



Master Dustin C. Andersen
801-282-5846
2724 S. 3600 W.
Suite I Lake Crest Business Park
West Valley City , UT
www.tangsoomaster.com
master_andersen@tangsoomaster.com

New Student & Parents Little Ninjas Crouching Tiger

Welcome to Andersen Tang Soo Do Academy! We are excited for the opportunity to serve you through the martial arts. Martial Arts training is very unique when compared to other activities. Rather than just focusing on physical abilities as most sports do, martial arts develops children as a whole; physically, mentally, & spiritually. Being strong in all three of these areas is what makes martial arts training so valuable. Children who are well balanced in these areas will have more successes in life. You will begin to notice improvements very early on and your support as a parent will help your child to learn faster. Just imagine if your children always listened to you the first time...or better yet, what if you didn't even have to tell them because they used the self discipline we taught and things were already taken care of. How much would that be worth to you? I for one can guarantee you that if everyone conducted themselves as a martial artist in all areas of there life that 90% of the problems faced by children would disappear. There would be no bullying, lying, or disrespect. Please listen carefully to the lessons we are teaching your child in class. Together we can ensure your child's success, not just in martial arts, but in life.

Please take some time and go through the material in this folder. You will find the following items enclosed:

- A welcome to the Pan-Am TSD Federation – Please go to the website listed and learn about the origins of our martial art and the founder of the greatest martial arts association in the world.
- Self Discipline tracking sheet & a refrigerator magnet to post it – Lets start developing self discipline right away.
- Word of the Month Homework – This must be handed in at the end of each month
- Preparation for Rank Promotion Requirement Sheet – This must be handed in before each testing
- New student handout – Take a moment and read through all of the items in this handout. You will find rules, basic information about the belts, and our codes, tenants, and creed.
- Little Ninjas Program Manual – Look over these for some good ideas for at home practice.
- Belt tying instructions – Just in case you forget
- Child related information – For those of you who are parents please read over this material. I believe you will find it useful.

Please feel free to communicate any questions or concerns to us throughout your training. We are always looking for better ways to serve your needs. Again we would like to thank you for your wise decision in beginning martial arts training.

Tang Soo!

Chief Master Instructor: Dustin C. Andersen

We train for LIFE!

<http://www.tangsoomaster.com>



WELCOME Aboard

Grandmaster Chong Su Kim founded Kim's Karate in 1978. He is the founder and president of the Pan-Am Tang Soo Do Federation and Kim's Karate. Grandmaster Kim has created Kim's Karate facilities for men, women and children to pursue goals in achieving a strong mind and healthy body. Grandmaster Kim and his staff have enrolled thousands of adults and children in martial arts instruction. Thanks to the support of the surrounding communities, enrollment continues to grow rapidly in our schools. You're the reason we're the BEST!

WELCOME TO OUR MARTIAL ARTS FAMILY!
Grandmaster Chong Su Kim

TANG SOO!!!

To find out more about Kim's Karate please visit us at:



tangsookim.com

Any questions please e-mail @ tangsookim@gmail.com

PERFORM.ACCOMPLISH.SUCCEED. since 1978

We train for LIFE!

<http://www.tangsoomaster.com>



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

Preparation for Rank Promotion All in One Requirement Sheet

Student Name _____ Age _____

At Andersen Tang Soo Do Academy we believe that learning respect and the art of discipline is the most valuable lesson to be learned in the martial arts. This is accomplished in many ways through the martial arts, from kicking & punching to mat chats about different subjects. We would also like to ensure that our students take these lessons out into the world and demonstrate them in everyday life. By reviewing and filling out this form you can assist us in ensuring this happens. Please take a moment and go over this form to assist us in determining whether the above named student is ready to go to the next level in martial arts.

The above named student has consistently demonstrated both discipline & respect in the past few months. By signing this you are in agreement that the student has complied to the following items:

- Is respectful to you and gets along well with others
- Follows instruction promptly
- Gives 100% effort in completing assignments & chores

Relationship	Signature	Date	Comments	Legend
Mother			Circle (A, B, C, NS)	A=Excellent B=Good C=Average NS=Not Satisfactory (no test)
Father			Circle (A, B, C, NS)	
School Teacher			Circle (A, B, C, NS)	
Martial Arts Teacher			Circle (A, B, C, NS)	

WORDS OF THE MONTH

Word 1	Word 2	Word 3
Dictionary Definition	Dictionary Definition	Dictionary Definition
How have used this in your life in the last month?	How have used this in your life in the last month?	How have used this in your life in the last month?

