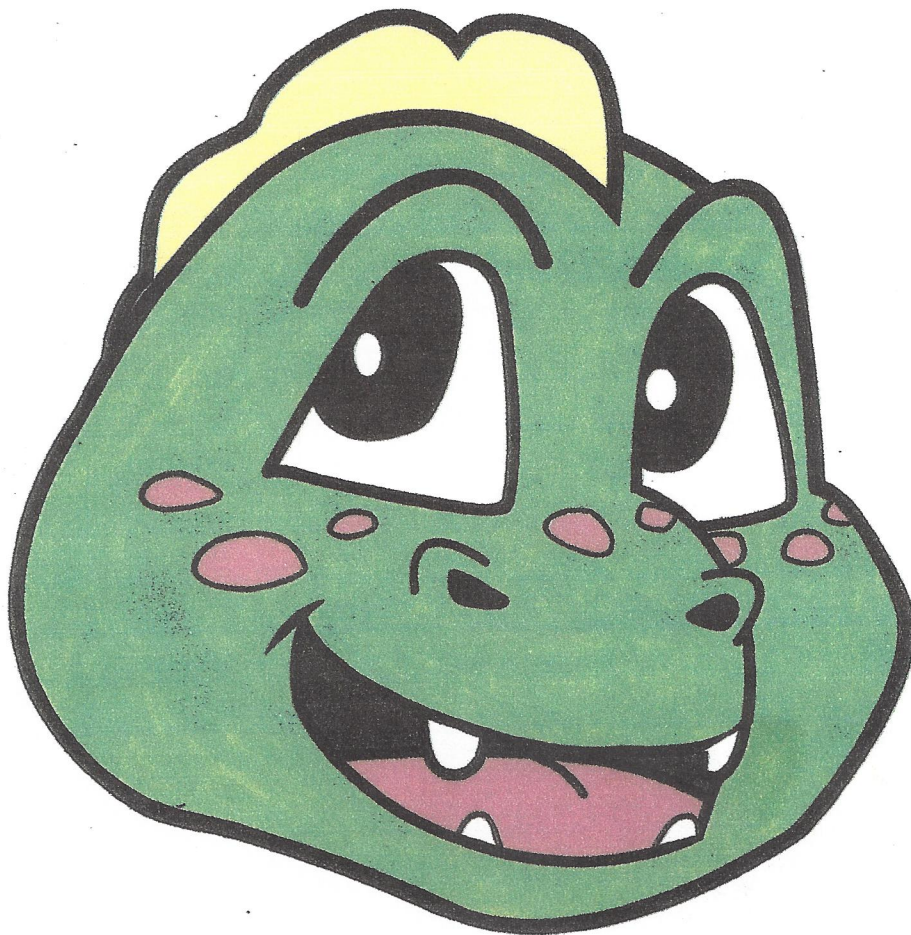


MBMA

LI DRAGON
Martial Arts



Midnight Blue Martial Arts Academy, LLC

Lil' Dragons

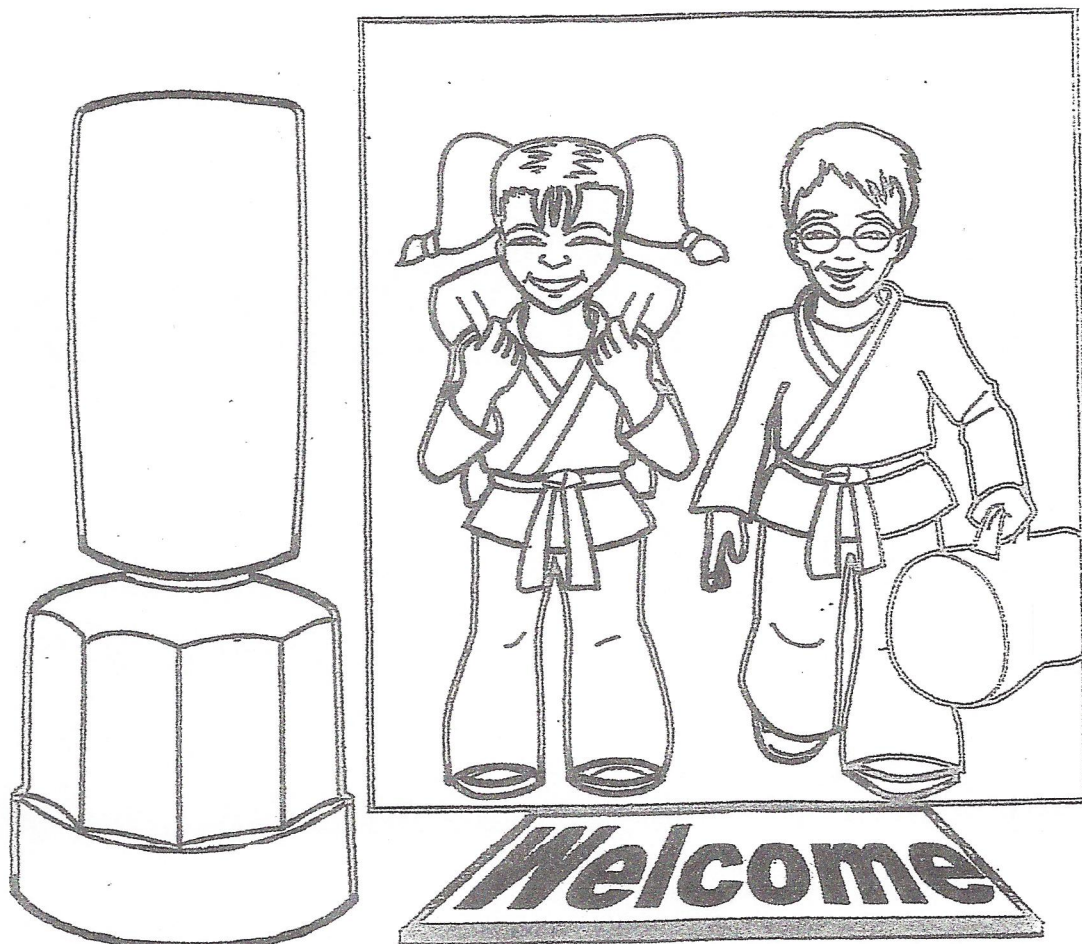
Classes for 5 and 6 year olds: every
Tuesday and Thursday 5:00pm to 5:30pm

Black Belt Instructor:

Kimberly Harris

252-316-6060 office

252-767-8398 cell



WELCOME TO OUR LIL' DRAGONS PROGRAM!

Our Lil' Dragons program is a detailed curriculum that focuses on improving young children's basic motor skills and listening skills. These skills will help them enter society with a more confident and enthusiastic outlook. They will become better students at school, better listeners at home, and more ambitious towards the future. Our program will enhance positive development in a fun and motivated way.

The Lil' Dragons Program will also prepare your child for our Children's Martial Arts Program. In the Lil' Dragons 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 Lil' Dragon instructors are good role models who are trained specifically to work with young children.

The Lil' Dragons curriculum consists of developing 8 major skills that are necessary for participation in any sport or activity. The curriculum also contains 8 Lil' Dragon Personal Development skills that are used to reinforce family values. Upon completion of our Lil' Dragon Program, your child will become more focused and motivated.

In our Lil' Dragon classes, we make learning fun and educational. Our goal is to help your child be the best they can be at everything they put their minds to. Our motto is "It's easier to build boys and girls, than repair men and women"

The 8 Lil' Dragon skill requirements are composed of physical and mental benefits. The following are the skills with the benefits from participation in the Lil' Dragons class:

Lil' Dragon

Student Creed



I'm a Lil' Dragon,

Oh so strong,

Learning each day what's right and wrong.



During this class, I know I'll find

Honesty for the heart

And knowledge for my mind.

Dressed in purple, green and white.

This class will teach me might for right!



The Lil' Dragons will:

