

# Tae Kwon Do

Red Dragon



## FACT SHEET ON CRIMSON DRAGONS SELF DEFENCE TARGETTING 5-7 YEAR OLDS

Crimson Dragons is a programme that has been developed and has been successfully running since 2008.

Our main goals at Red Dragon Tae Kwon Do is to create a fun environment for all children while introducing the basics of tae kwon do which includes.

- Stretching for improved flexibility.
- Fitness exercises for improved strength, speed and also for a healthy body.
- Basic Kicking and Punching as well as basic self-defence moves so the children can learn how to protect themselves against bullies.

We try to make as fun as possible for all children by introducing many games as we can.

Games and activities include exercises such as.

- The jumping frog: where the children jump up and down like a frog around the room.
- Duck duck goose
- Obstacle courses: including tunnels and jumps.
- The toe tapping game: to teach children strong movement and spatial awareness as well as keeping them on their toes.
- Shoulder tapping game: Teaches the child to block which increases their reflexes



*2010 Crimson Dragons Class with Instructor Adam Hopper*

We run the program to coincide with the School Term, roughly for ten weeks. We set small achievable goals, which can be achieved throughout the ten weeks.

For example: In ten weeks goals may include the children to break a board, show proper punching and kicking techniques, or being able to do push-ups and sit-ups.

After each 10 weeks if the children have successfully passed their test we will give them a coloured stripe on their belt. Once they have received seven stripes the children will move up to the next class which is called Junior Dragons (10-12 Year old Training). This gives the children a sense of achievement and something to work towards.

# Tae Kwon Do

*Red Dragon*



This class continues with the fun and training that further improves and develops the skills that they have already learnt.

We as instructors find it rewarding to see the children grow and develop as they move through the program. Become fitter and more confident in them. This is an achievement that we strive to achieve.

Every week we train a trophy is awarded for student of the week which helps the children to be more focused and try their best.

We at Red Dragon Tae Kwon Do strive to provide all children with a program that enhances their physical development through interactive sports.

All students can come try their first lesson for free, so parents can satisfy themselves that their kids will want to do this training before committing to it.

If you have any questions or comments about this program, please contact John Tsoutis at:

[jtsoutis@gmail.com](mailto:jtsoutis@gmail.com) or call 0419 165 416.

Or our Program Instructor Adam Hopper at:

[adam-hopper1@hotmail.com](mailto:adam-hopper1@hotmail.com) or call 0435 884 304.

Or have a look at our website at [www.trytkd.com](http://www.trytkd.com)