



## Mighty Kids

Mighty Kids is an innovative Taekwondo program specifically created for children ages 4 through 7 who have a parent enrolled and participating in classes. The program encourages each child's physical and social development through detailed curriculum with the purpose of preparation for Traditional Taekwondo classes at Open Door. Classes are separate from traditional Taekwondo.

Mighty Kids have their own separate belt system. Their testing requirements are specific to Mighty Kids. Their belts are white with different colored stripes for each step. Mighty Kids are setting goals and working toward them like their families are in traditional Taekwondo classes.

The most important aspect of Mighty Kids training is their motto.

I WILL BE RESPECTFUL.  
I WILL BE KIND AND HELPFUL.

I WILL BE A GOOD LISTENER.  
I WILL DO MY VERY BEST.

Parents should encourage their children in these areas. Please use similar words and phrases at home. Also practice Taekwondo skills with your children. Mighty Kids learn the same techniques as Traditional Taekwondo White Belt Students.

Mighty Kid classes are taught at 5 and 6 o'clock on Tuesdays. Your child may attend one hour or both hours. We ask that parents attend their classes at the same time their children are in class. Please pick up your children as soon as possible after your class.

Mighty Kids are included in regular class on Sunday afternoons. Please gauge whether this class is too difficult for your child. If so, Tuesday nights may be the best choice for them. Another option for Sunday is to have your child complete part of the class, and then sit quietly on the side for the remainder of the class. If you have any questions, please feel free to ask one of your instructors.

When a MK is consistently exhibiting the traits outlined in the motto during class and their skills are judged to be ready to begin transitioning to Traditional class, they will be invited to join a MK Transition class which meets at 6:00 on Tuesday. Please note that this does not occur at a designated MK belt level (because each child is different) but is subject to the MK instructors' judgment and testing performance. MK must be invited to attend this class.

In order to further move into Traditional Taekwondo classes, Mighty Kids in the Transition Class must consistently exhibit the traits outlined in the motto during class, perform Taekwondo skills at a traditional yellow belt level, and be deemed capable of learning their first form. They will then be allowed to attend Traditional White Belt class. Please note that this also does not occur at a designated MK belt level but is subject to the MK instructors' judgment and testing performance.

Once they begin Traditional White belt class, they will then become eligible to pre-test for white with a yellow stripe belt (9<sup>th</sup> gup) which begins their progress through the traditional belt ranks.