Learn to share

Develop Self-esteem

Develop a sense of independence

Take Turns

Stimulate curiosity

Develop speech and language

Promote physical strength

Promote coordination and stamina

Develop a love of learning

Build fundamental motor skills

Increase awareness of body and space

Follow directions

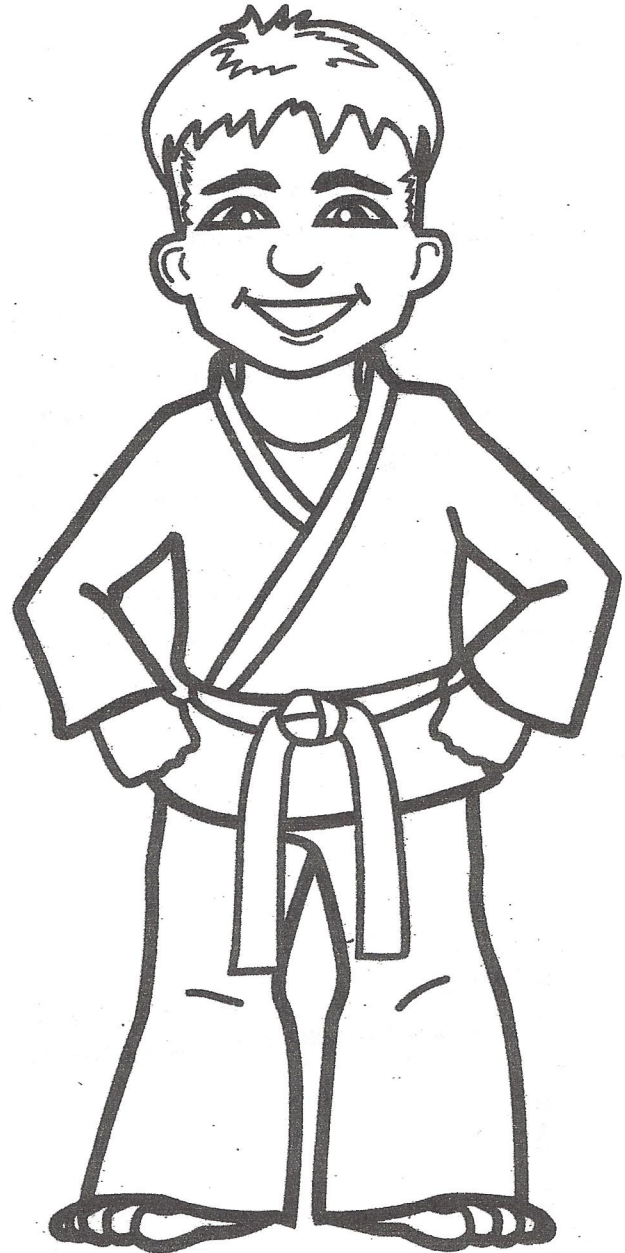
Encourage socialization

Problem solve

Demonstrate responsibility

Show Self-control

Act Respectfully



SKILLS

SKILL #1: 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 be more focused in school.

SKILL #2: TEAMWORK:

Teamwork is necessary for any young child to develop. The more confident your child is willing to work with others, the more they will get accomplished. Your child will develop character, which will help him/her make new friends and become a better leader in life.

SKILL #3: CONTROL:

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.

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, like riding a two-wheel bicycle. 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 this, the bigger their memory will be and smarter they will become. Our drills are constantly helping your child think and make smart decisions.

SKILL #6: DISCIPLINE:

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

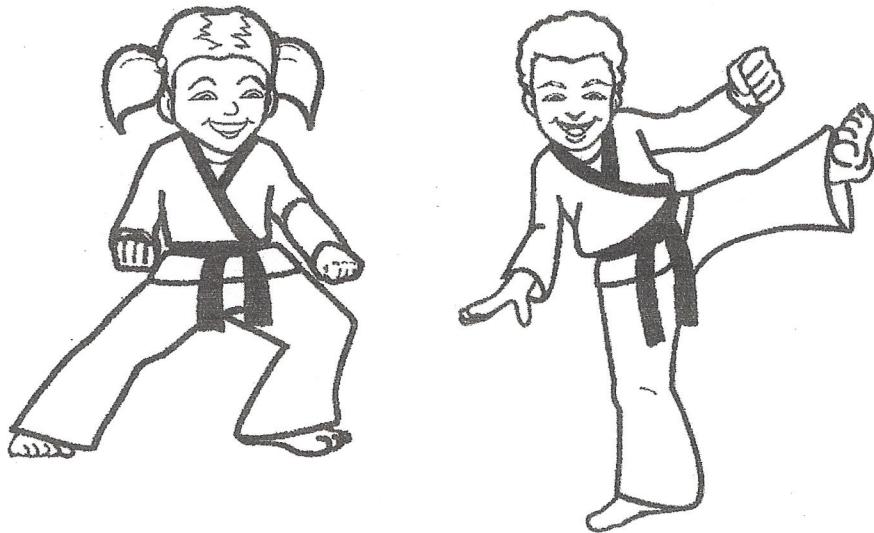
SKILL #7: FITNESS:

It is important for children to understand the importance of being healthy and physically fit. If they do not burn off excess energy exercising, what else will they do to burn off all of their energy.

SKILL #8: COORDINATION:

Your child will learn their left from their right. They will become better physical participants in sports and activities. The better coordination they have, the less injuries they will have.

