

AGES: 3-6

KARATE FOR KIDS

**TEACHING THE
FUNDAMENTALS OF
MARTIAL ARTS**

"Using an age-appropriate curriculum designed for children ages 3-6, this high-energy class teaches the fundamentals of martial arts alongside essential life skills.



MARTIAL ART FUNDAMENTALS
PROGRESSIVE CURRICULUM
PRACTICAL LIFE SKILLS

With the help of our **Muscle Zoo** characters, we practice & perform two skills each class, to progress & achieve new stripes and belts.



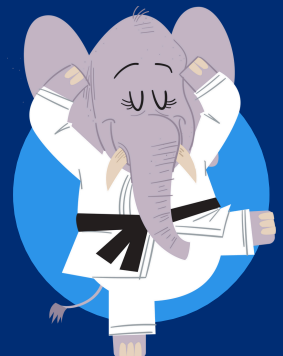
PRACTICE

AGILITY • MEMORY
BALANCE • COORDINATION



PERFORM

KARATE FUNDAMENTALS
PERSEVERANCE • LIFE SKILLS



ACHIEVE

DISCIPLINE • CONFIDENCE
FOCUS • CONTROL

TEACHING CHILDREN LIFE SKILLS THROUGH KARATE

MAKING MARTIAL ARTS ACCESSIBLE

We believe that every child can succeed with the skills gained through martial arts. By making martial arts more accessible, we're able to positively impact kids.

Karate Zoo 3-5 YEAR OLD BEGINNER BENCHMARK			
SKILL	WHITE BELT	YELLOW STRIPE	ORANGE STRIPE
FOCUS	Punch/Kick Target Thrown 1 Step Away x2	Punch/Kick Target Thrown 2 Step Away x2	Punch/Kick Target Thrown 3 Step Away x2
CONFIDENCE	Palms Strike Board Break	Hammerfist Strike Board Break	Elbow Board Break
CONTROL	Step Forward/Backward on Command Hold 5 Seconds	Step Kicking on Command	Hold Punch and High Kick 10 Seconds
MEMORY	Know All Strikes + Blocks From Memory	Know All Kicks + Blocks From Memory	Know All Techniques From Memory
BALANCE	3 Kicks Without Putting Feet Down	5 Kicks Without Putting Feet Down	10 Kicks Without Putting Feet Down
DISCIPLINE	Sit Strong 10 Seconds	Kneel Strong 10 Seconds	Stand Strong 10 Seconds
COORDINATION	5 Random Left/Right Cross Punches	5 Random Left/Right Cross Kicks	10 Random Left/Right Cross Punches/Kicks
AGILITY	Hop Forward High Stance x3	Hop Backward High Stance x3	Hop Forward/Backward High Stance x5
FLEXIBILITY	Butterfly, Straddle, and Sitting Hamstring Stretch for 10 Seconds	Butterfly, Straddle, and Sitting Hamstring Stretch for 20 Seconds	Butterfly, Straddle, and Sitting Hamstring Stretch for 30 Seconds
PERSEVERANCE	Bear Crawl 10 Seconds Over and Around Obstacles	Bear Crawl 20 Seconds Over and Around Obstacles	Bear Crawl 30 Seconds Over and Around Obstacles

	WHITE	BEGINNER
	YELLOW	BEGINNER
	ORANGE	BEGINNER
	GREEN	INTERMEDIATE
	PURPLE	INTERMEDIATE
	BLUE	INTERMEDIATE
	BROWN	ADVANCED
	RED	ADVANCED
	BLACK	ADVANCED



WE PROVIDE EVERYTHING



EQUIPMENT

We provide all necessary equipment



UNIFORM

Karate Zoo T-shirt, belts and colored stripes



CURRICULUM

Structured age-specific curriculum & benchmarks



FLEXIBILITY

We work with you to meet your scheduling needs.



COACHES

Our coaches are extensively screened & trained.

CONTACT US TODAY TO GET STARTED!

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