

Karate For Kids (Age 5–13)

Karate for Kids is a complete martial arts program designed to take the student right up to Black Belt. Our training will teach life long learning skills as well as strong martial arts skills.

- **Our Belt system teaches the value of goal setting**
- **Our program teaches them discipline and focus**
- **Students learn self defence skills**
- **The activities provide a positive outlet for your children's energy**
- **We provide DVD's for each Belt level**
- **We have a reward system that improves children's self esteem.**

Just like in the Tiny Tigers program, Karate Kids have their own unique Victory patch and "Victory Stars". Through the STAR program, we work alongside parents and schools in encouraging children to always do their best. Students earn "Victory Stars" as a reward for outstanding performance in classes, school, home or in individual achievement.

Our basic building blocks for the Karate for Kids system are character building themes, such as the following:

COURTESY RESPECT CONFIDENCE HONESTY PERSEVERANCE SELF-DISCIPLINE

How would my child benefit from the Karate for Kids program?

Self Confidence – It doesn't come naturally for many children, but rather is developed over a period of time. As a child accomplishes new goals, his/her confidence level increases. Children become more self confident in Tae Kwon-Do because they progress individually at their own pace and are not judged against other kids.

Self Defence – Children's self defence takes many forms. Tae Kwon-Do teaches children to think instead of panic in potentially dangerous situations as well as how to react to threats from other kids.

Better Grades – Children may also bring home better report cards because they become more focused while taking Tae Kwon-Do. The children learn to follow directions, pay attention in class and to participate in class activities.

Coordination – Tae Kwon-Do challenges the entire body by developing coordination, balance, agility and poise.

Every Child Wins – In Tae Kwon-Do, every kid can be a winner instead of a "bench sitter" because Tae Kwon-Do allows children to reach for their own potential rather than directly competing against other kids.

"Creating Tomorrow's Leaders...One Black Belt At a Time"