Lil' Dragons Belt Testing Curriculum



Lil' Dragon - White Belts

Forms/Basics

1. Attention = focus and concentration
2. Bow = Respect = Being Nice
3. Ready Position = Ready to take action NOW!
4. Forward Stance = (left foot forward) Commitment to give 100%
5. High Block
6. Double Fist Punches

Kicking Techniques

1. Front Snap Kick (from Forward Stance)
2. KIAI! (with kick)

Sparring Techniques

Front hand jab #1 Rear hand punch #2
Reaction Drill: Moving around (soft bouncing) #1#2 punch & front snap kick

Pad Work

#1 #2 Punch

Lil' Dragon - Yellow and Gold Belts

Forms/Basics

1. Low block
2. Palm heel strike
3. Knife hand strikes
4. Side block

Kicking Techniques

Front Snap Kick

Sparring Techniques

Reaction Drill: Moving Around (soft bouncing) #1 #2 punch, rear leg front kick, high block, side block, & low block

Pad Work

#1 #2 punch
Left elbow, Right elbow

Lil' Dragon - Orange and Purple Belts

Forms/Basics

1. Middle Punch
2. Outside to Inside Block
3. Hammer Fist Strike
4. Form 1 (4) moves

Kicking Techniques

Side kick

Sparring Techniques

Evading foot work (student slides back as instructor uses blocker)
Reaction Drill: Moving around, (front kick, side kick, & hammer fist)

Pad Work

#1 #2 punch, left elbow, right elbow, right knee

Lil' Dragon - Blue and Green Belts

Forms/Basics:

Inside to Outside Block

Rear elbow strikes

Form - 1 (12) moves

Kicking Techniques:

Roundhouse kick

Self Defense:

Standing up in base, dropping in base, & push an pull drill
Defense against same side wrist grab = clasp hand step in base & pull

Pad Work:

Punch, punch, elbow, elbow
right knee/cross step, left knee

Lil' Dragon - Red and Brown Belts

Forms/Basics:

Form - 1 (20) moves

Kicking Techniques:

Back kick and review all other kicks

Self Defense:

Defense against back grab with arms trapped - rear stamping,
head butt strike, elbow strikes, turn, push and run.
Defense against front choke - shrug shoulders, step back in base,
head comes down and around in a circle escaping the choke.

Pad Work:

punch, punch, elbow, elbow
knee, knee, round kick, round kick

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 Lil' Dragon curriculum specifies one skill per class. The curriculum includes a variety of drills used to teach each skill. These drills are easy to follow and fun to do. In your child's eyes, these drills are more like games. Preschoolers learn more by play. These games will help your child retain more and be more willing to learn and do things they normally wouldn't enjoy doing.

The following are some activities that we cover in our Lil' Dragon class:

Skill # 1 – Focus:

- **Dragon Baseball** – This drill is similar to a game of baseball. The dragons will kick paper cups to the dragons in the “outfield” and earn points for their accuracy. This drill develops aim and accuracy. Precision is a talent that coaches acknowledge.

Skill # 2 – Teamwork:

- **Dragon Clean Up** – The instructor will take all of our targets and kicking pads and place them all over the floor. The class is split into teams who have a contest to see which team can pick them up the fastest. This teaches them teamwork. They will learn how to work together with others to accomplish one goal. This will help them interact better in school, especially when they are working on group activities. This drill also makes cleaning their room fun.

Skill # 3 – Control:

- **Dragon Bubble Wrap** – Each dragon will have a chance to walk across a board covered with bubble wrap. They must show control by not popping the bubbles. This fun drill will help dragons develop physical control. The instructor also uses this drill to explain how to have control playing, handling pets, and carrying breakable objects.

Skill # 4 – Balance:

- **Dragon Walk** – The instructor will have each dragon take turns walking across the floor with a small foam target balanced on his/her head. This drill will help your child's posture. He/she will show more confidence by walking straight.

Skill # 5 – Memory:

- **The Jungle Game** – The instructor and the dragons pretend that they are in the jungle. When the instructor calls out an object, such as a branch, the dragons must duck. If the instructor says “log,” they must jump; if the instructor says “bear,” they must pretend to be sleeping so the bear does not see them. This drill will help your child develop a good memory. They will learn how to remember specific names and commands and react appropriately. In school, teachers have specific signs and motions to keep the students in control. Your child will be confident and disciplined to respond to those signs with enthusiasm.

