

**SHOREY'S TAEKWONDO  
AMERICA**



# **SHOREY'S LITTLE NINJAS**



**WE BELIEVE THAT THE TIME BETWEEN  
THE AGES OF FOUR AND SIX ARE THE  
MOST IMPORTANT YEARS IN A CHILD'S  
DEVELOPMENT. OUR PROGRAM WILL  
ENHANCE POSITIVE DEVELOPMENT IN A  
FUN AND MOTIVATING WAY!**

**PARENT HANDBOOK AND STUDENT MANUAL**

# WELCOME

Our Little Ninjas 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 enthusiastic outlook. They will become better students at school, better listeners at home and more ambitious towards the future. We believe the time between the ages of four and six are the most important years of a child's development. Our Little Ninjas Program will enhance positive development in a fun and motivating way!

The Little Ninjas Program will also prepare your child for our Children's Martial Arts Program. In the Little Ninjas 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 Ninjas Instructors are good role models, who are trained specifically to work with preschool-aged children.

The Little Ninjas curriculum consists of developing eight major skills that are necessary for participation in any sport or activity. The curriculum also contains five Little Ninjas character tenets that are used to reinforce family values. Upon completion of our Little Ninjas Program, your child will become focused and motivated to achieve any goal they set in life!



# LITTLE NINJA SKILLS



The Little Ninja's skill requirements are composed of physical and mental benefits. These skills help your children become better students at school, better listeners at home, and more ambitious towards the future. The following is a list of the skills along with the benefits that your child will gain by participating in the Little Ninja's class:

## **Gross Motor Skills:**

Gross motor skills development in young children promotes physical health, boosts self-confidence, and enhances coordination and balance. It also fosters social interactions, aids cognitive growth, prepares children for school activities, and supports emotional well-being. Furthermore, it establishes a foundation for fine motor skills, improves spatial awareness, teaches risk management, and fortifies bone health. In essence, honing these skills offers comprehensive physical, cognitive, and emotional advantages for young children.

### **Some gross motor skills your child should develop include:**

- Runs around obstacles
- Walks on a line
- Balances on one foot
- Uses slide independently
- Throws ball overhead, catches a bounce ball
- Walks toe to heel
- Jumps forward ten times without falling
- Gallops or skips
- Walks up and down stairs independently, alternating feet
- Kicks ball forward
- Pushes, pulls, steers wheeled toys
- Jumps over 6" high object and lands on both feet



# LITTLE NINJA SKILLS

## **Fine Motor Skills:**

Fine motor skills in young children foster academic readiness, enhance self-care independence, and boost self-esteem. These skills promote improved hand-eye coordination, cognitive development, and finger dexterity. Furthermore, they enable creative expression, prepare children for technology use, aid in social interaction, support sensory integration, and augment concentration and focus. Essentially, refining fine motor skills at this age lays a foundational pathway for academic, daily, and interpersonal activities.

## **Some fine motor skills your child should develop include:**

- Cuts on line continuously
- Copies square
- Prints some capital letters
- Cuts out simple shapes
- Colors within lines
- Traces first name
- Tries to buckle, button, and lace, even though probably needs help
- Traces diamond
- Pastes and glues appropriately
- Puts together a simple puzzle of 4-12 pieces
- Pour from a small pitcher



# LITTLE NINJA TENETS

At Shorey's TKD America our Little Ninjas program is specifically designed to help prepare your tiny one to meet the physical challenges they will soon face. We are not a PreK program but a supplement program to your child's PreK school. Martial arts schools are specifically positioned to help prepare your child for the challenges they face at any age. Both physically and emotionally, the tenets of Taekwondo form the backbone of all our programs and stand as profound principles that life at any age should be lived by.

- **Courtesy**
- **Integrity**
- **Perseverance**
- **Self Control**
- **Indomitable Spirit**



## What These Tenets Mean

### **COURTESY**

Courtesy is marked by respect for and consideration of others. As martial arts students we demonstrate courtesy by showing thoughtfulness and being polite to those around us.

### **INTEGRITY**

Integrity is the firm and uncompromising adherence to a code of moral values or principles. We strive to be honest and have sound ethical strength.

