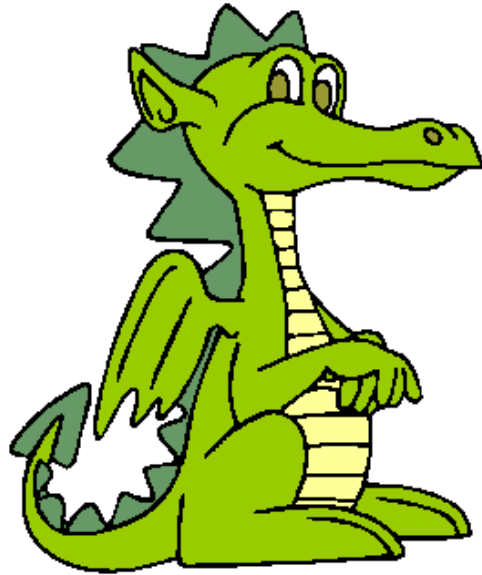




O'FALLON YMCA
KARATE
CLUB

Little Dragons Student Curriculum

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O'FALLON YMCA

KARATE CLUB

For Young Children



INTRODUCING MARTIAL ARTS TO YOUNG CHILDREN

The YMCA offers a martial arts program for pre-school and early elementary school students. This program will help build strength, coordination, balance, and flexibility. Karate also helps children develop skills that can help them later in life such as how to set a goal, how to concentrate, how to make decisions. The program here at the Y allows your child to try out martial arts between other sports or activities or continue through the program (both levels) and graduate to the Shotokan program.

REQUIREMENTS

Loose, comfortable clothing. Uniforms can be purchased at a later time when the student is ready to make a commitment. Typically, the YMCA T-shirt and white or black gi pants, and rank belt (obi) are acceptable. Once a student has a full uniform, the full **gi** (top and bottom) will be used during testing.

TYPICAL CLASSROOM ACTIVITY: Students will run several laps around the room to warm up the body followed by strength training exercises. Students will typically be moved into smaller groups to work with an instructor to learn their material. Your child will have the opportunity to work their material in a variety of ways using target pads and kick pads or donning sparring gloves to work on the Wavemaster training bag.

SAFETY

- No jewelry is to be worn during class as it could cause injury.
- Good personal hygiene is to be observed.
- Fingernails and toes nails are to be trimmed short.
- Never show unnecessary roughness or show an ill temper during class.
- Safety is to be the utmost in every student's mind at all times.

BACKGROUND

What makes us different from other schools? This program is meant to be a sustainable program for non-profit purpose. The program will build on the mission statement of the YMCA and is dedicated to building a healthy spirit, mind, and body. The YMCA is part of a Worldwide Movement that puts Christian Principles into practice through programs that promote Good Health, Strong Families, Youth Leadership and Community Development. This martial arts program will also emphasize the YMCA's core values:

Caring – Honesty – Respect – Responsibility

Test fees will cover the cost of purchasing new karate belts with any remaining money donated to the YMCA for class equipment or to the Partner With Youth program. Students will have other opportunities for community service if they so desire. Our goal is to teach students to give back to the community as well as learning YMCA core values.

STUDENT UNIFORM:

Students can find a good quality uniform on www.amazon.com by entering the following Amazon Standard Identification Number (ASIN): AB000QOW1UC (A, B, zero, zero, zero, Q, Oh, W, one, U, C). This is a Century 6 oz. student uniform, Cotton/poly blend, with elastic waistband.

STUDENT PROGRESSION:

The typical student attending class twice a week will likely progress to a new rank every two months. Children in the younger age range for each class may take longer to progress (3 to 4 months per rank). Children's maturity and ability to focus will develop over time. Martial arts is a year round program. Over the years, children's schedules and interest will change. Do not feel you need to sacrifice other children's interests for martial arts. There are many opportunities to do martial arts at any stage of your life but only a limited time to participate in other childhood activities in sports programs, scouting, music lessons, swimming lessons, etc.

