

Dedication

I would like to thank my sister Cathy for making Arizona Family Karate Academy possible. Without her patience and guidance AFKA would be only a dream. Her martial arts instruction has allowed me to achieve great success both personally and professionally. With my sister's inspiration, my family's ongoing support and all of you we will make *AFKA the place where great training is a tradition!*

A Note to Our Parents

Thank you for caring enough to want to help your children learn to resolve conflicts peacefully. Here at Arizona Family Karate Academy we are interested in teaching our student's not only physical self-defense but mental self-defense. We do have the right to defend ourselves against being violated. Physical self-defense has its place. We want to give our young people the option of physical self-defense and mental self-defense. Knowing only physical self-defense gives your child only one option --- to fight.

Today our young people face far greater threats. Bullying has escalated to homicide. Guns are now the weapons of choice for settling disputes. Bullying is done at gunpoint. Physical self-defense is becoming more and more ineffectual in defending oneself from bullying. The media has had a tremendous influence in conditioning young people to think using weapons to resolve conflicts is the justifiable and even honorable thing to do. Our children have grown up in a tremendously violent culture fed by violent movies, TV programs, video games, magazines and comics. Since 1956 over 1000 studies have been done that have all shown that violence in the media does affect young people's behavior in a negative way. In other words, we have taught our children to be "Junior Rambos," to resolve problems of relationships by extreme, extraordinary violent means.

As our young people face more and more violence, we adults are challenged to come up with ways they can resolve conflicts nonviolently. We parents are mostly overwhelmed with having to work very hard to make ends meet in this economically unstable time. Teachers are overworked trying just to educate young people academically, to give them intellectual skills so they can get a vocation when they graduate from school. So who is going to help our children understand and resolve the problems of relationships? Who is going to teach them the skills to cope with conflict, with the violence from being bullied?

It is unfortunate that the martial arts, arts that have the potential to help people understand and resolve conflicts peacefully have such a negative image. (Like everything else there are bad apples among the good apples). The martial arts started out with the intent of helping a group of monks in China become physically fit and defend themselves from bandits who were taking advantage of the monks. My main concern in teaching and talking about the martial arts is to emphasize not only the physical, but also the mental aspect because I see that the martial arts have an incredible potential for helping to bring about peaceful and humane relationships between people.



I view myself as a “Martial Arts Educator.” I see myself as a team member, along with schoolteachers and administrators; counselors and parents, in helping young people fulfill their physical, mental, emotional, social and spiritual needs so they can lead healthier, happier lives. The martial arts educator is a very important member of society, one who can teach young

People to be kind, and courteous, intelligent human beings. The greatest gift we have to offer to young people in the martial arts is character development, values that create a capable and responsible citizen of the world. This is our intent - and it has to be *taught* in a practical, fun, and humane way.



AJKA Training Creed

*To build true self-confidence through
knowledge in the mind, honesty in the
heart, and strength in the body.*

To keep friendship with one another.

*To build a happy community. And
never fight to achieve selfish ends but
to develop might for right!*

Grandmaster Jhoon Rhee

About Our Studio

Arizona Family Karate Academy opened in October 1996, under the direction of Sensei Pam Poland. Sensei Pam Poland is a 3rd degree Black Belt in Shotokan Karate. She trained under her sister Cathy Anderson, a 5th degree Black Belt in Okinawan Kempo & Kodokan Judo. Cathy Anderson is the owner of Goshin Karate & Judo Academy located in Scottsdale Arizona for the past 12 years. Sensei Pam Poland was awarded her Black Belt in July of 1996 by Sensei James Hawkes a 9th degree Black Belt, also the founder & president of the United States Karate Alliance.

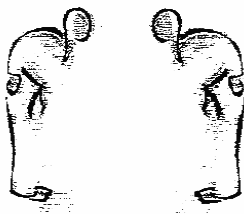
Sensei Pam Poland has trained in Tai Chi, Judo, Goju Ryu; Okinawan Kempo & Shotokan Karate Sensei Pam Poland is a Certified Cardio-kickboxing instructor a member of the National Association of Martial Artists, the United States Karate Alliance (USKA), & the Arizona State Karate Alliance (ASKA).

Throughout Pam's twelve- (12) year's martial arts career she has held several World Titles in full contact fighting, grappling & point fighting.

Pam opened Arizona Family Karate Academy, Located in Phoenix at 7th Street and Union Hills in October of 1996. AFKA is now "home" to over 200 martial arts students ranging from 3 to 52.

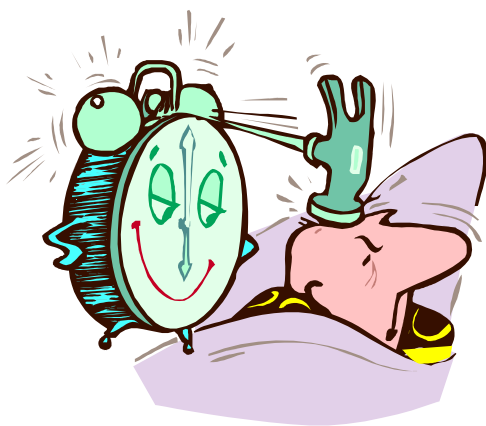
Philosophically, we stress personal and character development along with the sport and self defense aspects. However, this is not a boot camp, the Japanese army, a Zen Buddhist temple, or a Shinto shrine. We strive for discipline without humiliation, character development without oriental trappings. Personal growth is the goal to which we all aspire, and continue to pursue.

"The ultimate goal of the art of karate is not in victory or defeat, but rather in the perfection of the character of its participants."



Studio Etiquette and Member Standards

1. Bowing (pronounced “ray”) is the customary greeting in oriental culture the way a handshake is to us. It is also a sign of respect. It is NOT a bow of worship, and has NO religious significance! We do not bow to any pictures, altars or flags at this studio, nor do we practice Zen meditation. Please bow (Rei) upon entering and leaving the studio and the mat. Bow when starting and ending a sparring practice, working with a partner and at the start and close of each lesson.
2. Please address your black belt instructors as Mr./Mrs./Ms. (last name) or Sensei, which is the Japanese term for teacher. Always treat your fellow classmates with the same respect you wish to receive. We are all here to learn and have FUN! Intentional mistreatment of fellow students will not be tolerated and you may be banned from all further training at AFKA.
3. Please be on time. If you are late, please prepare yourself to enter class and remain by the mat edge until admitted by the instructor leading the class. If you are late, wait until after class to find and turn in your attendance card.



