

The Little Samurai Syllabus



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Introduction

Martial Arts is great for kids, the benefits are fantastic and will help in many areas of life, for many years to come.

The Little Samurai program covers 4 main areas:

- Safety Awareness
- Personal Values
- Fun Fitness
- Martial Arts skills

The benefits for children include increased confidence, an understanding of personal values such as discipline and self discipline, increased strength, improved fitness, coordination, flexibility and Safety knowledge to last a lifetime.

It is so important to include **plenty of fun and to give constant reward** for progress as it really keeps the young students enthusiastic.

All techniques we teach are very simple, consisting only of gross motor skills. This mixed with a balance of fun exercise, ever valuable safety skills and all important personal values makes for a very rewarding program.

We set small regular goals for the children to reach, it's great to see them progress and the excitement it creates each week in reaching their goals.

Have a look at the syllabus content, we'd like parents to be a part of the program. Having you on-board is an important part of the process and makes an incredible difference to your child's progress.

Be sure to let us know of improvements you notice in your child during the course of the Program. **Your feedback is appreciated** and a great help in keeping the Little Samurai Program moving forwards.

Above all, **have Fun and Enjoy the Journey ahead!**

Foundation

General Information

Questions

What is Martial Arts?
What is Ju Jitsu?
Why do we use Japanese Terminology?
When can you use your Martial Arts Skills?
Responsibility!

Basic Techniques

Attention Stance
Ready Stance
Defensive Stance

Snap Punch / Reverse Punch

Forward Roll

Why do we practice Breakfalls and Rolls?

Safety Awareness

What are Golden Rules of Safety?

Personal Values

What are Personal Values?

The 7 Modules

Module 1 – Discipline

Module 2 - Self Discipline

Module 3 – Respect

Module 4 – Focus

Module 5 – Excellence

Module 6 – Integrity

Module 7 - Commitment

Module 1

Discipline

Techniques

Attention Stance

Ready Stance

Defensive Stance

Snap Punch / Reverse Punch

Snap Kick – Front / Rear

Upward X Block

Back Breakfall Lying

Safety Awareness

What is a Stranger?

Personal Values

What is Discipline?

Japanese Terminology

Sensei / Sempai



Fun Fitness – Lets encourage kids to be active through fun and games

Module 2

Self Discipline

Techniques

Single Step Forward

Single Step Back

Horse Stance

Backfist – Front Arm

Foot Stomp – Rear Leg

Rising Block – Front Arm

Side Breakfall Lying

Safety Awareness

Who Should Adults Ask For Help?

Personal Values

What is Self-Discipline?

Japanese Terminology

Dojo / Gi

Fun Fitness – Lets encourage kids to be active through fun and games



Module 3

Respect

Techniques

Switch Stance

Sliding Snap Punch

Double Punch

Elbow Strike to Rear

Shin Kick– Rear Leg

Downward Forearm Block– Front Arm

Back Breakfall From Sitting

Safety Awareness

Keep Your Distance!

Personal Values

What is Respect?

Japanese Terminology

Rei / Hai



Fun Fitness – Lets encourage kids to be active through fun and games

Module 4

Focus

Techniques

Slide Forward

Slide Back

Double Step Forward / Back

Roundhouse Punch – Front Arm

One Step Snap Kick – Rear Leg

Inside Forearm Block – Front Arm

Front Breakfall from Knees

Safety Awareness

What to do if lost!

Personal Values

What is Focus?

Japanese Terminology

Hajime / Yame

Fun Fitness – Lets encourage kids to be active through fun and games



Module 5

Excellence

Techniques

Side Step Left

Side Step Right

Arm Flinch

Rising Punch – Rear Arm

Low Roundhouse Kick – Rear Leg

Outside Forearm Block – Front Arm

Forward Roll From Defensive Stance

Safety Awareness

Be aware! Trust Your Instincts.

Personal Values

What is Excellence?

Japanese Terminology

Ich, Ni, San, Shi, Go



Fun Fitness – Lets encourage kids to be active through fun and games

Module 6

Integrity

Techniques

Pivot

Pivot and Counter with Reverse Punch

Pivot and Counter with Front Kick

Palm Heel Strike – Front / Palm Heel Strike – Rear

Groin Kick – Rear Leg

Side Elbow Block – Front / Rear

Backwards Roll

Safety Awareness

Be Aware! Trust Your Instincts.

Personal Values

What is Integrity?

Japanese Terminology

Roku, Shishi, Hachi, Kyu, Ju

Fun Fitness – Lets encourage kids to be active through fun and games



Module 7

Commitment

Techniques

Forward Stance

Downward Evasion

Double Switch

Front Elbow Strike / Back Kick to the Rear

Downward X Block

Basic Back Breakfall From Standing

Escape! – Drop, Kick, Roll and Run.

Safety Awareness

Shouting Out!

Personal Values

What is Commitment?

Japanese Terminology

Yoi / Mokuso / Mokuso Yame

Fun Fitness – Lets encourage kids to be active through fun and games



School Rules and Etiquette

Students, and spectators alike, must be quiet at all times during instruction in class. To be noisy during instruction is to disrespect the instructor. Turn off the volume on any electronic devices (mobile phones, etc) if present.

Parents and other spectators may sit in the supplied chairs around the mats, but can also sit along the edges of the mats if all chairs have been taken up. However, mat space is precious when training, so please take up as little mat space as possible. If you are sitting on the mats, be aware of the students training around you.

Always arrive to class at least 10 minutes prior to the beginning of class, earlier if you need to change. If for some reason you are late, once changed and ready to train, stay off the mats and wait for the instructor to invite you to join the group. When he/she does, bow to the instructor and step onto the mats.

