



Program: Future Kidz Prep Course (3 and 4 yrs.)

Skill: Focus on counting

Drill: Roll the dice

Equipment needed: 1 dice

Instructors needed: One

Description: In this drill the students will roll a dice and whatever the number lands on, he or she will lead the rest of the class through that number of Martial Arts moves. This is great for teaching students how to count.

Steps:

1. Have your students make a circle.
2. Determine which Martial Arts move you want the class to practice. Front kick is the example in this drill.
3. Explain to your students a few details about the Martial Arts technique they are about to perform. For a front kick:
 - Keep your hands up.
 - Snap your knee.
4. Pick one student to go first. That student will roll the dice.
5. See if the student can recognize the number. He may not be able to recognize the number, if not then help him – this is good for his intellectual development.
6. Whatever number the student rolled is the number of reps the student will lead the rest of the class through for the Martial Arts move you selected.
7. See if he can count loudly. Also, he may not be able to count in order, so you may need to guide him.
8. Continue until each student has a turn.





Program: Future Kidz Prep Course (3 and 4 yrs.)

Skill: Focus with your ears

Drill: Listen for your number

Equipment needed: Four numbered circles and 3 blocks

Instructors needed: One

Description: *In this drill the students will stand on a numbered circle. When you call their number, they will run to the middle of the deck and kick a stack of blocks over. This is great for teaching students how to focus and wait for their turn.*

Steps:

1. Lay out four numbered circles on one end of the training deck and place a stack of blocks in the middle of the training deck.
2. Assign one student to each number. If you have more than four students, you can split them into groups and have each group take turns.
3. Make sure each student remembers his number.
4. Explain that when you call out their number, they must run to the middle of the deck and kick the bottom block over. This will help them build focus with their feet too!
5. Call out a random number. That student must run to the middle of the training deck and kick the stack of blocks over.
6. Continue until each student has a turn.
7. The kids love this drill because they like knocking things over, so they'll listen really well during this drill.
8. You can make this drill even more challenging by having the students kick the middle block on the second round, and then see if they have the focus to only kick the top block on the third round.





Program: Future Kidz Prep Course (3 and 4 yrs.)

Skill: Focus with eyes

Drill: Kick-by-number

Equipment needed: Four numbered circles

Instructors needed: One

Description: In this drill the students will run to the numbers in order and kick as many times as the number they are standing on. This is great for teaching them number recognition. This is also great for teaching them numbered order.

Steps:

1. Lay out four numbered circles on the training deck as shown in the pictures.
2. Show the students each of the numbered circles and see if they can recognize each number.
3. Pick one student to go first. That student will run to number 1 and kick one time. Next, he'll run to number 2 and kick two times. He will repeat the process for number 3 and 4 and then sit down.
4. Continue until each student has a turn.
5. On the second round, see if they can run to the numbers in "backwards" order. Some of the younger kids may need help with this, but this drill is exactly how they will learn how to count backwards.
6. Continue until each student has a turn.
7. You can add variety to the drill by having them try another kick such as a "flying ninja kick" or even strikes and blocks such as palm strikes and high blocks.

