



## Little Dragons

The Little Dragons is a program that focuses on improving children's basic motor and listening skills. Our program enhances positive development in a fun and motivating way. The Little Dragons Program will also prepare your child for our Tae Kwon Do Program. In the Little Dragons classes your child will be exposed to positive social interaction. They will learn how to work with others and follow directions from their instructors. In our Little Dragons classes, we make learning fun and educational.

Upon completion of our Little Dragons Program your child will become focused and motivated to achieve any goal they set in life! The 8 Little Dragons skill requirements are composed of physical and mental benefits.

**Skill # 1: FOCUS** – This skill will help your child's aim, listening skills and reaction skills.

**Skill # 2: TEAMWORK** – Teamwork is necessary for any young child to develop.

**Skill # 3: CONTROL** – Having control means making good decisions.

**Skill # 4: BALANCE** – This skill is crucial to develop at an early age.

**Skill # 5: MEMORY** – Developing a good memory is exercise for your child's brain.

**Skill # 6: DISCIPLINE** – Our instructors use drills to help create the vision that discipline is fun and rewarding.

**Skill # 7: FITNESS** – It is important for children to understand the importance of being healthy and physically fit.

**Skill # 8: COORDINATION** – Your child will learn left from right. They will become better physical participants in sports and activities.



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Webb's

School of Taekwondo

**Black Belt**

**FOR LIFE**

# TAEKWONDO IS FOR EVERYONE.



## CLASSES

In our classes, traditional training and non-contact sparring allow an inclusive approach. Our students include youngsters, teenagers, and men and women of all ages; indeed, many couples and entire families are amongst our members. Whether underweight, overweight, coordinated, uncoordinated, in shape, out of shape, shy or assertive, all are encouraged to join. The training itself will develop or improve coordination, help adjust weight, promote fitness, and develop self-confidence and assertiveness. Our classes include doctors, lawyers, construction workers, real estate agents, professors, teachers, students, learning disabled children, people with back pain and knee problems, legislators, etc. Classes are accepting new students of all types all the time.

## WHAT IS TAEKWONDO

Taekwondo is a system of symmetrical body exercises, or techniques, designed for self defense and counter attack in unarmed combat using the hands and feet as weapons. However, Taekwondo is much more than just a fighting skill, it is a way of thought and life.

Through discipline Taekwondo trains both the body and the mind, placing great emphasis on the development of moral character. In other words, self control discipline, kindness and humility must go hand in hand with physical grace.

The practice of Taekwondo gives one the mental attitude of modesty. This and generosity come from self confidence and are desirable virtues. With self confidence one can stand equally against any opponent but our code of ethics forbids unfair assaults or the use of unnecessary force. The use of unnecessary force does not form the basis for Taekwondo. Control over every action is developed through strict mental training.

## TAEKWONDO BUILDS FITNESS

Exercises of Taekwondo, besides producing tranquillity and peace of mind, also relax the joints, tone the muscles, strengthen the internal organs and develop agility, strength and stamina. It provides an unequalled method of self defense for your own personal security.

Family fitness is most important. It helps you to keep healthy, vital and happy.

## BELT RANKING

Beginners are white belts. Subsequent progression is through yellow, green, purple, brown and 1st degree black, taking 2-3 years (longer for children) of hard practice to achieve. Traditionally, more and more training and experience colored the original white belt darker and darker. Higher degrees of black belt require much longer and harder practice, which affords greater personal rewards in return. It is our aim to emphasize the process of training and attitude rather than the achievement of belt rank. With proper attention to personal development and social responsibility, advancement in belt rank takes care of itself.

## WORKOUTS

Training includes stretching, mild running, basic movements, forms (preset sequences of moves), 3-step practice sparring, free-style non-contact sparring, self-defense techniques, and special applications. The training is designed to develop the five basic components required of an accomplished martial artist:

- balance
- accuracy
- speed
- power
- focus.

DISCIPLINE

SELF CONFIDENCE

FOCUS