Martial Arts Creed for Children

We are the young warriors
Our lives are a gift
Our minds and bodies are tools
we will strengthen
to contribute to society
With courage and honor,
we will love and appreciate our families
We will respect our elders and teachers,
and protect nature
We will not fight,
nor misuse what we learn
We will be a good friend
and live a good life
We, the children of today,
are the leaders of tomorrow

Student Creed

*To build good character
through knowledge in the mind,
honesty in the heart,
and strength in the body.
To develop self-discipline
to bring out the best in myself and others.
To do my best, every day, in every way,
to show my black belt attitude.*

Children's Home Rules

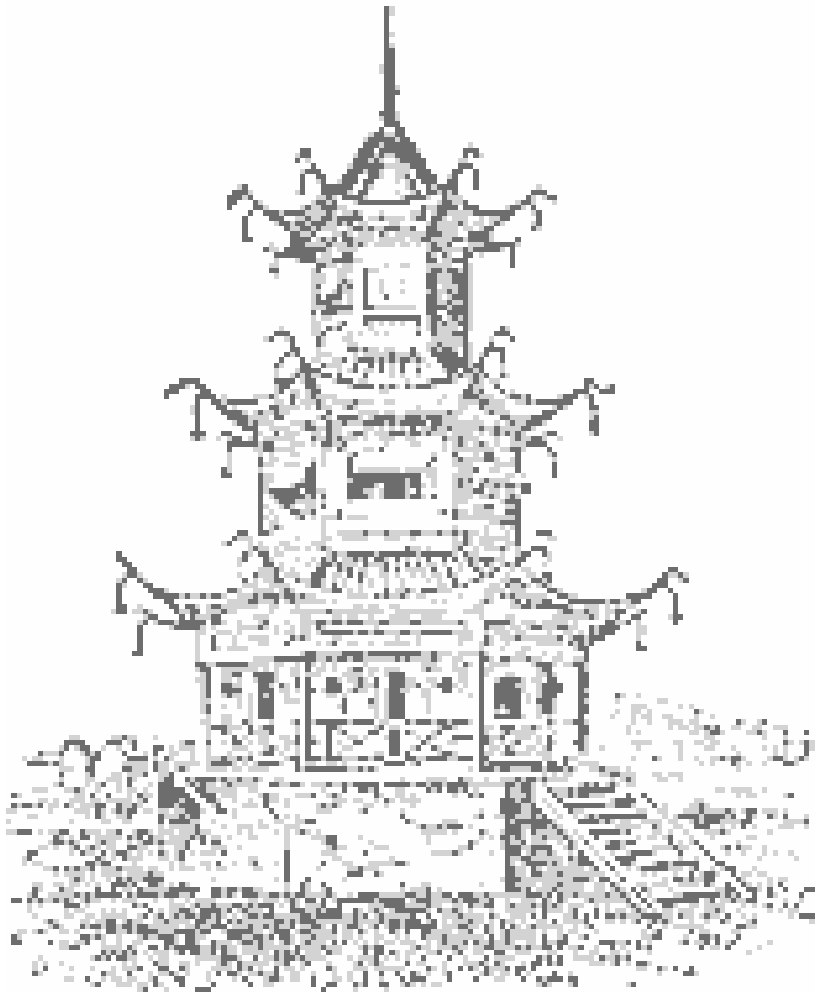
1. I will be polite and thoughtful when speaking to others.
2. I will respect my parents, grandparents, and teachers at all times.
3. I will always tell the truth.
4. I will willingly help with the household chores.
5. I will keep my room neat and clean.
6. I will abide by my parents decisions.
7. I will not interrupt adult conversations.
8. I will clean my hair, body and teeth daily.
9. I will be kind to my brothers and sisters.
10. I will review, study, and finish my homework on time.



STUDENT ETIQUETTE (KARATE-DO)



- To earn respect, always show respect.
- Learn from anyone who is willing to teach you.
- Never try to prove anything to anyone.
- Always listen. You will learn something even if it is just one thing.



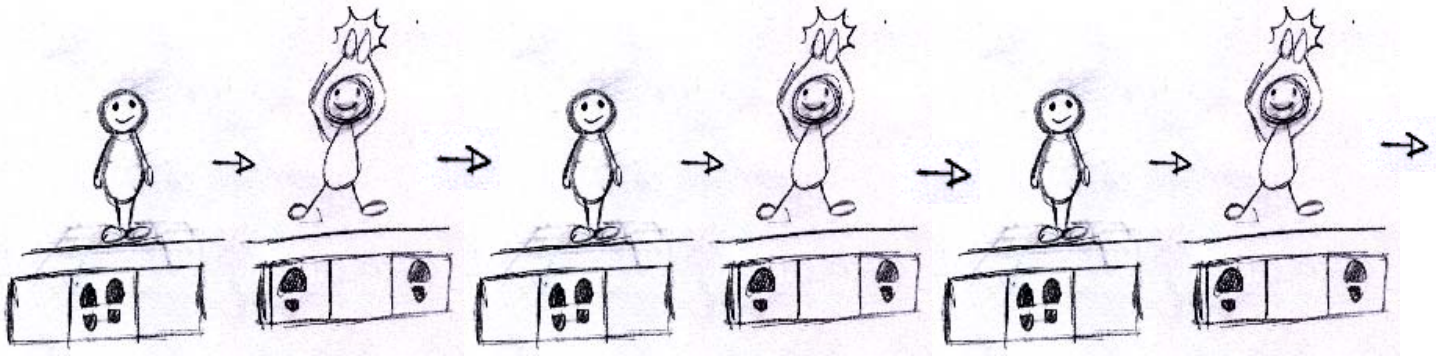
Special points of interest:

