

## **Unlocking Success with the Internationally Acclaimed Early SKILLZ Program!**

Are you the proud parent of a three or four-year-old bundle of energy and curiosity? If so, you know just how much they love to move, explore, and play! But did you know that there's a specialized program designed to harness their boundless enthusiasm and set them on the path to success? Welcome to the internationally acclaimed Early SKILLZ Program!

### **Understanding Your Little One's World**

At this tender age, children go through incredible developmental changes. Here's a brief overview of what your child is experiencing:

**Physically:** They may have low muscle tone and coordination. Expect occasional falls, dropped objects, and some bumping into things.

**Intellectually:** Their vocabulary is still limited, so learning primarily happens through visual and hands-on experiences. Complex instructions can be challenging.

**Emotionally:** Strong preferences and fears can lead to outbursts when emotions run high.

**Socially:** They're still very self-centered and use physical gestures more than words to communicate.

### **Building Skills for Success**

Recognizing these developmental stages, we've carefully crafted the Early SKILLZ Program to meet your child where they are. This program introduces age-appropriate martial arts training that's both fun and educational. Here are the eight fundamental skills we focus on:

- 1. Kicking**
- 2. Punching**

3. Blocking
4. Crawling
5. Hopping
6. Rolling
7. Running
8. Catching

Each class hones in on one skill, with a warm-up, skill chat, skill-building drills, and a skill demonstration. To progress, your child will earn skill-stripes for each skill and graduate to the next belt level after completing all eight. Once they've mastered all nine belt ranks of the Early SKILLZ program, they move on to the Basic SKILLZ program.

### **Skill Mastery at its Best**

Here's a sneak peek at what your white-belt superstar needs to demonstrate for each skill to earn their next belt:

- Kicking: Execute ten alternating leg front kicks in a row without missing.
- Punching: Deliver ten alternating arm straight punches in a row with precision.
- Blocking: Perform ten alternating arm high blocks in a row flawlessly.
- Crawling: Bear crawl across the mat without knees or elbows touching the ground.
- Hopping: Successfully hop down the mat five times without a stumble.
- Rolling: Roll a ball down the floor, alternating hands while maintaining contact.
- Running: Sprint down the floor swiftly without any tumbles.
- Catching: Catch a ball thrown underhand five times in a row from one step away.

### **Early SKILLZ: More Than Martial Arts**

Our Early SKILLZ Program isn't just about martial arts; it's about equipping your child with skills they'll use in every aspect of life. It's about fostering confidence, coordination, and the ability to follow instructions. Most importantly, it's about creating an enjoyable and educational experience that sets the stage for a successful future.

Invest in your child's growth and development with the Early SKILLZ Program. Let's embark on this exciting journey together!

#EarlySKILLZ #ChildDevelopment #SuccessStartsEarly