

Japan Karate-Do Organization

"SCHOOL OF NATIONAL CHAMPIONS"

For further information
JAPAN SPORTS CENTER

Japan Karate-Do Organization
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CHILDREN'S KARATE

Karate-do training offers many benefits to Karate Kids and their parents. Through our traditional Karate instruction, your child develops character; perseverance, politeness, good sportsmanship, self-confidence, concentration and respect become habits that carry through into all parts of life. Physically, he acquires co-ordination, reflexes, flexibility, speed, strength, agility, endurance, body contour and rhythm. As parents you are concerned about your child's safety; Karate teaches self-defense, as well as the discipline and good judgment to say "No" to harmful substances and unhealthy activities.

Children of different ages benefit in different ways. While they may begin training at any age, there are four phases during which most children display certain attitudes and require attention in particular areas.

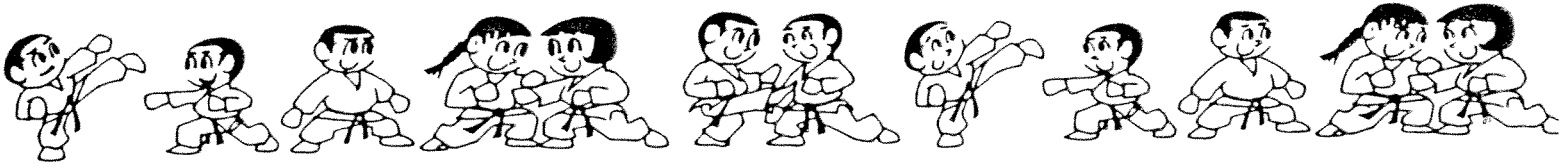
Phase One: Ages 4 to 6 years.

At this age our primary objective is simply that your child participate. He will respond better to patient encouragement than to being pushed hard, and we must not expect him to perform as well as older brothers and sisters. Step by step progress (i.e. one kind of punch, one kind of kick) allows us to nurture your child's interest so that it will bloom into strong performance in later years. You can help your child succeed at this age by encouraging and reinforcing participation, regardless of the level of competence or the speed at which your child seems to be progressing.

Phase Two: Ages 6 to 8 years.

Children at this age have the co-ordination to attain their goals in a shorter time. Discovering this ability to succeed will help your child build self-confidence. At the same time, you might

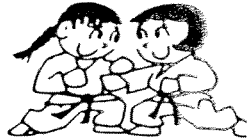




find that his short concentration span causes him to become frustrated more easily than before. Encouragement with proper discipline will keep him in the program, and will help him to achieve more difficult goals later in his training.

Phase Three: Ages 8 to 10 years.

Your 8 - 10 year old enjoys training because he discovers what can be accomplished in Karate. This understanding often makes a child fickle, and he develops a sense of fear from losing or failing. Positive reinforcement and encouragement will cultivate the mental and physical concentration your child needs to achieve his goals. This dedication reflects in his school work and everyday life as well as in the dojo.

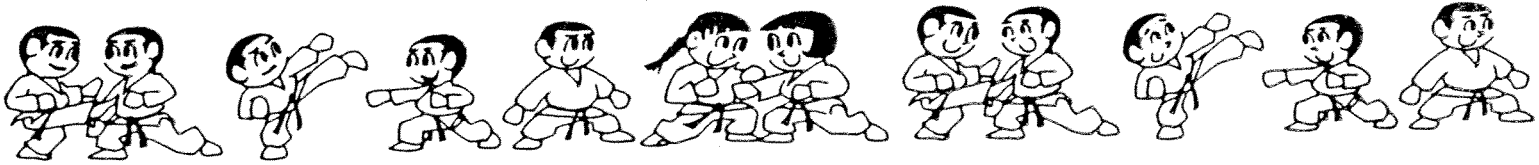


Phase Four: Ages 10 to 12 years.

As these children begin to perform with speed and accuracy, it becomes tempting to compare them with adults. Too much emphasis on winning at this age can cause negative behavior when your child loses. It is important to promote the values of hard training and dedication, and to give your child the confidence and tenacity to work toward the next level so he doesn't become discouraged and disappointed in himself. In my 30 years of instruction I have found the most important thing a parent can do is encourage a child to have the discipline to continue training. Only in this way can he prepare himself for competition.

Phase Five: Ages 12 to 14 years.

Most adolescents have developed their values regarding winning and are extremely conscious of their own standards. As they grow they also become image conscious; Karate training emphasizes body contour, and your adolescent will become comfortable with his physical appearance and begin to perform artistically and with pride. Reinforcing this positive image with rewards will promote your child's sense of responsibility and dedication. Sharing your satisfaction will keep your child's attitude positive, and



will increase his respect and appreciation for you and his instructors. It will also encourage him to set a good example for younger children.

Once you and your child decide to take up Karate training, he should be expected to give it his best. Allowing him to quit after a short time or to come to training only when he "feels" like it creates a pattern of inconsistency and incompetence. At the same time, if you think winning is everything, your child will become frustrated instead of dedicated. By balancing encouragement and discipline you can teach your child to put forth the effort necessary to deal with problems and setbacks. In this way he will succeed not just in Karate, but in all areas of his life.

Regular training with children of different ages and ranks also gives your child opportunities to develop socially and to learn to work towards a goal in a group setting. He will develop a unique dedication and pride in his achievements both in Karate and outside the dojo. As of September, 2010, six of our seven active junior black belts are either honor roll or straight "A" students - as well as prestigious national champion title holders. Your participation in building your child's character with discipline and encouragement can ensure his growth and success in Karate. The Japan Sports Center makes your co-operation worthwhile by providing qualified instructors authorized by the traditionally recognized Karate organizations. We believe your child should be able to trust the rankings and certifications of his instructors, so he can use his teachers as role models who inspire his dedication and confidence. Working together, we can make your child's Karate training an enriching and enjoyable experience.



Master Minobu Miki

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