4. Please do not use any bags, blockers, or other equipment without the senior instructor's permission. Safety is our first consideration. If you indulge in horseplay or unsafe behavior, which could result in injury to other students, you may be suspended from training.
5. NEVER fight outside the studio, except in self-defense. You may be banned from all further study if you fight or threaten others, except in a LEGITIMATE self-defense situation.
6. Please don't smoke, chew gum, eat, or bring any food or beverage products in the studio.
7. Please introduce guests and visitors to the instructors at the earliest opportunity.
8. Please don't wear watches or jewelry during workouts, and keep your fingernails and toenails cut short. Long nails and jewelry are dangerous to your fellow students. We will not be responsible for any items left at the studio (including watches and jewelry).
9. Please help keep the studio clean and orderly. Hang your clothes up and throw trash in the trash baskets located throughout the school. Please do not leave shoes in the lobby! Please leave them in the shoe/gear rack located in the back of the school.
10. Don't throw your gi (uniform-pronounced "Gee") and your obi (belt-pronounced "O bee")- that you've spent so much energy earning- on the floor. These are a signs of your hard work and achievements.
11. Please keep your gi and body clean and neat.
12. If you have to wait out in front of the studio for a ride (we prefer the children to wait inside), please wait quietly until your ride appears. "Horseplay", loud undisciplined behavior, running up and down the sidewalks, etc. makes a poor impression on others. Parents please instruct your children to wait inside the studio until you



arrive, and to tell an instructor when their ride arrives. Also, if someone else is going to be picking your child up please inform the instructor in advance.

13. The phone is our primary business tool. Please use the phone for emergency calls only.



14. Please knock before entering the office.
15. Always line up according to rank.
16. Please do not wiggle, fidget, fall down, or otherwise display undisciplined body language in class.

To show pride in our studio, these rules must be adhered to at all times. Thank you for your support.

Uniform

Uniform Policy

Be sure and keep your uniform freshly washed and unwrinkled. Although it is not necessary to iron or press your uniform, don't stuff it into your training bag so that it is full of wrinkles when you put it on. An untidy, messy uniform detracts from the atmosphere that we are striving to maintain. Plus, no one likes to work out with someone whose uniform is dirty or has bad odor! If you train often, we suggest that you have more than one uniform that way you will have a nice and clean uniform to wear when other uniform is dirty.

White uniforms with the AFKA logo on the back and an AFKA patch (on the left chest area of the jacket) are required for all students. Black Belt Club members may wear the AFKA Black Belt Club uniform, a black uniform, a white uniform or a combination of the above. Masters Club members, instructors and black belts may wear any color of uniform that we sell and may wear any combination of those colors. To help instill a uniform, disciplined atmosphere all karate uniforms **MUST HAVE** an AFKA logo and patch in the appropriate place. (If your uniform does not have an AFKA logo on the back please notify the office immediately.)

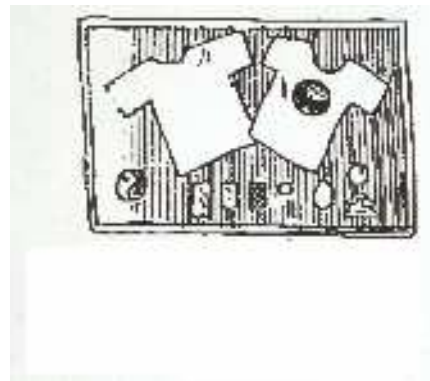
We have a wide variety of uniforms available in all price ranges, from the basic white student uniform all the way up to a selection of deluxe heavyweight uniforms worn by the instructors. We don't have an abundance of storage space (at AFKA we believe in giving our students the best in training space and equipment for safety and quality training), but we can order any training equipment and uniforms you wish to purchase. Your patronage is greatly appreciated and shows your support for the school.

A Judo uniform is different from a karate uniform in that it is much more heavily constructed, to withstand the tugging and pulling characteristic of judo. Judo uniforms are also available for purchase at AFKA. It is recommended that all students at blue belt and above purchase a Judo Gi.

During the summer months we allow our students to wear AFKA T-shirts instead of the long sleeve gi top. Please check at the office for T-shirts and the dates, summer uniforms are in effect.



Blue Foam Kick Shield
Professional quality



Uniforms

How about a new uniform?
We've got 'em available in a variety of sizes, and weights - from a standard replacement uniform, to a super soft heavyweight instructor quality uniform.

AFKA Patch Placement Policy

The following guidelines will tell you where to put your patches.

AFKA School Patch - left chest over the heart. The AFKA Patch must be displayed on the uniform before the first belt promotion.

Merit Patches

Storm team patches- Left leg

BBC, Instructor, Assistant Instructor, Instructor's Assistant, Legion of Honor-Left chest under AFKA school patch

Academic Achievers patches- Right Leg only

Weapons- Right Sleeve

Spirit, Full Splits, Leadership, Attendance, Exceptional progress patches- Left Sleeve

School Patch- Left chest

Demo, Competition Team patches- Right chest

Excellence patches- on Jacket at bottom above seam

Personal- Anywhere Else

Other Patches

Personal Patches - pants legs, right chest.

USKA/ASKA - Right Top Shoulder Sleeve

Patches are a fun way to both show achievement and to personalize your uniform. Parent's personal patches are also a good way to reward your child for his/her hard work after passing a belt test.

How to put on your gi (uniform)

A gi is the standard uniform for studying Japanese martial arts such as Aikido, Judo and Karate. Karate gis tend to be lighter in weight; Judo gis heavier since they are grabbed and pulled on. For JuJitsu, a Judo-gi is preferred.

Pants (non-elastic waist)

First put on the pants. There's not much trick to this, but the following points should be noted:

1. The pants should be snug around the waist but riding fairly low on the hips.
2. If the cord goes around twice, snug up the middle loop first, then tighten the ends.
3. To be traditional (and safest), use a square knot. A bowknot (like you would use to tie your shoes) is more convenient during undressing, but can sometimes come undone during practice.

Jacket

Put the jacket on with the left side outside of the right side. The other way is used for dressing dead people for funerals. If the jacket has ties (some karate gis do), tie them. It's OK to use a bowknot for these because once your belt is on it shouldn't matter if they come undone.