We train for LIFE!

<http://www.tangsoomaster.com>



Andersen Tang Soo Do Academy, LLC
 2724 S. 3600 W. Suite I Lake Crest Business Park
 West Valley, UT 84119
 (801) 282-5846

Daily Practice & Self Discipline Sheet

Remember...Be Honest

Optional Homework Sheet to help develop a schedule and self-discipline
 Parents please sign if you agree with what has been marked on this sheet.

Month: _____ Student Name: _____ Parent Signature: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretching							
10 min. karate practice							
Brush Teeth							
Clean Room							
Bath							
Be nice to siblings							
School Homework							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretching							
10 min. karate practice							
Brush Teeth							
Clean Room							
Bath							
Be nice to siblings							
School Homework							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretching							
10 min. karate practice							
Brush Teeth							
Clean Room							
Bath							
Be nice to siblings							
School Homework							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretching							
10 min. karate practice							
Brush Teeth							
Clean Room							
Bath							
Be nice to siblings							
School Homework							

We train for LIFE!

<http://www.tangsoomaster.com>



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

Student Rules

1. Remove shoes upon entering the dojang, shoes are not to be worn on the training floor
2. Remove ALL jewelry before the class begins
3. No candy or chewing gum is allowed during training
4. No leaning against walls or lying on the floor while in uniform anywhere in the dojang or the reception area
5. Your uniform and personal self will be kept clean at all times, keep fingernails and toenails trimmed to avoid injury
6. Don't complain about being tired
7. No unnecessary talking during the training period
8. No free sparring, horseplay, loud laughing or talking', or any lack of self-discipline will be tolerated

Student Requirements

1. Execute a bow of respect to the instructor and assistant instructors and salute the national flag on entering and exiting the training area regardless of location.
2. Strict attention is to be given to the instructor and assistants at all times.
3. Any disciplinary action given by any instructor must be followed immediately and without question.
4. Students arriving after class has started must receive permission from the instructor to join class.
5. Arrive to class wanting to learn instead of play.

NOT FOLLOWING THESE RULES WILL RESULT IN THE FOLLOWING;

- Verbal Warning and/or Additional Exercises
- Dismissal from class
- Denial to be promoted/tested
- Expulsion from class without a refund

Black Belt Excellence

We train for LIFE!

<http://www.tangsoomaster.com>



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

Martial Artist's Conduct

As a martial artist it is important to maintain self control under any circumstances. The techniques learned and the abilities that will be developed in practicing martial arts can cause serious injury, including death, to the practitioner and others in the practitioner's vicinity if not practiced properly and with self control. For this reason fighting is strictly prohibited under any circumstance or in any location, except in the case of self defense. Every attempt should be made to walk away from a fight before it becomes unavoidable. Students also should not demonstrate the things they learn or attempt to teach others outside of martial arts class unless they have the expressed written consent of their instructor.

- Practicing martial arts is not allowed at school
- Practicing martial arts is not allowed unless parent's permission is granted
- Fighting is not allowed
- Always maintain self control

MEANING OF THE BELTS

WHITE: Beginners belt. White represents the first stage of achievement. The seed as it lies dormant beneath the snows of winter.

ORANGE: Orange represents new growth which appears in spring. Also represents growth and knowledge.

GREEN: Green represents rapid development of skills as in summer.

BROWN: Brown represents strength, balance, agility, and insight. This is a stabilizing stage, both mentally and physically, similar to the plants which slow their growth and prepare to flower in late summer.

RED: Red represents endurance, stamina, concentration, and control. The students power and techniques begin to bloom and ripen.

BLUE: Dark blue represents experience, respect, and honor. This belt is given to Cho Dan Bo (black belt candidate).

BLACK: Black represents mastery, serenity, dignity, and truth. We see that it is not only the end of one stage but the beginning of another stage which leads up through the ranks of the higher black belts.

We train for LIFE!

<http://www.tangsoomaster.com>

Black Belt Excellence



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

SEVEN TENANTS OF TANG SOO DO

1. Integrity
2. Concentration
3. Perseverance
4. Respect and obedience
5. Self-control
6. Humility
7. Indomitable spirit.

FIVE CODES OF TANG SOO DO

1. Loyalty to country
2. Obedience to parents
3. Honor of friendship
4. No retreat in battle
5. In fighting chose with sense and honor.

