

RITA Instructor Pathway - February 2026 Version 3.

Approved

Rationale

The RITA has had difficulty growing its membership and opening new schools. Some black belts seem neither willing or able to open a new school or, assist in their own school. The RITA has an aging instructor profile and a potential succession problem may see the closure of some RITA schools. This proposed instructor pathway plans to address some of these issues.

Why do we want to improve the Instructors pathway?

- Maintain and increase the membership in the RITA in the long term.
- Ensure our current schools have qualified instructors to remain open for the foreseeable future
- Develop new classes within schools
- Develop new schools
- Increase participation at our national events
- Further development of our national squad

Proposed Instructors Pathway:

Aim:

- To strengthen and grow both the organisation and membership through the provision of a modern educational pathway for Instructors and Assistant Instructors

Objective:

- To create a new Instructor pathway that encourages members to develop their skills as Instructors and develops their confidence to actively become involved as assistant instructors or instructors

Short Term Goals:

- To increase the number of instructors and assistant instructors
- To develop confidence
- Set up a mentoring programme (Peer mentoring)

Long Term Goals:

- To increase the membership numbers in the RITA
- To increase the size of the schools in the RITA
- To increase the number of schools in the RITA

Note: Many of these modules are open blue, red and black belts aged 16 years and above. This cohort of students as well as experienced instructors are encouraged to complete the modules on the Instructor Pathway. Completion of modules and levels will be **compulsory** of **all adult (18+)** red belts applying for black belts and 1st degrees applying for 2nd degree from March 2027. More details in the document.

Approved Pathway:

Level	Module	Module	Module	Module	Module	Module
Level 1 = Introduction to teaching (Pre Instructor) (blue belt 16+ and Above) Requirement for adults applying for I Degree Student collects proof of completion of relevant modules and applies for Level 1 cert through National Secretary	RITA101 Introduction to Teaching (Online) Current educational theories, Information processing, Ecological Dynamics, Constraint Led Approach, The theory of Skill acquisition. GM Howard	RITA102 Tigers (Practical) GM Howard	RITA103 First Aid External Upload cert to GM Jacob	RITA104 Safeguarding level 1 External Upload cert to GM Jacob	Garda Vetting Only required if a person is teaching or intends teaching. Not part of level 1 qualification External Upload cert to GM Jacob	*Note* (All volunteer teachers must be garda vetted and safeguarding 1 - to teach in class)
Level 2 (Blue belt 16+ and Above) II Degree Student collects proof of completion of relevant modules and applies for Level 2 cert through National Secretary	RITA201 Dragons/Beggars (Patterns/WS) 10,9,8,7th Kup Practical GM Howard	RITA202 Sport Inclusion Workshop* External (Growth & Development)	RITA203 Martial Art Sparring (Step, Semi-free, Free, Foot, Knife defense) (Technical Committee)			
Level 3 (1st Degree and above 18+ and Above) III Degree Student collects proof of completion of relevant modules and applies for Level 3 cert through National Secretary	RITA301 Tournament Sparring -Basic sparring techniques/po ints -How to teach sparring -Safety - RITA Competition Sparring Strategy	RITA302 National Technical/Pat terns Seminar (Technical Committee)	RITA303 Power Breaking/ Special Technique. With online/video component for reference. (Technical Committee)	RITA304 Additional Moves for each pattern - 10-1Kup Online (Recorded for reference for instructors to watch back) (Technical Committee)		

Secretary	(Basic Package) (Head Coach)					
Level 4 (1st Degree Black Belt and above) IV Degree Student collects proof of completion of relevant modules and applies for Level 4 cert through National Secretary	RITA401 International Technical Seminar ITF requires applicants to complete an IIC. (Technical Committee)	RITA402 Running a School Workshop -promotion -social media (Online Webinar) Sample school (Growth & Develop)	RITA403 Introduction to Coaching/ Squad training Online Head Coach	RITA404 Self Defence (Technical Committee)		
Level 5 Specialised or advanced Course	RITA501 Advanced Self Defence/ Knife Defence (Technical Committee)	RITA502 Advanced Coaching for Patterns & Sparring (Head Coach)	RITA503 Basic Strength and Conditioning Course External Dir of Sport	RITA504 Nutrition for athletes External Dir of Sport	RITA505 Sports Injury Prevention Course External Dir of Sport	

Sample Module Packages - Practical Days to include in RITA calendar of events

Instructors course Package 1 - Half day: Level 1. RITA 102 Tigers Module and Level 2. RITA201 Dragons / Beginners Module.

Instructors course Package 2 - Level 2. RITA 203 Martial Art Sparring Module and Level 3 RITA303 Power Breaking/Special Technique Module .

Instructors course Package 3 - Full day: Level 3. RITA303 National Patterns Seminar Module and Level 3. RITA303 Additional Moves for each colour belt patterns Module.

Instructors course Package 4 - Full day (Half day x2): Level 4. RITA404 Self Defence Module and Level 5. RITA501 Advanced Self Defence Module.

