

## About our Youth Program:

Whether doing Martial Arts is your idea or your child's, we are here deliver for you both!

Parents love the lessons in respect and leadership as well as the great exercise that their children get in our classes. They like the positive changes that occur from consistent TaeKwonDo Training at our Academy.

Kids love the challenge of learning the new moves, the reward system of earning stripes and belts, and how all each class is unique.



\*Parents train in our adult classes FREE with a child's membership. Ask for details!

## About Our Academy:

Ultimate Leadership Martial Arts is a modern martial arts training center that focuses on teaching traditional TaeKwonDo as well as true leadership skills. Classes are structured for maximum results and enjoyment. Students, of course, learn all of the Kicks, Strikes and Blocks of TaeKwonDo, PLUS true self-defense training and escape techniques. Also, each 10 week training cycle we focus on one of our 5 Core Tenets:

- ★Leadership
- ★Strength
- ★Commitment
- ★Knowledge
- ★Respect



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# YOUTH MARTIAL ARTS

6-12 YEAR OLDS

# ULTIMATE

LEADERSHIP MARTIAL ARTS



# 태권도

Our high energy classes perfectly blend:

- ★ The discipline and structure you expect in martial arts
- ★ Encouragement and Motivation
- ★ Fitness, Self Defense, and Fun!

## Martial Arts Training:

Students will begin by learning the basic stances, blocks, strikes, kicks and escape drills. At each belt level, students are introduced to new material which builds off of the previously learned techniques. Your child will have the opportunity to test for new belts only 5 times per year. This breaks down to 5 10-12 week testing cycles. Each week of these weeks has a specific training theme. The weekly themes include Self Defense Week, Targeting Week, Forms Week, and many others. Students earn 5 stripes on each belt for learning specific moves. The success of your child in our program comes down to consistent training and focus on their goal to earn their **TAEKWONDO BLACK BELT!**



**Call or  
stop in today  
to schedule  
your FREE  
Trial  
Class!!!**

## Leadership Mat Chats:

Our instructors understand that the last thing that children want is to be lectured. We do, however, use a few minutes in each class to be do an interactive leadership "mat chat". Each week there is a different topic for instructors to discuss with students. Students enjoy participating in these motivating conversations about:

- ★Leadership
- ★Strength
- ★Commitment
- ★Knowledge
- ★Respect



## Martial Arts and Grades:

Studies show that a good Martial Arts program can improve your child's grades. Consistent training twice a week allows children to get necessary exercise to not only stay healthy, but also to "get their energy out" in order to focus better on school and homework.

Here are a few benefits from training in our Youth TaeKwonDo Classes:

**Focus** - Whether a child is punching a pad or breaking a board, he or she must have a tremendous amount of focus in our classes. When a child learns to focus energy on the task at hand in classes, this same focus can be applied to reading a book or completing a homework assignment.

**Memorization** - Our program teaches forms (a series of moves that students memorize). These patterns require students to remember specific techniques in a specific order. We also require students to remember a series of self defense moves that they must perform. The memorization skills developed in martial arts can help children as they prepare for tests in school.

**Discipline** - While our classes are high energy and motivating, they are also controlled and very focused on respectful behavior. Improved behavior in TaeKwonDo class often translates into improved behavior at school. Improved behavior at school often translates into improved grades.

**Goal setting** - There are many opportunities for goal setting in our classes. Seeing that Leadership is the pillar of our curriculum, we put a high priority on setting and sticking to goals. This teaches children to work toward the achievement of a goal. A habit of goal setting often develops in martial arts students and they work toward other goals such as getting a high school diploma or a college degree.