In the Dojo we not only train physically in the martial art of Jujutsu, but we also train mentally, through self-discipline. The Dojo is a place of respect and therefore must be treated with respect.

Upon entering the dojo, always remove your shoes and leave them neatly in the designated area. Use the shoe rack whenever possible, or lay them neatly in rows in front of the rack. If they are muddy or very dirty, leave them outside.

Before stepping onto the mats, and before stepping off of the mats, bow to the front of the Dojo. This is important to show respect to the Dojo. If students need to leave the mats for any reason they must let the Instructor know. Do not just walk off the mats.

School Rules and Etiquette

...continued

Students must not wear any jewellery or piercing during training. It is not only a danger to yourself, but also to other students.

The student's uniform must be kept clean and tidy. It should be washed regularly and pressed if wrinkled. It would be wise to have two Gi's for that reason.

Do not bring drinks or food onto the mats. Water is allowed in a sealable container, since water should be consumed during physical activity.

Do not walk on the mats in shoes or socks, only bare feet, unless special circumstances require you to wear socks. Be sure your feet (or socks) are clean. It takes a fair bit of effort to keep the mats clean.

Martial Arts is never to be used outside of the Dojo unless in self-defence.

Once the instructor asks students to "Line Up" signifying the beginning of class, students must exercise self-discipline and focus. This is a time of learning and self-improvement.

Students must remain still and focused during instruction. This ensures a pleasant training environment for everyone, and is respectful to both the instructor and the other students.

Students will also remain silent during class unless instructed otherwise. Do not interrupt the instructor while he/she is speaking. Quietly get their attention, perhaps with a raised hand, and wait for them to acknowledge you.

School Rules and Etiquette

...continued

Uniform and Hygiene

Training with other students is essential to martial arts. Students rely on each other to practice their techniques. In order to work together in such close proximity students need to have good hygiene. To respect the school and the instructor you also need to maintain a clean and tidy uniform. These two aspects also reflect your level of self-discipline.

Students must be clean with no offensive odours in order to train with the group. It is only natural to perspire during training, but body odours can easily be covered up with deodorants. However, please understand that strong scented perfumes and colognes are also offensive odours that can detract from a training session.

Students must keep fingernails and toenails trimmed, clean and neat.

Arrange long hair neatly so it does not interfere with training. (i.e. Pony tail, braid)

The Rotating Curriculum

The Rotating Curriculum allows all students in the class to follow the same Curriculum, learning the same techniques at the same time. This helps to prevent students from becoming distracted by others who would otherwise be learning different techniques and information at the same time.

Students progress in the System by completing a level as laid out in this book. Eventually they will complete all 7 levels, although not necessarily starting with Level 1.

For example, a new student may start at say level 4 if that is what the rest of the class are learning at that point, however, his 7 modules would then be in the order 4,5,6,7,1,2,3

Two students may actually be learning the same techniques but be awarded with different Belt colours as it is the number of levels completed that dictates what colour belt is achieved.

Please do not hesitate to ask if you require any clarification.

Practice At Home

Without doubt, the greatest improvements are noticed in the students who practice at home with their parents. It in fact makes an huge positive difference.

Just a few minutes a couple of times per week will help and it's great to have parents on-board or even better by encouraging what we are teaching.

Children need to make progress constantly and consistently. This is exactly what they achieve in our Little Samurai Martial Arts Program. Parents notice improvements very early on and they continue throughout. When you do practice at home be sure to make it as much fun as possible.

Go through the techniques for each module, go through the information too. You'll be pleasantly surprised in the information your children are learning regarding safety awareness and personal values.

There is a great deal of information made available to you. Be sure to go to www.tadashii-do.com and sign up for the Newsletter so we can ensure you receive all the help you need.

Welcome to our Martial Arts Family, we look forward to making a positive impact with you and your child for a long time to come.

Please do not hesitate to contact me directly if you have any questions.

Sensei Malcolm Bale

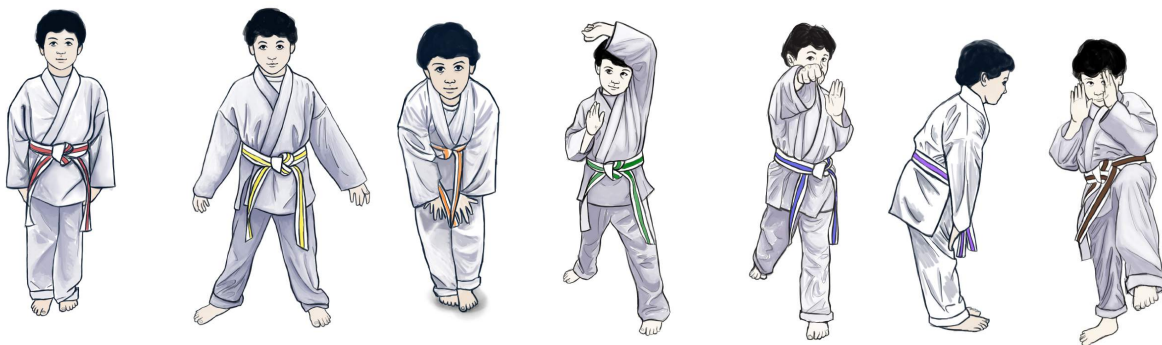
Chief Instructor
The Little Samurai Program

Track Your Progress

Module	Date	Signed
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Get all the help you and your child need to Succeed in our program.

"The Little Samurai Program"



Visit Our Website -
www.tadashii-do.com

