

How do I know my child is ready?

If your child is at least three years old, potty trained, and able to communicate with an instructor, we recommend giving it a try! Some pre-school aged kids may act shy or be very hesitant to join their first class. If this is the case with your child, we recommend that you bring them by just to meet us and to watch Tiny Tiger classes until your child feels more comfortable with the instructors, other kids, and the Dojang surroundings.

What is the Tiny Tiger Program?

The Tiny Tiger Program is a preliminary martial arts training course that focuses on building 3 to 5-year olds capabilities; physically, emotionally, socially, and intellectually. Our program will help shape each students life in a way that will positively enhance their future. We are confident in what our program can do for your child.

Our program is an excellent way for any child who wants to have fun, burn off some extra energy, and learn some basic life skills. This class is often a child's first exposure to a group learning environment and it helps them adjust to their upcoming formal education. We try to reinforce teaching of about respect, courtesy and always finish what you start.

Our Tiny Tiger program is structured to help children develop an increased attention span, enhanced coordination, learn respect and discipline. They learn about the importance of integrity, perseverance, self-control, safety and listening, we work on coordination and gaining self confidence. The focus of our classes are for the children to have fun, learn how to get along with other children, learn how to pay attention, help develop their memory skills and learn how to follow instructions.

We start our Tiny Tiger class they bow when entering the dojang. Once they ask to enter on the mats they stand at attention or sit in a mediation position –Then we stand and face the flag with right hand over your heart then by your side. Our students bow to the instructor to show respect to their teacher and we bow the Tiny Tigers to show our respect to them as our students. We introduce ourselves – get to know everyone, if they are new students. Tiny Tiger classes start out with stretching exercises to warm up their muscles. This is important for them to learn to do prior to any sports related activity. Even though they are young and limber, their muscles still need to be stretched for what they will learn in class. We will use different technique to get their attention and help them focus.

We have the privilege of being with your children 2 to 3 times a week. From an instructor's point of view, we see the improvement in your children as the weeks pass. We will try and make every effort to let you know how they are progressing. Please feel free to ask us any time after class if you have any questions or concerns.

Our classes are 30 minutes long. If your child is shy during the first few classes, join the class until your Tiny Tiger feels comfortable. These days, we seem to have so little time to spend with our families. Martial arts offer a unique area where your family can come together and have something in common. By studying martial arts together as a family, your family will develop something that you can practice, share and talk about together even outside of the class times. Come and join your child and do something together. You won't regret it.

GOALS:

1. Students will learn listening skills
2. Learn to pay attention and follow instructions (*discipline*)
3. Learn coordination - Gross and fine motor skills
4. Gain self confidence
5. Learn respect for parents, teachers, and others
6. Learn self-control
7. Learn how to interact and work with other children
8. Have Fun with good sportsmanship
9. Learn the PMAFA songs
10. Learn leadership

Fitness

The purpose of the fitness curriculum is to expose the child to exercises and activities that build strength and cardiovascular endurance. The beginner level teaches the child how to run through basic exercise routines with the appropriate technique. The intermediate level exposes the child to intensity in their exercises. The advanced level challenges the child to demonstrate advanced muscular strength and endurance in their regular exercises.

Benefits to having good fitness skills:

- Capable of performing at higher levels due to their good physical fitness
- Faster runners, stronger throwers and hitters.
- More alert due to their healthy bodies
- Better sleeping habits due to their healthy bodies
- More confident because of their physical capabilities

Tiny Tiger Belt Ranks:

- White
- Advance White
- Yellow
- Advance Yellow
- Orange
- Advance Orange
- Green
- Advance Green
- Red
- Advance Red
- Black