

Lil Dragons Program

The Lil Dragons Program for young Children has been honed and fine tuned over the years. Structured with the little ones in mind this special class addresses the fundamental needs and skill levels of the 4 to 7 year old members. Just a reminder to a parent/s just signing their child up for our program. You have taken a very valuable step. Helping your child grow up with strong character and self-esteem is arguably one of the most important task of parenthood. The child with good self -esteem has the best chance of becoming a successful and happy adult. The Martial Arts instructor and the parent/s work together as role models to help instill and nurture this sense of self esteem within the child. Often times this is an ongoing process focusing on learning Respect, Communication and Attention, Discipline, Responsibilities, recognition and Praise, and Success. As parents you want the best for you children. Training in the Martial Arts is a structured, time proven way of learning how to focus on goals, the methods needed to achieve them, the patience of learning skills one step at a time, and the positive reinforcements children need. When a child can take pride in his/her actions and what he/she can accomplish, the child gains a sense of direction and purpose, increased confidence, and improved feelings of self – esteem. Once again, congratulations on making this very important decision of enrolling your loved one in our Martial Arts Program.

Our Lil Dragons Program to is designed work on the following attributes

Introduction to the Martial Arts

Basic Bully Prevention

Coordination and Motor Skills

Basic Life Skills

Learning to share

Seven Words of Respect

Discipline

Self Control

Focus

Learning to share

Self Esteem

And a whole lot of fun

Grandmaster Benjamin Michael Baird