

Phantom Tiger Tykes



Syllabus Summary

Aims and Objectives to deliver a new taekwondo –based class for girls and boys aged 4-6 years for fun, fitness, confidence, discipline and social, communication, movement and self-defence skills.

Foundation skills for an active, healthy and confident life



Experienced Instructors

Phantom Tiger Taekwondo has been running for over 14 years with several instructors having been involved with the club since the earliest days. Up to four sessions a week for students from five to fifty-something years including a variety of educational and physical needs plus a lifelong approach to advancing our own taekwondo skills as well as coaching expertise gives our instructors and assistants a great knowledge and experience base to call on in every situation.



Safety for children

All our instructors are DBS-checked, qualified in First Aid, and have undertaken Safeguarding Children training. We also have a designated Child Protection officer with additional anti-bullying qualifications. Community and club spirit is at the heart of everything we teach and do, to help children develop as confident and team-spirited young people who look after themselves and stand up for others.



Purpose-built Dojang

We train in our own premises, with two permanent safe matted floor areas, changing rooms, chill out and spectator area with refreshment and entertainment facilities, gym for the grown-ups and all the equipment your children need to have fun and stay safe available at every session.



Coaching is a serious business, but training must be fun

We've worked on this maxim since the beginning. Volunteers though our coaches and coaching assistants may be (this is a not-for-profit organisation- every single penny goes into the club)- we take our job of designing and delivering opportunities to learn together in a fun and memorable way. We think it's important that we lead by good example, that we communicate in a way our youngest Tigers can understand and that our students want to take part in every activity, every time.

Starting at white belt, we have a system of regular awards to recognise our youngest students' efforts and encourage them to try hard and master new skills. Classes are short and change activity regularly in line with young children's attention span and the energy spent in learning new skills continually. Parents can easily see and become involved in their children's journey. We understand that kids' hobbies and activities are expensive so we provide gear and keep uniform and costs to a minimum- we encourage kids to wear a club T-shirt with tracksuit bottoms, shorts or leggings- and other than a taekwondo license for insurance (£25 per year) and class fees (£20 per month) the only other cost is a belt grading (£25 inc. belt/certificate.)

Here's what our Tykes will learn:

Conduct	Aims	Objectives
Behaving in the dojang	We will lead by example, demonstrate and explain how a martial arts training hall (dojang) is special, and how to behave there.	<ul style="list-style-type: none"> • I know when to walk, not run. 1 • I know when to be quiet. 1 • I know when I must wear shoes and when not. 1 • I know when and how to ask to go to the toilet. 1 • I know how to ask a question or to tell my instructor something. 1 • I know how to sit smartly. 2 • I know how, where and when to bow. 3 • I know what things I can touch and which places I can go. 1 • I can sit still and quietly. 1
Tenets of taekwondo-rules for life	<p>We will behave in a manner fitting a black belt at all times and demonstrate by our actions how the tenets (rules) of taekwondo should be followed in and outside the dojang.</p> <p>We will explain the rules in words and concepts that small children can understand, using stories, discussions and role play.</p>	<ul style="list-style-type: none"> • I will be polite (Courtesy) 2 • I will be honest and truthful (Integrity) 2 • I will keep trying until I get it right (Perseverance) 2 • I will keep my temper and behave well (Self Control) 2 • I will be a positive person and see the best in everything (Indomitable Spirit) 2 • I promise to only use taekwondo to do good things against bad people (Tyke promise) 1
Respect for others	<p>We will lead by example and show respect to children, adults and animals.</p> <p>We will demonstrate by our actions and conduct and by guiding real situations the high level of respect expected in martial arts.</p> <p>We will discuss and explore circumstances where some people may not be treated with respect</p>	<ul style="list-style-type: none"> • I call my Instructors 'Sir' or 'Ma'am' or by their last names 3 • I know how to tell my instructor if I don't understand, and I follow his/her instructions. 2 • I understand that higher belt students have learned more than me so I will listen to their advice and help. 2 • I remember being a new beginner and I will treat lower grade students nicely, listen to

