



# TAEKWONDO TIGERS



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**UWTA Taekwondo Tigers Program** Give your child the building blocks for success! The United World Taekwondo Tiger program is designed to meet the needs of today's active child. Most martial arts programs exclude the three to five year old children because they lack balance, coordination, attention span, self control and discipline. Our program is designed specifically to develop those skills. Our Taekwondo Tiger program is designed to address all of those needs and to prepare the child



for continued martial arts development, other sports, and future learning. Taekwondo Tigers is a total learning activity. Children gain self control and discipline needed for structured learning programs such as martial arts, Pre-school, Kindergarten and Elementary School. It also provides a training ground for tomorrow's athletes. The program also helps the children develop their motor skills, balance, and hand-eye coordination. The Taekwondo Tigers program will give your child a head start on structured learning. It will also introduce them to Taekwondo.

**Cameron Park  
Family Taekwondo  
Academy**

**TKD Tiger**

**Instructor**

**Mr. Carswell**

**&**

**Tiger Instructor  
Trainee**

**Ms. Foreman**

## Every Child participates and has Fun!

In Taekwondo Tigers, every child participates instead of them sitting on the bench, which occurs in many other sports. Martial arts allows children to reach their maximum personal potential rather than being compared to other kids. Taekwondo lessons are also a dynamic and challenging ap-



proach for children who are athletic, energetic, awkward, shy, bold, etc. Taekwondo is for every child!





# TAEKWONDO TIGER BIRTHDAY PARTIES


We do taekwondo birthday parties. Taekwondo birthday parties are fun, constructive and educational. Our activities are physically oriented from great games to taekwondo instruction. We would like to host a taekwondo birthday party for you. On this joyous occasion you can share 1 1/2 hours with friends, classmates and family members. It can be a surprise, or not. All guest will get to break a board. They will also receive 30 days of taekwondo free, or they can choose to take our free mini self defense clinic.

**YOU'RE INVITED TO A TAEKWONDO BIRTHDAY PARTY!**

Enjoy 1 1/2 hours of fun, energy, and martial arts excitement!  
 All Guests will to break a board!  
 Watch the guest of honor cut the cake with a real sword!  
 All guests will receive a Free Taekwondo Mini-Self-Defense clinic against bullies.

FOR \_\_\_\_\_  
 DATE \_\_\_\_\_  
 TIME \_\_\_\_\_  
 RSVP \_\_\_\_\_

WHERE



Cameron Park Family Taekwondo Academy  
 4100 Cameron Park, Dr. Ste 123  
 Cameron Park, CA 95682  
 (530) 676-7475  
 www.cameronparkfamilytkdacademy.com

All birthday parties are schedule on Saturdays or Sundays. Dates and times are on a 1st to schedule calendar. Cost:\$175. We provide all except the birthday cake. Food, entertainment, movies, demonstrations, etc., are all on us. Schedule your birthday party today! Contact your Instructor for more details



Birthday Party Invitation

Movies & Snacks



Pizza, balloons, drinks, games, etc.



Birthday Party Team Play



Ms. Le Tiger Instructor

## Self - Confidence

*Self-confidence does not come naturally for many children, but rather it is developed over a period of time. As a child accomplishes new goals, his or her confidence level increases. Children become more self confident through martial arts because they progress individually, at their own pace, and are not judged against others. The Taekwondo Tigers Program is designed to specifically boost children's self confidence.*

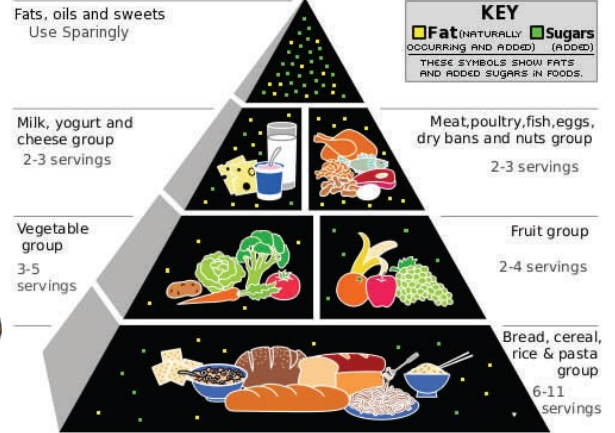


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## Food Guide Pyramid A Guide to daily Food Choices



**Safely learning self defense & building confidence through competition.**

## Self - Defense

Children's self defense takes many forms. Many parents worry about their children being safe on the street. However, one of the real needs is the ability to defend against other kids. Martial Arts teaches children how to react in different situations by thinking first and not panicking in potentially serious situations as well as how to deal with threats from other children. Taekwondo Tigers is designed to provide the children with a different look at the meaning of personal safety.