STUDENT CREED OF TANG SOO DO

1. I will develop myself in a positive manner and avoid anything that will reduce my mental growth or physical health.
2. I will develop self-discipline in order to bring out the best in myself and others.
3. I will use what I learn in class constructively and defensively to help myself and my fellow person and never be abusive or offensive.
4. I am dedicated.
I am motivated.
I am on a quest to be the best!

COUNTING IN KOREAN

- | | |
|-------------------|-------------------|
| 1 – One – Hana | 6 – Six - Yassut |
| 2 – Two – Dool | 7 – Seven - Ilgop |
| 3 – Three – Set | 8 – Eight - Yudol |
| 4 – Four – Net | 9 – Nine - Ahop |
| 5 – Five – Dassut | 10 – Ten – Yul |

We train for LIFE!

<http://www.tangsoomaster.com>

Black Belt Excellence



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

RULES OF MANNER AT HOME

- I will always maintain a respectful attitude toward my parents
- I will always address my parents respectfully
- I will not ignore or disobey my parent's instructions
- I will always sincerely help my parents with daily chores
- I will not fight with my siblings. Instead I assist, compromise with, and love them

RULES OF MANNER AT SCHOOL

- I will always maintain a respectful attitude toward my teachers
- I will always cheerfully study and learn from my teachers
- I will always address my teachers respectfully
- I will be kind to my schoolmates and be generous and helpful to my friends
- I will always handle school articles properly and be loyal to my school

STUDENT PLEDGE

- To build true confidence through knowledge in the mind, honesty in the heart, and strength in the body.
- To keep friendship with one another and to build a strong and happy community
- Never fight to achieve selfish ends, but to develop might for right.

RULES OF DISCIPLINE

- First: Have a righteous mind. Martial arts trainee shall always have a righteous mind to tell right from wrong and behave justly.
- Second: Do not become greedy. If I become greedy my mind will become unbalanced. Then I will make an unreasonable attack that will lead to an adverse counter-attack by my opponent.
- Third: Do not become angry. If I become angry I will lose correct judgment. Then I will surrender control of my behavior. This will make me vulnerable to an attack by my opponent.
- Fourth: Do not become foolish. If I become foolish instead of acting in a righteous manner I will become vulnerable to an opponent who uses deception or skillful methods.

We train for LIFE!

<http://www.tangsoomaster.com>

Black Belt Excellence



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

MEANING OF AMERICAN FLAG

- The thirteen stripes represent the original thirteen colonies
- The fifty stars represent the fifty states currently in the union
- Red symbolizes the blood shed in the name of freedom
- White symbolizes purity
- Blue symbolizes unity

MEANING OF KOREAN FLAG

- The middle circle is Tae Keuk, an equally balanced circle. The red half is YANG and the blue is UM(YING). Together they represent day and night, light and dark, active and passive, hot and cold, ect...
- The three solid lines-Heaven
- The three broken lines-Earth
- The two solid and one broken-Fire
- The two broken and one solid-Water

MEANING OF FEDERATION FLAG

- The Korean flag symbolizes Tang Soo Do's country of origin
- The American flag symbolizes the country of our headquarters
- The fist represents Moo Duk Kwan, the origin of Tang Soo Do
- The belt represents the continuity of life, each stage progressing to the next
- Within the belt is Tang Soo Do written in Korean (Hangul)

Black Belt Excellence

We train for LIFE!

<http://www.tangsoomaster.com>



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

Holidays & School Closures

Andersen Tang Soo Do Academy will close for the holidays listed below. Classes may also be closed on a Saturday if the holiday falls near the weekend. Tuition is not subject to adjustment or refund.

- Christmas Break (closed between Christmas Eve & New Years Day)
- Easter
- Memorial Day
- Independence Day
- Labor Day
- Halloween
- Thanksgiving

Tuition & Renewal Policies

Please refer to your signed copy of the Contractual Agreement provided at enrollment for your specific program term, tuition rate, renewal date, and payment methods. The following are general policies:

Tuition Policy

- Standard no refund policy
- No pre-rating tuition for missed classes
- Payment due for program regardless of attendance

Renewal Policy

Your program will automatically renew for the same program term unless we are notified by you 15 days prior to your renewal date. You will receive notification of the renewal 30 days in advance. If you do not desire to renew you must notify us by email or in writing 15 days prior to the renewal date.

Freezing your membership

If your schedule requires that you be absent for an extended period of time you may freeze your membership temporarily. While your membership is frozen you are still responsible to make all payments. The approved frozen time frame will be added as a credit onto your current term.

We train for LIFE!