How to tie your Belt (Obi)



First, fold the belt in half to find the center. Then, place the center point at the front of the waist, just below the navel. Bring each end around the back and to the front.

Finish by drawing the outside end of the belt up between the jacket and the belt and a square knot. Note: all Black Belt instructors belt knot points to their right; student's belt knot should be always pointing to their left. (Traditional Costume)

Note: It is tradition to not wash the belt. Plus, the tips come off in the washing machine. Please wash the gi - but not the belt.

Attendance, Testing and Promotion

Attendance

Your initial membership entitles you to two classes per week. (Black Belt Club members may attend three karate classes per week) We suggest that you pick the two days that best fit your schedule, and stick to them on a consistent basis. We rotate the days that we teach the different categories of our curriculum. Consistent attendance will ensure that the student is taught each curriculum category needed for the next belt at least once per month. At home practice on non-class days will “lock in” those techniques. If you or your child have any questions or concerns regarding a technique or wish extra help please feel free to talk with Sensei Poland. For those of you who would like to attend more than two classes per week we have several options available to you. AFKA has two separate sparring classes per week available at no extra charge (see the section on free sparring). We have demonstrations and competitions that we showcase our more dedicated students in. All of these are provided to you at no extra charge (tournaments and other optional extracurricular events are at the expense of the participants).

AFKA also has a STORM Team - Super Team Of Role Models. Members of this team learn important life skills, public speaking, demonstrating technique, and helping others. They learn to lead others by example, not just follow the crowd. Please remember this is a team, which requires a solid commitment, and diligent practice, for everyone on the team suffers when everyone does not give 100%. So please think this over thoroughly before you make that large a commitment. Thank you!! In order to join the STORM Team you must be a member in good standing of the BBC.

How To Use The Attendance Card Boxes

All attendance cards are filed in Box #1 at the beginning of the week. The *first* time you come to class in a given week, you take your card out and turn it in at the beginning of class. At the end of the day we date-stamp the cards and re-file them into Box#2.



Box 1



Box 2

For the rest of the week, when you come to class, you pull your attendance card from Box#2 and turn it in at the beginning of class.

On Monday of the following week, before classes begin, we re-file the cards back into Box#1 and begin the above process all over again.

Little Ninjas attendance cards are all in Box labeled “NINJAS”

Sparring and kickboxing cards are each in a box labeled appropriately.

Sometimes cards are misfiled. If you can't find your card the first time you look, practice your martial arts patience and diligence skills and keep looking. If all else fails inform the office or your instructor. If you cannot find your card after looking in all boxes we have it in the office please check with the office personnel. WE may have pulled your card because we need to check with you.

If you are late for class, please wait till after class to turn in your card.

Class Times

Please refer to your schedule for exact class times. Schedule copies are available in the office. The schedule is changed periodically to better suit the needs of our students. Class changes will be announced as they occur in the AFKA News our website (azfamilykarate.com) and in class. Parents dropping off children should do so five to ten minutes prior to the class, and should pick them up within five to ten minutes of class end. The studio gets very busy around class changing time and we cannot be responsible for watching unattended children.

Holiday Schedule

AFKA will close for most legal holidays, including but not limited to MLK Day, President's Day, Good Friday, Memorial Day, Independence Day, Labor Day, Columbus Day, Veteran's Day and Thanksgiving weekend. We will close for the week before Memorial Day, the week between Christmas Day and New Years Day and we will also close the last week of July. Holiday closings will be posted on the website, and announced at the end of class. At least one week prior to the holiday.

Student Vacations/Extended Absences

If you will be missing class due to vacation or illness, please notify the office in advance. Missed class time due to vacation or illness can be made up or for extended periods of

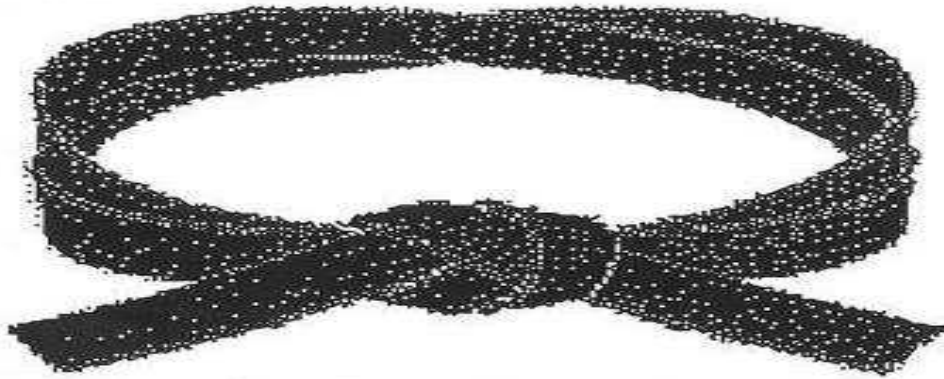
Time can be credited on to the end of your program. See the business office for more Details.

Changes In Your Membership

Please remember that your agreement will be **AUTOMATICALLY RENEWED** at the Expiration date unless you submit written notice at least **FIFTEEN DAYS PRIOR TO EXPIRATION DATE** of any intention not to renew. Please do not leave telephone Messages regarding membership status changes. We have a "Membership Change" form In the office that you need to fill out.

Belts, Testing & Promotion Procedures

AFKA students show their progress in the art by the color of belt that they wear. Each Color is a step toward the goal of Black Belt. We have both technique and class hour Requirements that need to be fulfilled for the belt rank. Copies of those requirements are Available from the office. Tips are awarded between belts for class attendance, attitude, And technical achievement. Six tips are required for youth & Adults before their are eligible to test. Please do not demand tips from the instructors. Tips are given at the discretion of the instructor. To be tested, you must have a clean white uniform with the school patch properly Attached. You will be tested informally for all belts up to brown belt (sankyu). However Subsequent tests through black belt (shodan) will be formal reviews before a black belt Review board. Remember, you will need to know all of the katas and techniques from White belt through to the belt you are testing for all formal reviews. When youth student's are Promoted, they will receive videotape, which will include all of the techniques they will Need for their next belt promotion. A promotion fee will be charged and will include rank certificate, and belt. (Including video for all youth students.) Promotion fees are subject to change.



