine, no matter how much we like it, can get boring. Rather than changing routines forever, everytime your students start getting bored, why don't you inject a dose of enthusiasm into your classes.

As I said before, it's easier than you think. The more used the routine your students are, the easier it will be to wow them with just a minor change or two.

And remember, these changes aren't permanent. They are just **breaks in the routine**.

These are quick fixes. If you have a problem with the structure of your class, then I suggest you read **Secrets of Teaching Martial Arts More Effectively**.

Here you have 21 ways you can take a martial arts break from the routine. Plus, at the end of **Part 1**, I have included a **Special Bonus — Smooth Traveling With Your Students**.

May you be successful in sparking enthusiasm in your students.



Part 1

Going Somewhere Else

One of the easiest ways to energize your class is to change the environment. **Train somewhere else.** Just holding class in a different location can go a long way towards livening up the same old routine.

Of course, if you do decide to take your class out of the dojo, be sure to check your insurance coverage. Does your insurance include training away from the school, or will you have to consult a lawyer for an appropriate release form? I am sure, by now, you are more aware of liability concerns than I am — I am just reminding you.

Whether you live in a small town, or a metropolitan city, there are plenty of places for you to take your students. There may even be places you could get to on foot. Carpooling may open up a whole new can of insurance worms. You may be able to get around some of your hassles,

by agreeing to meet your students at a specific location. Check and see. Research now, so you won't be sorry later.

So, where could you go to energize your class?



1) Out in The Wild

Just getting outdoors can be invigorating — depending on the weather. Is there a park nearby where you could train? I taught martial arts classes for years at MIngus Park, on the Oregon Coast. We trained under an overhang in the rainy weather, and we practiced in the grass and/or dirt on the sunny days. We moved picnic tables when necessary.

Don't worry. We moved the tables back, when we finished. My students and I were good campers. We always left the place in better condition than we found it. The same for the grassy area. We even picked up the garbage that was there, when we arrived.

So, is there a park near your school? Would anybody (the city) object, if you took your class there once or twice a year? How about other parks, a bit further away, but still accessible by all?

You can also find parks, national forests, recreation areas, etc. outside of town. If you have to travel to get there, then you really will have to turn it into a special field trip.

Could you meet there on a weekend? If you have any non-drivers, **you** should start the carpool discussion. Make sure everyone who wants to go, can.



What are you going to do, once you get to a lake, a park, the beach, etc.? Have a plan before you go. As I said, just being out of doors can energize your whole class. So, you could just teach what you always

- * Make sure all of your students break a sweat. This is a little tip, I learned from Dick Burrow, a fellow martial artist. He always made sure that all of his teachers got his students sweating. Just take my word for it — the students go away feeling that it was a good workout. I mention this in the main volume too. It's important.
- * End your outdoor training with something fun. Maybe have playful sparring. Maybe you should end with an exercise that you already know your students love. Maybe this is the time to teach a new martial arts game.

By ending on a fun note, you are adding a little punch to your energizing factor. Call it a reinforcer.



Of course, going outside could be the perfect opportunity to present a different class. I can often get away with teaching a new, repetitive (boring to some) exercise, when we are in a different environment.

This works especially well, when we train down at the park. We invariably get a spectator or two. I wouldn't call it strutting, but my students definitely behave a bit differently, when they have an audience — more on this in #17 and #18. And they are more likely to take the exercise seriously — no goofing off when folks are observing.

The best outdoor training, in my humble opinion, is to use your environment for the purpose of the lesson. Have them spar around trees. Find old dead wood to beat on with sticks. Have them fight while swimming -- with a specific set of guidelines, so folks don't get hurt (where are those insurance papers again?).

You don't have to be a ninja to train outside, right? Are you beginning to think of possibilities?



Whether you teach a similar class to the one you always do, or you decide to spice up the activity with a different lesson plan, you will get your students talking about the event, long after it's over. This is proof that your energizing activity was successful.

