



The Extreme SKILLZ
Program

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

Red Dawn Martial Arts

Welcome to the Extreme SKILLZ Program!

This program was specifically designed to target the stages of development of 10 to 14-year olds. The curriculum in the Extreme SKILLZ Program includes years of research and development proven effective for this age group. Our goal for the Extreme SKILLZ Program is to maximize the effectiveness of each participants training with valuable lessons that will enhance their life.

The Extreme SKILLZ Program is a preliminary Martial Arts training course that focuses on building 10 to 14-year olds capabilities; physically, emotionally, socially, and intellectually. We call this program “Extreme” SKILLZ because it will help each student properly develop extreme skills they are currently acquiring at this age. We are confident in what our program can do for your son or daughter.

People this age are in a unique growth period in their life. They are refined in their gross and fine motor skills, while establishing a foundation in extreme skill development. These extreme skills include: dexterity, reaction, versatility, momentum, precision, instinct, strength, and vision. 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 son or daughter will be. For this reason, we have tailored a 10-level training course that increases the intensity of each skill at every level.

In the Extreme SKILLZ Program, your son or daughter will train in an environment that is just right for them. They will train with other peers within their age group, and not have to be limited or overwhelmed by younger or older students. 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 Extreme SKILLZ Program! Congratulations on making the decision to significantly enhance your son or daughter’s growth and development. Not only do we guarantee that your son or daughter will benefit from their training, we also guarantee that will have a lot of fun in the process!

Welcome to the Extreme SKILLZ® Program

This program was designed to target age-specific skills for children between the ages of 10 to 14 years -and- children that have completed preparatory programs such as the Core SKILLZ®, Basic SKILLZ®, and Early SKILLZ programs. These skills are comprehensive enough to challenge pre-teens and teens, yet attainable in a format that is fun to follow. This program is also systematic in format so that all styles can conform to the layout and develop talented Martial Artists up to the rank of Black Stripe.

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

1. There are 8 Extreme SKILLZ® that each student must develop continuously as they advance in rank.
2. The 8 skills are taught individually so that a student training 2 times per week will work on all 8 skills over a course of 4 weeks.
3. The testing cycle for the beginner level should be a total of 9 weeks, 8 weeks to cover each skill twice with a week of review to ensure proper development before testing.

The testing cycle for the Intermediate & advance level should be a total of 18 weeks, 16 weeks to cover each skill four times with 2 weeks of review to ensure proper development before testing.

4. The students' goal is to develop the necessary challenges per skill as outlined in the Extreme SKILLZ® testing charts.
5. As the student accomplishes each skill requirements, per the testing charts provided in this manual, the student will earn a skill stripe.
6. The student's goal is to collect all 8 skill stripes within the 9 or 18 week testing cycle in order to test for the next rank.
7. As each student earns their new, they will proceed to earn all 8 skills stripes based on the next belt requirements per the testing chart.
8. Once the student reaches the rank of Black Belt Stripe they must complete a test that covers all of the beginner, intermediate, and advanced curriculums so that he earns the opportunity to test for his junior Black Belt (See the Elite SKILLZ® testing chart for up to 3rd Degree Junior Black Belt Requirement).

The goal for this program is to establish extreme skills that are significant in a typical athlete between the ages of 10 to 14-years old. All students that graduate this program are considered knowledgeable in the skills provided and therefore deserve the right to advance to the prestigious rank of Black Belt Candidate. Proper execution of this program can build great Martial Artists in larger quantities than most traditional Martial Arts curriculums due to its comprehensive approach in age-specific training.

The Extreme SKILLZ® Belts

There are a total of 10 belts in the Extreme SKILLZ® Program. The belts are also broken down into three experience levels: beginner, intermediate, and advance.

Beginners Belt Ranks:

- White Belt
- Yellow Stripe
- Yellow Belt

Intermediate Belt Ranks:

- Green Stripe
- Green Belt
- Blue Stripe

Advanced Belt Ranks:

- Blue Belt
- Red Stripe
- Red Belt
- Black Stripe

About our Extreme 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 Extreme 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 Extreme 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!