Rank Promotion Time Requirements For Little Ninjas (Ages 3 through 5 yrs)

Belt	Minimum Class Hours	Sparring Hours	Fee
White	2	0	\$0
1/2 White 1/2 Camo	12	0	\$15.00
Camouflage	12	0	\$15.00
1/2 Camo 1/2 Orange	12	0	\$15.00
Orange	12	0	\$30.00

Rank Promotion Time Requirements For Juniors (Ages 6 through 11 yrs)

Belt	Color	Min. Class Hrs.	Sparring	1 st Fee	2 nd Fee
Jukyu	White	2	0	\$0.0	\$0.0
Kukyu	Orange	12	0	\$30.0	\$15.0
Hachiikyu	1/2 Orange 1/2 Yellow	12	0	\$25.0	\$15.0
	Yellow	12	0	\$35.0	\$20.0
Shichkyhu	1/2 Yellow 1/2 Blue	18	0	\$25.0	\$15.0
	Blue	18	0	\$40.0	\$20.0
Rokukyu	1/2 Blue 1/2 Green	24	0	\$25.0	\$15.0
	Green	24	5	\$40.0	\$20.0
Gokyu	1/2 Green 1/2 Purple	30	5	\$30.0	\$15.0
	Purple	30	10	\$50.0	\$25.0
Yonkyu	1/2 Purple 1/2 Brown	56	15	\$50.0	\$25.0
Sankyu	3rd Brown	56	15	\$75.0	\$75.0
Nikyu	2nd Brown	56	15	\$75.0	\$50.0
Ikkyu	1st Brown	56	15	\$75.0	\$50.0
Shodan	1st Black Jr.	56	15	\$150.0	\$150.0

Rank Promotion Time Requirements For Adults (Ages 12 through 80 yrs)

Belt	Min. Class Hrs.	Sparring Hrs.	1 st Fee	2 nd Fee
Jukyu (10th) White	2	0	\$0.00	\$0.00
Kukyu (9th) Orange	14	0	\$30.00	\$15.00
Hachiikyu (8th) Yellow	20	0	\$40.00	\$20.00
Shichkyhu (7th) Blue	24	0	\$40.00	\$20.00
Rokukyu (6th) Green	30	5	\$40.00	\$20.00
Gokyu (5th) Purple	40	10	\$50.00	\$25.00
Sankyu (3rd) Brown	60	15	\$75.00	\$75.00
Nikyu (2nd) Brown	60	15	\$75.00	\$50.00
Ikkyu (1st) Brown	60	15	\$75.00	\$50.00
Shodan (1st) Black	60	15	\$150.00	\$150.00

These are the minimum hours required for rank promotion. Technical skill and proper attitude must also be demonstrated to be eligible for promotion.

Perfect Practice Makes Perfect

There should be no doubt in any student's mind - *Perfect Practice Makes Perfect*. As flowers require water to grow, so does a person need practice to grow? Doctors are said to "practice medicine" because after they have learned their skills in medical school, they must continue to practice those skills, and even learn new ones. Given even a small amount of ability, every student can reach black belt if he/she is prepared to work hard. Constant practice develops self-discipline and determination, confidence in your abilities, and strength of mind.

There is three basic types of practice that will help you improve your martial arts skill: Improving Technique, Competitive and Mental. All three work to increase your skill, all three are useful for different reasons, and each one is appropriate at different times:

1. Practice that improves your technique. The student practices their form in his or her own space for the sake of the form itself. The student does not move in reaction to others, but in harmony with his or her form or technique. Don't forget, however, that it takes not just any practice, but rather "perfect practice" to make perfect. Practicing roundhouse kicks on the bag will not improve your kata.
2. Competitive practice lets you perform your moves under pressure and creates a whole new level of skill. With competitive practice, not only do you have to be in touch with your own body position, but also you must be aware of the competitor's moves and react accordingly.
3. Mental practice. The great thing about mental practice is that you can do it anywhere, any time! Sitting in a traffic jam? Then why not practice every move of your latest form or technique in your head. You will be amazed at how this type of mental practice can increase your confidence and skill

Our training videos, which you receive at each promotion, are great training aids for you. Start at the beginning of the video and practice the first category then stop the tape, the next day the tape is already at the next category for you to practice. By the end of the week you will have practiced each category once. Rewind the tape and start again the next week. You'll find that your skills will increase at a tremendous rate. By the time you test everything will be easy. Again please remember to ask if you have any problems with any techniques. Your goal is black belt; our goal is to assist you on achieving black belt.

Parents- Here's How You Can Help Your Children To Progress!!!

It is very important to remember that parents are also martial arts coaches. When children first start their training in the martial arts, in the case of very young children, we often find that they have not yet developed the self-discipline to practice at home on a regular basis. Practicing at home greatly enhances performance at the school and it should be encouraged. Our training videos, provided to you at each promotion, greatly facilitate home training. We suggest that you talk to your child and agree on a daily practice time. It can be as little as ten minutes per day, if those ten minutes is used for quality practice. At AFKA we use the method we call "PCP" Praise/ Correct/ Praise! Find something your child is doing well (Ex. "Great V-step that's just what we want!) Correct only one thing ((parry with your left hand instead of your right) Praise when they fix that one correction (Awesome parry now you've got it!!). Please refrain from phrases like " No that's not it!", "How many times do we have to go over this?", "I've already shown you how to do it", " Why can't you get it right?" etc..... These are negative statements that will just cause your child not to want to practice. Developing the habit of setting a goal (next belt) and working for it on a regular basis will give your child life skills that go far beyond punching and kicking.

One of the easiest ways to help your child is by simply showing that you are interested in his or her training and talents. Children love to show off what they have learned in class and we encourage parents to ask their child what he or she learned every single week. Show your encouragement by offering positive feedback, and compliment them in the areas where you can see improvement. This approach with children works wonders for their self-image and for their motivation. In fact, if you use this approach in just about anything your child does, whether it be homework or chores, you will soon notice the difference. If children believe that they are getting better it will boost their self-confidence, which in turn encourages them to try harder still. When children know that when they do well they will receive recognition and praise, they will want to do well because it makes them feel good. Children will rise to the level of your expectations, but only if they are encouraged and praised along the way. Our "Recommendation For Promotion" sheets are an excellent opportunity for you to praise your child's accomplishments. Use the Comments section to say something nice that your child will see.

Help your child to reach his or her personal best by being the martial arts coach at home.



