

# THE RED BELT METHOD

## Involving the kids: The Red Belt Method

The Red Belt Method originated from Saint Genevieve Sport Judo Club in France. The purpose of this method is to try to get the students attention and to motivate them to overcome their weaknesses and to become better children.

Throughout the year, you have one (or more) red belts in your possession. You will explain the children that in the end of each lesson, you will give the Red Belt as a reward.

The criteria to get the belt is easy. Pay attention in the class, help your friends if they need it, don't make noise, put your hand up before you speak, say thank you, good job, be respectful, etc. In other words, apply the values of judo during the lesson.

The child who gets the belt in the end of the lesson will be able to sit next to you in the end of the lesson, and the next lesson at the start (he/she will also keep the belt in his possession during the whole lesson). At the end of the lesson, he/she will help you to give the belt to another child.

The ritual:

1. In the end of the lesson, all the children are in the position for the zarei.
2. The teacher picks one (or more) of the children. The child will come to you, while the other children give an applause because he/she did a good job that day.
3. The child will stay next to you and do the bow together with you.
4. After the bow the child stays with you. All the other children form a train (line) and will one by one shake your hand and the hand of the child with a red belt, before leaving the tatami.

With this exercise you involve the children. You give them responsibility and possibility to help you to make a choice.

Try to make sure at the end of the year that every child received the Red Belt at least once. Motivate him/her to choose the child that was the best example of using the values and not one of his/her friends.

This method will help them not only to apply the values on each lesson, but also to give them extra motivation to attend and participate in the classes.