Our school does have a more relaxed atmosphere than other schools; however, when class starts, students are expected to listen, learn, practice, and improve. It is absolutely necessary for students to know and apply the first two rules of karate:

Be Nice
and
Pay Attention

STUDENT EXERCISES

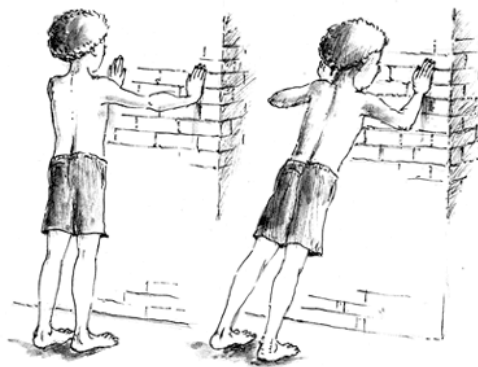
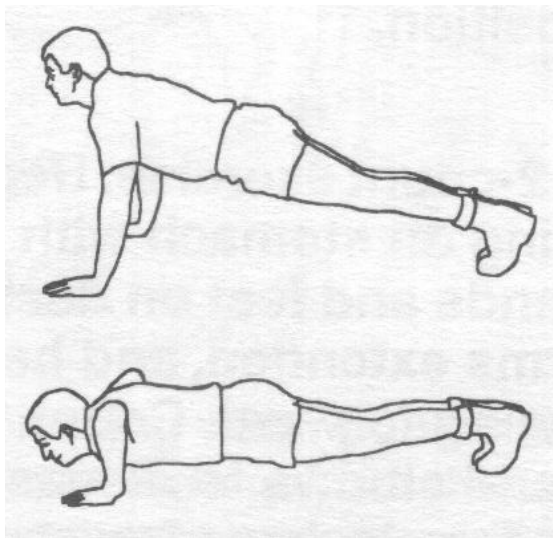
JUMPING JACKS



Goal:

- Coordination!

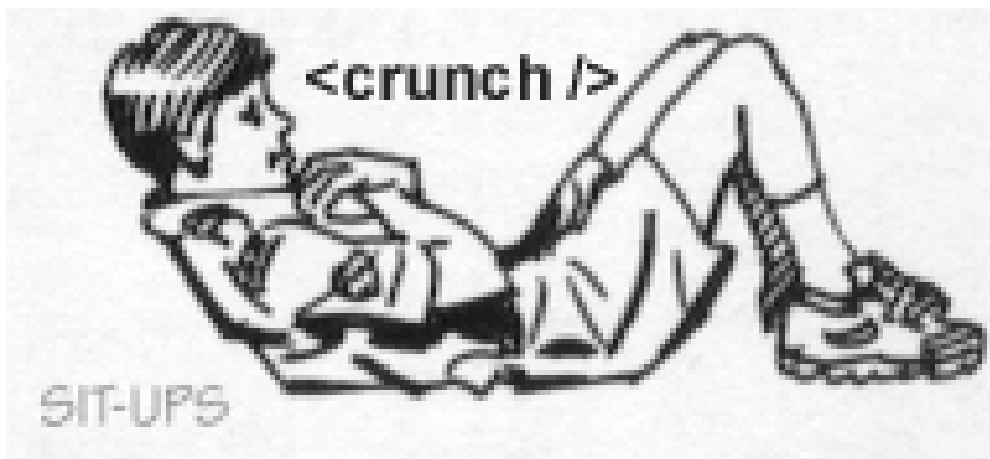
PUSHUPS



Goal:

- Straight body pushups
- Look across the room when doing pushups (not at the floor or feet)
- Having difficulty? Practice on raised surfaces like a wall, the back of a sofa, or on several steps.

SIT UPS



Goal:

- Get elbows to touch knees each time
- Exhale when going up; inhale on the way down
- Practice at home helps!