Instructors course Package 5 - Full day (Half day x2): Level 3. RITA301 Tournament Sparring Module and Level 5. RITA502 Advanced Coaching for Patterns & Sparring Module

Key Points of the proposed Pathway:

- This pathway is recommended to be introduced on a phased basis for those who are beginning their instructors journey.
- The Proposed pathway levels 1 to 5 is best practice across most sporting bodies in Ireland and internationally. The levels 1 to 5 will distinguish them from the old C,B,A system to ensure there is a clear distinction between the new and old pathways.
- The G&D committee proposes that some of the modules above be recorded or partly recorded to allow students the flexibility to learn at their own pace (full details below)
- Some modules can be offered by outside agencies
- If these modules are to be included we will need to look to professionals with these skills to develop and/or run the course.
- The G&D committee recommends that members should continually refresh their skills in order to keep their certificate. E.g repeating 2 modules every 3 years.

Delivering the Modules:

- The G&D committee recommends that the modules be delivered through a mixture of Google Classroom (RITA members having gmail accounts) and in person training sessions or workshops.
- Using Google Classroom the courses can be divided into theory and practical sessions with the student completing the theory section in their own time through Google classroom before attending a workshop or completing practical hours.
- This should give the student an opportunity to prepare for workshops and in turn should benefit what the student will learn during a workshop.
- Allowing part of the course to be completed online will make our courses more accessible and should increase participation.
- This will also reduce the time needed for in person training, reduce costs and travel time for members, instructors and the RITA. E.g. in-person training may take 1 day instead of 2 days.

- Google classroom will offer us the ability to create courses which can then be broken down into modules.
- Google Classroom will also ensure all the completed work is kept in one place and will be easily accessed by Instructors. Instructors will have the ability to mark and give feedback to the student. (Google Classroom can also be used to automatically mark completed work)
- Once students have completed a module they will have all their work in one place and will continue to have access to the resources allowing them to refresh their skills as they continue their development.
- Students should be supported throughout their development, this can be done using a peer mentoring programme or through peer Whatsapp Groups such as “Educating RITA”.

Timeline:

- The RITA G&D committee recommends that this pathway be introduced at the earliest opportunity. Below is a recommended guide for implementing the pathway;

Timeline	Outcome
2021 to 2025	Pathway developed and some modules trialled.
February 2026	BoD Approved
May 2026	Presented at AGM
May 2026	Online meeting with blackbelts and instructors to explain Instructor Pathway.
May 2026	RITA101,103,104 rolled out
6th September to December 2026	RITA203: Martial Art Sparring (Step, Semi-free, Free, Foot) (2 hour workshop, record for reference for instructors to watch back) RITA302: National Technical/Patterns Seminar , RITA304: Additional Moves for each pattern - 10-1st Kup Online (Recorded for reference for instructors to watch back))
October 2026	ITS & IIC (RITA401) Last running of old C,B,A national instructors courses.
January 2027	RITA102 - Now level 1 is completed for this cycle. RITA201 RITA202 Now level 2 is completed for this cycle.
March 2027	Black belt grading: Level 1 & 2 accepted Old C,B, A still accepted but these courses will no longer be run.
September 2027	Black belt grading: Level 1, 2, 3, 4 Old C,B, A still accepted but these courses will no longer be run.
March 2028	Black belt grading: Level 1, 2, 3, 4. Old B and A accepted, Old C no longer accepted.
September 2028	Black belt grading: Level 1, 2, 3, 4. Old B and A accepted, Old C no longer accepted.
March 2029	Black belt grading: Level 1, 2, 3, 4. Old A accepted. Old C and B no longer accepted.
September 2029	Black belt grading: Level 1, 2, 3, 4. Old C, B and A no longer accepted.

Note: These modules need to be added to the RITA calendar of events.

Further Module details for Pathway Levels:

Level 1:

Modules

RITA101: Introduction to Teaching - Online pre-recorded series of videos and quizzes, teaching students how adults and children learn and how to use this for teaching students in the dojang. This covers up to white belt beginners and Tigers. But can be applied to all grades. The module contains information on current educational theories, information processing, ecological dynamics, Constraint Led Approach, The theory of skill acquisition.

RITA102: Tigers Course - Practical day where students can bring their own queries/ideas/experiences about teaching beginners especially young children. The module provides practical examples of current educational theories, information processing, ecological dynamics, Constraint Led Approach, theory of skill acquisition.

RITA103: First Aid - External

RITA104: Safe Guarding 1 - External

This level 1

- Level 1 certification replaces the old D class national instructors certificate and will be a grading requirement for application for promotion to 1st degree adult.
- For students who have achieved a minimum grade of 4th kup and at least 16 years of age.
- It would also benefit future black belts by having done a course, they will feel more confident attending and upskilling future RITA events with other black belts.
- This level is aimed to give new instructors the foundations to become involved in assisting or instructing.
- Students should be encouraged to start this course before achieving their Black Belt. By doing this it will allow the student to have a strong foundation to become an instructor upon achieving their 1st Degree if they are eligible to do so.
- It offers the student an opportunity to develop their skills, gain confidence and experience by working through the modules at this level.
- The workshop should be used to encourage students to become actively involved in teaching.