	and what is expected of our Tigers and good citizens.	<p>their questions and help them if I have a chance. 3</p> <ul style="list-style-type: none"> I know and understand that everyone gets the same chances and is treated properly no matter who they are or what they believe or can do. 3
Respect for property	<p>We will lead by example in treating personal and club property carefully and correctly.</p> <p>We will demonstrate and reinforce the right way to treat equipment and our training clothes.</p> <p>We will involve students in saving/raising money for and maintaining clean and safe equipment to help instil care and pride in their facilities.</p>	<ul style="list-style-type: none"> I can put pads and sparring gear back in the right place. 2 I know I should not throw, kick or damage pads, toys and books. 1 I know how to fasten up the Velcro on gear when I have used it. 2 I look after my belt. 2 I put my clothes, shoes and bottle in the right place. 1 I understand that breaking or losing things costs money. 2 I know what to do if I want to borrow a book or DVD. 3

Community	Aims	Objectives
Knowing nice from nasty	<p>We will take action if any negative behavior or attitude is displayed to stop it, explain it and correct it.</p> <p>We will commend and reward examples of positive conduct and being nice.</p> <p>We will discuss and explore being nice and being nasty through stories and brief histories relevant to taekwondo where possible.</p> <p>We will discuss some feelings/emotions and how they make us want to act.</p> <p>Bullying is never tolerated.</p>	<ul style="list-style-type: none"> I understand the differences between nice and nasty behaviours. 1 I understand that I should be nice to everyone normally. 1 I can tell if someone has been nasty to me and I know what to do (linked to SELF-DEFENCE) 2 I can recognise some of the feelings inside me that might make me want to be nasty or nice. 2 I know things to do instead if I feel like being nasty. 3 I know I can tell my instructor, teacher or parent about things that I think are wrong or which worry me. 2

		<ul style="list-style-type: none"> • I understand what a bully is and what bullying might look like. 3
Team Work	<p>We will explain the concept of being a team.</p> <p>We will act as a team and promote teamwork in all activities where it is appropriate.</p> <p>We will use games and competitions to reinforce the concept of teamwork regularly.</p>	<ul style="list-style-type: none"> • I understand what a team is. 3 • I can work as/in a team. 3 • I am a good loser. 2 • I am a good winner. 2
My Club	<p>We will show and explain the club logo and name and its history.</p> <p>We will display a unified club atmosphere and support for all our members in competition and daily life.</p> <p>We will explore the differences between a club and a class.</p> <p>We will create and keep a welcoming and safe clubhouse environment for all members.</p>	<ul style="list-style-type: none"> • I know the name of my club. 2 • I can recognise the logo of my club. 2 • I know my classmates' names. 2 • I know my instructor's name. 1 • I know what 'Phantom Tiger' means and why my club is called that. 3 • I can cheer and shout for my club mates in a competition. 3 • I know that there are other activities for me in the dojang and I can find and use them. 2 • I know that there are other classes in the club and older students than me. 1 • I understand that all club members are just as important and their opinions matter too. 3
Helping Others	<p>We will ensure that Phantom Tiger is an inclusive environment and that everyone can learn taekwondo if they want to.</p> <p>Students are never belittled or laughed at if they need help.</p> <p>Help is always given to anyone who asks for it or appears to need assistance.</p>	<ul style="list-style-type: none"> • Some of my club mates might find things harder than me and need my instructor's attention more often and I try not to get upset about this. 3 • I know how to recognise higher grade students who will help me. 2 • I feel confident to ask for help if I need it. 1 • I offer to help if I think I can. 3

