



EXTREME GROUND SKILLZ

(AGES 10-14)

Ten to twelve year olds are the smartest students in the school. Yes, they are smarter than most adults!

They are also physically competent and can excel in most physical challenges that are presented to them.

The problem we discovered is they are so focused on what is socially acceptable that they have a hard time keeping themselves emotionally driven to the task at hand. The solution we found is to provide

Them with their own program that targets their stage of development in a manner that nurtures their social and emotional instability while at the same time building skills that set them up for success.

With that said a structured program introducing extreme skill- Based training in Martial Arts has proven to be very successful!

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

- Leadership Team
- JV/Varsity Demo Team (tryouts required)
- Assisting Team Level 1, 2 and 3 (by invite)
- JV Competition Team or Competition Club
- Weapons Seminars
- Weapons/Sparring Classes



**EXTREME GROUND SKILLZ
CLASS SCHEDULE OPTIONS**

Tue & Thu 5:15-6:30 pm