

Educational Karate Program (EKP)

K-12 students



Violence prevention program for K-12 students:

- *Students learn respect, self-control, and strategies of conflict resolution.*
- *100 hours of skill building classroom teaching material.*

Results



- *Encourages positive changes in students' attitudes toward self, others, and violence.*
- *Teaches students positive self-defense and anti-abduction behaviors and techniques.*

The Program

The Educational Karate Program helps children to learn at an early age the principles of self-respect, respect for others, self-control, and violence prevention strategies. EKP encourages students to realize the importance of both physical and mental health by promoting the idea of peace with one's self and with others: a true attitude against violence.

The goals of the program are to create better attitudes toward self and respect for others (e.g., peers, teachers, parents) and to learn basic physical and mental self-defense techniques. During EKP classes, children frequently work together (in pairs and groups) to master specific skills. These sessions help promote group unity and a classroom atmosphere that is conducive to mutual assessment, self-competition, and skill building. The program blends the comprehension of concepts with experiences of participation and conflict resolution.

The curriculum was developed by nationally recognized physical fitness and martial arts expert Hidy Ochiai. The program covers:

- the important essentials of physical and mental self-defense techniques,
- attitudinal practices toward self and others,
- violence prevention strategies, and
- skills to prevent the abduction of children.

The curriculum provides a minimum of 100 hours of classroom teaching material. However, the time for teaching may be increased or decreased depending on the teacher's use of the suggested material and the amount of time devoted to hands-on, simulated experience in the classroom.

Professional Development

Teachers are trained in groups of 6 or more at a school of their choice within their district. After completion, a comprehensive test is given to demonstrate the acquired skills of the program. An EKP certificate is presented after completion of the training. After 6 months, certified EKP teachers are encouraged to attend a one hour refresher class free of charge. Annually, certified EKP teachers are required to participate in a one hour re-certification class in which self-defense techniques and lesson plans are reviewed and his/her instructor's card is renewed.

Training for each teacher includes: The Instructor Guide, The Grade-Specific Lesson Plan, an EKP T-shirt, instructor's identification clip, EKP certificate, follow-up from an EKP trainer, Standard Aligned Rubric, and a support video.

Costs & Funding Options

Training cost per teacher is \$900 and consists of 9 hours, usually done in 3-hour increments over a 2- or 3-day period. Annual cost of re-certification is \$50 per teacher.

Learning Standards

Health, Physical Education and Home Economics: 2) acquire the knowledge and ability necessary to create and maintain a safe and healthy environment; 1) have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Contact

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