

Benefits of Martial Arts

FOR 5 & 6 YEAR OLDS

Intellectually

They are learning at a rapid pace, but typically have a hard time retaining information beyond three commands. Our goal is to teach them how to demonstrate great focus by processing a large amount of information at one time and showing great memory by retaining four or more commands at once while staying in order.

Socially

They enjoy the spotlight, but tend to lack proper sportsmanship. Our goal is to teach them how to have teamwork in competitive situations & show self-control when it's not their turn.

Emotionally

They are still learning to regulate their emotions, and will act silly when they are nervous or excited. Our goal is to teach them how to have discipline when working with their peers, and demonstrate confidence when performing under pressure.

Physically

They have the basic foundations for leg, arm, core, and abdominal development, but they still lack a lot of strength. Our goal is to help them build good balance by not falling when kicking for high reps, show good control of their body while keeping it in motion, and demonstrate superior fitness by applying good technique to exercises beyond ten reps.



BASIC★SKILLZ

CHILD DEVELOPMENT