

# **Wax On, Wax Off**

Pedagogical Insight from "Mr. Miyagi" of *The Karate Kid*

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1. Approach student with kindness. Establish mutual respect and trust. As the teacher, be in charge.
2. Para-linguistics are important. Use students' name frequently.
3. (Just like in learning a sport) start with large, organic movements that use a lot of the body and feel healthy ("Don't forget to breathe!" "Bend knees!")
4. Base technique on these big, natural, confident gestures. Don't allow physical movements to be fixated on results all the time.
5. Let the student see that you encounter challenges yourself.
6. Trust the process of mastery – don't test things out prematurely. (Don't dig up the plant by the roots every week, just to see if it's growing well . . . )
7. Real progress is often inner consolidation, not visible on the outside.
8. Learning is not a steady climb. More commonly it's a series of breakthroughs – consolidation for a while, then a leap to a new plateau.