<http://www.tangsoomaster.com>

Black Belt Excellence



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

Little NinjasTM

Parent Handbook

The material contained in this manual is Private and Confidential. Unauthorized reproduction of any material contained in this manual is strictly prohibited and considered a violation of trade secret laws.

We train for LIFE!

<http://www.tangsoomaster.com>



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

TABLE OF CONTENTS

Welcome to Our Little Ninjas Program	2
How the Program Works	3
How Your Child Will Advance Through the Program	5
Little Ninjas Homework Assignments	6
Your Role as a Parent	9



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

Welcome!

The Little Ninjas Program is a detailed curriculum that focuses on improving preschool-age children's basic motor and listening skills. These skills will help them enter society with a more confident and enthusiastic outlook. They will become better students at school, better listeners at home and more ambitious towards the future. We believe the time between the ages of 4 and 6 are the most important years of a child's development. Our program will enhance positive development in a fun and motivating way.

The Little Ninjas Program will also prepare your child for our Children's Martial Arts Program. In the Little Ninja classes, your child will be exposed to positive social interaction. They will learn how to work with others and follow directions from their instructors. Our Little Ninja Instructors are good role models who are trained specifically to work with preschool-aged children.

The Little Ninjas curriculum consists of developing 8 Major Skills that are necessary for participation in any sport or activity. The curriculum also contains 8 Little Ninjas Personal Development Skills that are used to reinforce family values. Upon completion of our Little Ninjas Program, your child will become focused and motivated to achieve any goal they set in life!

The 8 Little Ninjas skill requirements are composed of physical and mental benefits. The following are the skills with the benefits from participating in the Little Ninja class:

Skill #1: FOCUS - This skill will help your child's aim, listening skills and reaction skills. They will excel faster in any physical activities. Your child will also become a better listener and a more focused student in school.

Skill #2: TEAMWORK - Teamwork is necessary for any young child to develop. The more confident your child is willing to work with others, the more he or she will accomplish. Your child will develop character, which will help him or her make new friends and become a better leader in life.

Skill #3: CONTROL - Having control means making good decisions. Whether your child is handling a pet or handling a problem, he or she will learn to make the right decisions. Control builds confidence.

Skill #4: BALANCE - This skill is crucial to develop at an early age. Your child is beginning to participate in many physical activities that are challenging, like riding a two-wheel bicycle. Your child will develop good balance and a better posture.

Skill #5: MEMORY - Developing a good memory is exercise for your child's brain. The sooner your child exercises, the smarter he or she will become. Our drills are constantly helping your child think and make smart decisions.

Skill #6: DISCIPLINE - Our instructors use the Little Ninja drills to help create the vision that discipline is fun and rewarding. Your child will take pride in doing the right thing. Your child will also follow directions better.

Skill #7: FITNESS - It is important for children to understand the importance of being healthy and physically fit. If your child does not burn off excess energy exercising, how will he or she burn off all of that energy?

Skill #8: COORDINATION - Your child will learn left from right. They will become better physical participants in sports and activities. The better coordination your child has, the fewer injuries your child will sustain.

In our Little Ninjas classes, we make learning fun and educational. Our goal is to help your preschooler be the best they can be at everything they put their minds to. Our motto is "Little Ninjas today, leaders tomorrow."



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

How the Program Works

In order to thoroughly develop each skill and at the same time make your child's training fun and motivational, the Little Ninjas curriculum specifies one skill per class. The curriculum includes a variety of drills used to teach each skill. These drills are easy follow and fun to do. Preschoolers learn more by play, and in your child's eyes, these drills are more like games. The games will help your child retain more and be more willing to learn and do things he or she normally wouldn't enjoy doing. The following are some activities covered in the Little Ninja class:

Skill #1 – **FOCUS**

Ninja Baseball

This drill is similar to a game of baseball. This drill develops aim and accuracy. The ninjas will kick paper cups to the ninjas in the "outfield" and earn points for their accuracy. Precision is a talent that coaches acknowledge.

Skill #2 - **TEAMWORK**

Ninja Clean Up

The instructor places all of the targets and kicking pads all over the floor. The class is split into teams that will have a contest to see which team can pick the targets up the fastest. Ninjas will learn how to work together with others to accomplish one goal. This will help them interact better in school – especially when they are working on group activities. This drill also makes cleaning their room fun.

Skill #3 - **CONTROL**

Ninja Bubble Wrap

Each ninja will have a chance to walk across a board covered with bubble wrap. They must show control by not popping the bubbles. This fun drill will help ninjas develop physical control. The instructor also uses this drill to explain how to have control playing, handling pets or carrying breakable objects.

