



PRECISION MARTIAL ARTS ACADEMY

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January 7, 2010

To PMAA's Peewee Program Parents and Guardians,

I am pleased to announce that this year we will be changing our focus and approach to teaching in the Peewee Program by integrating more training principles and teaching methods based on the Canadian Sport For Life Program. It is based on the Active Start Module for children ages 0-6 years. For your information and education, I am pleased to provide you with the following description of our approach to further developing and positively influencing your child's life through Taekwondo at Precision Martial Arts Academy (PMAA).

Active Start - Ages 0 to 6 years

From ages 0-6 years, children need to be introduced to relatively unstructured play that incorporates a variety of body movements. An early active start enhances development of brain function, coordination, social skills, gross motor skills, emotions, leadership, and imagination. It also helps children build confidence, develop posture and balance, build strong bones and muscles, promote healthy weight, reduce stress, improve sleep, learn to move skillfully, and learn to enjoy being active.

Objectives: Learn fundamental movements and link them together into play.

Physical activity is essential for healthy child development during the critical first six years of life, and is especially important during the first three years since brain growth is extremely rapid, and learning creates more brain cell connections than in later years (Gruhn, 2002). Among its other benefits, physical activity during this time:

- ✓ Lays the foundation for future success in skill development, by helping children enjoy being active, learning to move efficiently, and improving coordination and balance.
- ✓ Creates neural connections across multiple pathways in the brain (Council of Physical Education for Children, 2000) particularly when rhythmic activities are used.
- ✓ Enhances development of brain function, coordination, social skills, gross motor skills, emotional development, leadership and imagination.
- ✓ Helps children to build confidence and develop positive self-esteem.
- ✓ Helps build strong bones and muscles, improves flexibility, develops good posture, improves fitness, promotes a health body weight, reduces stress and improves sleep.

Things to think about:

At this age, physical activity should always be fun, and part of the child's daily life, not something they are required to do. Active play in a safe and challenging environment is the best way to keep children physically active.

Organized physical activity and active play are particularly important for the healthy development of children with a disability if they are to acquire habits of lifelong activity. Because this is a period when children with a disability rapidly outgrow their mobility aids, communities need to find effective ways – for example, equipment swaps or rentals– to ensure that all children have access to the equipment they need to be active.

Children with sensory disabilities (visual impairment or hearing loss) often require more repetitions to learn movement skills, and different ways of getting information from the instructor. To find out more, contact your local organization providing support for persons with the specific disability.

Physical Literacy Activities

Encourage the child to run – not just in a straight line, but with stops and starts and changes in direction. Tag and chasing games are excellent.

Play catching games with the child. Use a wide range of soft objects, and balls of different sizes. Start with catching a large ball with two hands, and progress towards smaller balls and eventually one handed catching. Remember - Balls that don't bounce too much are great for learning, as are bean-bags.

- ✓ Play games making body shapes – upside down and right-side up. Pretend to slither like a snake, and roll like a rolling pin on the floor, or down a small grassy slope.
- ✓ Play throwing games – and start with soft objects that the child can hold easily in his or her hand. Try to get the child to throw at a target, and sometime to throw as hard as they can. Get them to use both the left and right hand when they throw.
- ✓ For quiet times, or when in small spaces, play balancing games. Stand on one foot and then try the other – try balancing on different body parts, and try walking along any painted lines on the ground.
- ✓ Jump, make shapes in the air, jump to see how high the child can go, or how far. Make imaginary “rivers” and get the child to jump from one bank to the other. Try jumping from one foot, or from both. Make sure the child bends at the knees when they land.
- ✓ Introduce children to water activities and learn to swim programs. Get them on skates or skis and out on the ice or snow so that they learn to slide.
- ✓ Ride a tricycle, or a bike – with or without training wheels to develop dynamic balance.

To achieve success in delivering our curriculum and to ensure students are having fun while progressing, developing and growing in 2010, I am pleased to announce who the instructors will be in PMAA's Peewee Program in 2010.