	<p>All members are encouraged to identify problems and also to suggest solutions.</p>	<ul style="list-style-type: none"> • I help my instructor with simple tasks if I am asked. 1 • I can tell my instructor if I have an idea to make things better. 3 • I help my class mates if I can. 2
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Movement	Aims	Objectives
<p>Movement</p>	<p>We will use movement in many different ways at regular intervals throughout classes to include warm up exercises, stretches, games, travelling in different ways and learning sport-specific movements and shapes.</p> <p>We will emphasise the need to be active for our health and encourage children to be active outside the dojang.</p> <p>We will promote quality and control of movement as well as quantity and help children refine their technique.</p> <p>We will make movement fun.</p>	<ul style="list-style-type: none"> • I can travel in all of these ways: <ul style="list-style-type: none"> ○ Walk 1 ○ Run 1 ○ Hop 1 ○ Skip 2 ○ Pin-steps 3 ○ Lunge steps 2 ○ Jump 2 ○ Walk backwards 2 ○ Run backwards 3 ○ Crab walk 3 ○ Run on all fours 1 ○ Bunny hop 3 • I can move sideways, forwards and backwards. 1 • I can do a forward roll. 3 • I can rock on my back. 2 • I can follow my instructor through basic stretches. 2 • I know why I should stretch. 3 • I can stamp loudly. 2 • I can creep quietly. 2
<p>Balance</p>	<p>We will help children improve their static and dynamic stability, working on centre of body mass and core basics.</p> <p>We will include games and challenges as well as taekwondo skills to make good balance skills relevant and desirable.</p>	<ul style="list-style-type: none"> • I can stand on one leg holding onto something. 1 • I can stand on one leg on my own. 2 • I can balance a bean bag on my head standing still. 2 • I can walk with a bean bag balanced on my head. 3 • I can make my base more stable by moving my feet. 1 • I can kick without falling over. 2

		<ul style="list-style-type: none"> I can hop in patterns without falling over. 3
Coordination	<p>We will practice different skills which encourage coordinated movement of the body as a whole, hand and eye work and accuracy of hand and foot placement.</p>	<ul style="list-style-type: none"> I can throw and catch a ball. 1 I can bounce a ball. 2 I can do a basic obstacle course. 1 I can punch a pad accurately. 1 I can kick a pad accurately. 2 I know to look at what I am aiming for. 2 I can step and punch at the same time. 2 I can step and kick at the same time. 2 I can do star jumps. 3 I can do squat thrusts. 3 I can jump over a slow moving target. 2 I can dodge a ball. 3 I can dodge a slow punch. 2 I can block a slow punch. 2 I can do techniques in time with my classmates. 3
Fitness	<p>We will help children improve their fitness by exploring their capacity and learning to push their boundaries gradually.</p>	<ul style="list-style-type: none"> I can keep exercising until I am out of breath. 1 I can control my breathing while I cool down. 3 I know I should drink water when I exercise. 1 I work until I get out of breath at least once every class. 2 If I get out of breath I try to slow down and keep going. 3
Strength	<p>We will encourage good posture in daily and taekwondo activities and explain why it is important.</p> <p>We will demonstrate and use verbal and appropriate physical guidance techniques to promote good form in techniques requiring some strength and ensure good habits are developed.</p>	<ul style="list-style-type: none"> I can show my instructor a good attention stance with good posture. 1 My taekwondo stances are correct and strong. 2 I can resist gentle pushing in my walking and sitting stance. 3 I can do a correct free squat. 1 I can hold a correct press up position for ten seconds. 1

