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EACH FEATURES SIX UNIQUE SIDES		
GREEN	PURPLE	ORANGE
CHOP LUNGE PUNCH BACK KICK ELBOW AXE KICK KNEE	GUARD STANCE BACK STANCE FRONT STANCE HORSE STANCE READY STANCE BOW	1 2 3 4 5 6
RED	BLUE	YELLOW
SQUATS PUSH-UPS JUMPING JACKS SIT-UPS LUNGES WILD	SIDE KICK JAB CROSS WILD ROUND KICK FRONT KICK	10 15 20 30 SECONDS 45 SECONDS 1 MINUTE



Skill Dice

- Sold individually
- USA

SIZE: 8" X 8" X 8"

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SEPTEMBER 2019

UPDATE

POWERED BY CENTURY | FUELED BY MAIA

WHEN PREPARATION

MEETS OPPORTUNITY

Learn How to Perfect New Youth Recruitment

September Obstacle Course Sale - Details Inside

Great Discounts on Lil' Dragon Inventory!

DRIVE NEW 3- TO 6-YEAR OLDS TO YOUR SCHOOL WITH A FREE ‘CONFIDENCE’ SEMINAR!

BY MELODY JOHNSON

In talking with parents of 3- to 6-year olds over the past years, it is clear that what they want most for their child is for them to have confidence. When a child does not have confidence, it affects everything else that goes on in the child's life. As martial artists, we are in the unique position to help children build their confidence by offering FREE seminars at our schools.

We recommend you give each participant a white belt to begin the event. Kids love novelty and the belt represents ‘ninjas’ which in their eyes have a lot of confidence.

The following information includes an outline of how to host a 45-minute confidence seminar.

PART 1:

Motivational Speech (approximately 10 minutes)

Children these days are overwhelmed by so many influences in their lives. To get their immediate attention, it is important to establish motivation in the atmosphere. I recommend that you begin with a mini-version of a “Yes I Can” speech. In this speech, talk to your students about believing in themselves by using stories of success from your life. If you want a step-by-step format, read to the end on how to get my outline!

PART 2:

Confidence Building Activity (10 minutes)

Confidence means believing in yourself. Many children lack confidence simply because they do not have enough opportunities to practice having confidence. In this part of the seminar, have the students practice palm strikes hitting pads while saying “Yes I can!” This will play into the final activity for this seminar.



Melody Johnson is a child-development expert and creator of PreSKILLZ. Learn more on page 4 or visit PreSKILLZ.com.

PART 3:

Tips on Dealing with Bullies (5 minutes)

One area where children need the most confidence is when they are faced with bullies. In this section, review 3 strategies for dealing with bullies:

1. Assert yourself. Standing tall, use a strong voice saying: “That’s teasing. Stop it.” or “Stop making fun of me. It’s mean.”
2. Use “I want.” Address the bully by saying: “I want you to leave me alone,” or “I want you to stop teasing me.”
3. Ignore it. Bullies love it when their teasing upsets their victims. Pretend they’re invisible, walk away without looking at them, quickly look at something else and laugh, or look completely uninterested.

PART 4:

Role-Playing Activities on Dealing with Bullying (10 minutes)

Pair your students up and have them go back and forth with each of the above strategies. Encourage them to speak loud and clear, keeping in mind the younger students will need extra help and patience as they build confidence to speak up.

PART 5:

Event Wrap-Up (10 minutes)

Have the students break boards while saying “Yes I Can.” Century has a variety of boards you can order for this section! The students get to keep the board as a special reward for completing the Confidence seminar!

CONCLUSION

Take advantage of your profession by offering this free confidence seminar within your community at least two times per year. The best thing you can gain from this article is a better reputation and safer community.

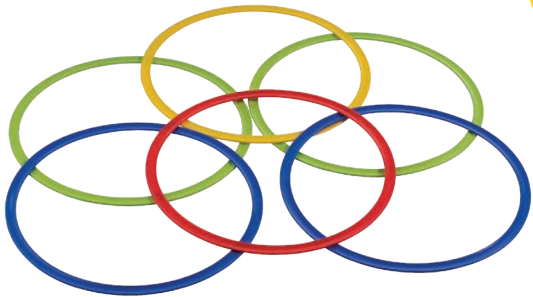
For those of you who’d like a complete overview of this seminar including the ‘Yes I Can’ speech, a checklist, and ‘Yes I Can’ coloring sheet for the students to take home, text ‘YESICAN’ to 26786 and you’ll get an immediate link to grab this content!