Just think -- you got them outdoors in the fresh air. They made contact with natural earth — unless, you decided to work on the pavement of an empty parking lot.

Not only that, you got them to release some endorphins by breaking into a sweat. They left this special session feeling better about themselves and about their classmates. And to top it all off, they ended the class with a fun activity.

Can you see how powerful this is?



2) Tournaments

It doesn't matter if the tournament is an informal one that you concocted for your outdoor session — see #1, or if you are going to a formal tournament. Tournaments are invigorating.

They give the students and instructors a chance to pat each other on the back, for a job well done, for a kata well-performed, or for a hard-fought match. On the underside of the coin -- they can also console each other.



You can turn your tournament travel into an energizing experience. Help arrange carpools. Delegate some coaching assignments — pair the more advanced students up with the beginners. Even beginners need coaches and support.

Turn it into a fun, energizing event. Could you get volunteers to make snacks?

Important Note: Did you remember your camera? You need a camera, and/or a video camera to record the event. Take some serious pictures and a few silly, candid shots too. And don't forget a group photo.



It's a good idea to talk about your expectations before you go. Winning really is not everything. Teach them to celebrate each others' successes. **Teach them the art of heartfelt congratulations** — after all, they could be the one to be congratulated “next time.”

Once you are there, **make sure everyone is cared for**. This is important, if you are making this into an energizing event. Don't leave anyone out.

If you haven't yet developed the art of being a good host, now is the time. Make each of your students and teachers feel as though they are getting special one-on-one time with you.

Even if you have to keep circulating to do it. And if you have a needier individual, it's the perfect time to delegate again. Buddy the **high-maintenance individual** with someone who is a good caregiver. This way, everyone still feels well-treated and you can continue making the rounds.

Really learn this art. A lot of school principals feel that they give individual attention to their teachers and students, when in fact **they give the feeling** that they are only making **cursory contact**. You need to act differently — really communicate. Don't just dismiss one student and move on to the next. Make each and every person feel valuable. Not as easy as it sounds, is it?

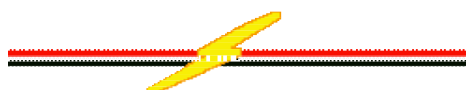


A nice touch is to do something special with just your students. When I go to martial arts seminars, I love spending time with my old buddies. We take group photos with all of the seminar people, and then **we take our own small group photos.**

We also eat with our teacher. If I am up early enough, I can catch him, and a few other earlybirds, for breakfast. Sometimes this is hard, when

Make sure you end the discussion on an up note. Maybe go around the room, and have each student mention one thing they really liked about the tournament.

This way, you have a lot of positive comments running through their heads, when they leave. Those that didn't have a comment might still internalize remarks made by others. Remember, you are trying to build some lasting enthusiasm. Of course, don't lie, if the event lacked -- but do try to end the discussion on a positive note.



3) No Martial Arts Allowed!

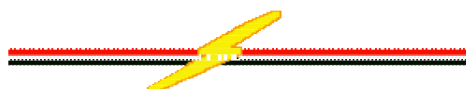
Take a recreational break. Sometimes, when your students feel the **same ol'—same 'ol** dragging them down, a break from martial arts might be in order.

Actually, you don't have to wait for your students to need a lift. **A break from the routine is what this e-book is all about.**

Try a break from martial arts. But don't just cancel class. **Take the break with them.**

Have a pic nic, where family members are invited. Make it a potluck, if you'd like. Maybe, everyone needs a day together at the lake. Whatever you do, make sure it's recreational. You want everyone to relax, and feel good.

And by the way, don't say **"No martial arts allowed"** too loudly. You know folks will start practicing eventually. **It's in our blood.** What do you do when talk turns to martial arts? Go with the flow — joke about it. Then participate.



7) Midnight Movies

If you get creative, any break in the routine can add some enthusiasm for you and your classes. Even going out to pizza occasionally after class helps to build the feelings, I am talking about.

Once after class ...

