

# My Little Dragon Workbook



*"While we try to teach our children all about life,  
our children teach us what life is all about."*

*- Angela Schwindt*

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# Parent Section

## Welcome!



Dear parent,  
Congratulations! You have made an important decision to invest in your child's future by joining our exclusive Little Dragons program for children aged 4-7.

At Black Belt Excellence Martial Arts Academy, we truly believe that children are a gift. As such, we continue to invest considerable time, money, and energy, to offer you the highest quality experience, education, and resources, such as this ground-breaking "My Little Dragon Workbook."

To make the most of this workbook, we suggest the following tips:

- Have your child write their name on this workbook.
- Make sure your child brings their "My Little Dragon Workbook" to every class and every belt promotion exam.
- Read the entire workbook yourself, especially the Parent Section.
- After every class, ask your child what they learned, to reinforce their learning.
- Take a moment to review your child's work and drawings.
- Praise your child on their workbook activities.
- Follow the tips provided in the Parent Section.
- Provide us with your constructive feedback as to how we can continually improve this workbook and our program.

We welcome your child to our Little Dragons program and hope that he/she will greatly benefit from their martial arts training and education for many years to come.

Thank you for your continued support.

Yours in Taekwon-Do,

Phil Nguyen, B.A.Sc.Man., 6<sup>th</sup> Degree Black Belt  
Amelia Nguyen, B.A., 4<sup>th</sup> Degree Black Belt  
Justice Nguyen, World's Youngest Martial Artist

## Benefits of Training

*"We believe that children are a gift and have unlimited potential to become outstanding Black Belts, Champions in Life, and Leaders in Society."*

The early stages of a child's formation and education are critical as they will build a foundation of values, beliefs, skills, and habits that could last a lifetime. Our goal is to help you in making sure these values, beliefs, skills, and habits are positive.

We hope that by participating in our exclusive program, your child will get a leading edge in life and that he/she will gain some of the following benefits:

- Develop a greater sense of self-confidence
- Develop his/her self-esteem and a sense of self-worth
- Learn polite greetings and polite manners
- Learn the importance of self-care
- Act respectfully toward family members, teachers, and others
- Increase focus and concentration
- Enhance memory and listening skills
- Develop physical balance, flexibility, and coordination
- Learn to live and play safely
- Increase awareness of body and space
- Show self-control
- Understand responsibility
- Learn to share and promote teamwork
- Make friends and encourage socialization
- Develop a love of learning and motivation for their martial arts skills
- Be a good person and a contributing member of society



## Levels of Child Development

*"It is easier to build strong children than to repair broken adults."*

Our teaching methods are based on the best martial arts teaching practices, child psychology, and learning development principles providing your child with a fun and dynamic experience in a positive, safe, supportive, and disciplined atmosphere.

Through various physical activities, interactive role plays, and workbook activities, your child will develop various skills and abilities in the following levels of learning in child development (Source: National Organization for Education of Young Children).

- ❑ **Physical:** Using the body's large muscle groups as well as the fine motor skills.
- ❑ **Emotional:** Expressing and understanding a range of emotions and how to cope with them.
- ❑ **Social:** Learning about your community, group interaction, and varying behaviour for social settings.
- ❑ **Cognitive:** Collecting facts and information about the world to understand daily life.
- ❑ **Meta-cognitive:** Asking questions about thoughts, learning strategies, and solving problems.
- ❑ **Creative:** Expression through drawing, movement, imagination, and group and individual work.
- ❑ **Moral:** Learning about right and wrong.

## Little Dragons Unique Curriculum

### *What is the Little Dragons program?*

*It is an exclusive program for children aged between 4-7 that integrates the learning of martial arts skills, life skills, and safety skills.*

The goal of our program is to prepare our young students for life and to promote them to our Junior Achievers Program (ages 7-13) by the time they turn around seven years old. Each student's suitability for a belt promotion exam is evaluated on a case-by-case basis according to the student's age and maturity level and other factors.

Our unique curriculum consists of martial arts skills, life skills, and safety skills.



