

PARKERS SELF-DEFENSE STUDIOS



LITTLE WARRIOR HANDBOOK

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The Little Warriors Program is a detailed curriculum that focuses on improving children's basic motor and listening skills. These skills will help them enter society with a more confident and more ambitious towards the future. We believe the time between 4 and 6 are the most important years of a child's development. Our program will enhance positive development in a fun and motivating way.

The Little Warriors Program will also prepare your child for our Junior Martial Arts Program. In the Little Warriors Classes, your child will be exposed to positive social interaction. They will learn how to work with others and follow directions from their instructors. Our Little Warrior instructors are good role models who are trained specifically to work with younger children.

The Little Warriors curriculum consists of redeveloping 8 major skills that are necessary for participation in any sport or activity. The curriculum also contains 8 Little Warrior Personal Development Skills that are used to reinforce family values. Upon completion of our Little Warriors Program, your child will become focused and motivated to achieve any goal they set in life!

Skill # 1: TEAMWORK - Teamwork is a necessary skill for any young child to develop. The more practice your child has working with others, the more he or she will accomplish. Your child will develop character, which will help him or her make new friends and become a better leader in life.

Skill #2: FOCUS - This skill will help your child's aim, listening and reaction skills. They will excel faster in any physical activities. Your child will also become a better listener and more focused student in school.

Skill # 3: CONTROL - Having control means making good decisions. Whether your child is handling a pet or handling a problem, he or she will learn to make the right decisions. Control builds confidence.

Skill #4: BALANCE: This skill is crucial to develop at an early age. Your child is beginning to participate in many physical activities that are challenging, such as riding a two - wheel bicycle. Through Little Warriors your child will develop good balance and a better posture.

Skill # 5: MEMORY - Developing a good memory is exercise for your child's brain. The sooner your child exercises his or her solving skills, the smarter he or she will become. Our drills are constantly helping your child think and make smart decisions.

Skill #6: DISCIPLINE - Our instructors use the Little Warrior drills to help create the vision that discipline is fun and rewarding. Your child will take pride in doing the right thing. Your child will also follow directions better.

Skill # 7: FITNESS - It is important for your child to understand the importance of being healthy and physically fit. If your child dose not burn off excess energy exercising, how will he or she rechannel the energy that's left over?

Skill #8: COORDINATION - Your child will learn left from right. They will become better physical participants in sports and activities. The better coordination your child has, the fewer injuries your child will sustain.

In our Little Warriors classes, we make learning fun and educational. Our goal is to help you child be the best at everything they put their minds to. Our motto is "Little Warrior today, Leader Tomorrow"

Little Warriors Objectives

- To prepare children with the tools necessary to learn the Martial Arts at a more productive rate.
- To provide parents with the opportunity for their child to participate in an activity that will benefit them physically and mentally
- To teach safety and awareness rules to children
- To teach children to show respect to others through action and word
- To instil in children a positive attitude toward learning and help them develop better listening and concentration skills which will prepare them for school
- To teach children to respect laws and rules
- To help children develop physically by improving coordination and balance
- To teach children the importance of exercise at an early age
- To provide role models at the time when children are the most impressionable
- To instil traditional values at an age when they can be easily accepted

Little Warrior Theme

Always try your best, never say "I can't", set reachable goals, work hard to achieve those goals

Little Warriors Student Creed

1. I'm a Little Warrior, big and strong. I can tell what's right and wrong.

2. I know that I'm supposed to kick or punch in class, at home or in a crunch.

3. I will never cheat or steal or lie. Cause I'm a Little Warrior and that's why

4. Little Warriors are on an awesome quest. I will always try to do my best.

Your Role As A Parent & Partner

Here are some important tips that will help your child get the most out of our Little Warrior Program:

- ☺ **Make sure your child attends classes regularly and on time.** Children adjust to consistency. If taking class becomes an option and not a priority, they will not adjust as well. If your child is going to miss class for any reason, call our studio so that the instructor can make further arrangements. Also, because classes are 30 minutes in length, even missing 5 minutes can be detrimental to the student.
- ☺ **Watch your child and participate often.** Your child wants to make you proud. The best way that they can show you how well they are doing is for you to see for yourself. Many of our classes call for parent participation so get out there and enjoy your child!
- ☺ **Monitor your child's progress.** Your child should earn a skill stripe every week, unless he or she has already earned the skill stripe for the day. If your child does not receive a skill stripe and hasn't already earned that particular stripe, speak with one of our Little Warriors instructors immediately. Your child may have a challenge with that skill and will need some extra practice at home.
- ☺ **Keep an updated calendar** on the skills covered in each class. If your child misses some classes or falls behind, your child will need to make up the stripes they missed.
- ☺ **Keep track of when the next sash promotion is scheduled to take place.** This way, you can help prepare your child for their next performance. Your child should sash promote every eight weeks to avoid boredom and to keep up with their classmates.
- ☺ **Invite family, friends, and teachers to your child's sash promotion.** This is a big event for your child in his or her martial arts training that only comes around every eight weeks. For your child, eight weeks is a long time. Make it a big event and your child's confidence will grow.