A Note To Parents Watching Class

At AFKA, we do all of our teaching in plain sight. We have no secrets, and we want parents to feel free to drop in at any time to observe class and satisfy themselves that their children are receiving proper instruction. However, we want our students to feel that they are free to make mistakes in class while learning that will not embarrass them in front of Mom or Dad. Also, the noise and busyness created by parents visiting with each other in the lobby, and the outbursts from toddlers and younger siblings can be very distracting to both instructors and students and diminishes their capacity to focus on training.

We suggest that if you wish to watch class, stay for a few minutes at the beginning of class and then drop back in a few minutes early before class is finished, or stop in for a while during the middle of class. If you stay to observe class we ask you to please do so quietly, and if you have a noisy toddler with you, we request that you keep them quiet or go outside while class is in session. We also ask that you not bring small toys, books crayons, etc., to spread out on our lobby floor for the entertainment of younger children.

We need your cooperation to maintain the professional atmosphere, which we are endeavoring to project. Thank you for your support.



Special Opportunities At AFKA

Birthday Parties

We do GREAT Birthday Parties, on a regular basis for our students. If you have ever wondered if there was someone out there that could run a party for you, set up, clean up, supply food and drink, as well as give you a gift list when it's all over, and even provide party favors for the guests, we are your answer. Ask for details!!

Take Your Sensei To Show & Tell!

You can be the star of show & tell! Ask your teacher if you can bring Ms. Poland to your show & tell. She'll tell your class all about where and why karate got its start. Then we'll use YOU to demonstrate some self defense techniques, kicks, and so forth. And, you and all of your friends and classmates get a free surprise! Sound like fun? Talk to Ms. Poland.

AFKA Bucks

If you recommend our school to someone who then enrolls in one of our regular programs you will receive \$10.00 in AFKA Bucks, redeemable on merchandise.

Private Lessons

Private lessons are available for students who either need a little extra help or who desire a more personalized approach to training. Ask for details!

Tournament Competition

AFKA has a competition Team that is available to all active students that have an interest in competition. Anyone may attend competition practice but members are chosen on an invitation basis only. AFKA does not advocate tournaments to win trophies, but we believe tournaments are great opportunities to test one's skills against others and to learn

More about perfecting ones techniques. We post tournaments that we feel are suitable for our students on the bulletin board. Any student wishing more information on tournaments and the sport aspect of karate should check with Ms. Poland. Tournament competition is strictly optional!!

AFKA Black Belt Club

AFKA's Black Belt Club is a special membership reserved for those students who wish to commit themselves to the goal of obtaining the black belt. Black Belt Club membership is available by **invitation only**! During your first few months of training, your instructors will be observing your degree of dedication, consistency of attendance, etc. Black Belt Club members receive an extra class each week and a special Black Belt Club class each month, special extra curricular events, a unique Black Belt Club patch, uniform, and belt, a discount in the pro shop and on seminars and school sponsored events.

Any Questions?

Although classes start at different times during the day, we answer our phone from 9:00 A.M. on. Please feel free to call us anytime Monday through Friday after 9:00 A.M.!

Again, thank you for choosing AFKA as your family's martial arts facility!



Seven Home Rules For Children

The following rules need to be memorized by all youth class members (6-11) before promotion to Orange Belt

1. Children shall greet their parents when they enter the house (Hi Mom! Hi Dad!) And tell their parents “Good-bye” when they leave.
2. Children will always be respectful of their Parents, Teachers and Elders.
3. Children will be kind to their brothers and sisters.
4. Children will help keep the household - especially their own room - neat and clean and will make their own beds every morning.
5. Children will keep their hair, body, and teeth clean daily.
6. Children will not interrupt adult conversations.
7. Children will do all their assigned schoolwork every day.

Youth students must memorize these rules age 6-11, for promotion to Orange Belt. Children who do not obey these rules CHEERFULLY will not be eligible for promotion.

Seven Ways For Parents To Raise A Street Smart Child

1. **No Shortcuts:** Don't let your child take shortcuts through alleys, backyards, woods, or other secluded areas where an abduction could take place with no witnesses.
2. **Trust Your Instincts:** If your child thinks he/she is being followed or someone tries to grab him/her, have him/her turn and run in the opposite direction toward a crowded place.
3. **CodeWord:** Pick a word that neither you or your child will forget. Teach your child to not go with anyone - family or friend - unless they know the code word.
4. **Important Information:** Be sure that your child has memorized their full name, address, and telephone number. 911 and other emergency numbers should also be memorized.
5. **Cherish Your Children:** Abductors look for lonely, sad, children who need a friend. Make time for your children. Be affectionate and loving so that they don't need this from someone else.
6. **When Lost:** Look for uniformed people - police, cash register people, or others in charge.
7. **Good Touch/Bad Touch:** Give your child the right to say "NO" to adults. Identify private parts. Don't make your child kiss a grownup that they don't want to. Let them know that it's OK to tell on someone who is "bad touching" them.

Ten Survival Rules To Become A Street Smart Child

Parents - Please review these survival rules frequently with your children.

1. Never get in a car with a stranger.
2. Never take anything from a stranger.
3. Never let a stranger take a picture of you.
4. Never give a stranger your phone number or address.
5. Never keep a secret with an adult.
6. Never walk alone.
7. Never talk to a stranger.
8. Never let anyone touch your private parts.
9. Never walk into places that make you feel weird.
10. If a stranger offers you anything, scream "NO!"

Memorize and always follow these rules!!

Free Sparring Rules And Regulations

Free sparring is conducted here at AFKA because it is a part of our martial arts training.

Sparring lets us practice our techniques in a more “realistic” setting, and helps to develop your speed and timing, as well as improving your cardiovascular condition and reflexes. You are challenged under somewhat stressful conditions, which helps you to develop a calm mind under attack. AFKA safety gear is MANDATORY for sparring classes.

1. Equipment must be AFKA approved safety gear. This requirement is to ensure that all safety gear is mandatory (15 and under).

Item

Groin Cup and Mouthpiece
AFKA Handpads
AFKA Footpads
AFKA Chestgear
AFKA Headgear

2. Attacks to the GROIN are not ALLOWED.

3. Light contact is permitted to the head area covered by the foam headgear. Face contact is NOT ALLOWED.

4. Light to moderate contact is permitted to the front body area above the waist or chest pad area.

5. Attacks to the SPINE, LEGS, JOINTS, and THROAT are NOT PERMITTED.

Have fun!! Free sparring is not to win or lose, but to improve your skill and the skills of your partner.

