



Choson Martial Arts

Little Warriors

Parent Handbook

608 E. Fry Blvd.(Shade's Plaza) Sierra Vista, Arizona

☎ (520) 245-3805 Cel ☎ (520) 452-0104 Voicemail/Fax ☎ E-mail: team.choson@gmail.com

Website: www.chosonma.webs.com

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Welcome!

The Little Warriors program is a detailed curriculum that focuses on improving preschool-age children's basic motor and listening skills. These skills will help them enter society with a more confident and enthusiastic outlook. They will become better students at school, better listeners at home and more ambitious towards the future. We know the time between the ages of 3 and 6 are the most important years of a child's development. Our program will enhance positive development in a fun and motivating way.

The Little Warriors Program will also prepare your child for our Children's Martial Arts Program. In the Little Warriors classes, your child will be exposed to positive social interaction. They will learn how to work with others and follow directions from their instructors. Our Little Warriors instructors are good role models who are trained specifically to work with preschool-aged children.

The Little Warriors curriculum consists of developing 8 Major Skills that are necessary for participation in any sport or activity. The curriculum also contains 8 Little Warriors Personal Development Skills that are used to reinforce family values. Upon completion of our Little Warriors Program, your child will become focused and motivated to achieve any goal they set in life!

The 8 Little Warriors skill requirements are composed of physical and mental benefits. The following section will provide you with a comprehensive breakdown of each skill and what your child will learn and develop throughout the entire program.

❖ FOCUS

The purpose of the focus curriculum is to teach the child how to focus with their mind and body. The beginner level introduces the child to the basic concept of keeping their eyes on the target. The intermediate level takes their skills a little further by having the child focus not only on the target, but on their technique of each kick and strike. The advanced level further enhances the child's focus skills by having the child execute techniques where the child takes his/ her eyes off of the target for a second and then requiring the same focus on technique while maintaining hand-eye and foot-eye coordination.

Benefits to having good focus skills:

- ☺ Hitting and kicking a ball with accuracy
- ☺ Catching a ball
- ☺ Throwing a ball or object with good technique
- ☺ More capable of focusing on the teacher when they talk
- ☺ Better focus when playing near the street and near potentially dangerous obstacles
- ☺ Better focus at home near breakables and potentially dangerous areas

❖ TEAMWORK

The purpose of the teamwork curriculum is to teach the child how to cooperate with others on various tasks. The beginner level introduces the child to good working habits with other people. The intermediate level introduces the child how to perform with a team. The advanced level teaches the child how to train with others while following the rules and maintaining good sportsmanship.

Teamwork benefits:

- ☉ Cooperation with teammates in other sports and activities
- ☉ Better sportsmanship during games and competitions
- ☉ Cooperation with classmates during group projects and activities
- ☉ The child will play better with friends and siblings
- ☉ Cooperation during with family at home, during family gatherings, and on family vacations

❖ CONTROL

The purpose of the control curriculum is to teach the child how to have control of their mind and body. The beginner level introduces the child to having control of their mind and body by responding to quickly to commands while in motion. The intermediate level introduces the child to having control of their body when they are kicking and punching towards each other. The advance level teaches the child how to have control of their strength when practicing their self-defense techniques.

Benefit to having good control:

- ☉ Capable of practicing various sports without hurting themselves or others around them
- ☉ Better awareness of how to properly use their strength when participating on other sports
- ☉ Better response time when the teacher gives out directions
- ☉ Better behavior during class when necessary
- ☉ Better control at home with siblings
- ☉ Better control when playing with friends
- ☉ Better response time when parents give directions

❖ BALANCE

The purpose of the balance curriculum is to help the child master the skill of balance through increments of balance training that increases in intensity at each belt level. The beginner level introduces the child to the components of balance and how to have balance using various kicks. The intermediate level increases in repetitions of each kick by double the amount from the beginner level. The advance level challenges the students balance skills by making them do 10x the balance requirements then that of the beginners.