### **PERSEVERANCE**

This is the steadfast pursuit of one's goals despite all opposition. Perseverance is the determination to never give up, even in the face of adversity.

### **SELF-CONTROL**

The personal restraint exercised over one's own impulses, emotions, or desires. It is having strength of mind and strength of will. This self-discipline is very important to our growth as martial artists.

### **INDOMITABLE SPIRIT**

Against even the most insurmountable odds, indomitable spirit is the will to do one's best with all one has. It reflects a personal desire to achieve, through continually working towards the achievement of one's goal.



# HOW YOUR CHILD WILL ADVANCE

Once a week (approximately), your child will be rewarded with a skill stripe or a skill star for developing that particular skill. Each skill star/stripe represents a developed skill. Your child must earn all eight skill stripes/stars in order to advance to the next level. In addition to these eight skill stripes/stars, Little Ninja instructors monitor your child's progress by his or her skill stripes/stars. Make sure your child is consistent with his or her attendance so that he or she can earn all of the stripes. We offer classes five days a week and recommend that Little Ninjas attend twice each week.

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. Our goal is to thoroughly develop the Gross and Fine Motor skills in the Little Ninjas Program. With your help, your child will learn and grow with commitment and dedication to excellence in everything that he or she does.

Each Ninja with all 4 stripes and all 4 stars will be eligible to perform at the Little Ninja Belt Promotion to be held every eight weeks. The Little Ninja Belt 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 Ninja to monitor his or her progress. After the performance, an awards ceremony is held to reward the Ninjas with their new rank. Their rank advancement gives your child a new challenge for each skill and new curriculum to learn.

The Belt Promotion is an integral part of our Little Ninja Martial Arts Program. Students have been working hard for eight weeks to develop the skills necessary to progress in the Little Ninja Program. Take this time in our program's cycle to challenge your child to do their best in their belt promotion and congratulate them on achieving their new rank.

Your child will again begin to collect the skill stripes and stars on their new belt as they set their goal for their next belt performance. This keeps the program exciting and challenging. Your child will learn how to set goals and achieve them by accomplishing their new ranks.



# JOURNEY THROUGH LITTLE NINJA PROGRAM



All Little Ninjas begin at the rank of White Belt. As they gain experience and increase in skill and proficiency in our classes they will earn different belts. A new belt represents their growth in their Taekwondo class as well as in life. Below is the belt progression for the Little Ninja Program:

## **WHITE NINJA**

Signifies innocence, as that of a beginning student who has no previous knowledge of Taekwondo.

## **YELLOW NINJA**

Signifies the Earth, from which a plant sprouts and takes root as the Taekwondo foundation is being laid.

## **ORANGE NINJA**

Signifies the rising sun, shedding light on the dawn of a new day as the Taekwondo instructor sheds light on the path for his students to follow.

## **GREEN NINJA**

Signifies the plant's growth as the Taekwondo skill begins to develop.

## **PURPLE NINJA**

Signifies the evening sky towards which the plant matures into a towering tree as training in Taekwondo progresses.

## **BLUE NINJA**

Signifies the water which nourishes the plant to grow as Taekwondo skills develop and training progresses.

## **BROWN NINJA**

Signifies the root of the plant growing deep and strong providing support as the Taekwondo skills reach ever increasing heights.

## **RED NINJA**

Signifies fire that may destroy the plant if not controlled as Taekwondo skills develop to proficiency, cautioning the student to exercise control.

# LITTLE NINJA CURRICULUM

In addition to the games and drills that are taught in the The Little Ninjas Program, students also learn a form or pattern of moves done in sequence, a one-step combination and a series of other skills. These skills are different for each Little Ninja Belt.