OBSTACLE COURSE ITEMS

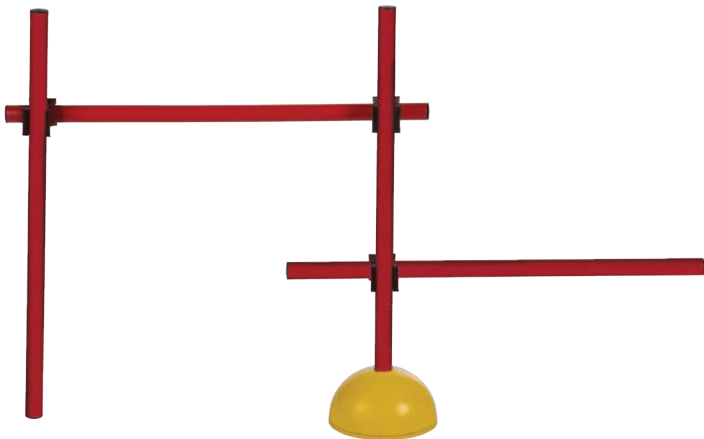
25%
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9" Cones (8 per set)
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COLORS: MULTIPLE COLORS PER SET (COLORS MAY VARY)
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COLORS: MULTIPLE COLORS PER SET (COLORS MAY VARY)
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THE ULTIMATE 3- TO 6-YEAR-OLD CHILDREN’S CURRICULUM

TURN YOUR CHILDREN’S CLASS INTO YOUR FAVORITE CLASS!

Are you looking to start a martial arts program for your 3- to 6-year olds and don’t want to reinvent the wheel? Or do you already have a program but feel like you could use more structure and guidance?

Child development expert Melody Johnson developed PreSKILLZ: a monthly curriculum designed to teach children specific skills at their development level. The average child at this age is not quite ready for the typical traditional martial arts environment, so this curriculum targets their stage of development with warm-ups, drills, basic martial arts, and games to provide the perfect blend they desire. PreSKILLZ was designed to be fun to teach! Many of the most ‘traditional-minded’ martial arts instructors have declared this their favorite class.

YOU’LL GET:

- Weekly Skill-Based Class Planners: A monthly video series that details exactly what to teach as well as how to teach one new skill each month.
- Age-Appropriate Content: Every part of the class planner was designed with the science and psychology of how children learn.
- Life Skills & Martial Arts Together: Monthly skill-based parent newsletter and homework assignment will help reinforce the lessons on the mat at home.
- Done-For-You Rotating Curriculum: The curriculum rotates with the perfect ingredients to provide the students with consistent structure and enough variety to satisfy their desire to learn new things.

PreSKILLZ is perfect for the one-man show who doesn’t have time to create class plans as well as the solid team member who can teach the program, but doesn’t know where to start.

ENTER COUPON CODE **UPDATE75** TO GET **75% OFF** YOUR FIRST MONTH!*

Most schools do not have the basic understanding of child psychology and the proper way of teaching 3- to 6-year-olds. That’s why child development expert Melody Johnson developed the ultimate children’s curriculum.



Transform your classes.
Visit PreSKILLZ.com today.
*Offer expires September 30, 2019

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20% OFF LIL’ DRAGON PRODUCTS!



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Imported
SIZES: 000-3
COLORS: BLACK OR WHITE
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SIZE	COLOR	SALE	REG WHSE
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0, 1	WHITE OR BLACK	\$15.99	\$19.99
2, 3	WHITE OR BLACK	\$17.59	\$21.99



Lil’ Dragon® Hand Target
USA/Imported
SIZE: 9" W X 11" L X 3" T
COLOR: PURPLE
#1058 SALE **\$10.39** REG WHSE \$12.99



Lil’ Dragon® Tee
USA/Imported
SIZES: YOUTH: S, M, L;
ADULT: S, M, L, XL
COLORS: GREEN, PURPLE, OR WHITE
#0928 SALE **\$10.39** REG WHSE \$12.99



Lil’ Dragon® Duffle Bag
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SIZE: 14.5" L
COLOR: PURPLE
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COLOR: PURPLE
#1057 SALE **\$11.19** REG WHSE \$13.99



Lil’ Dragon® Wavemaster®
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SIZE: BAG: 10.5" DIAMETER X 26" TALL STRIKING SURFACE; BASE DIAMETER: 22"
WEIGHT: APPROX. 170 LBS. WHEN FILLED WITH WATER
COLOR: PURPLE
#101531 SALE **\$63.99** REG WHSE \$79.99

DOJO DEAL OF THE MONTH

OBSTACLE COURSE KIT



40% OFF

- One Multi-Jumper
- Four Agility Rings
- Four 9" Cones
- Four pairs of Feet Forms
- One Mesh Carry Bag

Obstacle Course Kit
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*Sale only applies to the two styles shown; Brush Stroke & Floral Negative Yellow