



BASIC GROUND SKILLZ

(AGES 4-6)

Four to six year olds are the most enthusiastic students. They love creativity and problem solving, which makes them ideal students in the Martial Arts. The problem we discovered is they are progressive in following tasks, some teachers tend to treat them like their older peers. This is a problem because they still do not have the basic skills necessary to keep up with children ages 7 and up. The solution we found is to provide them with their own program that targets their stage of development in a manner that adapts to their social and intellectual curiosity while at the same time building skills that set them up for success. With that said a structured program introducing basic skill-based training in Martial Arts has proven to be very successful!



Basic Skillz Students have the opportunity to participate in the following add-on programs and teams :

- Leadership Team
- JV Demo Team (tryouts required)
- Assisting Team Level 1 (by invite)
- JV Competition Team or Competition Club
- Weapons Seminars
- Weapons/Sparring Classes

COORDINATION
FOCUS
DISCIPLINE
TEAMWORK
MEMORY
FITNESS
CONTROL
BALANCE

**BASIC GROUND SKILLZ
CLASS SCHEDULE OPTIONS**

Tue & Thu 4:15-5:00 pm