



Parent Introduction for 7 - 12 Year Old Students

The goal of our Youth Beginner Program is to teach the basic martial arts principles in an enjoyable classroom atmosphere with emphasis on practical life skills. We also teach additional qualities such as conflict avoidance techniques, and personal safety strategies.

Here are some guidelines that will help your child to excel:

Pick a set schedule and do your best to stick to it. Tip and belt test promotions require at least a 60% attendance record.

Keep in mind that everyone progresses at their own pace. We teach our students not to compare themselves to others, but just to strive to be their best.

Don't worry if your child doesn't want to practice yet. It isn't necessary as long as they are coming to class twice a week for one hour or once a week for one and one-half hours.

But if they do want to practice:

- Be consistent! Have specific practice time and do your best to stick with it. (Two to three times per week is enough.)
- Keep practices short! Five to ten minutes is usually plenty of time for beginners.
- Reward effort! Be as encouraging as possible.
- Try not to be too picky! That's our job! Slowly but surely form will improve so don't expect too much too soon.

- Make it fun! This is the single most important factor in long-term success. One time-tested suggestion is to have the student teach you, or someone else, what they learned in class.

Remember, it is natural if your child doesn't want to come to class every now and then. Here are some tips to minimize this:

- Have a routine schedule and stay with it.
- Don't ask, "Do you want to go to Karate today?" Remember, children are present focused, and if they are doing something fun they will answer "no." Instead, say, "It is time to go in 15 minutes, so please start to get ready."
- If resistance in coming to class persists, which it sometimes does, please let the instructor know. Often times a little instructor-student communication can do wonders.

Remember to measure your child's feelings about whether or not they like Karate by how they feel after class.