

WCRB Karate
P.O. Box 7450
Arlington, VA 22207

Dear Parent:

Thank you for choosing WCRB Karate for your toddlers exercise needs. In this session, we will be concentrating on three (3) areas of development consistent with the growth of your child.

First, is muscle growth and maturation. While your infant has a long way to go before maturing, the exercises we have chosen for our **warm up** portion of the program are specifically designed to stimulate growth and put your child on the path to having a vibrant, lean, healthy body as they get older.

Second, we infuse the seeds of coordination, balance and body control with our **mother approved** tot **karate** technique portion of the program.

Third, every class ends with **challenge games**; games that are designed to improve your child's problem solving ability, memory, cognitive development, lead follow ability and gross motor skills.

We also sprinkle every class with a liberal amount of word association, counting, spelling and examples of things that will make their behavior socially acceptable.

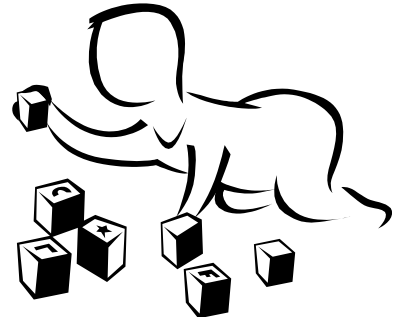
I have attached a typical class schedule to this letter. If you have any questions please call me personally at 703-241-9272.

Sincerely,
Rod Batiste
World Karate Champion

Typical Dragon Tot Schedule

First 15 Minutes: Warm ups

- Hopping on both legs, hopping on one leg
- Upper body jumping jacks, lower body jumping jacks, full jumping jacks
- Bunny hops
- Gallops
- Duck walk
- Relay races
- Head rolls
- Shoulder rolls
- Single leg stretch, double leg stretch
- Tables / progressive tables
- Butterflies



Second 15 Minutes: Karate

- Attention position
- Bow
- June Bee position
- Defensive stance
- Double punch while in traditional stance
- Single punch while in traditional stance
- Alternating punching in traditional stance
- Rising block in traditional stance
- Down block in tradition stance
- Crane one leg stance
- Crane one leg kick

Benefit to be gained

Self control /Discipline

Respect

Concentration/control/discipline

Body control

Coordination

Coordination

Coordination

Coordination

Coordination

Balance

Balance

Third 15 Minutes: Targets, Belts or Nunchaku's

- Circle run
- Snake
- Figure Eight
- Rubix cube
- Nunchaku man

Memory/problem solving

Problem solving/cognitive enhancement

Problem solving/cognitive enhancement

Problem solving/cognitive enhancement

Memory/ problem solving