We all headed out for pizza. Our teacher didn't always join us -- on this particular occasion, he did. We ate pizza. We told and listened to stories.

As it got late, the students started getting tired. They prepared to go home. Then my teacher suggested that we drive all the way downtown for a midnight movie.

One of the classics of Japanese martial arts films (was it the **Seven Samurai**?) was playing at the, now defunct, **Cinema 7**.

So, another student and I joined our teacher for midnight movies. The other student had problems keeping his eyes open. But Steve and I started really getting into the action.

The next day, I couldn't wait to get up to imitate some of the sword strikes that I saw the night before (earlier that morning?).

At the next class, my teacher **demoed** a few techniques that he saw in the movie. We even talked about counters.



From Midnight Movies to training in a forest, there are a ton of possibilities for changing the environment on your students to re-energize them. You just have to get a little creative:

- * Have your students spar in the sand.
- * Take them on a field trip to visit another school.
- * Take them all on a bike ride

- * Enter a 10k walk/run together. The super athletes can run. All of the rest of us can have a nice aerobic walk, and collect our t-shirts at the end.
- * Take them out paintballing. Have teams.
- * Have a multiple attacker lesson at the park.



And now, get ready for a special **Mid-Book Bonus**. Be sure to read [Part 2](#) of **21 One Ways To Enregize Your Martial Arts Students**.

And now onto your **Special Bonus....**



Special Bonus — Smooth Traveling With Your Students

Build in Buffer Time

I am a very punctual individual. I respect others' time. Unfortunately, that respect is not always reciprocated. I am kept waiting a lot.

When you try to coordinate an event, take the tardy-types into account. Plan some buffer time.

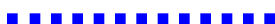
If you have some **Last-minute Louies** or **Louises**, give them a reason to get to you early. Make them the ticket collectors. Put your usually late students in charge of head counting. Tell them that you need to talk to them about something, before the others arrive — make it a good excuse, if you don't want them to resent being singled out.

Give them a logical reason to get them there before the others — then, if they are late, it's not as big of a deal. You have built in a buffer.

.....

Once, on a trip to Mexico, we had a student who was the **King of Sleeping In**. He waited until the last bloody moment to get on the bus. For the first few days, everyone on the bus complained. We all had to wait for him.

So, I appointed two students to be in charge of Andy. It was their job to get him to the bus on time. I didn't care what it took — wake-up calls, pounding on the door, getting him in the shower early. Whatever it took. It was no longer my problem. And yes, I rewarded the two students who became his alarm-clock system.



Always plan for contingencies. Flat tires take time. Wrong directions take time. So does getting lost. Late planes too. When you can, plan in some buffer time. And if things run smoothly — use your extra time to train, talk — bond with your students.



Bring Along Extras

Extra film and batteries for the camera are a must. Also extra protective gear, mouth guards, Ace bandages, etc.... Take what you have room for.

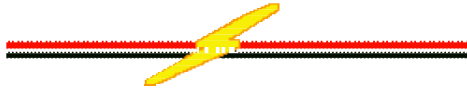
Bring extra money. Someone may need a quick loan -- students lose money, see a martial arts book they have to have, and/or get hungrier than planned.

When I travel out of the country with young students (high school or younger), I take charge of their I.D., most of their money, any permission slips, and other important documents.

I even take an extra traveler's check from each of the adults. Each student gets an envelope, which I put in one of those coupon divider wallets. I keep that on me, or in a hotel safe, at all times. If someone loses a wallet, they aren't completely wiped out. I have their extra money.

Having duplicates and extras is a habit I developed as a high school teacher.

I always had extra chalk, a spare light bulb for the overhead projector, and even extra plastic forks, in case a surprise birthday cake just happened to appear.



Special Items

This may sound a bit strange, but I buy lots of different kinds of band-aids. I buy cloth fluorescent band-aids, ones with cartoon characters on them, bandages that glow in the dark, and even bandages with leopard and zebra designs. **Why do I do this?**

I told you it was a bit strange -- but think about it. Usually, someone asks for a bandaid, **when something has gone wrong**; be it cut, hang-nail, or sliver. All is not right with the world.

