



Welcome to the WestWind Basic Skills Program!

This program was specifically designed to target the stages of development of 5 and 6-year olds. The curriculum in the Basic WestWind Skills Program includes years of research and development proven effective for this age group. Our goal for the WestWind Basic Skills Program is to maximize the effectiveness of each participants training with valuable lessons that will enhance their life.

The WestWind Basic Skills Program is a preliminary Martial Arts training course that focuses on building 5 and 6-year olds capabilities; physically, emotionally, socially, and intellectually. We call this program “Basic” Skills because it will help each child properly develop the basic fundamental skills they are currently acquiring at this age. We are confident in what our program can do for your child.

Children this age are in a unique growth period in their life. They are refined in their gross motor skills, while establishing a foundation in basic fundamental skills. These basic fundamental skills include: focus, teamwork, control, balance, memory, discipline, fitness, and coordination. In any other sport of activity, all of these 8 skills are important to have. The more exposure to proper development in each of these skills, the better your child will be. For this reason, we have tailored a 9-level training course that increases the intensity of each skill at every level.

In the WestWind Basic skills Program, your child will train in an environment that is just right for them. They will train with other children in their age group, and not have to be limited or overwhelmed by younger and older children. Each class will accommodate every student’s skills and abilities in a way that is not overly demanding or intimidating. That means more age-specific instruction with better results. We guarantee it!

Again, welcome to the Basic WestWind Skills Program! Congratulations on making the decision to significantly enhance your child’s growth and

Introduction to the WestWind Basic Skills Program

This program was designed to target age-specific skills for children between the ages of 5 and 6-years old. This program was designed to introduce skills training to the early elementary age group, which has basic physical, intellectual, social, and emotional abilities. With that said, more emphasis is placed on building basic fundamental skills training with a strategic balance of Martial Arts.

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

1. There are 8 Basic 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 belt, 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-Black belt, they will graduate from the program and move on to the next program.

The goal for this program is to establish basic skills that are significant in a typical child between the ages of 5 and 6-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.

The West*Wind* Basic Skills Belt Structure

There are a total of 9 belts in the West*Wind* Basic Skills Program. The belts are also broken down into 3 experience levels: beginner, intermediate, and advance. Also, each experience level has its own uniform to distinguish the student's level of experience.

Beginners Belt Ranks:

- White Belt
- Dragon-Yellow Belt
- Dragon-Orange Belt

Intermediate Belt Ranks:

- Dragon-Purple Belt
- Dragon-Blue Belt
- Dragon-Green Belt

Advanced Belt Ranks:

- Dragon-Brown Belt
- Dragon-Red Belt
- Dragon-Black Belt

About West*Wind* Basic 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.

How to make the most out of your child's West*Wind* Basic Skills training

Each and every child who participates in the West*Wind* Basic Skills Program walks away with knowledge and education that will influence their life for years to come. It is our commitment to teach your child in the best, most positive environment possible. At home, it is up to you to encourage them and support

Here are some tips for you to review with your child to help make the most out of their training:

1. Reinforce training at home- it is only when a child practices more than usual that they appreciate and recognize their hard work.
2. Attend their classes regularly- when you support their effort and motivation, they try harder.
3. Don't allow them to be tardy to class- tardiness will make them feel uncomfortable, and teaches bad manners.
4. Discourage consistent absences- consistency and commitment will be one of the best lessons your child learns.
5. Reward their achievements- when you recognize their accomplishments, they are more inclined to continue accomplishing.
6. Help them set consistent goals- the more they go for, the more they will gain.

These tips prove to be invaluable to a child's growth and development. In a world competitive to capture your child's attention, the *WestWind* Basic Skills Program does so in a way that will greatly influence their childhood. Congratulations for again making the decision that will support your child's future!