

TPSR Alliance

TPSR Toolbox: Resources for Research, Evaluation, and Assessment

TPSR Martial Arts Leadership Club Workbook

Don Hellison, Ph.D.
University of Illinois at Chicago
2008

Description

This workbook is an example of a teacher made assessment that Hellison developed and field-tested in an extended day TPSR martial arts club with his colleagues Jay Nacu and Mr. O'Neill. Students complete their workbook on a weekly basis. This self-assessment requires students to document and evaluate their responsibility, fitness, and martial art skills. Using this approach, program leaders are sharing responsibility and showing trust in their students. The process of completing these workbooks weekly helps students to reflect on their behavior and self-evaluate. In these ways, the assessment process aligns with and promotes the goals of TPSR. Also, this performance-based assessment provides evidence of cognitive (evaluation and analysis), affective (responsible behavior), and psychomotor (fitness and skill) development in an integrated and meaningful way. The information documented here could be used to support learner assessment and program evaluation. In the context of a research project, this assessment activity and the artifacts generated could be considered process-oriented data making a case for implementation and fidelity to the model. Variations of this workbook could easily be created to fit with other physical activities.

YOUR NAME _____



MARTIAL ARTS LEADERSHIP CLUB WORKBOOK

Instructors: Don Hellison, Jay Bacu, Mr. O'Neill

YOUR RESPONSIBILITIES: 5 LEVELS

1. SELF-CONTROL

Of your mouth & temper
When practicing martial arts

2. ON-TASK

Focus
Effort

3. SELF-COACH

Can work independently
Can set & do goals

4. LEADER

Can teach martial arts & fitness
Can give positive feedback
Can step up, take charge, & quickly begin the activity
Unselfish: Cares about the development of others

5. TRUE MARTIAL ARTIST

Lives these responsibilities outside the club
Is a role model for others
Only uses physical force as a last resort



OUR RESPONSIBILITIES

- TO TEACH YOU MARTIAL ARTS
- TO HELP YOU BECOME A LEADER
- TO HELP YOU BECOME A TRUE MARTIAL ARTIST

Contain your strength Practice Budo Be a Samurai philosopher-warrior

SKILLS SELF-EVALUATION

1=Not yet, 2=Working on, 3=Working form, 4=Application, 5=Can teach it

<u>Skill</u>	<u>Test #1</u>	<u>Test #2</u>	<u>Test # 3</u>	<u>Test #4</u>	<u>Test #5</u>
Stance	_____	_____	_____	_____	_____
Jab kick	_____	_____	_____	_____	_____
Front round kick	_____	_____	_____	_____	_____
Rear front kick	_____	_____	_____	_____	_____
Rear round kick	_____	_____	_____	_____	_____
Front side kick	_____	_____	_____	_____	_____
Jab	_____	_____	_____	_____	_____
Cross	_____	_____	_____	_____	_____
Footwork	_____	_____	_____	_____	_____
Front hook	_____	_____	_____	_____	_____
Rear hook	_____	_____	_____	_____	_____
Uppercut	_____	_____	_____	_____	_____
Jab-Cross	_____	_____	_____	_____	_____
Jab kick-Punch	_____	_____	_____	_____	_____
3 strike combo	_____	_____	_____	_____	_____
Feints	_____	_____	_____	_____	_____
Block-Counter	_____	_____	_____	_____	_____
Wristlocks-arm bar	_____	_____	_____	_____	_____
Traps-control	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____