## WHITE NINJA:

Stripes:

1. Hand Techniques: High Block/Front Stance, Low Block/Front Stance, Inner Forearm Block/Back Stance
2. Kicks: Front Kick, Side Kick, Crescent Kick
3. One Step: (High Block/Front Stance, Punch/Front Stance, Front Kick)
4. Form: (Left Inner Forearm/Back Stance, Right Punch/Front Stance, Left High Block/Front Stance, Right Reverse Punch/Front Stance, Ki-Hap)

Stars

1. Balance on 1 Foot for 5 Seconds on Both Sides
2. Stand Still for 15 Seconds
3. Know Full Name
4. 10 Jumping Jacks

## YELLOW NINJA:

Stripes

1. Hand Techniques: Double Knifehand Block/Back Stance, Outer Forearm Block/Front Stance, Back Fist/Back Stance
2. Kicks: Round Kick, Spin Side Kick
3. One Step: (Inner Forearm Block/Back Stance, Back Fist/Back Stance, Side Kick)
4. Form: (Left Low Block/Front Stance, Right Punch High/Front Stance, Left Punch High/Front Stance, Right Punch High/Front Stance, Ki-Hap)

Stars

1. Stand Still for 25 Seconds
2. 1 Target Vertical Jump
3. Know Parents Full Name
4. 20 Jumping Jacks





# LITTLE NINJA CURRICULUM

## ORANGE NINJA:

### Stripes:

1. Hand Techniques: Twin Outer Forearm Block/Front Stance, Palm Heel Strike/Front Stance, Outside Block/Sitting Stance
2. Kicks: #3 Jump Front Kick, #3 Step Side Kick
3. One Step: (Crescent Kick, Side Kick, Knife Hand Strike/Back Stance)
4. Form: (Left Outer Forearm Block/Front Stance, Right Reverse Punch, Double Step, Right Outer Forearm Block, Left Reverse Punch, Ki-Hap)

### Stars

1. Hop on One Leg 3 Times On Both Sides
2. Stand Still for 35 Seconds
3. Know Either Parents Phone Number
4. 5 Sit-ups

## GREEN NINJA:

### Stripes:

1. Hand Techniques: Square Block/Back Stance, Double Fist Block/Back Stance or Closed Stance, Double Spear Hand/Front Stance
2. Kicks: Hook Kick, Axe Kick
3. One Step: (Front Kick, Outer Forearm Block/Front Stance, Reverse Punch/Front Stance, Step Back, Round Kick)
4. Form: (Left Double Fist Block/Closed Stance, Left Side Kick, Left Double Knifehand Strike/Back Stance, Right Double Knifehand Strike/Back Stance, Left Double Knife Hand Block/Back Stance, Right Double Spear Hand, Ki-Hap)

### Stars

1. Balance on 1 Foot for 10 Seconds on Both Sides
2. Stand Still for 45 Seconds
3. Know Address
4. 10 Sit-ups



# LITTLE NINJA CURRICULUM

## PURPLE NINJA:

### Stripes:

1. Hand Techniques: Hook Block/Front Stance, Elbow Strike/Front Stance, Outside Knifehand Strike/Back Stance
2. Kicks: Spin Crescent Kick, Front Kick Round Kick Combo
3. One Step: (Crescent Kick, Front Kick Round Kick Combo, Spin Side Kick)
4. Form: (Right Inner Forearm Block/Front Stance, Left Front Kick, Left Punch/Front Stance, Right Reverse Punch/Front Stance, Left Inner Forearm Block/Front Stance, Right Front Kick, Right Punch/Front Stance, Left Reverse Punch/Front Stance, Ki-Hap)

### Stars

1. Hop on One Leg 5 Times On Both Sides
2. Stand Still for 1 Minute
3. Self Defense: Yell Stop, Escape, Get an Adult, Show Defense Position (Hands Up, Open Hands, Body Sideways, Make Eye Contact)
4. 10 Mountain Climbers, 15 Second Plank

## BLUE NINJA:

### Stripes:

1. Hand Techniques: Double Knifehand Block Upset Elbow Strike/Back Stance to a Front Stance, Twin Punch/Front Stance, Twin Upset Punch/Front Stance
2. Kicks: Spin Hook Kick, Spin Heel Kick
3. One Step: (Outside Block/Sitting Stance, Back Fist/Back Stance, Side Kick, Spin Crescent Kick)
4. Form: (Left Double Knifehand Block/Back Stance, Right Reverse Upset Elbow Strike/Front Stance, Right Double Knifehand Strike/Back Stance, Left Reverse Upset Elbow Strike/Front Stance, Left Twin Punch/Front Stance, Right Twin Upset Punch/Front Stance, Ki-Hap)