Skill #4 - **BALANCE**

Ninja Walk

The instructor will have each ninja take turns walking across the floor with a small foam target balanced on his or her head. This drill will help your child's posture, and he or she will show more confidence by walking tall.

Skill #5 - **MEMORY**

The Jungle Game

The instructor and the ninjas pretend that they are in the jungle. When the instructor calls out an object, such as "branch," the ninjas must duck. If the instructor says "log," they must jump. If the instructor says "bear," they must pretend to be sleeping so the bear does not see them. This drill will help your child develop a good memory. They will learn how to remember specific names and commands and react appropriately. In school, teachers have specific signs and motions to keep the students in control. Your child will be confident and disciplined to respond to those signs with enthusiasm.



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

Skill #6 - DISCIPLINE

Ninja Rating Game

The instructor will have the ninjas demonstrate how they perform on a scale of 1-10. First, the ninjas will show what it looks like to sit like a "perfect 10." Then they will show what it looks like to sit like a "lazy 1." This drill will help ninjas compare what sloppiness looks like to performing to the best of their ability. They will learn that working hard is better than being lazy. Parents can use this drill to help them make their room look like a "10."

Skill #7 - FITNESS

Lion Push-ups

This drill makes exercising fun. The instructor will run the ninjas through reps of push-ups while they pretend to be lions. It will also make your child strong as push-ups help develop muscles. The animation will help your child develop an outgoing personality, which will help him or her interact and communicate better with others.

Skill #8 - COORDINATION

Left-hand/Right-hand

The instructor will have the ninjas properly strike the target while calling out either "left hand" or "right hand." This drill will help your child learn his or her left from right.

As you can see, the Little Ninjas curriculum is educational and also fun! Your child will learn values and skills that will help him or her live a life of focus and discipline – striving to be the best. The Little Ninjas Program creates Leaders and Winners. The Little Ninjas instructors create vision in your child to be positive, without having to demand it.



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

How Your Child Will Advance Through the Program

At the end of each class, your child will be rewarded with a skill stripe for developing that skill. Each skill stripe is a different color. Your child must earn all eight colored skill stripes in order to qualify to advance to the next level. Each ninja with all eight skill stripes will perform at the Little Ninjas Belt Promotion to be held every eight weeks.

The Little Ninjas Belt promotion gives your child the opportunity to show the instructors and parents how developed each skill has become. A panel of judges will be evaluating each ninja to monitor his or her progress. After the performance, an awards ceremony is held to reward the ninjas with their new rank. Their rank advancement gives your child a new challenge for each skill. Your child again begins to collect the colored skill stripes as they set their goal for the next belt performance. This keeps the program exciting and challenging. Your child will learn how to set goals and achieve them by accomplishing their new ranks.

The following is a list of each skill with the color of the skill stripe:

1. Focus - red
2. Teamwork - blue
3. Control - green
4. Balance - yellow
5. Memory - orange
6. Discipline - white
7. Fitness - black
8. Coordination - brown

Little Ninjas instructors monitor your child's progress by his or her skill stripes. Make sure your child is consistent with his or her attendance so that he or she earns each skill stripe before the Little Ninjas Belt Performance. In order to avoid excess time at each rank and prevent boredom, follow the curriculum calendar [see sample] available at the front desk that shows the skill covered on each day.

If your child has difficulty with a specific skill, the instructor may ask you to work with him or her at home to improve the skill. Homework assignments are provided to help your child be the best that he or she can be. Our goal is to thoroughly develop the eight skills in the Little Ninjas Program. With your help, your child will learn and grow with commitment and dedication to excellence in everything that he or she does.

The following pages describe recommended homework assignments when your child is faced with a challenge on a specific skill:



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

Little Ninja Homework Assignments

Skill #1 - **FOCUS** *Ninja Ball*

This drill is used to help your ninja focus on a specific target or object. Your ninja will develop aim, which will help prepare him or her for our Children's Martial Arts Program and any other future sport or activity in which they will participate. *(You'll need a beach ball or similar size ball that is light.)*

- Step 1: Bounce the ball to your ninja.
- Step 2: Have your ninja strike the ball with the hand technique required for their belt level.
(See the instructor for the technique.)
- Step 3: Repeat steps 1 and 2 until your ninja is able to strike the ball directly to you five times in a row.
- Step 4: Repeat the full process with the required foot technique. Keep in mind that kicking the ball directly to you will be more difficult than the hand technique. Enforce more control than aim with your ninja's kicks.

