



Children's Program

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Children's Program

Mission | Vision | Values | Objectives

- **Mission:** the leader in fitness based mixed martial arts by instilling Loyalty, Dedication, and Respect in each of our employees and our respective members.
- **Vision:** Our CHILDREN are becoming more reliant on technology, video games and social media. The days of “going outside to be active” are no longer the norm. We will offer a community based facility where we can bring the heart of physical activity back to our Students, Members and Community.
- **Values:** we will instill 3 Cor Values in each of our members, they are:
 1. **Loyalty** – to yourself, team, and family
 2. **Dedication** – to strive for greatness in no matter what you do
 3. **Respect** –discipline to your Professors, Instructors, Teachers, Coaches, Parents, Family, Belongings etcetera
- **Expectations**
 - All Students are expected to follow and adhere to the School's rules. (found in your signed waiver and at our front desk).
 - Students will not be forced to participate in any activity they are not comfortable in. We will encourage students to face their fears and drive for success.
 - If students are disrespectful at home, at school or anyplace outside of the school – we ask that parents share with instructors so that they can have one on one coaching opportunities on how their behavior outside of the school impacts their martial arts.
 - We encourage all of our members that participate in Martial Arts to actively compete in events. We will keep our members informed of events that we encourage participation.
 - **Dress Code:** new students are permitted to try a class or two without an approved Gi. However, we require that students be in appropriate uniform and attire. In addition, we also encourage students to represent their school with Cor Fitness MMA Gi's and gear. The membership is not a month to month payment, it is an opportunity to be part of, and represent a team. When students compete, it is nice to be in your team's colors.



Kids Karate Program

What Is Cor Karate

Karate can also be described as a martial art, or fighting method, involving a variety of techniques, including blocks, strikes, evasions, throws, and joint manipulations. Karate practice is divided into three aspects: kihon (basics), kata (forms), and kumite (sparring). The word *karate* is a combination of two Japanese characters: *kara*, meaning empty, and *te*, meaning hand; thus, karate means "empty hand." Adding the suffix "-do" (pronounced "doe"), meaning "way," i.e., karate-do, implies karate as a total way of life that goes well beyond the self-defense applications. In traditional karate-do, we always keep in mind that the true opponent is oneself.

The **Karate Program** focuses on Kempo Karate but also includes techniques from a range of mixed martial arts disciplines including Karate forms, cardiovascular development, agility drills, and basic Judo and Jiu Jitsu fitness drills. Classes are divided between beginners (white belt) and advanced students (yellow belt and above). Students 16+ are eligible to attend adult classes. Curriculum is cumulative and will ultimately lead to rank of Black Belt. Students who test for the rank of black belt will be proficient in advanced Karate and an intermediate level of Judo and Jiu Jitsu.

Students are taught from day one they are not allowed to use anything they learn in our school outside of the school unless they are in danger. Instructors will be in close communication with parents and teachers to make sure students in this program are exhibiting good behavior both at home and at school.

Class Structure

Karate practice is divided into three categories, which are included weekly:

1. Kihon: Basic blocks, punches, kicks, and stances.
2. Kata: Pre-arranged forms simulating combat situations.
3. Kumite: Pre-established or free sparring.

Promotion: A student must not ask about their next rank test date. This shows lack of patience, humility and disrespect for your instructor's professional judgment. When your instructor feels you are ready to test for a higher belt he or she will let you know. Advancement to higher ranks is determined by the student's progress, attendance and students motivation to learn (average time between advancement 2 – 6 months). Promotions will require a promotion fee which is \$30. This fee pays for the belt, and certificate.

Belt Ranking

1. White
2. Orange
3. Yellow
4. Yellow Black Stripe
5. Blue
6. Blue Black Stripe
7. Green
8. Green Black Stripe
9. Purple
10. Purple Black Stripe
11. Brown
12. Brown Black Stripe
13. Red
14. Red Black Stripe
15. Black

Students will learn **Karate Katas (Forms)**

- Shodan
- Nidan
- Sandan
- Yondan
- Godan



Kids Brazilian Jiu-Jitsu

What Is Brazilian Jiu-Jitsu

With lineage stemming back for decades, BJJ was created to teach leverage and advantage points for self-defense. The origin of BJJ was created by the Gracie family by combining tactics from Judo and Japanese Jiu-jitsu. Today, with years of practice and modernization Brazilian Jiu-Jitsu is one of the fastest growing martial arts in the world. We are proud to be affiliated with [Checkmat Jiu-jitsu](#). Our Children's Program is designed to allow kids to progress through the art of BJJ, while having fun. Class structure is designed on all levels to instill the CIII fundamentals of, Loyalty, Dedication and Respect. Our professors know that kids enjoy structure and fun, so classes emulate this to ensure attention and effort do not diminish.

Outline of Class Structure. This is subject to change, or based on demand, classes may be joined until size limits are met.

Children's A (4-6) Pee Cor: this program will introduce children to the art of Brazilian Jiu-Jitsu and building the coordination, discipline and strength.

Children's B (7-9) Junior Cor: children will learn more advanced movements, such as take downs, judo throws, and guards. We will also teach kids on how to build their foundation, by showing them technical stand ups, break falls, sweeps and passing guard.

Children's C (10+) Teen Cor: Pending on your child's competency, children will remain in this level until the professor believes they can join the ranks of the adult class. Rest assured, children will not advance without discussion with their parents, and only if they are comfortable. This level introduces children to the fluidity of BJJ. They will drill movements numerous times and demonstrate proficiencies to the professor. As the child progresses, new positions will be introduced, such as open guard, advanced guard passes and more.

Promotion: A student must not ask about their next rank test date. This shows lack of patience, humility and disrespect for your instructor's professional judgment. When your instructor feels you are ready to test for a higher belt he or she will inform the parent prior to the promotion. Advancement to higher ranks is determined by the student's progress, attendance and students motivation to learn (average time between advancement in BJJ varies by competency). Belt Promotions require a "promotion" fee of \$30. This fee pays for the belt, and promotion certificate.

Children's Belt Ranking (General Guideline)

No Gi Group	Children Belt Group	Belt	Belt Sample
Beginner	White belt group	White	
Intermediate	Grey belt group	Grey/White	
		Grey Solid	
		Grey/Black	
Intermediate	Yellow belt group	Yellow/White	
		Yellow Solid	
		Yellow/Black	
Advanced	Orange belt group	Orange/White	
		Orange Solid	
		Orange/Black	
Advanced	Green belt group	Green/White	
		Green Solid	
		Green/Black	