



AMERICA'S BEST DEFENSE

PREMIER MARTIAL ARTS ACADEMY

Students Working At Teaching

Lesson 1 Worksheet

1. Teaching Technique #1: _____
2. Why is praising a student such an effective teaching technique?
 - a. _____
 - b. _____
 - c. _____
 - d. _____
3. The lesson about the school in Texas teaches us that:
 - a. The worst thing to do is to _____ a student.
 - b. The second worse things to do is to be _____ of a student.
 - c. _____ leads to an increase in performance
4. There are 3 specific steps to follow when praising:
 - a. Step One: _____
 - b. Step Two: _____
 - c. Step Three: _____
5. When following the 3 steps of an effective praise, remember S.G.P.
 - a. _____
 - b. _____
 - c. _____
6. If praising is so important, why don't we do more of it? We don't praise more because we live in a _____.

7. The deletion exercise teaches us that when we focus on the negative we _____ the positive.
8. In order to be a great instructor, you must train your brain to look for, and extenuate the positive.
9. The lesson about the Telephone Ringing proves that performance increases when _____ is high.

** What personal impact did today's lesson have on you?