

Taekwondo for 4 and 5 year olds

Our Little Dragons program is designed for 4 and 5 year old children as an introduction to martial arts. Children are taught to respect other children's personal space, to wait patiently for their turn, to have self-control, and of course, to kick, punch, and block. This class, though, is primarily about fun. Children will be taught basic kicks and hand techniques and will be encouraged to promote through the belt ranking structure so as to move into the mainstream taekwondo class when they are mature and old enough to do so.



HOW DOES IT WORK?

All students will start out with their White belt. Each 8 - 10 weeks there will be a promotional testing where students are allowed to be tested and promoted to their next belt. This testing is an integral part of the Dragons program. This process teaches self confidence, the importance of working toward a goal, and reinforces a positive work ethic. Students must attend at least 10 classes in order to progress to the next belt level. The testing fee is \$50 and should be paid by the Wednesday prior to testing.



The belt ranks are:

White Dragon	Yellow Dragon
Orange Dragon	Green Dragon
Purple Dragon	Blue Dragon
Brown Dragon	Red Dragon

Mainstream White Belt (Wear Red Dragon Belt)

As incentives, students will receive stripes and/or stickers on their belt for attending class. Ten stripes or stickers must be acquired prior to testing.

WHO IS TEACHING MY CHILD?

The primary instructor for the Little Dragons program is Mrs. Stacey Wilson. Mrs. Wilson is a 3rd



Degree Black Belt and has a degree in Early Childhood Education from the University of South Alabama. She has been an elementary school teacher for more than a decade and has been honored with a "Teacher of the Year" award from Union Elementary School. She will also have assistant instructors that will be an important part of your child's progress. Please feel free to see Mr. or Mrs. Wilson if you have any questions about the Little Dragons Program.

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