

Parents As Coaches Guide

Martial arts training is unlike any other activity your child will engage in. The Martial Arts are not just a sport, such as football or basketball, and they are not just an art like ballet or dance. The Martial Arts are a combination of both. It is the depth of the Martial Arts that make it so great for so many. Over time your child will develop superior physical and mental abilities that will help him develop the character traits that will make him a **Leader of Tomorrow**.

Advancement through the Beginner ranks

As your child moves through the beginner ranks, a great deal of time and attention will be spent on the development of the core structure that is the framework of our style. Focus will be placed on balance, coordination, flexibility, stances, basic blocks, punches, and technique. Attention will also be placed on the development of his confidence, focus, etiquette, self-control, and respect.

Before moving on to green belt and the intermediate ranks, the student will have a firm understanding of the class structure, have shown consistently good behavior and respect for others, and be able to demonstrate the core physical points addressed above. He will also have an understanding of how to avoid and deal with conflict as well as overcoming obstacles.

Students will spend anywhere from three to five months per belt in the beginner ranks. Several factors are involved in the amount of time needed to test for new ranks: class attendance, amount of home practice, attention span in class, physical and learning ability, desire to learn and excel, and age.

Advancement through the Intermediate ranks

The intermediate ranks are a time of tremendous growth. Your child will find comfort in several techniques that he does very well and will become confident in himself and his abilities. Continued emphasis will be placed on development of the core structure with certain emphasis on the improvement of strength, speed, and stamina. The curriculum will include more advanced movements including weapons training for BBC members, basic tumbling, spinning and jumping kicks, and an in-depth focus on practical self-defense movements.

Mentally he will be confident, proud of his abilities, and accomplishments, able to identify flaws in a technique and correct them. He may also have a strong focus on excellence and the desire to achieve it, and have a high level of etiquette, courtesy and respect. He will be able to deal with adversity and know how to deal with conflict. At this point you should consistently see your child demonstrate the traits they practice in the Martial Arts school and in all other areas of their daily lives.

Advancement through the Advanced ranks

A red belt is a *Black Belt* in training. A *Black Belt* is someone who has a superior understanding and ability to demonstrate the basics. Therefore, continued tuning will take place on all of your child's techniques. He will learn highly advanced forms and individual techniques, and engage in more exclusive weapons and tumbling skills.

Red and brown belt students are required to assist with lower ranking classes. This is a significant part of their training, because it helps to develop leadership skills, creativity, communication skills, and an ability to demonstrate what they have learned. These are the character traits expected of an advanced student. Your child will have an established presence at Pak's Karate Academy, be identified by his peers as a role model, be modest in his approach to others yet be highly confident in his abilities and knowledge, and have consistently demonstrated superior Martial Arts etiquette.

Key Point for Parents

Being parents ourselves, we know how difficult it is to raise strong, healthy, well-behaved kids. In enrolling them at Pak's Karate Academy, you have added an additional tool to your "parent's tool box"! Follow these points and you and your child will reap the full benefits of the Martial Arts.

- ❖ **Do not take Martial Arts away if your child misbehaves.** It is our job to assist you in developing your child into a well-behaved, controlled individual. The easiest way to discipline a child for a wrongdoing is to take away something they enjoy. However, this will only succeed in the child finding other ways to accomplish his objectives and keep the privilege. When positive images, people, and environment surround your child, taking that away may do more harm than good. Instead of keeping them at home (which punishes you as well as your child), tell your child that you will inform Master Chapman of his behavior. When he realizes that poor behavior in school or at home will be tied into "rewards" in Karate class, he may think twice about misbehaving.
- ❖ **Encourage and support.**
- ❖ **The Martial Arts are not a seasonal sport.** Karate is not a sport—it is a life-change. Occasionally a parent will remove their child from martial arts because he wants to play another sport. Martial Arts skills often enhance the abilities to play other sports such as increasing speed and flexibility. If your child gets out of his routine, it may be harder than you realize to get him back in. If he is after competition and success, try placing him into the tournament competitions that are available. 1 out of every 15 people who enroll in Martial Arts obtains a Black Belt. Don't let your child be a statistic!!
- ❖ **Make them come, even if they don't want to.** Kids love video games, junk food, and sitting in front of the TV. In fact, the number one reason why the U.S. has such a high child obesity figure is because of these things. If this was one of the reasons that you placed your child in Martial Arts, don't take it away. Days will arise when your child would rather sit at home like a couch potato than attend class. Make him come and explain to him about setting goals and the persistence needed to achieve them. 99% of the children who did not want to come to class, don't want to leave by the end of class!!!
- ❖ **Help me help you.** We both understand the character traits that we want our children to have when they grow up. Help your child to apply the traits that we address in class in all other aspects of their lives. When they get it at home and then reinforced at the dojang, it will really sink in.

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Success Tips

- Keep yourself and your child on a regular schedule
- Any missed classes should be made up as soon as possible
- **Praise** your children for the improvements you see in them, no matter how big or little, on a regular basis
- Remember, when dealing with children, ...**PROGRESS** not perfection
- Avoid blowing things out of proportion. At any given moment, we can all make a statement that we may not really mean, and if we become reactive due to the statement or the feeling that was expressed, we can make the situation much worse
- Practice at home is encouraged and should be praised
- **OUT OF SIGHT-OUT OF MIND:** We have found that when a student misses a week or more due to vacation or sickness, they need a gentle push to get back on track. Motivation promotes action.
- Share with our staff the **victories** your child has achieved at school and in other areas of their lives
- We have found that when children are here 5-10 minutes prior to their scheduled class, we can get them focused and have a more productive program
- Your involvement will lead to their commitment. If you are excited about their training and their goals, then they will also be more proud of their accomplishments and this in turn will increase their self-esteem. Watch classes; give lots of hugs and kisses afterwards. This way, your child will associate positive things with the Martial Arts
- Don't punish, criticize, or reprimand your child for something you saw in class. The instructors will use a combination of praise, role models, and constructive criticism to correct your child without embarrassing them.
- Speak to an instructor immediately if you have any questions. *An ounce of prevention is better than a pound of cure*
- **Give your biggest, best hug after every class and tell your child how proud you are of them**

Martial Arts Training is Two-Fold

Mentally

Personal Development

Success Oriented

Esteem Growth

Through Achievement

Physically

Art of Protection

Physical Fitness

Confidence