All may not be right, but **a choice of wacky band-aids never fails to put a little smile on their faces**. It even puts smiles on adults' faces.



Don't discount these little extras. One of your students could be panicking before a tournament -- then you end the stress instantly, when you say, **"Sure, I have an extra, brand-new mouthguard."**

You are the teacher. Plan. Take care of the small details. Impress your students by providing extras....

On trips, I provide **wet naps**. You know, those damp paper napkins that come folded in a little pouch. They are soaked in a soapy disinfectant. Stores and restaurants often include them with fried chicken. They are sort of like baby wipes, only they are individually wrapped.

Anyway, I carry an ample supply. We use them to clean wounds. We

And they were god-sends for cooling off hot, sweaty faces out at the **Pyramids of Teotihuacán**. I'd just toss them to my students, and I immediately got a smile of appreciation.



I am not saying you have to carry moisturized napkins with you. But what small touch could you plan for your situation? Extra flashlights for a campout? An extra pillow or two? Decks of cards? Stickers? Heck, I don't know. You tell me.

Which is actually a great idea: Write me, if you come up with a little touch that you give out to make the trip easier.

trip-tips@kerwinbenson.com



It's an important ingredient for energizing your class. Take photos to keep their memories sharper. Videos are good too.

I have two suggestions beyond bringing lots of extra film (or extra memory for a digital camera) and extra batteries for the camera:

- 1) When you develop the photos, make doubles the first time around (applies to film only). Then you can gift copies to each student. Give them one that flatters them. Make them want to keep it forever. Create sentimental value.

If you get a nice group shot, have multiple copies made, so everyone gets a copy. It's worth the trip back to the photo shop.

2) Show off your photos. At the next event, put out an album of the previous event. The folks who attended will love to see themselves. It will remind them of the good times.

And it adds even more energy to the current event. Those who didn't attend the previous happening, will be more grateful that they are at the current one.

Both the attendees and those who didn't will be thinking the same thing. Oh what fun -- I have to be sure to go -- Next Time.



Bad Is Only Bad If You Allow It To Be

Things go wrong on trips and excursions. I think it's one of those unwritten laws of nature. But as my daughter started saying when she was two and a half, **"No big deal."**

And that's the way my wife and I treat everything on a trip. We don't discount others' feelings. But we lessen the emergencies -- we teach them that the worry involved isn't usually worth it.

* We have plane problems and get stranded in Texas on our way to Mexico, with a class of students. **No big deal** -- we get the airline to put us up for the night at a fancy hotel with free meal tickets for the dining room, and luxurious accommodations for everyone.

- * On another trip to Mexico, we get lost with our students in **San Miguel de Allende**. We have no idea how to get back to the bus. **No big deal** -- we explore, eat ice cream, and do magic tricks for the locals. When it gets near the time to be back, we hire a small crew of taxis to get us back to the bus.
- * On yet another trip to Mexico, our flight is delayed, so we miss our connector. (Yes, I have tried to teach airlines about buffer time.) So, my students and I run an entire airport in about four minutes flat -- to get on a plane to Las Vegas.

Was that our destination? No, but I figured it would at least get us closer to home. Then from Vegas, I convinced another airline to have pity on my tired students. They arranged a swap with our original airline, and so I got my students to their parents by 1:15 a.m.



In each of these emergencies, we downplayed the problem. We modeled a cheery attitude. All the students remember their trips as being one of the best times of their lives:

- * The students who were stranded for the night in Texas got free reign in one of the fanciest hotels around. They slept in King-size beds. They ate chicken, prime rib, and lobster at midnight. They had a great time.
- * The students who got lost in **San Miguel** -- will remember an awesome meal, away from the tourist crap. They will remember practicing their Spanish and their magic tricks (I am a magic teacher too) on the locals.