Tuesdays: 4:30 to 5:20 p.m.

Head Instructors – Miss S. (Dani Seifeldin, 3rd Dan BB) & Miss M. (Alina Makar, 3rd Dan BB)

G.O.L.D. Leadership Team (Guidance On Leadership Development) – Doug Brown, 3rd Poom BB, J.D. Speelman, 2nd Poom BB, Zach Zimmerman, 1st Poom BB

Thursdays: 4:30 to 5:20 p.m.

Head Instructor – Mr. M. (Robert Marrazzo, 3rd Dan BB)

G.O.L.D. Leadership Team (Guidance On Leadership Development) – Sydney Werkman, 3rd Poom BB, J.D. Speelman, 2nd Poom BB, Zach Zimmerman, 1st Poom BB, Aleasha Pawluski, 1st Poom BB

Peewee Sparring Days

Parents are encouraged to help children get geared up for sparring nights in the back training area. Instructors can assist if you cannot come in to help. We can also help your child remove their gear after class when or if needed. Sparring dates for peewee students are as follows:

	Tuesdays	Thursdays
JANUARY 2010	12 th & 26 th	21 st
FEBRUARY 2010	4 th & 18 th	9 th & 23 rd
MARCH 2010	4 th & 18 th	9 th & 23 rd

Tournament Scene

If you/your child would like to participate in Taekwondo tournaments this season, please speak to one of your instructors and visit our website for all the tournament information. You may also speak to Lois Knorr, PMAA's amazing office manager.

Alina Makar will be competing at this year's Sr. BB Provincials & Nationals. Sydney Werkman will also be competing throughout the year so all our kids are in good hands with our athletes and coaches.

Promotion Tests

Please take note that on Tuesday, January 26th, I am scheduling a peewee promotion test. Classes will still resume as scheduled. Students will be chosen based on their positive attitude, listening skills, effort and attendance, and skills/techniques attained. Any student that is chosen will be personally invited and will be given a promotion application form within one week prior to testing. If nothing comes home, they are not invited so please do not contact the office. Promotion tests will be conducted every 2-3 months as required.

Parent and Student Cooperation Request

1. Footwear removal

Just a kind reminder to help us teach your child respect, responsibility, and courtesy, we ask that ALL footwear be removed and neatly placed on shoe racks provided in the hallway. Absolutely no footwear is to be worn inside PMAA. Shoes that are kicked off and lying around on the floor outside pose a safety hazard to our members and the community. I pride myself in having a professional martial arts facility and as such, I wish to maintain a clean, professional looking environment.

2. Washroom visit before every class

Please ensure that your child goes to the washroom before each class. This is very important to ensure that no accidents happen in class, and it will drastically reduce classroom distractions... monkey see monkey do syndrome!

3. Speaking to instructors

We always welcome and encourage your feedback and any concerns you may have regarding your child. If you wish to speak to an instructor, please make an appointment or leave your phone number or e-mail address with Lois and she will pass it on to them. Instructors are busy before, during and after each class and do not have time to speak. We kindly ask parents and students to not stop instructors in the hallways.

Thank you for your time, consideration and cooperation in these matters and we thank you for your continued support.

Sincerely,

Master Derek Sadler, PFT, SPS, NCCP, CAN-FIT-PRO

YOGA FLOW™ - Monday Mornings

"BRING A FRIEND" INTRO CLASS MONDAY, JANUARY 25, 2010 - 9:30 to 11:00 a.m. (1 ½ hour class)

\$15 drop in pp or "bring a friend" - ONLY PAY \$7.50 each. 8 week pre-paid session with 1 1/2 hour classes. Monday mornings from 9:30 to 11:00 a.m. \$95 + gst pp or \$15 + gst drop in rate Starts February 1, 2010 (NO CLASS on February 15, Family Day). See our website for more details.

"FIT TO COMITT" INCENTIVE - First 5 people to register for the 8 week session will receive a **FREE YOGA MAT**.