Level 2

Modules

RITA201: Dragons/Beginners - Builds on RITA101 online module. Introduces theory of skill acquisition. This will build on the knowledge from the Tigers course and learn how to teach patterns and walking stance. This covers 10th - 7th Kup. This practical day as well to bring queries and practice teaching.

RITA202: Sport Inclusion Workshop - External (online)

RITA203: Martial Art Sparring (3,2,1-Step, Semi-free, Free, Foot sparring, Knife self defense)

- Aimed at students who have achieved a minimum grade of 4th kup and are aged 16 years or above.
- This level ensures the student has appropriate courses completed to act as an assistant instructor. This will be recorded and used as an **online** module component.
- Level 2 certification replaces the old C class national instructors certificate and will be a grading requirement for application for promotion to 2nd degree adults.

Level 3

Modules

RITA301: Tournament Sparring - Basic sparring techniques/points , How to teach competition sparring, Safety, - RITA Competition Sparring Strategy (Basic Package), skill acquisition, Constraints Led Approach, why use kick shields, focus mitts etc.

RITA302: National Technical/Patterns Seminar - All patterns from Chon Ji to Choong Moo.

RITA303: Power Breaking/Special Technique - How to teach power breaking for grading (side kick, turning kick, reverse turning kick, spot side kick, punch, knife hand, elbow, back fist).

5 special techniques jumping kicks: Flying high front kick (twimyo nopi chagi), Flying high turning Kick (twimyo dollyo chagi), Flying high reverse turning kick (twimyo bandae dollyo chagi), Flying long side kick (twimyo nomo chagi), Flying high back kick (twimyo dollmyo chagi 360°).

This will be recorded and used as an **online** module component.

Power Breaking/Special Technique - Online series of videos and quizzes, teaching students how to learn and use techniques for breaking and special technique. As well as common mistakes, competition rules and how to condition for breaking. There is a **practical day** as well to bring queries and practice teaching. This covers 7th - 1st Degree.

RITA304: Additional Moves for each pattern - 10-1Kup . Record and use as an online module.

- Level 3 certification replaces the old B class national instructors certificate and will be a grading requirement for application for promotion 3rd degree adults.

Level 4

Modules

RITA401: International Technical Seminar - Practical days to learn how to teach patterns in detail from 9th to 3rd Degree. This covers 9th to 3rd Degree NOTE: ITF require students to have completed an IIC in order to apply for 4th degree.

RITA402: Running a School Workshop - Online: Practical day for black belts how to run a school in depth, looking at advertising, dojang, courses required, gradings, marketing/promotion and social media.

RITA403: Introduction to Coaching/Squad training. Online session to learn how to coach students. Looking at the role of a coach vs instructor, coaching patterns and sparring.

RITA404: Self Defence - Practical day in learning how to teach the basics for gradings, release from grabs, knife self defence and 2v1 sparring.

- Level 4 certification replaces the old A class national instructors certificate and will be a grading requirement for application for promotion to 4th degree adults.
- This level is aimed at giving instructors or assistant instructors confidence to teach each area of Taekwon-Do
- Modules or part of modules may be recorded and uploaded to Google Classroom to ensure that instructors have regular access to resources, which would help ensure all RITA schools remain consistent in their teaching.
- Level 3 certification will be a grading requirement for application for promotion to 4th degree adults.

Level 5

Modules

RITA501: Advanced Self Defence/Knife Defence - Practical day to learning how to teach the advanced situations outside of gradings, sweeps, throws, break falls, advanced knife self defence. Building on the knowledge from the previous self defence module. Must complete

previous module (**RITA404**) before this one.

RITA502: Advanced Coaching for Patterns & Sparring. Must complete previous module (**RITA301**) before this one.

Competition Sparring - Practical session in learning how to teach sparring to students, techniques and strategies for competitions. Building on the knowledge from the previous coaching module.

Competition Patterns - Practical session to learning how to teach patterns to students, techniques and training methods for competitions. Building on the knowledge from the previous coaching module.

RITA503: Basic Strength and Conditioning Course- Practical day to learn about specific exercises for Taekwon-Do athletes, injury recovery. External or internal RITA instructor.

RITA504: Nutrition for athletes - Practical day to learn about specific nutrition tips and fueling for Taekwon-Do athletes, the importance of a healthy diet for all students. External or internal RITA instructor.

RITA505: Sports Injury Prevention Course - Practical day to learn about stress management, breathe exercises, safe training. External or internal RITA instructor.

- Aimed at students who have achieved a minimum grade of 1st Degree and are aged 18 years and above.
- This Level is aimed at students/instructors who wish to advance their skills in specific areas of Taekwon-Do.
- A number of modules in this level are aimed at encouraging instructors to become actively involved in our National Squad. Instructors will gain confidence in preparing competitors for competitions using techniques such as simulation training for competitions.