Benefits to having good balance skills:

- ☉ Increase in speed and agility
- ☉ Less risk of injury during sports and physical activities
- ☉ Better grades in the phys-ed class
- ☉ Less risk of injury at home or during play

❖ MEMORY

The purpose of the memory curriculum is to get the child familiar with remembering the basic martial arts techniques and how perform the techniques appropriately. The beginner level introduces the child to the names and mechanics of the basic strikes, blocks, kicks, and stances. The intermediate level begins to test the child's memory by requiring the child to perform random combinations. The advanced level challenges the child's memory by requiring the child to perform a structured combination of martial arts techniques known as a form, or kata.

Benefits to having memory skills:

- ☉ Better recollection of how to perform various physical movements
- ☉ Better response time in sports and physical activities
- ☉ Better overall participants due to their capability of remembering important details
- ☉ Better grades due to capability of remembering material
- ☉ Better students due to confidence that memory brings out
- ☉ More cooperative at home due to the child remembering chores, important rules, dates, etc.

❖ DISCIPLINE

The purpose of the discipline curriculum is to positively reinforce the importance of following rules, maintaining good behavior, and performing at high standards. The beginner level introduces the child to basic commands and how to respond to those commands with good discipline. The intermediate level teaches the child how to maintain good discipline without being distracted. The advanced level curriculum challenges the child to perform at high standards by displaying discipline of the mind and body.

Benefits to having good discipline skills:

- ☉ Better athletes because they have the discipline to pay attention, train hard, and perform with high standards
- ☉ Better teammates because they have the discipline to maintain good behavior
- ☉ Better students because they have the discipline to behave, participate without being distracted, and study hard
- ☉ Better children because they have the discipline to follow the rules, complete their chores, and maintain good behavior
- ☉ Better friends because they have the discipline to avoid fighting

❖ FITNESS

The purpose of the fitness curriculum is to expose the child to exercises and activities that build strength and cardiovascular endurance. The beginner level teaches the child how to run through basic exercise routines with the appropriate technique. The intermediate level exposes the child to intensity in their exercises. The advanced level challenges the child to demonstrate advance muscular strength and endurance in their regular exercises.

Benefits to having good fitness skills:

- ☉ Capable of performing at higher levels due to their good physical fitness
- ☉ Faster runners, stronger throwers and hitters.
- ☉ More alert due to their healthy bodies
- ☉ Better sleeping habits due to their healthy bodies
- ☉ More confident because of their physical capabilities

❖ COORDINATION

The purpose of the coordination curriculum is to teach the child their left from right and how to perform multiple physical tasks while maintaining good technique. The beginner level introduces the student to basic coordination of jumping and moving in rhythm. The intermediate level teaches the child how to perform various combinations using both their left and right hands and feet. The advanced level challenges the child to perform various techniques without losing coordination.

Benefits to having good coordination skills:

- ☉ Better overall athletes who can achieve results in any sport or physical activities
- ☉ Capable of following multiple tasks and directions
- ☉ Less chance of injury because of good coordination

In our Little Warriors classes, we make learning fun and educational. Our goal is to help your preschooler be the best they can be at everything they put their minds to.

Our motto is “Little Warriors today, leaders tomorrow!!”

❖ How the Program Works

In order to thoroughly develop each skill and at the same time make your child's training fun and motivational, the Little Warriors curriculum specifies one skill per class. The curriculum includes a variety of drills used to teach each skill. These drills are easy to follow and fun to do. Preschoolers learn more by play, and in your child's eyes, these drills are more like games. The games will help your child retain more and be more willing to learn and do things he or she normally wouldn't enjoy doing.

The following are some activities covered in the Little Warriors class:

Skill #1 – FOCUS

Warrior Baseball

This drill is similar to a game of baseball. This drill develops aim and accuracy. The warriors will kick balls to the warriors in the “outfield” and earn points for their accuracy. Precision is a talent that coaches acknowledge.

Skill #2 – TEAMWORK

Warrior Clean Up

The instructor places all of the targets and kicking pads all over the floor. The class is split into teams that will have a contest to see which team can pick the targets up the fastest. Warriors will learn how to work together with others to accomplish one goal. This will help them interact better in school – especially when they are working on group activities. This drill also makes cleaning their room fun.