A Short History Of Karate

Origins

Any attempt to research the history of karate finds much conflicting information, making it difficult to separate fact from fiction. However, this should not alter the fact that these legends are an integral and inseparable part of karate history and are important in the formation of the overall philosophy.

The art of karate as we know it in today's world is actually a modern phenomenon introduced to the world in the early part of the twentieth century. However, the history of unarmed combat goes back as far as civilization itself with the earliest records depicting unarmed combat going back to about 4000 BC. Hieroglyphics found in the Egyptian pyramids show the military men of that time using fighting techniques resembling what we know as boxing. Additional pictures resembling activity similar to boxing and wrestling show up again in the ruins of Sumer in Mesopotamia and in the remains in tomb of Bein Hasan in Egypt about 3000 BC.

Through trade and travel, these techniques crossed over to Greece by way of Crete. There are passages in Homer's Iliad describing the contests of the wrestlers and the weight throwers who walked away with prizes for being the best at their art.

The types of fighting described in these pieces of literature leave no doubt in one's mind that the main objective is survival without real concern as to the instrument used. The end result was generally the same- death to one member. The Greeks combined the fighting techniques of wrestling and boxing and developed what was known as the pankration, where few fouls existed. In this method of fighting, the entire body was used as a weapon and the only fouls were biting and gouging. A forerunner of modern wrestling, it was a vicious sport that allowed hitting with fists, kicking, strangling, limb twisting, and struggling on the ground. Though the Greeks found the pankration too cruel and abandoned it, the Romans revived it for their entertainment during the great Roman Empire.

In ancient Japan, the nearest thing to primitive karate was first recorded in the annals of the Emperor Suinin (29 BC). As described, the sport was similar to sumo wrestling which probably resembled the pankration of the Greeks.

Bodhidharma And Chinese Kempo

It is widely accepted that karate had its deepest roots connected with a Chinese method of boxing (kempo) called "shao-lin-ssu". The forerunner of this method of fighting with the fists is thought to have been invented by the Indian priest Bodhidharma (known as Daruma Daishi in Japanese), who is believed to have come to China in the fifth or sixth century. Bodhidharma entered the priesthood and studied the Buddhist faith for a number of years, later to become the twenty-eighth patriarch of the Buddhist faith after Sakyamuni. He traveled northward to the Chinese kingdom of Wei where he arrived at an ancient Buddhist monastery on Hao-shan, a mountain in the lower part of the Yangtze River. This monastery Shao-lin-ssu.

A common account states that when Bodhidharma was admitted to the temple, he found the resident priests practically dead due to malnutrition and lack of physical exercise. This prompted him to remain to instruct them

in how to take care of themselves physically, mentally, emotionally and spiritually. Bodhidharma did introduce the yoga form of meditation to the Chinese (known as cho'an in Chinese) and it later became known as Zen to the Japanese. We also know his basic doctrine was that the body and the spirit were indivisible and that Buddhahood could only be achieved when there was complete unity between them-both things acting as one in complete harmony.

The Shao-lin-ssu monastery was the central point of Zen development into China. As the years went by, shao-linssu lost its link with Zen and the unified body-spirit philosophy of Bodhidharma and went on to become an independent form.

Shotokan Karate

Shotokan is a Japanese style of Karate founded by Gichin Funakoshi. He brought together two systems of open-hand fighting that flourished in his native Okinawa to form a new system he called Karate-do-Shotokan. Shotokan means "hall of shoto," "shoto" being the pen name Funakoshi adopted in calligraphic works. In fusing together his new style, Funakoshi continually edited, revised and updated the various kicks, punches, strikes, blocks and body dynamics until the day he died in 1957.

As a teacher assigned to instruct in many schools in different parts of Okinawa, Funakoshi was forced to travel extensively, passing through the major centers of martial arts on the island. As a result, he was able to study under excellent masters from different backgrounds over a long period of time. After a period of many years, Funakoshi synthesized the best elements of the techniques and kata that he was taught and created a new system.



Self Defense And The Law

Mr. Tom Muncy

One of the reasons many people choose to take martial arts is for self-defense. Before considering the precautions and defenses against specific types of assault, you should know the legal restrictions of acting in your own defense. Legally, this is a complex issue, but here are some basic principles you should remember.

Self-defense begins when you are required to defend yourself against an unlawful attack, and it is a time-honored principle that one is entitled to defend himself from physical attack by another person. However, the law only protects you if you are obeying the law. Notice this definition of self-defense is related to physical, not verbal attack. Verbal assault, mere words spoken by another, regardless of content, are not sufficient grounds for using physical force in the name of self-defense. However, if the person verbally assaults you and then acts in a way that you honestly believe he or she is going to attempt to injure you, you can use a reasonable amount of force in your defense. You may only use equal force to overcome the force against you.

Here are some examples to clarify these statements:

1. If I swing at you with a club and you knock me out with a punch, you have acted justifiably and legally to defend yourself. It is immaterial that I didn't hit you. This simply means that at this point, I have committed assault, but not battery.
2. Let us assume that I have verbally threatened to cut you with a knife and I reach into my pocket just as I step toward you. What can you do? Although you cannot really determine whether I have a knife or not, you are legally permitted to defend yourself on the assumption that I do have a knife. If my actions are such as to convince any reasonable person that I have a knife in my possession with which I intend to commit bodily injury, even if I'm bluffing, you can justifiably defend yourself.
3. Assume I have attacked you, beaten you up, and have stopped and walked away. What do you do now? The only thing you can do is to report the attack to the police. Under the law, if I am walking away you are no longer in danger of being physically injured, and you cannot now retaliate against me. You can't chase me; throw things at me, or the like. Like it or not, it is the law.
4. The law does provide for what is called justifiable homicide, but only if there were no other choices and your life is in imminent danger. Even if you felt there was no alternative, a prosecutor may argue that you, as a practitioner of a martial art, should have sufficient knowledge and control to be able to stop any attacker without the necessity of taking his life. This maybe a valid argument if you have reached the rank of green belt or higher.

