

Mighty Mites Curriculum

Brock Brown Karate.com

We are here to help build-up your child and give them the life skills that they need to be a reliant, vibrant, strong human being! The skills we will work on include Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit, and Humility. We will also go over how not to be "bullied" in school.

We are a total martial arts academy. This means that we will work from the ground up, as most fights and skirmishes that children (and adults) get into end up on the ground. We will work on our Tae Kwon Do skills which include blocking, punching, and kicking. We will also work with a few basic weapons to continue our mind-body connection. Don't panic, these weapons are the Bo (a broomstick), and Escrima sticks (two sticks) from the Philippines.

Building Blocks...

that link together critically needed skills children need to be successful:

- **Physical skills:** balance, distance, timing, hand-eye coordination, flexibility.
- **Mental skills:** memory, right vs. left, listening, focus, concentration.
- **Social skills:** don't cut in line, being patient, raising your hand to speak in class, discipline and cooperation.
- **Emotional skills:** temper tantrums, foul language.
- **Safety skills:** "stranger-danger" training.

Basic Physical Skills

- right arm, left arm
- right leg, left leg
- crawling
- skipping
- step-slide, step-slide
- baseball / softball slide
- bear crawl, crab walk
- army seal crawl
- wrestling arm drag
- jumping jacks

Kicking Skills

- front lunge kick
- defensive side kick
- step-behind side kick
- roundhouse kick

Blocking Skills

- high block
- spider man - middle block
- low block
- double knife

Punching Skills

- reverse punches from horse stance
- reverse punches - high, middle, low
- reverse punches - from walking
- backfist

Stances

- Chunbi : ready position
- Cheer-up: attention position
- Khunje: bow
- Barto: return to ready position
- Horse

Self-Defense

- Wrist grabs
- Push and sprawl
- Arm bars
- Bear hug
- Side head lock

Shadow Sparring

- Ghost Busters - don't cross the stream!

Weapons

- Bo - broomstick
- Escrima sticks - two sticks

Bully Busters

- Talk about bullies and why they do what they do!
- Discuss with parents how to beat the system...!