Skill #3 – CONTROL

Warrior Bubble Wrap

Each warrior will have a chance to walk across a board covered with bubble wrap. They must show control by not popping the bubbles. This fun drill will help warriors develop physical control. The instructor also uses this drill to explain how to have control playing, handling pets or carrying breakable objects.

Skill #4 – BALANCE

Warrior Walk

The instructor will have each warrior take turns walking across the floor with a small foam target balanced on his or her head. This drill will help your child’s posture, and he or she will show more confidence by walking tall. This confidence will help your child to keep from being approached as a victim.

Skill #5 – MEMORY

The Jungle Game

The instructor and the warriors pretend that they are in the jungle. When the instructor calls out an object, such as “branch,” the warriors must duck. If the instructor says, “log,” they must jump. If the instructor says, “bear,” they must pretend to be sleeping so the bear does not see them. This drill will help your child develop a good memory. They will learn how to remember specific names and commands and react appropriately. In school, teachers have specific signs and motions to keep the students in control. Your child will be confident and disciplined to respond to those signs with enthusiasm.

Skill #6 – **DISCIPLINE**

Warrior Rating Game

The instructor will have the warriors demonstrate how they perform on a scale of 1-10. First, the warriors will show what it looks like to sit like a “perfect 10.” Then they will show what it looks like to sit like a “lazy 1.” This drill will help warriors compare what sloppiness looks like to performing to the best of their ability. They will learn that working hard is better than being lazy. Parents can use this drill to help them make their room look like a “perfect 10.”

Skill #7 – **FITNESS**

Lion Push-Ups

This drill makes exercising fun. The instructor will run the warriors through reps of pushups while they pretend to be lions. It will also make your child strong as pushups help develop muscles. The animation will help your child develop an outgoing personality, which will help him or her interact and communicate better with others.

Skill #8 – **COORDINATION**

Left-hand/Right-hand

The instructor will have the warriors properly strike the target while calling out either “left hand” or “right hand.” This drill will help your child learn his or her left from right.

As you can see, the Little Warriors curriculum is educational and also fun! Your child will learn values and skills that will help him or her live a life of focus and discipline – striving to be the best. The Little Warriors Program creates Leaders and Winners. The Little Warriors Instructors create vision in your child to be positive, without having to demand it.

❖ **How Your Child Will Advance Through the Program**

At the end of each class, your child will be rewarded with a skill stripe for developing that skill. Each skill stripe is a different color. Your child must earn all eight colored stripes in order to qualify to advance to the next belt level. Each warrior with all eight-skill stripes will perform at the Little Warriors Belt Promotion to be held every eight weeks.

The Little Warriors Belt Promotion gives your child the opportunity to show the instructors and parents how developed each skill has become. A panel of judges will be evaluating each warrior to monitor his or her progress. After the performance, an awards ceremony is held to reward the warriors with their new rank. Their rank advancement gives your child a new challenge for each skill. Your child again begins to collect the colored skill stripes as they set their goal for the next belt performance. This keeps the program exciting and challenging. Your child will learn how to set goals and achieve them by accomplishing their new ranks.

The following is a list of each skill with the color of the skill stripe.

- #1. Focus – Red
- #2. Teamwork – Blue
- #3. Control – Green
- #4. Balance – Yellow
- #5. Memory – Orange
- #6. Discipline – White
- #7. Fitness – Black
- #8. Coordination – Brown

Little Warriors instructors monitor your child's progress by his or her skill stripes. Make sure your child is consistent with his or her attendance so that he or she earns each skill stripe before the Little Warriors Belt Performance. In order to avoid excess time at each rank and prevent boredom, follow the curriculum calendar (at the back of this manual or available at the front counter) that shows the skill covered on each day.

If your child has difficulty with a specific skill, working at home daily to improve the skill will not only be great quality time with your child, it will help with their confidence and ability to earn their skill stripe the next time the skill is covered in class. Homework assignments are provided to help your child be the best that he or she can be. Our goal is to thoroughly develop the eight skills in the Little Warriors Program. With your help, your child will learn and grow with commitment and dedication to excellence in everything that he or she does.

