



Welcome to the WestWind Early Skills Program

Children between the ages of 3 and 4-years old are in a very distinct growing stage. They are embarking on new discoveries everyday and learning how to cope with all of the challenges. Their intellect, emotions, physical capabilities, and social competence all are growing at a rapid rate. So fast, that they often overlook what's important and can hardly tell the difference between right and wrong.

That's where the WestWind Early Skills Program comes into play. Our program was specially designed for the stages of development of 3 and 4-year olds. We collected scientific and psychological resources regarding this age group, and used that information to ensure that our program meets each child's characteristics and capabilities.

In the WestWind Early Skills Program, each child will experience training that targets the 8 "early" skills that they are all currently developing. These skills include: kicking, punching, blocking, crawling, hopping, rolling, running, and catching. Each skill has been broken down into age-specific exercises, games, activities, and drills that compliment their stage of development.

We use the Martial Arts approach to building their skills through these drills. The approach includes reinforcing good discipline, displaying confidence, and maintaining a positive attitude. Technical Martial Arts training is very limited when it comes to traditional moves and techniques. We reserve that portion of development for the older children who have set a clear foundation of what we consider the preliminary requirements to martial arts training.

With this in mind, we want to reinforce that Martial Arts training extends way beyond kicking and punching. That's why it may appear that your child is not learning enough Martial Arts in class, but the fact is they really are. The customary discipline protocol is Martial Arts. This includes standing at attention when commanded, responding with respect by saying "yes sir" and "yes ma'am", bowing to the dojo and each other, and maintaining a positive attitude. With professional Martial Artist as the role-model instructors, and the mixture of fun games and activities with basic kicks, strikes, and blocks during class, your child's first exposure to Martial Arts training will generate results!

Introduction to the WestWind Early Skills Program

This program was designed to target age-specific skills for children between the ages of 3 and 4-years old. This program was designed to introduce early skills training to the pre-school age group, which has limited physical, intellectual, social, and emotional abilities. With that said, more emphasis is placed on building early fundamental skills training with a strategic balance of Martial Arts.

Here's a brief overview of how the program works:

1. There are 8 WestWind Early Skills that each student must develop continuously as they advance in rank.
2. The 8 skills are taught individually so that a student training two times per week will work on all 8 skills over a course of four weeks.
3. The testing cycle is a total of 9 weeks, 8 weeks to cover each skill twice with a week of review to ensure proper development before testing.
4. The students' goal is to develop the necessary challenges per skill.
5. As the student accomplishes each skill requirements, the student will earn a skill tab.
6. The student's goal is to collect all 8 skill tabs within the 9 week testing cycle in order to test for the next rank.
7. As each student earns their new, they will proceed to earn all 8 skills tabs based on the next belt requirements per the testing chart.
8. Once the student's reach the rank of Dragon belt, they will graduate from the program and move on to the next program.

The goal for this program is to establish early skills that are significant in a typical child between the ages of 3 and 4-years old. All students that graduate this program are considered knowledgeable in the skills provided and therefore qualify to move onto a more advanced program. For more information about the next program, please see the front desk.

WestWind Early Skills Belt Structure

The Early Skills program has a total of 9 belts evenly divided by experience level: beginners, intermediates, and advanced. For each experience level, the curriculum assembles a format that utilizes similar skill application techniques, but varies in the level of difficulty from belt to belt. For example: the 3 beginner belts work snap kicks for the

Here's the WestWind Early Skills Belt Structure:

Beginners Belt Ranks:

1. White Belt
2. White-Yellow Belt
3. White-Orange Belt

Intermediate Belt Ranks:

4. White-Purple Belt
5. White-Blue Belt
6. White-Green Belt

Advanced Belt Ranks:

7. White-Brown Belt
8. White-Red Belt
9. Dragon Belt

About WestWind Early Skills Instructors

Learning is a process. Our instructors understand the importance of the steps involved in learning and are capable to encourage and instruct a child while reinforcing the benefits to learning. Our instructors are trained to meet the needs of each individual, and how to reinforce proper development and behavior with little or no disciplinary action. We have established a positive learning atmosphere that makes learning and growing fun.

Your role as a parent

Self-esteem is very important in a child's everyday life. Self-esteem refers to how a person feels about themselves. To a 3 and 4-year old, self-esteem is something that they personally do not understand, but experience crossroads with everyday. As a child, self-esteem plays an important role in how well they learn and grow. Studies have shown that children who think very little of themselves may do inadequately socially, emotionally, at school, and in extracurricular activities. At the same token, those children who truly believe in themselves can really excel.

Here are 3 easy steps to help your child "learn" self-esteem:

1. Avoid using the word "can't". When a child uses the word can't, he or she is expressing that they "don't know how to" or "they don't want to". Once they say the word "I can't" they usually do not put any effort into the task at hand. Showing the child how to work through challenge's, or showing the positive out of doing something will prove to be a very important lesson that they will need throughout their life.
2. Always have positive expectations for your child. If you express to your child that you believe they can do something, then they will probably think so too. Keep in mind that your positive expectations need to be age-appropriate and attainable. You must also back up your support by working with them to achieve their goals. Avoid giving up on your encouragement and efforts to help them. By showing consistency in your support, you will create consistency in their effort and attitude.
3. Teach your child how to see the positive side of his or her inadequacy. When your child is unsuccessful, help him or her discover from errors. Ask thought provoking questions such as "what would you do differently next time?" or "what do you think you need to work on to do even better?" Also let them know that you are proud of their efforts by saying things such as "you are already successful because you are showing courage by trying". Reinforcement like this can make a big difference in how your child perceives challenges.

Congratulations on your decision to enroll your child in the *WestWind* Early Skills Program! We are confident that your child will enjoy our classes, and have wonderful experiences. Within weeks of your child's training, you will notice measurable results!