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5 Elements of Teaching © 2025-09-09

Blue Belt Question: What are the Five Elements of Teaching a Skill? Please demonstrate teaching a skill.

Blue Belt Succinct Answer: Acronym is (IDEAS)

1. Introduce, Demonstrate, Explain, Action, Summary.
2. Pick a simple skill and teach it.

Why These Skills Are Important:

- I learn a skill better when I teach it.
- The most important element of teaching is modeling the skill; so, if I use these five elements when I teach, it will be easier to teach my students to teach, which puts me well down the road to effective training.

Explanations of the Blue Belt Succinct Answer:

- (I)ntroduce - Sell the skill. Why should the student(s) want to master this skill? To make the introduction better, make it more exciting, gripping, and succinct. Consider using a short story.
- (D)emonstrate - Perhaps once fast with an overall explanation, then slow with an explanation for each element.
- (E)xplain - To make the explanation better, make it more succinct and clear.
- (A)ction - Have the student(s) do the skill.
- (S)ummary - Give feedback and answer questions. Use the Socratic method as much as possible because people do 80% of what they figure out to do for themselves and 20% of what they are told to do.

Illustrations of the Skills:

- [Introduce - 0:11- 0:17](#)
- [Demonstrate - 0:52-1:05](#)
- [Explain - 0:21-0:51](#)
- Action - If this were in person, the instructor would have the learners pick up a kayak and would give them critique on their form.
- [Summary - 1:07-1:15](#) - If this were in person, the instructor would have asked, "What questions do you have?" to open an effective Q&A session, then ended the session with this good summary.