

# **HOW CAN WE HELP IMPROVE YOUR CHILD'S BEHAVIOR AT HOME AND PERFORMANCE AT SCHOOL THROUGH MARTIAL ARTS?**

First of all, Dragon Gym Children's martial arts programs are age specific. That means the programs are specifically designed to be appropriate for a child's physical, intellectual, social and emotional stage of development.

The EARLY group is for 3-4 years olds catering to their need for play and imagination while developing primary physical skills.

The BASIC group is for 5-6 year olds catering to their enthusiasm and new desire for creativity and problem solving, In addition to a higher level of physical instruction they are also now able to follow higher level instructions and task.

The CORE group is for 7-9 year olds suited for their more advanced vocabulary, listening skills and problem solving ability. The program teaches them more advanced physical skills while encouraging more independence and personal responsibility.

Finally, our EXTREME program is for 10-14 year olds. They are highly intelligent, eager to learn and ready for more physical challenges. Our program combines this need for a challenging program with the guidance needed to help manage the social and emotional instability that comes with adolescence.

## **The Three Key Areas of Our Program:**

Martial Arts Technique, Academic Performance, Behavior and Discipline at Home

### **Key Benefits:**

- Improve Concentration, Focus, and Listening Skills
- Develop Discipline and homework habits
- Attain Confidence to ask questions
- Learn How to peacefully resolve conflicts
- Develop Respect for themselves and others
- Achieve Academic Excellence

## **The Dragon Gym Gold Star System**

The three key areas of the children's martial arts program are tied together by our belt promotion and gold star system. The martial arts system inherently teaches children about setting short and long-term goals. The long-term goal is Black Belt and the short term goals are the color belts.

Children learn how to break down a large task into smaller attainable pieces. When they are successful in these small steps they develop confidence and eventually leadership.

With each belt test we are going to ask for feedback on how your child is doing at home and at school. So, we'll need some information when it comes times for a belt promotion.

On the student's test form, you'll let us know if your child is doing "Excellent", "Good" or "Poor" at home in terms of attitude, behavior, listening, getting along with siblings, etc. We also ask that you get similar feedback from your child's school-teacher.

As long as a student receives "Good" from both you, the parent, and his/her school teacher, they will be eligible for belt promotion.

If you child receives two "Excellent" scores then they will be awarded a Gold Star at the belt promotion.

Finally, if any "Poor" ratings are indicated a conversation between the instructors and parents should occur. During this conversation, we will discuss ways to improve this rating and if belt promotion should be withheld for a period of time.

Please let me know if you have any questions about our approach and the Gold Star System.

Sincerely,

Somnath Sikdar  
President  
Dragon Gym Martial Arts & Fitness