	<p>We will use body weight exercises and gentle resistance exercises to help develop strength.</p>	<ul style="list-style-type: none"> • I can do a press up properly. 2 • I can move from my hands to my elbows in press up hold. 2 • I can do a sit up properly. 2 • I can hold a basic bridge position for ten seconds. 1 • I can crab walk for five metres. 3 • I can do a single leg dip properly on either leg. 3 • I can do a sky-dive lift properly. • I can wall-sit for ten seconds. 2
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Taekwondo	Aims	Objectives
<p>Basic Exercises</p>	<p>This section will be modified to take into account young children's physiology and ability and overlaps with the Movement objectives; the objectives are considered yellow belt/ graduation targets.</p>	<ul style="list-style-type: none"> • I can do ten star jumps. 3 • I can do five free squats. 3 • I can do five sit ups. 3 • I can do five press ups. 3 • I can do a front rising kick with either leg. 2 • I can make a sitting stance and front punch. 1
<p>Techniques</p>	<p>We will ensure children develop safe and correct foundation techniques to avoid bad or unsafe habits which may cause harm and/or require re-learning later on.</p> <p>Focus is on those techniques required for yellow belt standards only to avoid instilling wide but superficial knowledge.</p> <p>We will demonstrate, discuss, use verbal and appropriate physical adjustment where necessary and reinforce through play and purposeful practice the techniques required.</p> <p>We will make resources available to parents and guardians including videos, pictures and descriptions</p>	<ul style="list-style-type: none"> • I know what a stance is and why it is important. 1 • I can do sitting stance. 1 • I can do walking stance. 1 • I can do ready stance. 2 • I can do attention stance. 1 • I can do L-stance. 2 • I know what tools are and that different tools do different jobs. 2 • I can make a fist 1 • I can do a front punch 1 • I can make a knifehand. 3 • I can do a knifehand side strike. 3 • I can make foot position for front snap kick. 2 • I can do a front snap kick. 2 • I can do a turning kick. 3 • I can do a rising block. 2 • I can do a low block. 1

	<p>to assist them in helping children learn and practice.</p>	<ul style="list-style-type: none"> • I know the difference between inner and outer. 3 • I know the difference between inward and outward. 3 • I can do inner forearm middle block. 3 • I can do outer forearm outward block 3
<p>Patterns</p>	<p>We will explain what a pattern is, and why we practice patterns in terms appropriate to young children.</p> <p>We will explain the most important criteria of a good pattern through demonstrations, mock competitions and games and reinforce this via mini challenges and problem solving approaches.</p>	<ul style="list-style-type: none"> • I know what a pattern is and I recognise when somebody is performing one. 1 • I know I should start and finish on the same spot. 3 • I know each move should have a clear start and finish. 3 • I know my feet should only take the right number of steps and not shuffle. 2 • I know my right from left. 1 • I know clockwise and anticlockwise. 2 • I know my ready position, I know my finish position and I can stay in it until told to move. 1 • I breathe out as I finish each move. 2 • I do my stance and technique at the same time. 3 • I can practice my patterns on my own at home. 3 • I can perform four direction punch each way. 1 • I can perform four direction block each way. 2 • I can perform Chon Ji. 3
<p>Pre-set Sparring</p>	<p>We will introduce pre-set sparring as children's first taste of one-to-one challenge and as a safe way to learn about selecting tools and targets for sparring.</p> <p>We will clearly explain the concept of stopping a technique before</p>	<ul style="list-style-type: none"> • I can ask somebody to be my partner. 1 • I can measure my distance for three step sparring. 1 • I can perform the three attacking steps and punches. 1 • I can stop my punch 3cm from my partner's body. 2

	<p>impact, supervise children closely and enforce this at all times for safety and to help improve control.</p> <p>We will introduce the idea of working with a partner while sparring against them and the importance of training together throughout martial arts.</p>	<ul style="list-style-type: none"> • I can perform three defensive blocks in one way. 2 • I can perform three defensive blocks two different ways. 3 • I can counter attack with an appropriate technique and stop my attack 3cm from my partner's body. 2 • I know the three important words for three step sparring (focus, distance, target) and what they mean. 3 • I can begin to put my own blocks and counter attack together. 3 • I can practice three step sparring on my own at home. 3
<p>Free Sparring</p>	<p>We will introduce the concept of free sparring as a late-stage activity and explain the difference between sparring and fighting.</p> <p>We will provide suitable protective equipment, understanding of the rules of sparring and supervision to allow small children to spar safely.</p> <p>We will ensure children understand that sparring is only ever allowed in the dojang under the supervision of an instructor.</p>	<ul style="list-style-type: none"> • I know that sparring is a game. 1 • I can put my sparring gear on by myself. 3 • I can take my sparring gear off and fasten it up by myself. 3 • I understand why I wear sparring pads and that I cannot join in without them. 2 • I understand and can show my instructor what level of contact is allowed. 2 • I must never hurt my partner. 1 • I know where it is allowed to strike my partner. 2 • I understand how to score points. 3 • I understand the opponent will score points by striking me. 3 • I understand that the winner has scored the most points. 3 • I know that I may never spar anywhere except at taekwondo with my instructor (even with my family) and that I will be in a lot of trouble if I do. 2
<p>Self Defence</p>	<p>We will discuss possible dangers from strangers and from people</p>	<ul style="list-style-type: none"> • I know I must not talk to strangers. 1

