

Kuk Sool Kids

Juniors 4-12 years

The Super Six



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All of our classes are age and ability (belt) specific. Each class is named after one of our Super Six characters: Tiny Tigers, Tigers, Cranes, Mini Mantis, Mantis & Dragons. Every Junior class includes Kuk Sool Won™ syllabus material, but the detail is differentiated to suit the needs of the class. For example: Tiny Tigers classes focus on listening and concentration skills through the medium of martial arts. Dragons classes, and our invitation-only Mini Masters Club, provide physical and mental challenges for the advanced students.

Learning

All Junior classes (excluding Dragons) follow the same 10-Week Learning Programme. This programme ensures that every student has covered the syllabus material for their next belt level at least twice between testings. Of course students training more than once a week have more opportunity for cementing their learning. Instructors also use a Foundation Skills Checklist to incorporate physical martial arts skills in every class.



Stars Scheme



CMAC's Stars board in Reception displays every Junior student's photo. Each coloured section of the star represents the number of 'patches' a student has earned e.g. White Star = 5 patches. There are also personalised **booklets** for students to tick off these patches.

One week of every month is '**Patch Week**'; where students learn how to perform a specific martial arts skill. Students are awarded the skills patch at the end of the class if they have achieved success.

RESPONSIBILITY ©

EFFORT ©

TEAMWORK ©

COMPASSION ©

Each month students are also encouraged to show the '**Word of the Month**'. These are different character qualities. Unlike skills patches, these badges are awarded to one student from each class who has best demonstrated the character quality. We ask parents to give us examples of when students have shown these qualities at home or at school.

Patches may only be sewn on T-Shirts, not on Uniforms. Stars can be collected from Reception.

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Kuk Sool Camp

We run day camps at CMAC during school holidays. Campers participate in fun martial arts games and also get the chance to try out new skills not usually taught in classes. Korean archery is a firm favourite. Each camp also follows a current theme. At summer camp the campers particularly enjoy the Water Blaster Battles!



Birthday Parties

Kuk Sool Kids Birthday parties are two hours of martial arts fun and games including activities such as foam weapons, sparring, inflatable air track and wood breaking. The birthday boy/girl also gets to become a Black Belt for the party and cut their cake with a sword.

Top Tokens Scheme

TOP stands for 'Teaching Other People'. We have a great system which encourages Juniors to take on leadership roles in lower grade classes. Leaders must pass a Token Test in order to earn tokens in return for helping out in class. Tokens can be spent at the CMAC Shop or saved up for private classes.



Competitions & Meeting the Grandmaster

There are tournaments throughout the year for everyone to enter, including White Belt beginners. Our youngest competitor at the Europeans was not even four years old. The Grandmaster also visits CMAC annually for a special class and to sign your belt.



Testings (Gradings)

These take place every quarter and provide an opportunity for all students to demonstrate what they have learnt in class. Progress/attitude are awarded with a stripe/tab on the current belt. Competency of the syllabus is awarded with a new belt.