Congratulations on enrolling your child in our prestigious program! We are dedicated to helping your child be the best that he or she can be while preparing your child for the world. We appreciate the opportunity to work with the most precious thing in your life...your Little Warrior!!

Little Warriors Personal Development Skills

- One Know when to call 9-1-1
- Two Know what to do if there's a fire
- Three What are dangerous objects
- Four Know what is OK to put in your mouth
- Five Have good street safety skills
- Six Stay away from strangers
- Seven Always have good Warrior manners
- Eight Always take good care of yourself

Other Topics:

- What's your address and phone number
- What are the 8 polite words
- Summer Safety
- Stranger Danger

Sash Testing Requirements For Little Warriors

<u>Sash Rank</u>	<u># Months</u>	<u>Skill/Requirement</u>
Little Warriors		
White	0	
White/Orange	2	Basic movements
White/Gold	4	Basic Form 1 (1st half)
White/Purple	6	Basic Form 1 (1st half)
White/ Blue	8	Basic Form 1 (1st half)
White/ Green	10	Basic Form 1
White/ Brown	12	Basic Form 1

Kick Requirement	Front Kick, Side Kick
Vocabulary Requirement	Choi Bi
	Kai Tao
	Qi Jyr Fu
	Numbers 1-5 (Chinese)

Jade Warriors

Yellow/White	14	Basic Form 2
Yellow/Orange	16	Basic Form 2
Yellow/Gold	18	Basic Form 2
Yellow/Purple	20	Basic Form 1&2
Yellow/Blue	22	Basic Form 1&2
Yellow/Green	24	Basic Form 1&2

Kick Requirement	Roundhouse, back kick
Vocabulary Requirement	Heng Si-Jo
	Si-Fu Bai Kai Chuan Shu
	Numbers 1-10 (Chinese)

How The Program Works

In order to thoroughly develop each skill and at the same time make your child's training fun and motivational, the Little Warriors curriculum specifies one skill per class. The curriculum includes a variety of drills used to teach these valuable lessons. These drills are easy to follow and fun to do. Children learn more by play, and in your child's eyes, these drills are more like games. The games will help your child retain more and be more willing to learn and do things he or she wouldn't normally enjoy doing.

How Your Child Will Advance Through The Program

At the end of each week your child will be rewarded with a skill stripe for developing that skill. Each skill stripe is a different color. Your child must earn all eight colored skill stripes in order to qualify for advancement to the next level. Each Warrior with all eight stripes will perform at the Little Warriors Sash Promotion every eight weeks.

The Little Warriors Sash Promotion gives your child the opportunity to show the instructors and parents how developed each skill has become. A panel of judges will be evaluating each Warrior to monitor his or her progress. After the performance, an awards ceremony is held to reward the Warriors with their new rank. The rank advancement gives your child a new challenge for each skill. Your child will then begin to collect the colored skill stripes again as they set their goal for their next sash performance. This keeps the program exciting and challenging. Your child will learn how to set goals and achieve them by accomplishing their new ranks.

The following is a list of each skill with the color skill stripe:

Focus-Red	Teamwork-Blue
Control-Green	Balance-Yellow
Memory-Orange	Discipline-White
Fitness-Black	Coordination-Purple

Little Warrior instructors monitor your child's progress by his or her stripe skills. Make sure your child is consistent with his or her attendance so that he or she earns each skill stripe before the Little Warrior Performance. In order to avoid excess time at each rank and prevent boredom, please see the curriculum calendar that shows the skill covered on each day. It will be available on the notice board in the waiting area.

If your child has difficulty with a specific skill, the instructor may ask you to work with him or her at home to improve the skill. Homework assignments are provided to help your child be the best he or she can be. Our goal is to thoroughly develop the eight skills in the Little Warrior Program. With your help, your child will learn and grow with commitment and dedication to excellence in everything he or she does.

Word 1

FOCUS:/fo-kes/, to bring or come to attention

Focus plays a key role in the mindset of our Little Warriors. These young students have a limited attention span. your Warrior will learn how to focus on the task at hand. Little Warriors experienced focus for one of the first times in their lives as they train in class. This will help them become more prepared for the regular program. This quality skill will help your child's aim, listening, and reaction skills. They excel faster in any physical activity. Your child will also become a better listener and a more focused student in school.

