



COMMANDO WOLVES PROGRAM GUIDE

Welcome to the Commando Wolves Program guide

Children between the ages of 9 to 12 are in a very important stage in their life. With the dream and haunts of being a teenager, which is right around the corner, there are many physical, emotional, social, and intellectual challenges that they all face. With the right developments and positive reinforcement, your child will face their transition as a teenager with an enthusiastic outlook.

The Commando Wolves Program is an innovative children's martial arts program that was specifically designed to challenge and develop the skills of a pre-teen. This program targets the characteristics of pre-teens and utilizes those characteristics to help them develop physically, emotionally, socially, and intellectually. The best part about their development is that they are learning and growing through martial arts training. Therefore, your child will build dynamic martial arts capabilities while gaining courage and confidence.

We will help mold your child into a leader, a dreamer, and a character that brings out the best in his or her personality. Martial arts capture children's undivided attention. That is what makes their positive growth and development possible. When a child chooses to participate in an activity that is good for them, they know it and support it. Children like to be their own individual who makes their own decisions. Training in the martial arts quite possibly will be the best decision they make during their adolescence.

How the Commando Wolves program works

The Commando Wolves program is split into two series: Commando Wolves beginners to Yellow belt 3 stripes, advanced Commando Wolves Blue Belt to Black belt, and the elites.

Within each series, your child will have to successfully complete each level of training. To complete each level, they will have 6 portions of curriculum to master. These 6 portions include the following:

1. Traditional material – this includes basic martial art moves, self-defense, and Patterns.
2. Dynamic performance – this portion of the curriculum challenges the student's skills and abilities in a way that increases their performance and intensity of their martial arts education.
3. Sport training – this includes the competitive hand-to-hand application of their martial arts training in a controlled manner.
4. Board breaking – This curriculum was implemented into the program to build the student's aim and accuracy of their martial arts abilities.
5. Physical development – The sooner a child learns the benefits of fitness, the better chance it will stick with them throughout their adulthood.
6. Intensity – your child will gain the ability to focus through fun and educational drills.
7. Commitment – your child will learn the value of commitment through their attendance record. They must attend 80% of their grading requirement.



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Here's a brief overview of how your child will advanced to each rank and graduate from the Commando Wolves program

1. There are 7 skills covered at each format grading rank of Commando Wolves program. At each belt level, your child will have to meet specific requirements for each skill in order to advance to the next level.
2. A new skill will be covered weekly. As your child meets each skill requirement, they'll earn a skill stripe. There are a total of 7 skill stripes.
3. During the 7-week testing cycle, your child must earn all 7-skill stripes in order to qualify to test for their next rank. The eight & ninth week of the term will set aside for revision and give any student the opportunity to earn a skill stripe they may have missed during the term. The tenth week of the term will be a fun and exciting class celebrating your child's achievements.
4. At each skill testing, your child will have to perform each of the 7 skill stripe requirements for their rank in front of a Team leader or instructor.
5. Once the student has achieved the 7 skill levels for each grade they will be eligible to grade to the next level.

The Commando Wolves home training advice

"The more you practice, the better you will be" we hear this line time and time again, but how often do we follow through on this valuable advice? We can't realistically come over to your home and make your child practice, nor do we want to be that kind of burden. After all, we understand that in this day and age, there are millions of things competing for your child's attention. But what if your child learned how to balance out their time? What if your child made a schedule that included study time, creative time, free time, chore time, and practice time? Although this does sound too good to be true, it can be if you help them. You may have to tighten the reigns here and there, but it can definitely be worth it.

To make your job a little bit easier, we've put together some tips and guidelines for your child to follow when they practice at home.

Here are tips for your child to remember

1. Avoid training in an area where you can get hurt, or hurt someone else, eg. play ground, swimming pool, slippery areas, uneven areas, or areas where there are a lot of obstacles in the way.
2. Avoid training when your friends are around. They can be distracting.
3. Avoid training in the heat without proper hydration available.
4. Avoid training late at night. This will affect your sleep.
5. The best place to train is in a wide-open room or in a safe yard late in the afternoon.