



NINJA WOLF PACK PROGRAM GUIDE

Welcome to the Ninja Wolf Pack program guide

This program was designed specially for children ages 5 to 8-years old. We realize that children this age have specific characteristics that differ from children younger and older than them. They are sharper and more focused than children 4 and under, however, they are still not quite ready to face the same challenges presented to children 9 to 12-years of age. Although some children between the ages of 5 to 8-years can keep up with older children, and in some cases, surpass them, the average 5 to 8-years old can benefit from a more specific type of training that will help them develop the best; physically, intellectually, emotionally, and socially.

The stages of development for children 5 to 8-years old have been studied. Research targeted 7 advanced skills that this particular age group is in the process of developing. Those skills are: concentration, perseverance, courage, intensity, speed, agility, technique, and flexibility. To complete the study and design the perfect curriculum for this age group, a thorough curriculum was developed and the Ninja Wolf Pack Program was born.

In the Ninja Wolf Pack program, your child will learn and grow in a process that accommodates their skills and abilities. They will train with other children in their age group, and not have to be distracted by younger or older classmates. This means that their training will not be slowed down due to the learning abilities of a younger child; and it will not be sped up to keep up with the capabilities of a pre-teen. This means better, more functional classes designed just for them. Your child will feel comfortable and more capable of achieving excellence. They are at an age where the more special they feel, the harder they will try.

Here's how the Ninja Wolf Pack program works

The 7 advanced skills selected for the Ninja Wolf Pack program were broken down into specific requirements that each student must tackle at every belt level. There are 9 belt levels total, which means that your child will dramatically progress through all 7 skills. This means your child will be sharper, more focused, and better developed physically, mentally, emotionally, and socially than a child who does not participate in a program strategically designed like the Ninja Wolf Pack program.

Here are the 7 advanced skills broken down in the Ninja Wolf Pack program

1. Concentration – your child will learn how to focus all of their attention to the task at hand while committing themselves to learning and growing.
2. Perseverance – your child will learn how to face challenges presented to them; knowing that the challenges will be difficult to complete.
3. Courage – your child will learn how to overcome fear and nervousness through training that initially seems intimidating.
4. Speed – your child will learn the components of speed and how to control their balance, body posture, and technique in the process.
5. Commitment – your child will learn the value of commitment through their attendance record. They must attend 80% of their grading requirement.
6. Traditional Taekwondo – your child will learn the fundamental components of good technique, which will make them great athletes.
7. Intensity – your child will gain the ability to focus through fun and educational drills.



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Here's how your child will advance through the Ninja Wolf Pack program

First, it is necessary to understand the importance of consistency in your child's training. If your child misses classes on the regular basis, it will affect their progress throughout the ranks, and your child will fall behind. To ensure proper development and a high level of motivation, make sure your child attends classes regularly.

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

1. There are 7 skills covered at each format grading rank of Ninja Wolf pack 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.

How to make the most out of your child's Ninja Wolf Pack experience

Each and every child who participates in the Ninja wolf pack program walks away with knowledge and education that will influence their life for years to come. It is our commitment to teach your child in the best, most positive environment possible. At home, it is up to you to encourage them and support them the best you can.

Here are some tips for you to review with your child to help make the most out of their training

1. Reinforce training at home – it is only when a child practices more than usual that they appreciate and recognize their hard work.
2. Attend their classes regularly – when you support their effort and motivation, they try harder.
3. Discourage consistent absences – consistency and commitment will be one of the best lessons your child learns.
4. Reward their achievements – when you recognize their accomplishments, they are more inclined to continue accomplishing.
5. Help them set consistent goals – the more they go for, the more they will gain.