Skill #2 - **TEAMWORK** *Ninja Partner Drill*

This drill will teach your ninja how to help others. Your child will learn to interact socially and help his or her peers during group activities at school. It also helps create a caring nature. *(You'll need a soft pillow, or you can purchase a target from our school.)*

- Step 1: Hold the target for your ninja as he or she strikes it with the hand technique required for their belt level. *(See the instructor for the technique.)*
- Step 2: You must count the repetitions out loud until they reach 10.
- Step 3: Switch roles. Your child will hold the target and count for you.
- Step 4: Repeat steps 1-3 using the required foot technique.

Skill #3 - **CONTROL** *Ninja Bubble Wrap*

This drill will help your ninja learn how to control their movement. Sometimes children can be too rough, as they do not understand how to play soft. This drill will help them see the difference between playing rough and playing soft.

You'll need a hard surface and some bubble wrap. Lay the bubble wrap four feet across a hard surface. Tape the bubble wrap down on the sides. You can purchase bubble wrap at an office supply store for about \$5.

- Step 1: Have your ninja walk across the bubble wrap softly, trying not to pop any bubbles. If they pop more than three, have them try again. They must walk across the bubble wrap three times without popping more than three bubbles at a time. (Use good judgement; it's hard to tell how many bubbles pop sometimes.)
- Step 2: Have them walk across again trying to pop as many bubbles as they can. This is more for fun.
- Step 3: Use both steps as an analogy to explain to them when they must be soft (handling a baby or pet) and when they must be hard (trying their hardest in school and sports).



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

Skill #4 - **BALANCE**

Ninja Walk

This drill will help your ninja develop balance. They will also develop good posture because they have to stand straight when they walk.

You'll need a small square target available for purchase from our school or you can use a small pillow. Mark a starting point and an ending point that is four feet away.

Step 1: Balance the pillow or target on your ninja's head. Have them hold it there for five seconds. *(Longer if they are an advanced rank. See your instructor for the required time.)*

Step 2: Have them walk across the floor from the starting point to the ending point. If they drop the pillow, they must start again.

Step 3: Repeat steps 1 and 2 until they can walk across three times without dropping the pillow.

Skill #5 - **MEMORY**

Memory Game

Your ninja will have the opportunity to practice his or her martial arts techniques and exercise the brain. The more your ninja notices his or her brain working, the more confident they will feel. Your ninja will enjoy the ability to retain things, which will make him or her a better student at school. You'll have to participate using martial arts techniques on this one. Stretch if necessary:

Step 1: Have your ninja execute a martial arts technique. *(See the instructor for the required techniques for their rank.)*

Step 2: You execute the same technique and then add one more technique.

Step 3: Have your child execute the first and second technique and then add another one.

Step 4: Continue on until you have created a combination of five moves. If one of you forgets a move, you must start all over again. You should add more if your ninja is an advanced rank. *(See your instructor for how many moves are required for their rank.)*

Step 5: Repeat the game three times.

Skill #6 - **DISCIPLINE**

Ninja Rating Game

This drill will help the ninjas compare what sloppiness looks like to performing to the best of their ability. They will begin to enjoy doing chores as if it is a game. Children love a challenge, so challenge them to be neater than you. You'll love this game because you get to have your child learn how to perform their chores neatly.

Step 1: Have your child stand like a "sloppy #1."

Step 2: Have your child stand like a "perfect #10."

Step 3: Do the same for cleaning their room. Have fun with this step. Your child will enjoy cleaning up just as much as they will enjoy making a small mess.

Step 4: Repeat the steps with two more chores. They must complete the chore with everything looking like a "10." Make sure you start with a "1," or in some cases, you should start with a "5."



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

Skill #7 - FITNESS

Lion Push-ups

This drill makes exercising fun. It will also make your child strong as they develop muscles. The animation will help your child develop an outgoing personality, which will help them interact and communicate better with others. You'll have to use your animation here as well. Don't be afraid to be a kid again!

- Step 1: Talk about how strong lions can be.
- Step 2: Have your ninja demonstrate what lion claws look like.
- Step 3: Both of you place your lion claws on the ground.
- Step 4: Both of you lay on your stomachs with your claws still on the ground.
- Step 5: Do ten push-ups while growling like a lion.
- Step 6: Repeat the steps three more times, resting in between the sets.

Skill #8 - COORDINATION

Ninja Kickboxing

Your ninja will build coordination in his or her hands and feet. This will prepare your ninja for sports and physical activities. It is also a good way for your ninja to burn off that excess energy.

