Parenting Guide to the Martial Arts

KRIEGISCH MARTIAL ARTS is endorsed by Shuman Concepts, Inc. The age-specific programs offered at KMA include the latest research in the science and psychology on the growth and development of children.

Researched and Developed by Shuman Concepts, Inc.
Here’s what makes our school so special:

- We network with the best martial arts consultants in the industry to help us keep up with the latest innovations and ideas to help our school grow.

- Our consultants research the science and psychology of children to help us provide our students with the best possible training and generate maximum results.

- We’ve made all of our programs age-specific so you know that your child is getting the best, most effective training available.

- We are dedicated to provide you with a highly trained staff that is motivated and educated.

Here’s what our programs are all about

We use The Stages of Childhood Development™ to design our age-specific programs and train our staff. From these stages, we were able to break down the growth and development of children at every age, targeting their characteristics physically, intellectually, socially, and emotionally. With this information readily available to use, we can help maximize each student’s learning and growing experience through our age-specific classes.
The following descriptions break down what we cover in each age-specific program and how each program generates maximum results:

**Baby Cats** (ages 2 to 3½ with parent participation required)

The Baby Cats Program is an interactive class specifically designed for children age 2 to 3½ and their parents to explore the martial arts and discover for themselves the life skills and positive influence provided in our classes.

This innovative program is specifically designed to teach toddlers not only motor skills but also how to interact in a group environment and follow the instruction from a teacher in a fun and playful setting. While it is instructional in nature, the program uses a “positive dialog response” method so children always feel successful.

The key element of Baby Cats is that it is an interactive program that depends on the participation of the adult attending with the child to provide positive reinforcement along with the instructor. This insures that every class is fun and educational for kids and adults alike. Best of all, Baby Cats is a real age-appropriate karate class led by an experienced instructor who understands children and how to keep them engaged. Every segment is focused on either practicing a karate move, a life skill or both.

**The Tiger Cats (ages 3 and 4)**

Our specialized Tiger Cats program includes age-appropriate material that was designed to target the stages of development in children age 3 and 4. Age-specific training can help maximize the effectiveness of martial arts by enabling students to learn in a manner that is most appropriate for their age. This program was professionally developed to teach children important life skills in a fun and entertaining way. We like to call it “Edu-tainment”, educating while entertaining. Using martial arts skills to teach life lessons has never been so much fun! **Through this program, each child will build gross motor skills that are important to have as they enter the Advanced Tiger Cat Program. This program also works on age-specific behavioral lessons to help each child learn and grow the best.**
Advanced Tiger Cats (ages 5 & 6)

Children between the ages of 5 and 6 are in a stage of their life in which they will build certain behaviors and characteristics based on their environment, however they are also capable of learning more advanced martial arts drills and skills than children who are slightly younger. At this stage students are also introduced to kumite (sparring) and board breaking. We target these skills and maximize the development results through age-appropriate drills and teaching methods. As with children making the transition from preschool to kindergarten and finally to first grade this is a gradual process in the martial arts also. Our Advanced Tiger Cats Program keeps your child involved in the positive influence of the martial arts and not become frustrated when making the move from Tiger Cats to the Karate Kidz Program. This program sets the foundation for their growth and development not only in the martial arts but also throughout their entire childhood.

The Karate Kidz Prep Course (ages 7 to 9)

This program was designed to target the skills that children this age are primarily developing. These skills include: concentration, courage, perseverance, intensity, speed, agility, technique, and flexibility. In the Karate Kidz Prep Course, we work on these skills, as we continue teaching the basic fundamentals, katas (forms) and self-defense techniques that are unique to our martial arts style. In this, as in all our classes, we stress a “No Quit” attitude as we encourage and guide our students to set goals and work consistently toward achieving them. This consistency in class and the success of our students is also largely dependent on their parents who insure that the children attend classes regularly and make up missed classes in a timely manner so as not to fall behind in their training. This program is a must for 7 to 9 year olds!

The Karate Kidz (ages 10 to 13)

This dynamic program focuses on teaching children martial arts in a way that emphasizes a healthy body and mind. Children continue to build upon and refine their skills in the traditional martial arts training that was begun in the Prep Course, along with additional dynamic components which include sparring, board breaking, physical development, and mental development- all areas that are fun to learn and at the same time dramatically enhance the
abilities of each student physically, intellectually, emotionally, and socially. Whether your child is very shy, or extremely outgoing, this age-specific program blends a healthy balance of lessons and training that will make a dramatic difference as they enter their teenage years.

Common questions and answers

“A child miseducated is a child lost”

John F. Kennedy

Why do you have age-specific programs for the children?

Answer: The Stages of Childhood Development™ was created from thorough research. The results have shown that children experience specific characteristics at distinct age levels throughout their childhood. We’ve taken these studies and used them as our guidelines when establishing the most effective and efficient martial arts programs. No longer will a 12-year old child become bored in class because a 7-year old was slowing the class down. No longer will a 4-year old first experience frustration because he couldn’t keep up with the rest of the older kids. The programs are age-specific to maximize the growth of your child. We didn’t want to cut corners. We want your child to be the best he or she can be at every stage in their martial arts training.

Why can’t I put my two children in the same class even though they are 4 years apart?

Answer: For the same reasons why we made the classes age-specific. If we try to mix your children together with such differences in their growth stages, then most likely one of them will enjoy the program, and the other won’t. Plus, we will be restricted in how effective our instruction is to your children. As we said before, we want your children to be the best they can be at every stage of their development.
“A little less worry over the child and a bit more concern about the world we make for the child to live in.”

A. Meyer

Why are the Tiger Cats and Advanced Tiger Cats classes only 30-minutes long?