Skill # 6 – Discipline:

- **Dragon Rating Game** – The instructor will have the dragons demonstrate on a scale of 1-10 how they perform. First, the dragons will show what it looks like to sit like a “perfect 10.” Then they will show what it looks like to sit like a “lazy 1.” This drill will help dragons compare what sloppiness looks like to performing at the best of their ability. They will learn that working hard is better than being lazy. Parents can use this drill to help them make their room look like a “10.”

Skill # 7 – Fitness:

- **Tiger Push-ups** – The instructor will run the dragons through reps of push-ups while animating like tigers. This drill makes exercising fun. It will also make your child strong as they develop muscles. The animation will help your child develop an outgoing personality, which will help them interact and communicate better.

Skill # 8 – Coordination:

- **Left-hand/Right-hand** – The instructor will have the dragons properly strike the target while calling out either left hand or right hand. This drill will help your child learn his/her left from right.

As you can see, the Lil’ Dragon curriculum is educational and also fun! Your child will learn values and skills that will help him/her live their life with focus and discipline – striving to be the best they can be. The Lil Dragon Program creates Leaders and Winners. The Lil’ Dragon instructors create vision in your child to be positive, without having to demand it.

Your Role as a Lil' Dragon Parent

Here are some important tips that will help your child get the most out of our Lil' Dragon Program:

- Make sure your child **attends class regularly**. 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 a class for any reason, call our school so our instructor can make further arrangements.
- **Watch your child participate often**. Your child wants to make you proud. The best way they can show you how well they are doing is for you to see it for yourself.
- **Monitor your child's progress**. Your child should earn a stripe every 3 weeks. If they do not receive a stripe of a particular color, speak with one of our Lil' Dragon instructors immediately. Your child may have a challenge with the skills and will need some extra practice at home.
- **Keep an updated calendar** on the skills covered each class. If your child misses some classes or falls behind, your child will need to make up the skills they missed.
- Keep track of when **their next belt promotion is**. This way, you can help prepare your child for their next performance. Your child should belt promote every 3 months to avoid boredom and to keep up with their classmates.
- **Invite family, friends, and teachers** to your child's belt promotion. This is a big event for your child in their martial arts training that only comes every 3 months. For your child, 3 months is a long time. Make it a big event and your child's confidence will grow.

Congratulations on enrolling your child into our prestigious program! We are dedicated to helping your child be the best they can be and prepare them for the world. We appreciate the opportunity to work with the most precious thing in your life...your Lil'Dragon!

Lil' Dragon Homework Assignment

Skill # 1 – Focus: Dragon Ball

This drill is used to help your dragon focus on a specific target or object. Your dragon will develop aim, which will help prepare him/her for our Children's Martial Arts Program and any other future sport or activity in which they participate:

You'll need a beach ball or similar size ball that is light:

- **Step 1:** Bounce the ball to your dragon.
- **Step 2:** Have your dragon strike the ball with the hand technique required for their belt level. (See the instructor for the technique.)
- **Step 3:** Repeat step 1 and 2 until your dragon is able to strike the ball directly to you five times in a row.
- **Step 4:** Repeat the full process with the required foot technique. Keep in mind that kicking the ball directly to you will be more difficult than the hand technique. Enforce more control than aim with your dragon kicks.

Skill # 2 – Teamwork: Dragon Partner Drill

This drill will teach your dragon how to help others. Your child will learn to interact socially and help their peers on group activities at school. It also helps create a caring nature.

You'll need a soft pillow, or you can purchase a target from our school.

- **Step 1:** Hold the pillow for your dragon as they strike pillow with the hand technique required for their belt level. (See the instructor for the technique.)
- **Step 2:** You must count out loud the reps until they reach 10.
- **Step 3:** Switch roles. Your child will hold the pillow and count for you.
- **Step 4:** Repeat steps 1-3 using the required foot technique.

Skill # 3 – Control: Dragon Bubble Wrap

This drill will help your dragon learn how to control their movement. Sometimes children can be too rough, and they do not understand how to play softer. This drill will help them see the difference between playing rough and playing soft.

You'll need a hard surface and some bubble wrap. Lay the bubble wrap four feet across a hard surface. Tape the bubble wrap down on the sides. You can purchase bubble wrap at an office supply store for about \$5.

- **Step 1:** Have your dragon walk across the bubble wrap softly, trying not to pop any bubbles. If they pop more than three, have them try again. They must walk across the bubble wrap three times without popping more than three bubbles at a time. (Use good judgment, it's hard to tell how many bubbles pop sometimes.)
- **Step 2:** Have them walk across again trying to pop as many bubbles as they can. This is more for fun.
- **Step 3:** Use both steps as an analogy to explain to them when they must be soft (handling a baby or pet) and when they must be hard (trying their hardest in school and sports).

