

PRAISE/CORRECT/PRAISE

P/C/P

A very powerful way to create a “teachable moment” is to use the P/C/P way of correcting a mistake! This method has three parts:

1. **Praise** - Praise the student for something that they are doing well! This will put the student at ease, and help create the teachable moment!

Examples:

- *“Johnny, way to keep your hands up while you are kicking!”*
- *“Sarah, excellent focus on your kick!”*
- *“Joe, I am so impressed with your flexibility!”*

Notice that the examples are specific in their praise. It is important to be specific to add to the validity of the praise! If non-specific praise is given, it can be perceived as praise that is not earned!

2. **Correct** - Make the corrections in the technique in a positive manner!

Examples:

- *“Now let’s take it to the next level! See if you can get a 100% pivot on this next kick!”*
- *“I have got a challenge for you! I want you to see if you can do that same kick with your hands frozen in position!”*
- *“Now see if you can make it faster!”*

Never give the student too many things to work on at one time! Try to give them little things one at a time so they can focus on the correction!

3. **Praise** - Give them a chance to work on the correction, and as soon as they make even the smallest improvement, praise them one again. This will build their confidence and give them the “I can do it!” attitude that is so important to their success!

Examples:

- *“That was exactly what I was looking for! Give me five!”*
- *“How did that kick feel?” (“Good!”) “It looked really good!”*
- *“Wow, where did all that speed come from? See if you can*
 - *kick like that all of the time!!”*

By reinforcing the slightest improvement, students will keep trying to make themselves better!