The majority opinion is known as the Texas rule. It states: An individual, who is not a trespasser, need not retreat from an assailant if he truly fears death or serious bodily harm. It is assumed that the assailant is the person who initiated the attack without any provocation on the part of the defender. (Texas, Oklahoma, Oregon, Arizona, Colorado, West Virginia, Kansas, Kentucky, and Virginia).

The topic of defending others also needs to be explored. There is generally a consensus among states that you can come to the defense of others, even total strangers. However, you should be extremely cautious when entering into someone else's problems. For example, when you see two people fighting, how are you going to know who is in the right? Your first impression might be that a man is beating up another and you come to the defense of the man getting the worst of it. Then you find out, after you are in jail that the man winning the fight was a policeman arresting a dangerous criminal and you interfered with the officer in the performance of his duty. Not exactly what you had in mind, is it?

If you think all of this is a bit complicated, you are right! In general, you would do well to heed the advice of the judo instructor who told his students: "Stay out of trouble at all costs. As a practical matter, when the police come, both you and your assailant are wrongdoers in the eyes of the law."

So, as a summary, you should observe the following:

1. Stay away from those areas where you could get into trouble.
2. If you are attacked and cannot retreat, use only the force necessary to stop the attack and hold the assailant for the police.
3. You must stop your assault as soon as the attacker has submitted or is in custody.
4. Legally, you are on firm ground if you act in the situation just as any reasonable person would act under the same conditions.
5. Call the police immediately. You must justify that your actions were necessary to protect yourself. You should also be alert to any witnesses who may support your side of the story.

Common Terminology

BUNKAI (BUNK-eye)-Application of form

DACHI(DAH-chee)-Stance

DAN (DAHN)-Black Belt

DOJO (DOE-joe)-Literally, place to study “the way”; common use-Karate school

GATEME (ga TAH mee)-Holddown

GI (GEE)-Karate uniform

Hajime (HAH juh may)-Begin, start

KATA (KAH tah)-Form

KIAI (KEE eye)-”spirit meeting”, a loud shout, which reinforces physical karate techniques.

KIOTSUKE (kee OHT skee)-Attention

KUMITE (KOO me tay)-Free sparring

KYU (KYOO)-Below black belt rank

MATE (MAH tay)-Wait

NAGE (NAH gee)-Throw

OBI (OH bee)-Belt

SEIKEN (SEE ken)-Fore fist

SENSEI (SEN say)- Teacher

SHUTO (shoo TOH)- Knife hand

TORI (TOH ree)- In judo, the partner who performs the technique on the other partner.

UKE (OOH kee)- In karate it means block; in judo, the partner upon whom the technique is practiced.

UKEMI (ooh KEH mee)- Break falling

WAZA (WAH zah)- Technique

YAME (ya MEH)- Stop!

YUDANSHA (yoo DAN sha)- Black belt holder

Counting in Japanese

ICHI (EE chee)- one

NI (NEE)- two

SAN (SAHN)- three

SHI ()-four

GO ()-five

ROKYU ()-six

SHI CHI ()-seven

HACHI ()-eight

KU ()-nine

JU ()-ten

GLOSSARY OF TECHNIQUES IN JAPANIS

This section contains a listing of all techniques found in the Arizona Family Karate Academy martial arts curriculum:

Stances/Dachi:

Feet together Stances	Heisoku Dachi
Natural Stance	Hachiji Dachi
Right Natural Stance	Migi Schizentai
Left Natural Stance	Hidari Shizentai
Ready Stance	Yoi
Defensive Stance	Jigo Hontai
Right Defensive Stance	Migi Jigotai
Left Defensive Stance	Hidari Jigotai
Immovable Stance	Fudo Dachi
Horse Stance	Kiba Dachi
Side Straddle Stance	Shiko Dachi
Front Stance	Zenkutsu Dachi
Back Stance	KoKutsu Dachi
Cat Stance	Neko Ashi Dachi
Narrow Hour Glass Stance	Sanchin Dachi
Wide Hour Glass Stance	Hangetsu Dachi

Punches/Tsuki:

Middle Punch	Chudan Tsuki
High Punch	Jodan Tsuki
Low Punch	Gedan Tsuki
Uppercut Punch	Ura Tsuki
Rising Punch	Age Tsuki
Roundhouse Punch	Maewashi Tsuki
Double Punch	Morote Tsuki
Reverse Punch	Gyaku Tsuki
Lunge Punch	Oi Zuki
Short Thrust Punch	Gyaku Zuki

Strikes:

Back Fist	Uraken Uchi
Side Fist Strike	Kentsui Uchi
Hammer Fist Strike	Tettsui Uchi
Knife Had Strike	Shuto Uchi
Ridge Hand Strike	Haito Uchi
Spear Hand Strike	Nukite
Open Hand Strike	Kaisho
Back Hand Strike	Haisu
Palm Heel Strike	
Elbow Strike	Empi

Block/uke's

Middle Block	Chudan uke
High Block	Jodan uke
Outside inside Block	Ude uke
Low Block	Gedan barai
Knife hand block	Shuto Uke
Cross hand block	Junji uke
Rising Block	Age uke
Scooping block	Sukui uke
Sweeping Block	Nagashi uke
Grasping Block	Tsukami uke
Palm Heel Block	Teisho Uke
Double Block	Morote Uke

Kicks/Geri's

Front Thrust Kick	Mae Geri Kekomi
Front Snap Kick	Mae Geri Keage
Side Thrust Kick	Yoko Geri Kekomi
Side Snap Kick	Yoko Geri Keage
Roundhouse Kick	Maewashi Geri
Back Kick	Ushiro Geri
Crescent Kick (in & out)	Mikazuki Geri
Hook Kick	Gyaku Geri

Stomping Kick	Fumikomi Geri
Jumping Kick	Tobi Geri
Breakfalls/Ukemi	
Rear Breakfall	Ushiro Ukemi
Right Breakfall	Migi Ukemi
Left Breakfall	Hidari Uikemi
Front Breakfall	Mae Ukemi
Front Roll	
Judo Throws	
Large hip throw (4)	O Goshi
One Arm Shoulder Throw	Ippon Seonage
Bent elbow shoulder throw	Morote Seonage
Large outer reao (4)	Osoto Gari
Large inner reap	O Uchi Gari
Body Drop	Tai Otoshi
Hip Wheel	Koshi Guruma
Circular Throw	Tomoe Nage
	Koachi Gari
	Kosoto Gari
Wrap around Sleeve Throw	Soto Makikomi
Shiho Nage	

Pam Poland's
Little Ninja

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.

