

THE DOJO ORGANISATION UK

BUSHIDO LEADERSHIP SCHOOL OF THOUGHTS, SKILLS & STYLE

TO INSPIRE, MOTIVATE & EMPOWER

THE DOJO.ORG.UK



Co-funded by the
Erasmus+ Programme
of the European Union

USTEP Erasmus (+) Key Action 2 – Strategic Partnership Project

Date: 3rd – 8th Feb 2017 Hertfordshire UK.

Outline of Project

Aims

The aim of the USTEP Project is thus:

To use the principles, philosophy, ethos and fundamentals of Sports (and the Martial Arts) as a metaphor and teaching tool for developing **Self Mastery** [Self Confidence, Self Control, Self Aspirations, Self & Public Leadership], Presentation Skills, Creativity & Inspiration, **Cultural Diversity**, Social Mixing, **Social inclusion** & Social Action, Increased Responsibility, Independence & Self Efficacy, **Social & Media Intelligence**, **Negotiation by Collaboration** and Business Competency.

UK PHASE - Theme: Self Mastery

The concept of self mastery considers the individuals' knowledge of self from 3 standpoints:

1. Their identity, where it is anchored
2. Their history, both inherited and own life experiences
3. Their future, the vision that they are either working towards or following

During our **TIME** together we will use Martial Arts to:

1. Polish our spirit through the ecstasy of sweat and hard work
2. Develop our Endurance level
3. Teach you how to go with-in to find peace of mind
4. Teach you how to assess a situation and respond effectively
5. Teach you how to defend yourself against your most formidable enemy

We will work the body to, condition & expand the mind, and control the emotion

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USTEP - Tentative Itinerary

<p>Day 1 – [3rd Feb 2017]</p> <ol style="list-style-type: none"> 1. Arrive at destination + meet host contact + check in + light lunch with hosting young people 2. Buddy session & Ice Breaker session 3. Programme outline explained together with aims and objectives of 2-gether-as-1 project 4. Learning Outcomes, Hope & Expectations, Independent Learning Plan 5. Martial Art training 6. Dinner +Pre planning session for next day <ol style="list-style-type: none"> a. Group allocation (# members) 	<p>Day 2 – [4th Feb 2017]</p> <ol style="list-style-type: none"> 1. Breakfast 2. Name games and Team building 3. Morning Session - Self Mastery - Self Reflection 4. Lunch 5. Self Mastery - Martial Art training 6. Evening session <ol style="list-style-type: none"> a. Guided Reflection <ol style="list-style-type: none"> i. Feedback on new learning about self 7. Dinner
<p>Day 3 - [5th Feb 2017]</p> <ol style="list-style-type: none"> 1. Breakfast 2. Name games and Team building 3. Morning Session - Self Mastery - Self Reflection 4. Lunch 5. Martial Art training 6. Evening session <ol style="list-style-type: none"> a. Guided Reflection <ol style="list-style-type: none"> i. Feedback on new learning about self 7. Dinner - INTER CULTURAL EVENING 	<p>Day 4 – [6th Feb 2017]</p> <ol style="list-style-type: none"> 1. Breakfast 2. Name games and Team building 3. Morning Session – Social Awareness Self Reflection 4. Lunch 5. Thinking about teaching Martial Art Training the Trainer - Northampton 6. Evening session <ol style="list-style-type: none"> a. Guided Reflection <ol style="list-style-type: none"> i. Feedback on new learning about self 7. Dinner
<p>Day 5 - [7th Feb 2017]</p> <ol style="list-style-type: none"> 1. Breakfast 2. Name games and Team building 3. Morning Session - Self Mastery - Martial Art training 1 [Cross Cultural Boundaries] 4. Lunch 5. Next STEP – SMARTER GOAL SETTING 6. Evening session <ol style="list-style-type: none"> a. Guided Reflection <ol style="list-style-type: none"> i. Feedback on new learning about self 7. Dinner 	<p>Day 6 – [8th Feb 2017] Depart</p>

This is a tentative activity outline, hence subject to change. Also, enough flexibility has been designed into the timeline to accommodate for group lead changes.

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USTEP – Self Mastery Activity Timeline						
Activity time	Day 1 Fri 3 rd	Day 2 Sat 4 th	Day 3 Sun 5 th	Day 4 Mon 6 th	Day 5 Tue 7 th	Day 6 Wed 8 th
10.00 – 12.00		Self Mastery - Self Reflection	Self Mastery - Self Reflection	Social Awareness Self Reflection Visit to West Herts ?	Negotiation & Collaboration Martial Art training Training to Train Specific Martial Arts [Kung Fu]	Depart
15.00 – 17.00	Learning Outcomes, Hope & Expectations, Independent Learning Plan	<u>Communication & Teamwork</u> Martial Art training Training to Train Specific Martial Arts [Kick boxing]	<u>Imagination & Creativity</u> Martial Art training Training to Train Specific Martial Arts [Kali/BJJ]	Martial Art Training the Trainer & Teaching assignment Free evening	10 min mini teaching session by each participant Lesson planning worksheet, evaluation and evidencing Visit to West Herts?	
18.30 – 19.30	<u>Self Mastery Core</u> Martial Art training Training to Train Specific Martial Arts [Karate]	Feedback on new learning about self	INTER CULTURAL EVENING Feedback on new learning about self and attitude on cultural differences	Feedback on new learning about self and my place on the team	Feedback on new learning about self and journey thus far YouthPass Evaluation Formative & Summative	

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Additional information

Accommodation type

Main House – shared rooms

Clothing and Sleeping Stuff

Participants to bring (as a tentative list):

1. **Track suite bottoms for training**
2. **T-Shirts and sweat shirts**
3. Towels
4. Caps / Hat, Shorts, Trousers and Long sleeved tops
5. Toiletries (shampoo, toothpaste, cosmetics, etc.)
6. Raincoat, cold and warm weather clothing - Waterproof coat, cagoule or anorak with hood. **Warm gloves, scarf & hat** if in cold season
7. with respect to the nature of the British weather
8. Foot wear –
 - a. **Trainers and slippers**
 - b. Ordinary shoes: for buildings and outside paths.
 - c. **Indoor shoes:** (plimsolls are a good idea) or slippers for use in the buildings.
9. **Warm tops** such as jumpers or sweatshirts.

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Preparations before coming to the project:

- Not applicable

Intercultural Evening

- Bring food for intercultural night, something that speaks of your locality or region
- Bring a traditional out fit