Everyone laughed. All had a good time. They took lots of pictures.
They ate ice cream.

And on the way back to the bus, one of the taxis suddenly pulled out ahead in a burst of speed. Why? One of my students, a 15 yr. old, waved money in front of the cab driver and said, “**Más rápido, por favor**” (Faster, please). As I said, everyone had a great, memorable time.

- * And on the midnight plane flight from Vegas to Portland? It was an almost empty plane. Some of my students stretched out and slept across three seats. The stewardesses gave the left over, first-class

Of course, I also look for individual time. One-on-one is better (watch the liability issue, if you are around minors of either sex). You don't want anyone accusing you of sexual misconduct.

This is why I have always had an open door policy. If I am alone with a student, no matter what age, I have a door open. And when outside, we stay visible.

Even with one-on-one being a **touchy** (pardon the pun) situation in our society today, I still feel it offers you a much better chance of positively affecting an individual -- and that includes energizing with a little inspiration.



Part 2

Energizing Right Where You Are

Travelling is definitely a way to build enthusiasm in your students. But travelling isn't practical all the time. And some schools can't even consider it on even a semi-regular basis.

Not to worry. Here are some ways to light the spark, without going anywhere.

.....

8) The Obvious One

Try a different routine in your same training area. Makes sense, doesn't it? After all, before, you learned about doing the **same ol' -- same ol'** in a different environment. Now, do just the opposite. Do something completely out of the ordinary.

Like what?

Glad you asked. First, look to these materials for ideas. Look to the other e-books included in this package. Even look at [Part 1](#) of this e-book.

What outdoor surfaces could you simulate in your training area? Have you thought of using sawdust, tarps, wet floors, etc.? Could you set up a mini-tournament? How about a movie break, with a big screen tv set up in your studio?

I bet you could even have an overnight retreat with sleeping bags at your martial arts school. If you do, provide training and or entertainment to make it special. Maybe you could have a **Bruce Lee Movie Marathon**, or somehting like that.

As long as you're staying at home, if it's just an in-class tweak, you could surprise them with your change. Or will it be an event, where the students need advanced notice?



Nothing builds excitement and enthusiasm like preparing for a performance. There is a certain tension, a good tension, in the air.

There is a part for everyone. And all jobs are important. Even having a back-up performer is important. What if your star is sick?

And **don't forget that camera**. With performances, a movie camera becomes very important. You have to be able to replay the event.

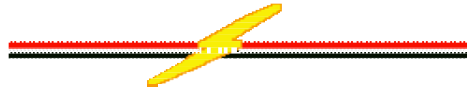


So, what kind of events can you arrange?

Mall demonstrations immediately come to mind. There are malls everywhere. Asian celebrations are another good one. How about a demonstration in the auditorium or the gym of a high school, middle school, or grade school?

You don't even have to have the goal of getting students to enroll. **Just planning and practicing for the event is enough to produce the energizing effect.**

You could perform for senior citizens. You could co-sponsor a fundraiser, and contribute student-power and performance demonstrations.



10) Performing

If prepping for a performance energizes, then actually giving a performance is electrifying. Some of your students will have the jitters. Some will be high on adrenaline. Senses are heightened.

Think about this: some of your students will train all their lives and will, fortunately, never have to use their art. This is the closest that they will come to using martial arts, unless they become martial arts teachers.

This performance gives reason to their training. At a performance is a perfect time for you to lend encouragement. It's a time for you to come through for your students. And it's time for your students to **"do you proud"** (I told you I was from Oregon.)

You get to help them get ready, or if you're the MC, you get to talk about each of your students' unique abilities and personality. Build them up -- you have the microphone.



Then be there as they perform. A nod of encouragement may be necessary from time to time. And that slight nod or smile will be remembered. Your **students** will remember it.

And as they go off stage, if you're not on the microphone, you can be the one to pat them on the shoulder, saying job well done.