	<p>known to the child in an age-appropriate manner and encourage children to think about situations they might encounter and whether they are right or wrong.</p> <p>We will teach and practice simple defence techniques appropriate to more common daily situations and reinforce these via games and role play.</p> <p>We will discuss ways to keep ourselves safe.</p> <p>We will make sure children understand when they should tell an adult about something that has happened and that they can recognise who is an appropriate person to tell.</p> <p>We will introduce the concept of defence methods appropriate to threat level and staying on the right side.</p>	<ul style="list-style-type: none"> • I know when I should tell an adult about something that happened. 1 • I know who is a safe person to tell. 1 • I can identify simple situations that might not be safe. 2 • I know I should always run away as my first option in danger. 1 • I look around me and watch out for things that might be bad. 2 • I can stop people grabbing my wrist. 2 • I can stop people grabbing my hair. 3 • I can stop people pushing, pulling and shoving me. 2 • I can make people let go of me. 3 • I know that 'pants are private' 3 • I know I must not touch people without their permission. 2 • I have begun to be able to tell that some dangers are bigger than others and which those are. 3 • I am allowed to use my taekwondo to protect myself if someone is doing bad things to me. 3 • I understand the concept of defending myself proportionately. 3
<p>Theory</p>	<p>We will explore the history of Taekwondo and Korea through simple stories and activities.</p> <p>We will discuss the tree as the logo of the ITF and the belt colour system of awards, and involve the children in activities based around these such as our own club tree.</p> <p>We will show students the Kanji characters for 'Tae kwon do' and</p>	<ul style="list-style-type: none"> • I know where Taekwondo comes from. 1 • I can recognise the flag of Korea. 3 • I know who founded Taekwondo 1 • I know what a martial art is. 1 • I know what 'tae kwon do' means. 2 • I know what white means. 2 • I know what yellow means. 3

encourage discussion of languages and communication based around a world-wide sport.

We will help children learn basic Korean words used in the dojang through games and regular use.

- I can recognise the ITF logo and that it represents a tree. 3
- I can count to ten in Korean. 3
- I know the Korean for:
 - Training room 1
 - Uniform 1
 - Bow 1
 - Ready 2
 - Stance 1
 - Start 2
 - Stop 2
 - Attention 1
 - Sit down 2
 - Stand up 2
 - Back to the start 2
- I know the interpretation of pattern Chon Ji (not necessarily word-for-word) 3

Awards and assessments

It's important for very young children to have their efforts and achievements recognised and rewarded regularly, so the Tykes promotion scale is broken down further than traditional taekwondo belt grades to allow progress to be recorded and acknowledged in smaller steps.

Beginners gain a white belt after their first session, making them feel included and inspiring them. There are three further belts to be gained before promotion to 'big class' as they complete their Tykes journey- white with a yellow stripe, yellow with a white stripe and finally the sought after yellow belt! In between each full belt grading are three 'tag' stages with coloured tags for achievement. Gradings are semi-formal with emphasis on their being 'show me' days to display their skills. Graduation to the main class will depend on children being ready for the teaching style, busy mixed group and able to comfortably keep pace with the class in most activities. Graduates will have a certificate ceremony and it will be time for a white uniform (dobok)!

The first three classes are free for anybody wanting to try taekwondo with Phantom Tiger, and visitors are welcome to come and watch and meet the team at any session. Map and further information available on our websites for the club and the venue www.phantomtigertaekwondo.co.uk and www.TheMillHD3.co.uk and you can find us on Facebook and Twitter!

Call Nick on 07540 927110 or email
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to reserve your place