Some drills we cover in class can be easily used at home. These include:

Warrior in the Middle: Blindfold the student. Friends and family are to surround the student. The parent points to one person at a time to tag the student. The student is to react and tag whoever touched them before they get back to their place in the circle. (This drill will help your child pay more attention to their surroundings and respond faster. If they hear a loud noise like a car horn, they'll react quicker and move out of the way if they have to)

Warrior Target Practice: Parent holds a small pillow in two hands. The child will strike the pillow as hard as they can using any of the techniques taught in class. Ask them to hit as far as possible. Measure their results and set goals for distance. (This drill will help your child throw a ball and reach their target. It will also help their aim which is a important skill for your child to have when they reach the regular program)

Other homework assignments for this stripe include:

Basic movements

Basic Form 1 (1st half)

Front foot kick/ side kick

Part one of the Little Warrior Creed

Vocabulary:

Choi (attention)

Bi (bow)

Kai (begin)

Tao (sash)

Qi (flag)

Jyr Fu (uniform)

Word 2

Teamwork: /teamwork/, the work of activity of a group of people to achieve one goal.

Teaching teamwork to young children is very important. Little Warriors are exposed to positive interaction with other children . By having an organized game plan and instructor supervision. Warriors will learn together and have fun in the process. Little Warrior instructors are one of the first people to influence their lives with good social skills. Youth Little Warriors will become leaders at school and at home.

Team work skills are necessary for any young child to develop. The more confidence your child shows towards working with others, the more they will get accomplished in life. Your child will develop character , which will help him/her make new friends and become a better leader in life.

Some drills we cover in class can be easily used at home. These include:

Warrior Clean-up: Help the child make a small mess in the room. Time the child to see how fast and neat the child can make the room in th shortest amount of time. (This drill will show your child that cleaning can be fun. Use this drill at home when your child cleans their room. Your child will love it.)

Bubbles in the middle: Two Warriors work together as they use their martial art techniques to pop the bubbles. (This is a fun drill that your child is doing with another child. Your child will begin to play with others and not fight over who gets a turn or who goes first.

Warrior Relay: The class will be split into two teams who will compete against each other in a variety of drills. (This drill will build the healthy competitor inside of your child. Competition is how your child will learn to strive to become the very best they can be.

Other homework assignments for this stripe include:

Basic movements	Part one of Little Warriors Creed	Kai (begin)
Basic Form 1	Vocabulary - Choi (attention)	Tao (sash)
Lead leg side kick	Bi (bow)	Jyu Fu (uniform)

Word 3

Control: /ken-trol/, to exercise restraint or directing influence over

Control will help our Warriors respond and perform correctly. They will strive to be cool, which means not losing their temper and not being too rough. The Little Warrior Program will help Warriors develop control of what they say, how they feel, and what they do physically. Warriors also learn at an early stage not to give up. The more control your Warriors gain, the stronger the commitment they will have in school.

Having control means making good decisions. Whether your child is handling a pet or handling a problem, your child will learn to make the right decisions with good control. Control builds confidence in children.

Some drills we cover in class can be easily used at home. These include:

Mirror Movements: Have your child face you. You should be on the same level as they are. Performing a movement such as a block, drill, or kick in slow motion. Have your child follow you performing the same technique with the same speed. Do not allow him/her to go faster than you. (This drill is used to control your child's physical movements. Children tend to be very rough only because they do not know the difference between playing rough and playing soft. Here, your child starts practicing physical movements that are slow and soft.)

Warrior block drill: Stand with your child in an area that is big enough to swing a pillow. Give your child a number to remember. Call out different numbers until you are ready to call out the number that you gave your tiger. When you call his number , have him swing the pillow at you with control. Try this several times and occasionally switch and have him pick a number for you. (Here is where control means courtesy when they are swinging the pillow at others.)

Other homework assignments for this stripe include:

Basic Movements	Front kick/Side kick lead leg
Basic Form 1 (1st half)	Part one of Little Warrior Creed
Vocabulary - Choi (attention)	Kai (begin) Jyu Fu (uniform)
Bi (bow)	Tao (sash)

Word 4

Balance:/ba-lens/, to bring or come to a state of proportion

Balance is an important skill for Warriors to have to properly develop their martial arts kicks and punches. Having good balance will also increase their speed and agility. Balance especially leads to better posture, which will make your warrior appear more confident.

This skill is crucial to develop at an early age. Your child is beginning to participate in many physical activities that are challenging , like riding a bicycle without training wheels. Your child will develop good balance and better posture.

Some drills we cover in class can be easily used at home. These include:

Tiger and Crane: Have your child face you. Have your child hold their foot to their knee for 5 seconds. If they put their foot on the floor, have them try again. After they have mastered this, increase the time by 5 seconds each time. Make it a goal to hold their foot up for 1 minute or longer. Once they have mastered this, have them hold their foot up in a side kick position. (This drill will help your child have better balance which is necessary for other activities such as riding a bicycle.)