The following pages describe recommended homework assignments when your child is faced with a challenge on a specific skill:

❖ **Little Warriors Homework Assignments**

Skill #1 – FOCUS

Warrior Ball

This drill is used to help your warrior focus on a specific target or object. Your warrior will develop aim, which will prepare him or her for our Children's Martial Arts Program and any other future sport or activity in which they will participate. (You'll need a beach ball or similar size ball that is light.)

Step 1: Bounce the ball to your warrior.

Step 2: Have your warrior strike the ball with the hand technique required for their belt level.

Step 3: Repeat steps 1 & 2 until your warrior is able to strike the ball directly to you five times in a row.

Step 4: Repeat the process with the required foot technique. Keep in mind that kicking the ball directly to you will be more difficult than the hand technique. Enforce more control than aim with your warrior's kicks.

Skill #2 – **TEAMWORK**

Warrior Partner Drill

This drill will teach your warrior how to help others. Your child will learn to interact socially and help his or her peers during group activities at school. It also helps create a caring nature. (You'll need a soft pillow, or you can order/purchase a target square from Choson Martial Arts.)

Step 1: Hold the target for your warrior as he or she strikes it with the hand technique required for their belt level (See the instructor for technique).

Step 2: You must count the repetitions out loud until they reach 10.

Step 3: Switch roles. Your child will hold the target and count for you.

Step 4: Repeat steps 1-3 using the required foot technique.

Skill #3 – **CONTROL**

Warrior Bubble Wrap

This drill will help your warrior learn how to control their movement. Sometimes children can be too rough, as they do not understand how to play soft. This drill will help them see the difference between playing rough and playing soft.

You'll need a hard surface and some bubble wrap. Lay the bubble wrap four feet across a hard surface. Tape the bubble wrap down on the sides. You can purchase bubble wrap at an office supply store for about \$5.00.

Step 1: Have your warrior walk across the bubble wrap softly, trying not to pop any bubbles. If they pop more than three, have them try again. They must walk across the bubble wrap three times without popping more than three bubbles at a time. (Use good judgment; it's hard to tell how many bubbles pop sometimes.)

Step 2: Have them walk across again trying to pop as many bubbles as they can. This is more for fun.

Step 3: Use both steps as an analogy to explain to them when they must be soft (handling a baby or pet) and when they must be hard (trying their hardest in school and sports).

Skill #4 – **BALANCE**

Warrior Walk

This drill will help your warrior develop balance. They will also develop good posture because they have to stand straight when they walk.

You'll need a small target square (available for order/purchase at our school) or you can use a small pillow. Mark a starting point and an ending point that is four feet away.

Step 1: Balance the target square, or pillow on your warrior's head. Have them hold it there for five seconds. (Longer if they are an advanced rank.)

Step 2: Have them walk across the floor from the starting point to the ending point. If they drop the target, they must start again.

Step 3: Repeat steps 1 & 2 until they can walk across three times without dropping the target square.

Skill #5 – **MEMORY**

Memory Game

Your warrior will have the opportunity to practice his or her martial arts techniques and exercise the brain. The more your warrior notices his or her brain working, the more confident they will feel. Your warrior will enjoy the ability to retain things, which will make him or her a better student at school. You'll have to participate using martial arts techniques on this one. Stretch if necessary:

Step 1: Have your warrior execute a martial arts technique.

Step 2: You execute the same technique and then add one more technique.

Step 3: Have your child execute the first and the second technique and then add another one.

Step 4: Continue on until you have created a combination of five moves. If one of you forgets a move, you must start all over again. You should add more if your warrior is an advanced rank.

Step 5: Repeat the game three times.

Skill # 6 – **DISCIPLINE**

Warrior Rating Game

This drill will help the warriors compare what sloppiness looks like to performing to the best of their ability. They will begin to enjoy doing chores as if it were a game. Children love a challenge, so challenge them to be neater than you. You'll love this game because you get to have your child learn how to perform their chores neatly.

Step 1: Have your child stand like a "sloppy 1."

Step 2: Have your child stand like a "perfect 10."