Answer: The average child under the age of 7 has a very short attention span, especially in such a comprehensive activity such as the martial arts. Studies have shown that children’s ability to retain information falls off substantially after 20 to 30 minutes. After about 20-minutes students begin to tune out and, although some may continue to stay focused, they are no longer processing the information they receive. Since the average child under the age of 7 has a short attention span, the way to overcome the problem is to train with less time, but more energy. That’s why our classes are non-stop from the beginning to the end.

Why are all of the Tiger Cat classes before 6 p.m.?

Answer: Just as children have a time limit for their attention span, they also have a time frame. Young children are like sponges: they absorb things. Throughout the day, they become “full”. By the time the evening rolls around, they become physically, mentally, and emotionally exhausted. That’s why cartoons end promptly around 5pm each day. Studies have shown that as the evening goes on, their retention level and attention span dramatically decreases. Their “internal” clock is telling them that it’s near time for dinner, then some family time, then bed. To maximize the benefits of their martial arts education, it’s highly recommended that children this young participate in class as early in the evening as possible.
“What is done to children, they will do to society”

Karl A. Menninger

Why are the programs for kids 4 and under skill-based? Why isn’t my child doing martial arts?

Answer: Teaching children martial arts and especially self-defense before they develop their fundamental skills is like teaching a person how to drive a race car before they even know how to drive. The fundamental skills are necessary to participate in the martial arts, therefore martial arts training is limited and used only as preliminary tools to build the fundamental skills.

When do you teach my child about self-defense?

Answer: Every lesson taught plays an important role in self-defense. The most important lessons in self-defense come from self-esteem and confidence. Although your children may not know it, as they train in the martial arts, their self-esteem and confidence increase, which is extremely important in any potential situation that may require self-defense. The physical portion of self-defense is very limited until they are socially, mentally, and emotionally competent.

“Children’s talent to endure stems from what they do throughout their childhood”

John Adams
How are you going to ensure that my child doesn’t use martial arts on another kid?

Answer: There is no guarantee that a child would not use martial arts on another child, especially if they are not training in the martial arts. Only when they begin training in the martial arts will they learn the dangers of hitting others and have the proper role models to teach them the proper uses. A good saying is “it’s better for a bully to pick on a child who’s a black belt than a child who has never trained in the martial arts, because the black belt has the training and the confidence to walk away”.

How will my child progress through the ranks?

Answer: At each rank, no matter which program your child participates in, there are specific requirements that your child has to meet in order to ensure that your child is progressing properly. Each program at KMA has specific criteria for advancement. The important areas taken into consideration are: age, attendance record, extra classes, requirements met and time in grade.

“There are few successful adults who were not first successful children.”

Alexander Chase

What parents can do to help their child learn more effectively

Every parent knows that success in everything their child does, as a youth is important for success in adult life. Parents have a tremendous influence on how far their child can go. Here are 6 tips to help encourage success your child’s martial arts training:
1. Communicate with the school

Participating in a consistent streamline of communication is a significant way to be a positive advocate for your child’s success. Most martial arts schools begin classes after 3pm each day, so if you can arrange 1 hour, 4 days out of the year to speak about your child’s progress, you will notice dramatic results. If you cannot meet in person, arrange for a phone conference at least 4 times per year.

**How to prepare for the conference**

- Think about what you want to accomplish during the conference time.
- Write down your questions.
- Be aware that communication is the key. Be friendly and not defensive about your child or your role as a parent.
- Don’t end the conference until you have your questions answered and appropriate learning strategies have been determined.

2. Get involved with your child’s training at home

Parents can become active partners in their child’s training through home activities. A regular practice time at least 3 days a week will help build your child’s skills and teach them good habits that will last a lifetime. Become involved with your child’s training by reviewing what they are learning in class, and what they need to practice at home in order to progress. You are important to this process, not so much in helping with the daily practice, but for the motivation and support that will encourage your child to make high achievements.

**Here are some tips for home practice**

- Talk with your child and set a regular training regiment at home that is consistent every week.
- Provide your child with a training area free from television, radio, or any other distractions. This area should be “off limits” to other children when your child is practicing.
• Have materials available for your child to practice with. Materials such as a small kick bag, targets, shields, etc.
• Keep a daily log of how long your child practiced, what he or she practiced on, and some small goals that your child accomplished during practice. This log will become helpful during conferences with your child’s instructor and will teach your child some valuable organizational skills.

3. Get involved with your own training at the school

When you as a parent participate in the martial arts, or another related activity such as kickboxing you will reinforce the value and importance of training. You will experience some of the same self-development lessons that your children are experiencing, which will bring you to a higher understanding of their training.

4. Volunteer at school events

Ask your child’s instructor if there are ways that you can help at the school. By volunteering in special events you can contribute in the best way possible, with your time. When your child sees you put time and effort into activities related to them, they find a connection that immediately bonds their activity with yourself. This is a great opportunity for camaraderie with your child, and has more value and benefits than expected.

5. Get your friends and family involved in the school

The more friends and family that are participating in your martial arts school, the more you have that everyone can relate to. There is a great saying “the family that kicks together, sticks together”. This saying can relate to anything that friends and family do together.

6. Stay updated on your child’s training and read all material that the school gives you

Always keep up with the latest updates from the school including the monthly
newsletter, calendar and topic of the month. It is also important to read the Orientation Manual provided upon registration. This way, you can help your child target their practice time to what they are working on in class. Also, keep up with any special events and schedule changes.

Our success record speaks for itself. We strongly believe in serving each individual student, and the specific needs he or she may have. If you want a credited, professional education center, to provide enjoyable Martial Arts training for you, your child, or your entire family...then our school is the school for you.