Skill # 4 – Balance: Dragon Walk

This drill will help your dragon develop balance. They will also develop good posture because they have to stand straight when they walk.

You'll need a small pillow, or you can purchase a small square target from our school. Mark at starting point and an ending point that is four feet away.

- **Step 1:** Balance the pillow or target on your dragon's head. Have them hold it there for five seconds. (Longer if they are an advanced rank. See your instructor for the required time.)
- **Step 2:** Have them walk across the floor from the starting point to the ending point. If they drop the pillow, they must start again.
- **Step 3:** Repeat steps 1 and 2 until they can walk across three times without dropping the pillow.

Skill # 5- Memory Game

Your dragon will have the opportunity to practice their martial arts techniques and exercise their brain. The more your dragon notices their brain working, the more confident they will feel. Your dragon will enjoy the ability to retain things, which will make them a better student at school.

You need to participate using martial arts techniques on this one. Stretch if necessary.

- **Step 1:** Have your dragon execute a martial arts technique. (See your instructor for the required techniques for their rank.)
- **Step 2:** You execute the same technique and then add one more technique.
- **Step 3:** Have your child execute the first and second technique and then add another one.
- **Step 4:** Continue on until you have created a combination of five moves. If one of you forgets a move, you must start all over again. (You should add more if your dragon is an advanced rank. See your instructor for how many moves are required for their rank.)
- **Step 5:** Repeat the game three times.

Skill # 6 – Discipline: Dragon Rating Game

This drill will help the dragons compare what sloppiness looks like to performing the best of their ability. They will begin to enjoy doing chores if it is like a game. Children love a challenge, so challenge them to be neater than you.

You'll love this game because you get to have your child learn how to do chores neatly.

- **Step 1:** Have your child stand like a "sloppy 1."
- **Step 2:** Have your child stand like a perfect 10."
- **Step 3:** Do the same for cleaning their room. Have fun with this step. Your child will enjoy cleaning up just as much as they will enjoy making a small mess.
- **Step 4:** Repeat the steps with two more chores. They must complete the chore with everything looking like a "10." Make sure you start with a "1," or in some cases, you should start with a "5."

Skill # 7 – Fitness: Tiger Push-ups

This drill makes exercising fun. It will also make your child strong as they develop muscles. The animation will help your child develop an outgoing personality, which will help them interact and communicate better.

You'll have to use your animation here as well. Don't be afraid to be a kid again!

- **Step 1:** Talk about how strong Tigers can be.
- **Step 2:** Have your dragon demonstrate what tiger claws look like.
- **Step 3:** Both of you place your tiger claws on the ground.
- **Step 4:** Both of you lay on your stomachs with your claws still on the ground.
- **Step 5:** Do 10 push-ups while growling like a tiger.
- **Step 6:** Repeat the steps three more times, resting in between the sets.

Skill # 8 – Coordination: Dragon Kickboxing

Your dragon will build coordination in their hands and feet. This will prepare them for sports and physical activities. It is also a good way for your dragon to burn off that excess energy.

You need a large pillow or your can purchase two hand targets from our school.

- **Step 1:** Call out "left hand" and your dragon must punch the pillow or targets with their left hand. Do this five times.
- **Step 2:** Repeat step 1 with the right hand.
- **Step 3:** Test their coordination by calling out either their left hand or right hand. Your dragon must strike with the hand you call out. Do this ten times.
- **Step 4:** Repeat steps 1-3 with the left foot and right foot.
- **Step 5:** Test their coordination this time by calling out left hand, right hand, left foot, or right foot. Do this until they can strike and kick the pillow or targets ten times without making a mistake.

Lil' Dragon Birthdays!!

We do AWESOME Birthday Parties!! It is a great time for your Little Dragon to bring an unlimited number of friends to see their Karate class and celebrate their birthday. The party will include one and one half hours of fun and games! 45 minutes of physical activity and 45 minutes for pizza, cake, and gifts. The birthday child will break a real board and cut the cake with a real sword!

We provide: Cake, Pizza, Kool-aid, paper goods, and treat bags for the kids. Parents, all you need to do is bring your Lil' Dragon, relax and enjoy the celebration with your child!

**Birthday guests receive: A FREE Karate Lesson Pass!
Birthday child receives: A Lil' Dragon T-Shirt!**

**We have several Birthday Packages available.
Please see staff for more information.**