You will need a large pillow or you can purchase two hand targets from our school.

- Step 1: Call out "left hand" and your ninja must punch the pillow or targets with his or her left hand. Do this five times.
- Step 2: Repeat step 1 with the right hand.
- Step 3: Test your ninja's coordination by calling out either the left hand or right hand. Your ninja must strike with the hand you call out. Do this ten times.
- Step 4: Repeat steps 1-3 with the left foot and right foot.
- Step 5: Test your ninja's coordination this time by calling out left hand, right hand, left foot or right foot. Do this until they can strike and kick the pillow or targets ten times without making a mistake.

Once your child completes his or her homework assignment, write a note to our Little Ninjas instructor. Your child must turn the note in on the following class. Our Little Ninjas instructor will reward your child with their skill stripe for learning and developing that skill. Make sure you include in the note which skill your child practiced at home so the instructor can reward your child with the proper color stripe. Working with your child at home will reinforce the importance of learning and developing each skill.



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

Your Role as a Parent

Here are some important tips that will help your child get the most out of our Little Ninjas Program:

- Make sure your child **attends class regularly**. Children adjust to consistency. If taking class becomes an option and not a priority, they will not adjust as well. If your child is going to miss a class for any reason, call our school so our instructor can make further arrangements.
- **Watch your child participate often**. Your child wants to make you proud. The best way they can show you how well they are doing is for you to see for yourself.
- **Monitor your child's progress**. Your child should earn a skill stripe every class, except if he or she has already earned the skill stripe for the skill covered that day. If your child does not receive a skill stripe and hasn't already earned that particular stripe, speak with one of our Little Ninjas instructors immediately. Your child may have a challenge with that skill and will need some extra practice at home.
- **Keep an updated calendar** on the skills covered each class. If your child misses some classes or falls behind, your child will need to make up the skills they missed.
- Keep track **when the next belt promotion is scheduled** to take place. This way, you can help prepare your child for their next performance. Your child should belt promote every eight weeks to avoid boredom and to keep up with their classmates.
- **Invite family, friends and teachers** to your child's belt promotion. This is a big event for your child in his or her martial arts training that only comes around every eight weeks. For your child, eight weeks is a long time. Make it a big event and your child's confidence will grow!

Congratulations on enrolling your child in our prestigious program! We are dedicated to helping your child be the best that he or she can be while preparing your child for the world. We appreciate the opportunity to work with the most precious thing in your life...your Little Ninja!



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

Here's How to Tie Your Belt

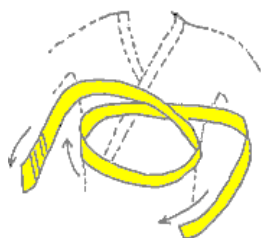
While this page can help you learn how to tie your belt, your instructor is the best person to learn the exact way to tie it.



Hold belt at its center, ends even, with tips (if you have them) on the right side.



Bring left (stripped) end of belt down and over the front of the U



Place center of belt on front center of jacket, about one inch below the naval. Wrap belt around your waist, crossing the right side over the left side at center of the back. Stripes will now be on your right side. Pull ends of belt forward and adjust so the ends are even.



Loop stripped end under and up through the U shape to form a knot.



Lay the left side of belt over the center. Lay the right side of belt across the center. Stripes will now be on your left side.



Pull ends of belt outward to tighten knot. Tips will be on your left side.



Slide the left side of belt (striped side) under and behind all the belt layers at the center. Stripes will still be on your left side.



Adjust knot so the ends of belt are even and hang neatly.



Loop

We train for LIFE!

<http://www.tangsoomaster.com>



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

CHILD SAFETY & AWARENESS

KEEPING YOUR CHILD SAFE WHEN THEY ARE ON A PLAY DAY

Every parent has heard the word play date and probably has had their child on one. This routine is usually the same! Your child comes home from school and say my friend Sarah or John want me to come over tomorrow after school to play...Can I go? The parent's next response goes something like this...I'll talk to (or call) Sarah or John's mom or dad to see if it is alright. My question to you, the parent is:

HOW WELL DO YOU KNOW THE FAMILY AND THEIR HOME?

We want our child first to be safe and then have a great time. Here are a series of questions you should know before your child participates in a play day:

1. Have you been to or in your child's friend's home? Do they have a swimming pool? Do they live near water? Are there steep stairs and/or safety railings? How well are they going to be supervised? We have all heard at least one horror story, probably more, of a child drowning when left alone for a short period of time.
2. Do they have any pets? Dogs, cats, parrots, snakes...Oh my! Remember that any new person coming into a home is a stranger to any pet and also consider this if your child has any allergies.
3. Older siblings...Do they have any and what are they like? Are their friends going to be over also? A point to remember is a high percentage of child molestations are done by older children, usually familiar to the victim.