If the job wasn't so well done, you can be the one to point out the good aspects, and debrief in an encouraging manner those aspects that could stand a little ... improvement.



11) Celebrating the Performance

If you have ever been in a play or other theatrical production, you know that **some people feel a letdown after the final performance**.

Everyone practiced and practiced -- it all culminated with this one performance, and then ... it was over. All of the good practice times and all of the anticipation are gone. Who wouldn't feel a little empty?

That's one reason they have **cast parties** after the show. Let the good times continue on for a few hours more.

And this is the perfect time for you to ... well, you know what this e-book is about.



First, plan the after-performance party. This is another wonderful time to delegate.

Do something special for the party.

Will you have a rose for each female performer, and a martial-arts

patch for each male? Will you have someone make a special cake in the shape of a **yin-yang symbol**? Will you present certificates of appreciation provided by your sponsors? Make sure you do something to make it a bit memorable. Make it a fun time.

It's OK to let your students, adults and kids, get a little silly. Part of the party is to blow off steam.

But **it's also a time for you to work your magic**. It's an opportunity to build energy. I have a couple of considerations. They determine my role at the party:

- * If I sense that **empty feeling** in a lot of my students, then I hint that I have an idea for **another performance** in the near, but not too near, future. I might even give them a few suggestions that merit a little brainstorming session, or we could sketch out some plans. Either way, I have the paper and markers ready.

Sometimes, it's better to make plans for a brainstorming session. You tell them, that you will all meet in a couple of days. Set the time and the place.

As you send them on their way, build a little enthusiasm, by connecting this recent performance to your next:

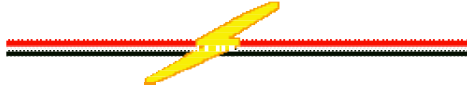
ÒThis was really great everyone. I really look forward to planning the next one on Sunday. Bye everyone. Have sweet dreams of great performances, both this one and our next. Thanks again for making this so worthwhile.Ó

- * If on the other hand, folks look drained, **I don't even hint at another one**. If someone does ask, I smile and say ...

ÓHey, don't jump the gun. Let's make it through this party first, OK?Ó

If they do look drained, now is the time to build them up. Make them proud of their accomplishment. **Link it right away to the performance**. This way, they will remember all of the good surrounding the performance -- the enthusiasm, the energy, the good times.

different class -- someone they have never worked with. You'll be surprised at what kind of friendships can develop.



14) Event Class Mixing

Sometimes, it's easier for you to mix a couple of classes, by holding a seminar. Bring in someone from the outside to teach an all-day seminar.

This might make the mixing easier. You are coming together for a reason. Another class just happens to be there.

One small problem -- at seminars, a lot of folks want to work with a friend. In a new situation, like a seminar, the familiarity of training with a friend lends comfort.

It's your choice: do you break everyone up with a speech ahead of time? Do you have people work in groups of four, so everyone can have a friend and still work out with the other class? Or do you let nature take its course -- whatever happens ... happens.



15) Special Seminars

You don't need to mix classes to benefit from seminars. You can energize your classes just by bringing in someone famous (or at least a pro) to give a seminar.

Be sure to tell everyone about some of the great things that they are going to learn.



* Get the camera ready. Although your presenter may forbid video taping of the seminar. You'll have to ask. Take group and individual photos with the star, after the seminar.

* Sell or give (include the cost in the price of the seminar) a video of the presenter, or a book written by the famous person. Your students will probably show off the book to all of their friends --especially if it's autographed to the student ;-)

* Have certificates of participation made out to each student. You sign the certificate, and so does the guest teacher.

* Make t-shirts of the event. Put the date on it too. Include the price of the shirt in the cost of attending the seminar. Then “give” each student a shirt. Extras can be sold.

Either get each student's shirt size ahead of time, or have plenty of each size. And make sure you take care of us double-extra-large guys, OK?



16) Equipment Testing

One way to take a break from the routine is to bring in another variable. I talk about this in **Secrets of Teaching Martial Arts More Effectively**.