### Stars

1. 2 Target Vertical Jump
2. Jump 180 Both Directions
3. Bullying: 1. Say Stop, 2. Tell and Adult, 3. Tell a 2nd Adult, Do it Back. Difference between Shy or Super Kid.
4. 15 Mountain Climbers, 30 Second Plank



# LITTLE NINJA CURRICULUM

## BROWN NINJA:

### Stripes:

1. Hand Techniques: Punch Hand Grab/Front Stance Into A Closed Stance, Twin Upset Palm Heel Strike/Front Stance
2. Kicks: Double Round Kick Combo, Round Kick Spin Hook Kick Combo
3. One Step: (#3 Jump Front Kick, Punch/Front Stance, Reverse Punch/Front Stance, Double Round Kick Combo, Spin Side Kick)
4. Form: (Left Low Block/Front Stance, Right Punch/Front Stance, Right Hand Grab/Closed Stance, Right Side Kick, Right Knifehand Strike/Back Stance)

### Stars

1. Jump Horizontally Back and Forth for 30 Seconds
2. Hop on One Leg 10 Times On Both Sides
3. Self Defense: Escape from Hand Grab
4. 5 Push Ups, 45 Second Plank

## RED NINJA:

### Stripes:

1. Hand Techniques: Low Block Head Grab Knee Strike/Back Stance Shifting To A Front Stance, Reverse Ridge Hand Strike/Front Stance
2. Kicks: 2 Steps Side Kick(Flying Side Kick), Spin Jump Side Kick
3. One Step: (#3 Step Side Kick, Front Kick Round Kick Combo, Backfist/Back Stance, Reverse Punch/Front Stance)
4. Form: (Left Double Knifehand Strike/Back Stance, Right Side Kick to back of room, Left Double Knifehand Strike/Back Stance, 2 Steps Jump Side Kick(Flying Side Kick), Ki-Hap)

### Stars

1. Jump Horizontally Back and Forth for 30 Seconds
2. Balance on 1 Foot for 20 Seconds on Both Sides
3. Self Defense: Forward Roll
4. 8 Push Ups, 45 Second Plank, 15 Sit-ups



# GRADUATION

All Little Ninjas begin at the rank of White Belt. As they gain experience and increase in skill and proficiency in our classes they will earn different belts. A new belt represents their growth in their Taekwondo class as well as in life. Below is the belt progression for the Little Ninja Program:

The Little Ninja Program works to cultivate basic motor and listening skills in pre-school-age children, and focuses on the development of: Balance, Coordination, Focus, Memory, Control, Teamwork, Discipline, and Fitness.

Another goal of the Little Ninjas Program is to prepare students for our Children's Martial Arts Program. There are many reasons why a Little Ninja might enter the Graduation Process, and it is our hope that at some point all Little Ninjas do convert from our Little Ninja classes to our Children's Martial Arts Program. It is very important that we keep the child's best interest in mind and do not rush this promotion. These steps have been established to help us meet the objective of a timely graduation. Together with the parents, the instructor will help decide when the Little Ninja is ready to enter into the graduation process. The student will at this point:

**Attend a Little Ninja class once per week**

**Attend a Junior Beginner class once per week**

On occasion children do not want to attend the Ninja classes after they have started the "Big Kid" classes. It is fine for them to attend ONLY the Junior Beginner classes, they will continue to earn Little Ninja skill stripes (because they will still be working on skills such as Focus, Balance, Discipline, etc.), as they begin to work on the Junior Beginner curriculum. They will continue to attend belt promotions with the Little Ninjas, up to and including their graduation test. At times a Little Ninja student may try out and not like the Junior Beginner class. In this case, the student is probably not ready to graduate from the Little Ninja Program. Do not rush them. They may just need a little more time in the Ninja Program before they enter the Graduation Process.