Step 3: Do the same for cleaning their room. Have fun with this step. Your child will enjoy cleaning up just as much as they will enjoy making a small mess.

Step 4: Repeat the steps with two more chores. They must complete the chore with everything looking like a "10." Make sure you start with a "1," or in some cases, you should start with a "5."

Skill # 7 – FITNESS

Lion Push-ups

This drill makes exercising fun. It will also make your child strong as they develop muscles. The animation will help your child develop an outgoing personality, which will help them interact and communicate better with others. You'll have to use your animation here as well. Don't be afraid to be a kid again!

Step 1: Talk about how strong lions can be.

Step 2: Have your warrior demonstrate what lion claws look like.

Step 3: Both of you place your lion claws on the ground.

Step 4: Both of you lay on your stomachs with your claws on the ground.

Step 5: Do ten push-ups while growling like a lion.

Step 6: Repeat the steps three more times, resting in between the sets.

Skill #8 – COORDINATION

Warrior Kickboxing

Your warrior will build coordination in his or her hands and feet. This will prepare your warrior for sports and physical activities. It is also a good way for your warrior to burn off that excess energy.

You will need two target squares (which you can order/purchase at our school) or you can use a large pillow.

Step 1: Call out "left hand" and your warrior must punch the pillow or targets with his or her left hand. Do this five times.

Step 2: Repeat step 1 with right hand.

Step 3: Test your warrior's coordination by calling out either the left hand or the right hand. Your warrior must strike with the hand you call out. Do this ten times.

Step 4: Repeat steps 1-3 with the left foot and the right foot.

Step 5: Test your warrior's coordination this time by calling out left hand, right hand, left foot or right foot. Do this until they can strike and kick the targets or pillow ten times without making a mistake.

Once your child completes his or her homework assignment, write a note to our Little Warriors instructor. Your child must turn the note in on the following class.

Our Little Warriors instructor will reward your child with their skill striped for learning and developing that skill. Make sure you include in the note which skill your child practiced at home so the instructor can reward your child with the proper color stripe. Working with your child at home will reinforce the importance of learning and developing each skill.

❖ Your Role as a Parent

Here are some important tips that will help your child get the most out of our Little Warriors Program.

☺ Make sure your child **attends class regularly**. Children adjust to consistency. If taking class becomes an option and not a priority, they will not adjust as well. If your child is going to miss a class for any reason, call our school so our instructor can make further arrangements.

☺ **Watch your child practice often**. Your child wants to make you proud. The best way they can show you how well they are doing is for you to see for yourself.

☺ **Monitor your child's progress**. Your child should earn a skill stripe every class, except if he or she has already earned the skill stripe for the skill covered that day. Or if there is a discipline problem the skill stripe will be withheld. If your child does not receive a skill stripe and hasn't already earned that particular stripe, speak with one of our Little Warriors instructors immediately. Your child may have a challenge with that skill and will need some extra practice at home. If the skill stripe has been withheld due to disciplinary actions some adjustments may be necessary at home to help improve your warriors listening and discipline skills. Poor behavior in your warrior is a sign of either lack of positive attention or of boundaries without concrete edges and consequences.

☺ **Keep an updated calendar** on the skills covered each class. If your child misses some classes or falls behind, your child will need to make up the skills they missed.

☺ Keep track **when the next belt promotion is scheduled** to take place. This way, you can help prepare your child for their next performance. Your child should belt promote every eight weeks to avoid boredom and to keep up with their classmates.

☺ **Invite family, friends and teachers** to your child's belt promotion. This is a big event for your child in his or her martial arts training that only comes around every eight weeks. For your child, eight weeks is a long time. Make it a big event and your child's confidence will grow!

Congratulation on enrolling your child in our prestigious program! We are dedicated to helping your child be the best that he or she can be while preparing your child for the world. We appreciate the opportunity to work with the most precious thing in your life...your Little Warrior!!

July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 FOCUS	5	6 FOCUS	7	8	9
10	11 TEAMWORK	12	13 TEAMWORK	14	15	16
17	18 CONTROL	19	20 CONTROL	21	22	23
24/31	25 BALANCE	26	27 BALANCE	28	29	30