Table Of Contents

Welcome to Our Little Ninjas program.....34-35

How the Program Works.....36-37

**How Your Child Will Advance Through
The Program.....38-39**

Little Ninjas Homework Assignments.....40-43

Your Role as a Parent.....44

Curriculum Calendar.....

Welcome!

The Little Ninja 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 know the time between the ages of 3 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 reactions 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 and 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 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 drill to help create a 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 that energy?

Skill #8: COORDINATION – Your child will learn left from right. They will become better physical participants in sports and other 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!!”

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 to 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 balls 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. This confidence will help your child to keep from being approached as a victim.

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.

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 “perfect 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.

How Your Child Will Advance Through the Program

Your Child Needs To Attend 2 Classes Of Each Skills, Such as Focus, Teamwork, Control, Balance, Memory, Discipline, Fitness, and Coordination. At the end of the second class of each skill 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 stripes in order to qualify to advance to the next belt level. Each ninja with all eight-skill stripes is eligible for belt promotion.

Tests are scheduled by appointment at front desk.

There is a charge for every promotion to cover instructor testing, paper work & belt. Your child will receive his new belt and rank certificate signed by the ranking Black Belt Instructor at the end of his/hers class.

All little ninjas promotions are only \$15 each.

Little Ninjas Must Attend at least 16 classes and have all 8 tips before promoting.

The Little Ninjas Belt Promotion gives your child the opportunity to show the instructors and parents how developed each skill has become. An Instructor will be evaluating your Little Ninja progress. When Test is done Little Ninja Will Have to wait till end of next Class to be rewarded 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 promotion. 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 the order in which the belts are earned.

Beginner

1. White
2. White with Orange Stripe
3. White with Yellow Stripe
4. White with Blue Stripe
5. White with Green Stripe
6. White with Purple Stripe
7. White with Brown Stripe
8. White with Black Stripe
9. White with Red Stripe

Advanced

1. Camouflage
2. Camouflage with White Stripe
3. Camouflage with Orange Stripe
4. Camouflage with Yellow Stripe
5. Camouflage with Blue Stripe
6. Camouflage with Green Stripe
7. Camouflage with Purple Stripe
8. Camouflage with Brown Stripe
9. Camouflage with Black Stripe
10. Camouflage with Red Stripe

After all this belts are earned your child is eligible to go into our youth classes.

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

- 1. Focus – Orange**
- 2. Teamwork – Yellow**
- 3. Control – Blue**
- 4. Balance – Green**
- 5. Memory – Purple**
- 6. Discipline – Brown**
- 7. Fitness – Black**
- 8. Coordination – Red**

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 Promotion. In order to avoid excess time at each rank and prevent boredom, follow the curriculum calendar (at the back of this manual or available at the front counter) that shows the skill covered on each day.

If your child has difficulty with a specific skill, working at home daily to improve the skill will not only be great quality time with your child, it will help with their confidence and ability to earn their skill stripe the next time the skill is covered in class. 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:

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 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.

Step 3: Repeat steps 1 & 2 until your ninja is able to strike the ball directly to you five times in a row.

Step 4: Repeat the 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 square from AFKA.)

Step 1: Hold the target for your ninja as he or she strikes it with the hand technique required for their belt level.

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 \$5.00.

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 judgment; 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).

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 target square (available for purchase at our school, AFKA) or you can use a small pillow. Mark a starting point and an ending point that is four feet away.

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

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

Step 3: Repeat steps 1 & 2 until they can walk across three times without dropping the target square.

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.

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

Step 3: Have your child execute the first and the 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.

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 were 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.”

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 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 two target squares (which you can purchase at AFKA) or you can use a large pillow.

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 right hand.

Step 3: Test your ninja’s coordination by calling out either the left hand or the 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 the 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 targets or pillow 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 striped 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.

Your Role as a Parent

Here are some important tips that will help your child get the most out of our Little Ninja 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 practice 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 second class of each skill, except if he or she has already earned the skill stripe for the skill covered that day. Or if there is a discipline problem the skill stripe will be withheld. 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. If the skill stripe has been withheld due to disciplinary actions some adjustments may be necessary at home to help improve your ninjas listening and discipline skills. Poor behavior in your ninja is a sign of either lack of positive attention or of boundaries without concrete edges and consequences.
- 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.

Congratulation 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!!

Little Ninjas Curriculum Calendar for July 2002

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30	1 Balance	2	3 Control	4 Closed	5 Closed	6 Closed
	7	8 Memory	9	10 Discipline	11 Memory	12	13 Discipline Adv. Memory
	14	15 Coordination	16	17 Fitness	18 Coordination	19	20 Fitness Adv. Coordination
	21	22 Teamwork	23	24 Focus	25 Teamwork	26	27 Focus Adv. Teamwork

Little Ninjas Curriculum Calendar for August 2002

S	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Balance	2	3 Control Adv. Balanced
4	5 Memory	6	7 Discipline	8 Memory	9	10 Discipline Adv. Memory
11	12 Coordination	13	14 Fitness	15 Coordination	16	17 Fitness Adv. Coordination
18	19 Teamwork	20	21 Focus	22 Teamwork	23	24 Focus Adv. Teamwork
25	26 Closed	27 Closed	28 Closed	29 Closed	30 Closed	31 Closed

Little Ninjas Curriculum Calendar for September 2002

S	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Closed	3	4 Balance	5 Control	6	7 Balance Adv. Control
8	9 Memory	10	11 Discipline	12 Memory	13	14 Discipline Adv. Memory
15	16 Coordination	17	18 Fitness	19 Coordination	20	21 Fitness Adv. Coordination
22	23 Teamwork	24	25 Focus	26 Teamwork	27	28 Focus Adv. Teamwork
29	30 Balanced					

Little Ninjas Curriculum Calendar for October 2002

S	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Control	3 Balance	4 No Class Picture Day	5 No C lass Come for Picture Day
6	7 Memory	8	9 Discipline	10 Memory	11	12 Discipline Adv. Memory
13	14 Coordination	15	16 Fitness	17 Coordination	18	19 Fitness Adv. Coordination
20	21 Teamwork	22	23 Focus	24 Teamwork	25	26 Focus Adv. Teamwork
27	28 Balance	29	30 Control	31 Balance		