Here, it's a bit different. Your goal here is to energize, not necessarily see instant improvement in your students' performance.

Also, here **you will be letting your students test a new product**.

Get several of whatever you want to test -- new heavy bag, dummy, focus mit, stretch machine, etc..... Have your students break into groups. Give everyone a chance to really try it out.

Let them have fun with it. Find out if the training device is durable-- your students will let you know.

If you have already tried it out, you have to decide if suggestions from you ahead of time would limit your students' creativity, or if you can save them some trial and error time with a little pre-coaching. It's your call.

Either way, **be sure you give them plenty of free time to experiment**.

You can also up the level of experimentation by printing out a set of guidelines for the students ahead of time. Tell them their goal(s). Explain acceptable and unacceptable behavior with the equipment. Cover any safety considerations.

Maybe you could even have a list of tasks for them to check off, as they complete them.



17) Having Guests Watch

Do you allow visitors? If you don't, you should rethink your decision. Our behavior changes, when we are being observed.

Of course, **you don't want your students to strut around and show off**. That detracts from the learning environment, even though it may energize the showboats.

In fact, this is an excellent opportunity to teach your show-offs to tone it down a bit. Help them to grow beyond their egos.

You don't want them to strut, but you do want them to take their training a bit more seriously, because people, outsiders, are watching.

Just having visitors could be enough of a break in the routine to really jazz you students. I loved it when practitioners from other schools came to check us out. It kept me enthused for days after the class.

I especially liked it when we...



18) Let Visitors Ask Questions

I just loved it when some black belt from a different school, doubted some efficient tactic or technique of ours. Our teacher was polite, as he explained. And he was always willing to test the theory (probably still is).

I have heard guests **slip into a demonstration** with statements and/or questions like:

- * There is no way you can get any power from a punch like that.
- * Well, in that instance you'd have to block.

Here's how it works. You offer a prize to the first person who can:

- * kick the heavy bag up to the ceiling
- * complete 500 **quality** punches
- * touch the opponent's eyeguard



The prize could be a **candy bar**. Maybe the prize is getting to lead class in the basic exercises. You decide. It doesn't have to be a big prize. Just something to rouse the spirit of competition.

For the activity, you could even hand out a sheet of a list of mini-challenges. Each student, or pair of students, decides on which challenge they will tackle. If they win, they earn a prize.

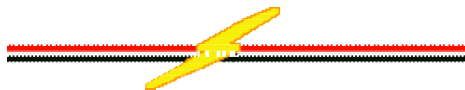
This way, you could have lots of winners.



You might even want to set up an obstacle course, like a circuit in sports training. Successful completion earns each participant a prize.

This is another one of those activities where the students get energized during the activity, and the good feelings carry on long after the day has passed.

You know you were successful, if you ever hear your students speak longingly of another challenge day.



20) Participate In The Challenge

It doesn't matter whether or not you can successfully execute the challenge. Either way, you won't collect the prize, since you are providing it/them. Come on -- you are the teacher.

Because one of the great rules for energizing your students, is to leave them wanting more. Desire builds enthusiasm.

That's sort of what this manual has been about ... **don't train your students to death**. Take a break. Try the energizing activities that appeal to you. Talk about the others with colleagues or some of your students.



Bonus Tip

Remember, in Tip #8, we talked about presenting a different class? If you need suggestions for creative classes, just drop me a note.

But don't be surprised, if along with the free advice, I recommend one of **Kerwin BensonPublishing's** fine products -- they are loaded with methods guaranteed to fill your students with enthusiasm.

Just write to me:

Keith Pascal
c/o Kerwin Benson Publishihng
2749 Friendly Street, Suite 217
Eugene, Oregon 97405

Or, for a faster response, e-mail me, also through my publisher:

energize@kerwinbenson.com

Until we talk again -- train hard, but do take an energizing break, and occasionally pause, to teach your students how to smell the roses.

Keith Pascal

