



**Age-Specific Martial Arts training
for the average 5 and 6-year old**



**FEAR KNOT
Martial Arts**

**FOR
Kidz**

Welcome to the Little Ninjas Program

The Little Ninjas Program is a detailed curriculum that focuses on improving five and six-year-old'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 believe these are very important years of a child's development. Our program will enhance positive development in a fun and motivating way.

The Little Ninjas Program will also prepare your child for our Karate Kidz Program. In the Little Ninja 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 Ninja Instructors are good role models who are trained specifically to work with this age-group.

The little Ninjas curriculum consists of developing 8 Major Skills that are necessary for participation in any sport or activity. The curriculum also teaches Little Ninjas personal development skills that are used to reinforce family values. Upon completion of the Little Ninjas Program, your child will become focused and motivated to achieve any goal they set in life.

The 8 Little Ninja skill requirements are composed of physical and mental benefits. Following are the skills with the benefits from participating in the Little Ninja class:

Skill #1: Focus - This skill will help your child's aim, listening skills and reaction skills. They all excel faster in any physical activities. Your child will also become a better listener and a more focused student in school.

Skill #2: Teamwork - Teamwork is necessary for any young child to develop. The more confident your child is in working with others, the more he or she will accomplish. Your child will develop character, which will help him or her make new friends and become a better leader in life.

Skill #3: Control - Having control means making good decisions. Whenever your child is handling a pet or handling a problem he or she will learn to make the right decisions. Control builds confidence.

Skill #4: Balance - This skill is crucial to develop at an early age. Your child is beginning to participate in many physical activities that are challenging, like riding a two-wheel bicycle. Your child will develop good balance and a better posture.

Skill #5: Memory - Developing a good memory is exercise for your child's brain. The sooner your child exercises their brain, the smarter he or she will become. Our drills are constantly helping your child think and make smart decisions.

Skill #6: Discipline - Our instructors use the Little Ninja drills to help create the vision that discipline is fun and rewarding. Your child will take pride in doing the right thing. Your child will also follow directions better.

Skill #7: Fitness - It is important for children to understand the importance of being healthy and physically fit. If your child does not burn off excess energy exercising, how will he or she burn off all of that energy?

Skill #8: Coordination - Your child will learn left from right. They will become better physical participants in sports and activities. The better coordination your child has, the fewer injuries your child will sustain.

In our Little Ninjas 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 Ninja Today, leaders tomorrow".

How the Program Works

In order to thoroughly develop early skills and at the same time make your child's training fun and motivational, the Little Ninjas curriculum specifies one skill per class. The curriculum includes a variety of drills used to teach each skill. These drills are as easy to follow as they are to do. Children at this age learn more by play. In your child's eyes these drills are more like games. The games will help your child retain more and become more willing to learn and do things they normally wouldn't enjoy doing.

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 and has the name of that skill. Your child must earn all eight colored skill stripes in order to qualify to advance to the next level. Each ninja with all eight skill stripes will perform at the Little Ninjas belt promotion held every two months.

The Little Ninjas belt promotion gives your child the opportunity to show the instructors and parents how developed each skill has become. Instructors will evaluate each ninja to monitor their progress. After the performance, a belt ceremony is held to reward the ninjas 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 test. This keeps the program exciting and challenging. Your child will learn how to set goals and achieve them by attaining 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 Ninjas instructors monitor your child's progress by their skill stripes. Make sure your child is consistent with their attendance so that they earn each skill stripe before the Little Ninjas belt promotion. Please follow the curriculum calendar available at the desk that shows the skill covered on each day in order to avoid excess time at each rank and prevent boredom.

If your child has difficulty with a specific skill, the instructor will ask you to work with them at home to improve the skill. Homework assignments are provided to help your child be the best they can be. Our goal is to thoroughly develop the eight skills in the Little Ninjas Program. With your help, your child will learn and grow with commitment and dedication to excellence in everything that he or she does.

