

Eastern Suburbs



Taekwondo Little Tigers

The Eastern Suburbs Taekwondo Little Tigers Program provides an early entry to the techniques of Taekwondo, while increasing strength, flexibility, coordination and cardiovascular fitness.

Here are some of the benefits you can expect your child to receive from training in Taekwondo:

Taekwondo helps create Fit and Healthy Children:

Taekwondo training incorporates extensive stretching and constant aerobic exertion. The results are increased aerobic capacity, strength and awareness of one's body. Your child will burn tons of calories, build muscle, and in general, get your child's metabolism kicked into high gear.

Taekwondo helps students develop important Self Defense Skills:

Taekwondo is recognized as the martial art with the most highly developed arsenal of kicking techniques. When combined with powerful strikes, blocks, throws and joint-locks, Taekwondo becomes a complete system of unarmed combat for self-defense. Through constant practice of techniques and total body conditioning, the Taekwondo practitioner becomes mentally and physically prepared to defend oneself, should the need arise. At the same time, students are always reminded that martial arts skills are never to be used in an abusive or offensive and manner. In fact, it's part of our student creed.

Taekwondo helps students develop Self-Confidence and a Positive Outlook:

Taekwondo training instills a sense of discipline, control over one's mind and body and ultimately, self-confidence. Our children will be encouraged to take on challenges and to push themselves past their own pre-conceived limits and reach new heights of self-confidence that will carry over to all aspects of their life.

Taekwondo emphasizes Academic Excellence:

Many parents have attributed to our program improved grades as a direct result of the increased achievement motivation, self-direction, and self-confidence provided by Taekwondo training. As part of our efforts to encourage academic excellence, we require verification from parents that our students are performing to their potential in the classroom as part of the process for being allowed to advance in rank.

Taekwondo helps students develop a Respectful Attitude and Discipline:

Children in our program learn to have a positive and respectful attitude toward their teachers, parents, peers and, ultimately, themselves. We certainly don't require it, but we've have heard many stories of children even saying "Yes, Ma'am" or "Yes, Sir" – to their own parents! In fact, our students must specifically receive their parents' / guardians' recommendation in order to participate in the promotion test.

Our program will also prepare your child for our Juniors Program.

In our Little Tigers 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 Instructors are excellent role models who are trained to work with school aged children.

Our curriculum consists of developing 8 major skills that are necessary for participation in any sport or activity. The curriculum also contains 8 personal development skills that are used to reinforce our students' well-being. Upon completion of our Program, your child will become more focused and motivated to achieve any goal they set!

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

FOCUS - This skill will help your child's concentration, listening and reaction skills. They will excel faster in physical activities. Your child will also become a better listener and a more focused student.

TEAMWORK - Teamwork is necessary for any young child to develop. The more confident your child is while working with others, the more he or she will accomplish. Your child will develop character, which will help him or her with better social skills and become a leader in life.

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.

BALANCE - This skill is crucial to develop at an early age. Your child is beginning to participate in many challenging physical activities. He or she will develop good balance, better posture and age-appropriate gross motor skills.

MEMORY - Developing a good memory is exercise for your child's brain. Our drills are constantly helping your child think and make smart decisions.

DISCIPLINE - Our instructors use the drills to create discipline as fun and rewarding. Your child will take pride in doing the right thing. They will also be eager to follow directions in a productive manner.

FITNESS - It is important for children to understand the importance of being healthy and physically fit. Our Instructors are excellent role models.

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 classes, we make learning fun. Our goal is to help your Little Tiger be the best they can be at everything they put their minds to.

Little Tigers Program (cont)

Our Little Tigers curriculum, for students ages 5 and up, focuses on traditional Taekwondo presented in an age appropriate manner. We understand the need for discipline, as well as fun, in working with our young people. Students will learn effective kicking and punching techniques as well as proper etiquette as young ladies and gentlemen. We do this by focusing on the tenets of Taekwondo (courtesy, modesty, integrity, perseverance, self-control and indomitable spirit) while teaching our classes.

Little Tigers Students in Action

Through little courtesies like bowing, children learn discipline and respect, which often carry through into their home and school lives. Children build positive relationships based on friendship and mutual respect. They learn that respect is something that everyone must earn by demonstrating that same respect for others.

Little Tigers - Earning New Belt Rank

We have high standards for all students and our children's program is no exception. We expect our students to be focused and disciplined at all times during class. They will recognize the importance and the true meaning of both courtesy and integrity. Our students consistently exceed our expectations!

Through repetition, children learn to persevere in mastering techniques that challenge them at each level. Kids learn to set goals, achieve and accomplish them, building confidence along the way.

The physical benefits of Taekwondo will be immediately noticeable for children of all ages. The fundamental moves of Taekwondo teach children coordination and concentration. Students will learn simple and effective self-defense skills and develop the ability to understand when it is appropriate to use those skills. Taekwondo offers a full mind and body workout for children.

Unlike other after-school sports, Taekwondo practice is extremely individual and personal to each child. Each child's goal and achievement is unique and personal to him or herself. We monitor each child's progress carefully and help set individualized goals for him or her to achieve. Our objective is to help each of our students reach their potential in the martial arts, but more importantly, we hope our children will grow up strong and healthy with a solid foundation in physical fitness.

Our program provides a structure that emphasizes both physical development and moral responsibility. By focusing on these virtues, we develop self-esteem, kindness, confidence and spirit in all our students.

GIVE YOUR CHILD A GIFT THAT WILL LAST A LIFETIME!

Self-Confidence

As children accomplish new goals, their confidence level increases. They progress at their own pace and are not judged against others.

Taekwondo improves childrens' poise, self-confidence and discipline that carries into home and school life. Children learn to be "street smart," to think, and not panic in potentially serious situations and how to react to threats from other kids.

Every Child Wins.

Taekwondo enables every child to be a winner by allowing them to reach for their own potential rather than trying to compete directly against their peers.

A Complete Activity

Taekwondo, unlike many team sports popular today, challenges the entire body. Taekwondo develops coordination and motor skills, balance, agility and poise on top of emphasizing good behavior and increasing attention span.

Fun

Taekwondo lessons are dynamic and challenging and suitable for children who are energetic, athletic, shy, bold, or maybe even a little wild. Discipline and respect are taught by leadership and example – making Eastern Suburbs Taekwondo a positive character building environment for children.