

Introducing the Internationally Acclaimed SKILLZ Signature Program!

Young people are working out who they are and where they fit in the world. They try out different identities, experiment with different styles of dress, and try out a range of activities and hobbies. The SKILLZ Signature program is not just a Martial Arts activity, it's a community!

Teens will come into contact with other positive teens and adult role models that will leave a lasting impression through their most important years of growth and development. This program is also for younger children who have exceptional skill in their stage of development, aka, anomalies.

By Understanding the Stages of Development of Teens and Anomalies, We Selected 8 Skills That Make Up the SKILLZ Signature Program:

- 1.) FORCE:** how much height and/or power can you generate.
- 2.) SHARPNESS:** how clean are your movements.
- 3.) ENDURANCE:** how long can you perform without looking tired.
- 4.) QUICKNESS:** how quickly can you perform a technique and/or transition from one move to the next.
- 5.) CREATIVITY:** how well can you blend your own touch on the movements.
- 6.) CADENCY:** can you add rhythm and rise and fall in the overall pitch.
- 7.) SYNCHING:** performing movements together with perfect timing.
- 8.) PERFORMANCE:** how awesome do you look when putting all the pieces together.



We Also Divided the Curriculum Into the Following Categories, Which Are Rotated Through Every 10 Weeks:

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| 1. KICKS & ACROBATS | 3. WEAPONS |
| 2. CREATIVE FORMS | 4. TRICK BREAKING |

The Curriculum is Further Broken Down Into 3 Distinct Levels:

- **BEGINNER:** Elites or Anyone That Hasn't Completed at Least 1 Signature Testing Cycle.
- **INTERMEDIATE:** Anyone That Has Completed 1 or More Signature Testing Cycles.
- **ADVANCED:** Anyone That Has completed 2 or more Signature Testing Cycles.



Students are allowed to choose which version of the curriculum they would like to follow. They will only be restricted by the pre-requisites listed above; the instructors will coach & help guide them to the appropriate level if they are a bit too ambitious. This allows the students to challenge themselves, which will further motivate them to train.

We cover 1 category per training cycle, which are each 10 weeks long. During each class, we run a warm-up; deliver a mat chat about the character; run two or three skill-building drills; and then we work on their performance for the particular category. The students do not wear a belt or a traditional Martial arts uniform. They sport the SKILLZ Signature t-shirt and Training Pants. As they complete each category, they earn a wristband.

As you can see we take Martial Arts training to a whole new level! We use "cool" elements of Martial Arts curriculums to build a program that caters to the teens' preferences' in training. This means that your child will learn an activity that is not only fun, but at the same time builds cool skills. The best part is the SKILLZ Signature program will equip your child with skills that will help them in every area of their life.

Through the SKILLZ Signature Program, they will become Martial Arts Athletes!

