

SWAT 1 Job Description

So you are a SWAT 1 member, what do you do?

The number one goal of a SWAT 1 member is to be a good role model for the lower belt students. Remember they are always watching. We want them to want to become a black belt just like you. Show them what that looks like, and what they will need to do in order to earn their own black belt someday.

- During bow in, stand in the line with the students and be a good role model of how to stand in line correctly (toes on the line, hands behind backs, nice and relaxed) and say the student creeds with them. Intermix with the students. Don't stand with all of your black belt friends.
- During bow out, stand in line with the students and be a good role model of how to stand in line correctly (toes on the line, hands behind backs, nice and relaxed, listening quietly and not fidgeting around). Intermix with the students. Don't stand with all of your black belt friends.
- During classes, assist the SWAT 2 members and instructors.
 - Run or do whatever the warm up is with the students to act as a good role model.
 - Stretch with the students to show them how to stretch properly.
 - Do the forms with the students so that they can see someone right next to them doing the forms correctly with good strong stances and proper prepares.
 - Get hand pads, noodles, kicking shields for the SWAT 2 members and instructors and help put them away neatly.
 - If you are swatting on a sparring night, spar with the students (not other black belts, you're there for the students when swatting).
 - Offer them guidance.
 - Ask them what they want to work on.
 - Provide feedback after you have finished a round.
 - Remember to stay controlled. Challenge them but don't kill them.
 - Cheer on the students, but offer them feedback on things they can fix.
 - Remember PCP (Praise, Correct, Praise)
 - Stand right next to and do everything with a new student or a student who is struggling with focus.
 - Be positive.
 - Remember you are there for the students, not to stand around and chat with your friends.

Remember you will need 16 SWAT classes before you are eligible to participate in the next black belt test. Try to spread them out and do a few each week instead of all at once. More experience as a SWAT 1 member will make you eligible to be invited to become a SWAT 2 member.