



The Elite SKILLZ
Program

Age-Specific Martial Arts
training for the average
10 to 14-year olds

Red Dawn Martial Arts

Welcome to the Elite SKILLZ Program!

Hello Extreme SKILLZ Graduate,

Congratulations on your graduation from the Extreme SKILLZ program! You will now advance to the Elite SKILLZ program at Black Belt Candidate. Your curriculum now changes from a progressive format of skills, to one specific topic per testing cycle. This means that you get 10 solid weeks of training to help you build a solid foundation on that particular topic. There are 8 topics total, so there is a wide variety of new content that will take your skills to an Elite level!

Here is a list of the eight topics that you will be training on, also known as Elite SKILLZ:

- WEAPONS
- SELF-DEFENSE
- Creative FORMS
- DYNAMIC KICKING
- BOARD BREAKING
- SPARRING
- CROSS TRAINING (Mix Martial Arts)
- FITNESS/Nutrition

Once again, congratulations! The Elite SKILLZ program is very progressive and designed to MAXIMIZE your growth and development. This means that you are above your stage of development physically, intellectually, emotionally, and socially, compared to the average person your age. This is a very BIG accomplishment and is something you and your family should be VERY proud of!

3 Example on how the Elite SKILLZ – Curriculum Work

Here's how Continuous Dynamic Kicking works:

1. There are eight testing requirements as follows:
 - 1) GRACEFULLNESS
 - 2) RHYTHM
 - 3) ORIENTATION

- 4) FLUIDITY
 - 5) EXECUTION
 - 6) REFLEX
 - 7) KNOWLEDGE
 - 8) TIMING
2. The student will practice one skill per class.
 3. The first drill will simply be on practicing on the mechanics of the kicks, followed by a few skill-challenging drills.
 4. On testing day, the students will run through the SKILLZ 1 – 8 testing requirements.

Here's how Creative Forms works:

1. There are eight testing requirements as follows:

- 1) GRACEFULLNESS
 - 2) RHYTHM
 - 3) ORIENTATION
 - 4) FLUIDITY
 - 5) EXECUTION
 - 6) REFLEX
 - 7) KNOWLEDGE
 - 8) TIMING
2. The student will practice one skill per class.
 3. The first drill will simply be on practicing on the mechanics of the testing requirement and form followed by a few skill-challenging drills.
 4. On testing day, the students will run through the SKILLZ 1 – 8 testing requirements

Here's how board breaking works:

1. There are four types of station breaks for this curriculum, divided as follows:

- **SPEED BREAKING:** This is when the board is held out to the side so that the board holders weight does not support the hold. Therefore the student must hit the board with great speed. There are two types of hold for speed breaks: supported speed breaks, where the board holder holds the board on the top and bottom; and unsupported speed break, where the board holder only holds the board on the bottom.
- **POWER BREAKING:** This is when the student breaks three boards or more in one kick or strike.
- **COMBATIVE BREAKING:** This is when the student breaks with two or more combinations in a non-stop motion with no pause in between breaks.
- **TRICK BREAKING:** This is when the student utilizes jumps, spins, obstacles, and/ or blindfolds to their break.

2. There are point values for each component of each break. For example, each additional board is worth an additional point, so if a student were to do a palm strike through 3 boards then that would equate to: Palm strike (1) + Extra board (1) + Extra board (1) = 3 points total.

3. The student must create a combination of the above breaks in four stations or less based on the following minimal point requirements:

- Elite Belts (BBC): 12 points
- 1st Degree Black Belts: 16 points
- 2nd Degree Black Belts: 20 points
- 3rd Degree Black Belts: 24 points

4. The students will practice the four types of station breaks, rotating one type per class with a variety of fun and interactive drills.

5. The student will be given a testing requirement form to fill out selecting their board breaks based on their minimal point requirements and turn in the form no later than 2 weeks prior to testing.

6. On testing day, the student will perform his or her selected board breaks and will

be score on the overall performance.

7. The student must score an average of a 3 or better in order to pass.

The following Elite Skills are compulsory to pass before you can qualify for Black Belt Grading: Weapons, Self-Defence and Board Breaking. Plus you must pass 3 of the following electives: Dynamic Kicking, Creative Forms, Sparring, Cross Training (Mix Martial Arts) and Fitness/Nutrition.

1st Dan to 3rd Dan must pass all 8 Elite Skills test before they can grade for their next Dan.

At the end of each Curriculum each student will receive their new Chevron patch and SKILLZ testing certificate upon passing the test.

Additional Requirements

1. Black Belt Candidates MUST help teach or assist with teaching one (1) class per week.
2. Black Belt Candidates MUST/AND SHOULD KNOW all the Tae kwon do patterns from pattern #1 to pattern #9.
3. Black Belt Candidates should have competed in at three (3) tournaments in the six (6) prior to the Black Belt Grading. One in house and two outside tournaments.
4. Before Black Belt Grading all black Belt Candidates should know all the common Korean terminology.
5. Sparring techniques should show good offensive and defensive skills.
6. SHOULDER ROLLS- must clear at least three pads.
7. All Black Belt Candidates should have respect for others and for the Art of Tae Kwon Do, and be eager to learn. They also must have a good attitude.
8. For the Black Belt Candidates who meet all these requirements, you will be notified by Master Marcano if you are to qualify.
9. Upon being selected for Black Belt grading, all Candidates will be required to write an essay (minimum (3) pages long) on Your Tae Kwon Do Journey from White belt to Black Belt.
10. On grading day all Black Belt MUST wear a CLEAN WHITE uniform.

About our Elite SKILLZ Instructors

Learning is a process. Our instructors understand the importance of the steps involved in learning and are capable to encourage and instruct a student 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 son or daughter's Extreme SKILLZ training

Each and every student who participates in the Elite SKILLZ 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 them the best you can.

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

1. Reinforce training at home- it is only when they practice 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 your son or daughter's growth and development. In a world competitive to capture your son or daughter's attention, the Elite SKILLZ Program does so in a way that will greatly influence their life. Congratulations for again making the decision that will support your son or daughter's future!