**RESPECT & COURTESY**



## Coordination

Taekwondo challenges the entire body, developing coordination, balance, agility and poise which is often neglected in many team sports available to children in this age group. The development of motor skills at an early age gives the Taekwondo Tiger kids an advantage over most other children.



**Mr. Hernandez, Senior Instructor (RC)**

**Taekwondo Tiger Black Belts demonstrating for new Taekwondo Tigers**

**Mr. Carswell, Tiger Instructor (CP)**



**Ms. Le, Tiger Instructor**

# Taekwondo Tigers Sparring Class

## What the Tigers will Learn:

1. Acceleration of hand, feet and eye coordination
2. Learn how to multitask.
3. Improve self-confidence and Self Esteem
4. Improve memory skills for academics
5. Learn How success comes with Self discipline
6. Improve self defense skills
7. How to be a team player
8. How to compete and the discipline to win
9. A successful attitude of not winning

## What the Tigers will need

### **Sparring Equipment**

Hand Gear (for punching & blocking)

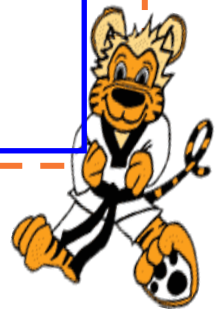
Hogu (for protecting the middle body)

Foot Gear (for kicking & protection)

Head Gear (protection from kicks & punches)

Organized equipment bag

Tiger sparring is built around safety, building confidence and fun.



## **TAEKWONDO TIGER SPARRING**

Our first class for Tiger Sparring is a parent instructor meeting (PIM) with the Tiger parents. The pim will explain the sparring goals, rules and the process. The pim will also give parents ideas on how to support and encourage their child. The second class is a reverse, Tigers without their parents, the information is the same but using a child vocabulary. We do not want the Tigers to be distracted. We also do not allow the parents to voice anything from the side line during practice. Please remember that taekwondo is not a ball sport. Screaming or asking your child to kick and punch harder, you may be asking him or her to do it to the child of a parent sitting next to you, (awkward:)). There will be many opportunities for you to encourage your child from the side line. The instructors know what to do, and they are good at it. I will be more than happy to buy a relaxing cup of coffee while you relax at Star Bucks. :) Hmmm, did I say that, I may want to take that back later. :))

The third Tiger Sparring Class will be a demonstration and practice on how to punch in motion and how to block in motion. This will incorporate hand, feet, eye coordination, depth perception and strength control along with a few other character building principles. The Tigers will need 2 of 9 pieces of sparring gear, the hogu (chest protector, \$55) and the hand gear for punching (\$35). The equipment is very durable and will last several years. The only possibly shorter term replacement (due to child growth) will be the sparring foot gear (\$35). The Tigers are not permitted into the sparring class without approved gear purchased from the school and approved by the United World Taekwondo Association. Please do not ask the school to be responsible for your child safety for equipment not purchased from the school, we will not. Equipment not purchased from the school will not be allowed in the class. No exceptions. Also, your child will need to be measured by the instructor for the correct size. Wearing poorly fitting gear is the same as not wear any. When your Tiger is ready we will invite him/her to compete in a UWTA Tournament.

We are looking forward to a long career with our Tigers and many Taekwondo Tiger success stories. They have awesome and successful instructors who have already travel the path the Tigers are on and bring a significant amount of experience and credentials with them.

See your instructor for additional information

and an equipment order form

**Sparring Gear Special on next page!**

A poster titled "UWTA 2016 Tournament Year SPARRING GEAR REQUIREMENTS". It lists the required gear: KICKS, CHOPS, HEAD. It also states: "Must be WHITE! Gear must not be: TORN, TAPE, IN BAD REPAIR". There is an image of a white sparring gear (Hogu) and a small logo in the top left corner. At the bottom, it says: "If you need new WHITE gear, please order from your school! WHITE gear rule goes into effect: Oct 3, 2015".

**UWTA 2016 Tournament Year  
SPARRING GEAR REQUIREMENTS**  
All sparring gear:  
KICKS  
CHOPS  
HEAD  
Must be WHITE!  
Gear must not be:  
TORN  
TAPE  
IN BAD REPAIR  
If you need new WHITE gear, please order from your school! WHITE gear rule goes into effect: Oct 3, 2015



## Special Sparring SET



- \*UWTA Head Guard
  - \*UWTA Chop
  - \*UWTA Kick
  - \*TKD Competition Chest Guard
  - \*TKD Tote Bag
- Price: \$179.00