Tiger Walk: Have your child stand up and face you. Place a small pillow on top of his head. He must balance the pillow on top of his head for 5 seconds. If it falls, have him try again. Try increasing the time he has to hold it on his head without falling. Next, have him walk a short distance with the pillow on his head. Try increasing the distance each time. (This drill will help your child walk with better posture and give them a confident look. Having a confident look will help them gain leadership positions later in life.)

Other homework assignments for this stripe include:

Basic Movements	Front kick/Side kick lead leg
Basic Form 1 (1st half)	Part one of Little Warrior Creed
Vocabulary - Yi (one)	Er (two) San (three)
Si (four)	Wu (five)

Word 6

DISCIPLINE:/di-se-plen/, displaying orderly conduct

Discipline is what martial arts are based on. Warrior instructors teach Little Warriors how to discipline themselves to show self-control. Warriors must have self-control of their body and mind. Once they learn to have good discipline, they will become better students who are focused on their goals.

Our instructors use the Little Warrior drills to help create the vision that discipline is fun and rewarding. Your child will take pride in doing the right thing and he/she will also follow directions better.

Some drills we cover in class can be easily used at home. These include:

Tiger Rating Game: Your child will demonstrate to you on a scale of 1-10 how they should perform an act. With this game, speed is not important as quality. Things that can be rated include: making the bed, getting dressed, brushing teeth, cleaning room, ect. This drill helps your child see the difference between sloppiness and neatness.

Tiger Speed: Have your child stand in front of you at "attention". At your command, he will either sit, kneel, or jog in place as fast as possible until you say "attention" again. Make sure that you give your child a special little reward for working hard for you. This drill will teach your child to respond quickly and pay attention.

Other homework assignments for this stripe include:

Basic Movements	Front kick/Side kick lead leg
Basic Form 1 (2nd half)	Part one of Little Warrior Creed
Vocabulary - Yi (one)	Er (two) San (three)
Si (four)	Wu (five)

Word 7

FITNESS:/fit-nes/, the act of becoming physically and mentally sound.

Being physically fit is a necessity for any martial artist. The sooner you enforce this concept, the better and more developed your Warrior will be. Fitness can be very fun and rewarding, especially with Warriors because they have so much energy to burn. Develop a passion in them early and you will not have to retain them in the future. Besides, what better way to spend time with your children than by exercising with them.

Some drills we cover in class can be easily used at home. These include:

Lion Push-Ups: This drill makes doing pushups fun!! Your child will grow great upper body strength and have fun doing it. Have your Warrior lay down in front of you in push up position. As they go down and then come up again, have them grow like a lion. You can even have them "Paw" at you as they come up.

Tiger Jump Ups: This drill is designed to help your child develop strong legs. Have your child put his hands on his head and bend his knees as low as he can go while keeping his back straight. At your court, have him jump as high as he can while making a grow sound.

Other homework assignments for this stripe include:

Basic Movements	Front kick/Side kick lead leg	
Basic Form 1 (2nd half)	Part two of Little Warrior Creed	
Vocabulary - Lu (six)	Qi (seven)	Ba (eight)
Jiu (nine)	Shi (ten)	

Si-Fu (teacher)

Si-Hing (older brother)

Si-Suk (Senior student)

Si-Gung (master)

Si-Jo (grandmaster / founder)

Word 8

COORDINATION: /ko-ord-n-shen/, the act of having your body parts work together harmoniously

One of the best benefits of training in the martial arts is that it creates coordination. This skill is important for children to have if they want to be active in sports. The better the coordination, the better an athlete they will be. Once you create coordination in your Warrior, you can sit back and enjoy watching him or her perform using their martial arts talents.

The main coordination drills we use involve teaching left and right. The Warriors will become better physical participants and will have fewer injuries.

Some drills we cover in class can be easily used at home. These include:

Left hand / Right Hand: This drill will help your child learn his left from his right in a fun way. You need two small pillows for this drill. Have your Warrior strike the left pillow with his left hand and the right pillow with his right hand. Mix up which pillows he must hit with and begin to increase speed so that it becomes much more challenging.

Tiger Jump & Move: This drill will help your child develop quick reaction skills. Children often get injured during physical activities because they are not quick enough to move out of the way. Teach your child to duck as you swing a small pillow over his head, then teach them to jump when you swing at their feet. Increase your speed as your Warrior becomes more confident in his skills.

Other homework assignments for this stripe include:

Basic Movements	Front kick/Side kick lead leg	
Basic Form 1 (2nd half)	Part two of Little Warrior Creed	
Vocabulary - Lu (six)	Qi (seven)	Ba (eight)
Jiu (nine)	Shi (ten)	

Si-Fu (teacher)

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