



## Parent's Manual

### Welcome to the Karate Kidz Program!

This course was designed specially for students ages 7 to 9-years-old. We realize that students this age have specific characteristics that differ from students younger and older than them. They are sharper and more focused than students 6 and under, however, they are still not quite ready to face the same challenges presented to students 10 to 12-years old. Although some students between the ages of seven and nine can keep up with older students, and in some cases, surpass them, the average 7 to 9-year-old can benefit from a more specific type of training that will help them develop the best; physically, intellectually, emotionally, and socially.

The stages of development for students 7 to 9-years-old have been studied. Research targeted eight advanced skills that this particular age group is in the process of developing. Those skills are: concentration, perseverance, courage, intensity, speed, agility, technique, and flexibility. To complete the study and design the perfect curriculum for this age group, a thorough curriculum was developed and the Karate Kidz Program was born.

In the Karate Kidz Program, the student will learn and grow in a process that accommodates their skills and abilities. They will train with other students in their age group and not have to be distracted by younger or older classmates. This means that their training will not be slowed down due to the learning abilities of a younger child; and it will not be sped up to keep up with the capabilities of a pre-teen. This means better, more functional classes designed just for them. The student will feel comfortable and more capable of achieving excellence. They are at an age where the more special they feel, the harder they will try. With that in mind, welcome to the Karate Kidz Program! If this is the first program that the student has participated in, then this is their first step to conquering many goals. And if this is not the first program, then they are even closer to excellence.

### **Here's how the Karate Kidz Program works**

The eight advanced skills selected for the Karate Kidz Program were broken down into specific requirements that each student must tackle at every belt level. There are nine belt levels, which means that the student will dramatically progress through all eight skills. This means the student will be sharper, more focused, and better developed physically, mentally, emotionally, and socially than a child that does not participate in a strategically designed program like the Karate Kidz.

*Here are the eight advanced skills broken down in the Karate Kidz definition:*

- 1. Concentration:** the student will learn how to focus all of their attention to the task at hand while committing themselves to learning and growing.
- 2. Perseverance:** the student will learn how to face challenges presented to them; knowing that the challenges will be difficult to complete.
- 3. Courage:** the student will learn how to overcome fear and nervousness through training that initially seems intimidating.
- 4. Intensity:** the student will learn how to perform their martial arts abilities with strong effort and attitude.
- 5. Speed:** the student will learn the components of speed and how to control their balance, body posture, and technique in the process.
- 6. Agility:** the student will learn the mechanics that govern movement and how it plays a role when they are jumping, dodging, and moving about quickly.
- 7. Technique:** the student will learn the fundamental components of good technique, which will make them great athletes.
- 8. Flexibility:** the student will gain and maintain flexibility through fun and educational drills.

Complete education of these eight skills will help the student be the best they possibly can be at their age of development. They will move toward the top of their age group, while they learn and have fun in the process. You and your student will not regret the adventure they are about to undertake.

### **Here's how the student will advance through the Karate Kidz Program**

First, it is necessary to understand the importance of consistency in the student's training. If the student misses classes on a regular basis, it will affect their progress through the ranks and the student will fall behind. To ensure proper development and a high level of motivation, make sure the student attends classes regularly.

*Here's a brief overview of how the student will advance to each rank and graduate from the Karate Kidz Program:*

1. There are eight skills covered in the Karate Kidz Program. At each belt level, the student will have to meet specific requirements for each skill in order to advance to the next level.
2. A new skill will be covered each week. As the student meets each skill requirement, they'll earn a skill stripe. There are a total of eight skill stripes.
3. During the eight-week testing cycle, the student must earn all eight skill stripes in order to qualify to test for their next rank. As you can see, missing an entire week of classes will require make-up sessions.
4. At each testing, the student will have to perform each of the eight skill stripe requirements for their rank in front of an instructor and audience. Because the Karate Kidz is the transitional program that prepares the student for the Youth Self Defense Program, the student will have to perform the skill requirements at an exceptional rate in order to advance.
5. There are nine belt levels that the student will pass through to graduate from the Karate Kidz Program. That makes the total duration of training approximately 18 months.

Graduating from the Karate Kidz Program is like passing middle school. The student will be faced with challenges that will make them smarter and sharper. When the student graduates, they will have conquered a challenging journey.

## **How to make the most out of the student's Karate Kidz experience**

Each and every child that participates in the Karate Kidz Program walks away with knowledge and an education that will influence their life for years to come. It is our commitment to teach the student in the best, most positive environment possible. At home, it is up to you to encourage them and support them the best you can.

*Here are some tips for you to review with the student to help make the most out of their training:*

1. Reinforce training at home: it is only when a child practices more than usual that they appreciate and recognize their hard work.
2. Attend their classes regularly: when you support their effort and motivation, they try harder.
3. Don't allow them to be tardy to class: tardiness will make them feel uncomfortable, and teaches bad manners.
4. Discourage consistent absences: consistency and commitment will be one of the best lessons the student learns.
5. Reward their achievements: when you recognize their accomplishments, they are more inclined to continue accomplishing.
6. Help them set consistent goals: the more they go for, the more they will gain.

These tips prove to be invaluable to a child's growth and development. In a world competitive to capture the student's attention, the Karate Kidz Program does so in a way that will greatly influence their childhood. Congratulations for making the decision that will support the student's future!

## **Here is a break down of the characteristics in the average 7 - 9-year old stage of development:**

- 1.** Intellectually, 7 - 9-year olds are now at the thinking stage where they can concentrate on a task for more than just a few minutes. However, they are only capable of retaining information in small portions; therefore the Karate Kidz curriculum only contains memorization material in small doses. The 7 - 9-year olds will work on developing skills necessary to build on their concentration.
- 2.** Emotionally, this age group is the most motivated age group out of 3 to 12-year olds. They like to be challenged and learn new things. The Karate Kidz Program contains many challenging tasks and drills that will build their courage. Emotionally, courage is necessary for a 7 - 9-year old to have before entering into the 10 to 12-year old program.
- 3.** Socially, at this age group, they are more comfortable working with peers their own age. They learn better and train harder through social support. They also like to take turns so that they can evaluate and learn from their peers. This gives them more motivation to persevere through challenges and add intensity in their training.
- 4.** Physically, 7 - 9-year olds have refined basic motor skills, and are ready to pick up on more complex physical challenges. However, they are not quite ready for extreme execution of these new challenging physical developments. They will learn how to fine-tune their speed, agility, technique, and flexibility without the burden of incorporating these skills into an overwhelming amount of comprehensive martial arts curriculum.

In this course, the 7 - 9-year olds will learn how to refine these fundamental skills with proper training and development. All of the drills and tasks the students train through will help them understand the eight fundamental skills, and how they play an important role in martial arts training. Once the students complete the Karate Kidz Program, they will have proper development of these skills, which will increase their martial arts abilities and performance in the next stage of their martial arts training.