We want our children to have a great time with their friends, but our responsibility is to always make sure they will be safe.

Would you lend your car to a person you
don't know...what about your child?
Better safe than sorry.

We train for LIFE!

<http://www.tangsoomaster.com>

Black Belt Excellence



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

GETTING KIDS TO CLASS

Several parents told me that they had trouble getting their kids to class. "They have a great time once they're here, but it's a battle getting out of the house," the parents said. I did some further investigation & found the following. It turned out that all of these kids were doing one of their favorite activities, playing with friends, video games, or watching a favorite TV show when the parents asked them to leave for karate class, having to leave another favored activity made going to class seem like a punishment.

My suggestion was simply to change the schedule, making homework, a household chore, or some other less fun activity occur RIGHT BEFORE karate class. Since karate is much more reinforcing to the kids cleaning their rooms, karate class turns into a reward! The result: no more battles, no more students late to class, and no more unhappy parents!

Reprinted from the American Council on Martial Arts Instructor Certification Manual, on the role of discipline, praise, and punishment. Dr. Gianine Rosenblum has a Master Degree and Doctorate in Psychology and conducts research on the psychological development of adolescent boys and girls and has also been training in the martial arts for over 10 years.

We train for LIFE!

<http://www.tangsoomaster.com>

Black Belt Excellence



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

Black Belt Excellence

PARENTS COACHING TIPS

Some helpful hints on how to coach your child to **Black Belt Success**

DO: Always, always compliment your child after each class (find something they did well). This is also a great time to give out a hug or kiss (these are free so be generous). High 5's work great, too!

DON'T: Criticize your child during or immediately after class. Use the PCP (Praise/Correct/Praise) principle and do so at the appropriate time.

DO: Watch as many classes as possible. Get involved, be your child's #1 fan and cheerleader.

DON'T: Be a "Drop Off Parent" (We miss you when you're not there).

DO: Tell your child how proud you are of him/her (anytime is great).

DON'T: Complain about traffic, your busy schedule, or money in front of children. They can begin to feel guilty or selfish.

DO: Get into a regular schedule as much as possible so children can mentally prepare for class early in the day.

DON'T: Threaten to take karate away when they misbehave at home.

DO: Take advantage of teams and special classes we offer, involvement leads to commitment.

DON'T: Criticize, instead encourage your child.

DO: Lead by example, eat healthy, drink water, have a positive attitude. Deal with stress and challenges the same way you would want your children to.

DO: Give your child the thing they want more than anything else in the world, your time!

Working together as a team...nothing can stop us!
We always say "The goals we set are the goals we
get!"

We train for LIFE!

<http://www.tangsoomaster.com>



Andersen Tang Soo Do Academy, LLC
2724 S. 3600 W. Suite I Lake Crest Business Park
West Valley, UT 84119
(801) 282-5846

Black Belt Excellence

Dear Parents,

Leadership skills are some of the most important lessons we teach at Andersen Tang Soo Do Academy. These are the skills that will allow your child to excel at academics, accomplish their goals and lead a successful, adult life.

Teaching our children to be leaders also includes lessons in confidence, concentration, self-esteem and self-discipline. For many children, the first lesson in leadership is self-discipline, or being able to lead the self, before attempting to lead others.

This is especially important for family harmony and understanding, and raising children that respect themselves and others, including parents, siblings and other family members.

The lesson of self-discipline, even for the youngest children, starts with their basic chores, tasks and responsibilities, related to hygiene, cleaning their rooms, completing their homework, practicing their martial arts, etc.

Our Leadership Challenge Program allows us, together, to guide and chart your child's self-discipline and development as a leader. Each of our students have been given a Leadership Chore Chart, which includes a number of basic tasks and responsibilities that you can track during a four-week period.

It is often easy to tell children to perform their chores, but it is much easier to make sure they've been done and progress is being made if you have a chart to follow and mark. The tangible directions and record of a chart makes the lesson and shared experience with your child much more meaningful and significant.

Following the four-week period, we would like to sit with you and discuss your child's progress and those areas that need additional reinforcement. I know we can help you develop a child that thinks and acts like a leader.

Sincerely,

Master Dustin C. Andersen

We train for LIFE!

<http://www.tangsoomaster.com>