



CORE GROUND SKILLZ

(AGES 7-9)

Seven to nine year olds are what most people consider “the golden age”. They are proficient in their vocabulary and problem-solving skills, yet they are not at the age where they want complete independence from adults. This makes the teacher- student relationship stronger than ever. The problem we discovered is they still lack core skills, and although they are highly intelligent, they struggle to keep up with students ages 10 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 adventurous attitude and youthful nature while at the same time building skills that set them up for success. With that said a structured program introducing core Skill-based training in Martial Arts has proven to be very successful!

Core 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 and 2 (by invite)
- JV Competition Team or Competition Club
- Weapons Seminars
- Weapons/Sparring Classes



**CORE GROUND SKILLZ
CLASS SCHEDULE OPTIONS**

Tue & Thu 5:00-5:45 pm