Here are some important tips that will help your child get the most out of our Little Ninjas 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 participate 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 they have already earned the skill stripe for the skill covered that day. If your child does not receive a skill stripe and hasn't already earned that particular stripe, speak with one of our Little Ninjas instructors immediately. Your child may have a challenge with that skill and will need some extra practice at home.
- 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 of 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 two months 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 their martial arts training that only comes around every eight weeks. For your child, two months is a long time. Make it a big event and your child's confidence will grow!
- All students should bring their protective gear to every class.** We may not use the gear every time but you should be prepared for the times when we do run drills (games) that require the use of the equipment.
- Full uniforms (tops and pants) must also be worn during class.** It is part of the tradition that martial artists wear a uniform when they train. Wearing their uniform also makes them feel part of the group. **Only white or black shirts may be worn under the uniform top.** Please make every effort to make sure your child is in full uniform for class. All white belts wear the Ninja t-shirt and uniforms pants.

Our instructors care very much about your child's progress at our school and success in life. It gives them great pleasure and satisfaction when we see improvement in their behavior and abilities such as coordination, balance, discipline, how they interact with others, their ability to focus on the task at hand, etc.

Following is what we require of our Little Ninjas students so that they may benefit their martial arts (and life skills) studies:

1. They should attend classes 2 times per week.
2. They should practice 2 times per week at home.
3. They must strive to earn all 8 colored belt stripes so that they may test for their next belt on time.

These are the minimum requirements that our younger students should meet in order to realize the benefits that martial arts studies provide and to excel inside and outside our school.

Benefits of our Little Ninjas Program

Academic Achievement, Achievement of a Prestigious Goal, Alternative to Television and “Hanging out”, Anger Management, College Preparation, Communication Skills, Community Involvement, Concentration, Confidence, Courteous Behavior – Respect, Goal Setting Skills, Healthy Life-style, Improved Energy, Leadership Training, Management Skills, Mental and Emotional Fitness, Perseverance - Indomitable Spirit, Physical Fitness, Positive Mental Attitude, Positive Peer Group, Self-Defense, Stress Release, Success Skills and Time Management

Please keep in mind that learning and developing the important character traits that are a part of martial arts studies is very important. The ages of 3 – 6 years old are when most of a child’s personality is developed. This is when your child will learn how to be disciplined, controlled, and have superior self-confidence. These traits will allow your child to grow up and become a happy, successful, goal oriented and driven adult.

There are many reasons why parents have an interest in involving their child in a sport or activity at an early age. There are also many benefits the Little Ninjas program offers that compliment a parent’s interests.

Following are the benefits to joining our Little Ninjas Program:

1. **Little Ninjas will help develop your child’s social skills.** Children who participate in the Little Ninja class will have positive interaction with children their own age.
2. **Little Ninjas will help develop discipline.** Martial arts encourages ninjas to practice good behavior skills and set a good example for others.
3. **Little Ninjas will help develop your child’s basic motor skills.** Little Ninja classes build coordination, balance, control and fitness.
4. **Your child can participate in a year-round extracurricular activity.** The Little Ninja program is ongoing and offers training 2 times per week.
5. **Little Ninjas will increase your child’s attention span.** The first skill that is taught in the Little Ninja program is FOCUS.
6. **Little Ninjas will build your child’s confidence.** The Little Ninja classes are fun and easy to follow.
7. **Little Ninjas will role model and reinforce family values.** The Little Ninja instructors discuss positive lessons and lifesaving skills during every class.
8. **Little Ninjas will teach your child to set goals.** The Little Ninja program includes a daily reward system along with bimonthly promotions.
9. **Little Ninjas will teach your child to have a positive attitude.** The Little Ninja curriculum is developed to improve each ninja skill in every class with visible improvement.
10. **Little Ninjas will help prepare their child for school.** The Little Ninja program will develop memory skills and responsibility.

There is no arguing that the Little Ninjas program offers many benefits for your child(ren) but **they need to attend classes** on a regular basis in order to realize the benefits.

We feel very strongly about what we are doing for our students. During classes, parents should participate in their child’s successes by paying attention to what they are doing on the floor. Children at this age want their parents to watch them so please be respectful to the class and your child(ren).

Upon graduation from the Little Ninjas Program, the student will graduate into the Karate Kidz Program as a white belt.