

WELCOME To



KINDERGRAPPLING
★ DELAWARE COMBAT SPORTS ★

Table of Contents

- Welcome to Delaware Combat Sports’ Kindergrapplers Program..... page 3
- Program Outline & Instruction for Kindergrapplers..... page 4
- Health and Hygiene Factspage 5/6
- Frequently Asked Questions..... page 6

Welcome to Junior Grapplers Gracie Jiu-Jitsu & Kindergrapplers Programs

Every day in the United States, an estimated 150,000 kids miss school due to fear or intimidation of bullies. In fact, many believe that fear of bullying may be the leading cause of low self-confidence in children. Worse, statistics suggest that less than 15% of kids actually report acts of bullying. We know that most bullies are insecure and seek self-esteem normally by harassing smaller or weaker children. These negative experiences often create psychological trauma that might last a lifetime.

The Delaware Combat Sports Youth Programs focus on the physical, emotional and mental well-being, as well as the education of our children. It is “Education for Life.” Firstly, we provide our young students with the most powerful defensive skills so they will be ready to stand up against bullies. In addition, we assist our students with the development of characteristics and skills they will need in order to live a happy and balanced life. Our young pupils develop confidence, discipline, courage, responsibility, and leadership among other important values. We promote non-violent resolutions to conflict. The Delaware Combat Sports Youth Programs focus a great deal of attention to the development of self-esteem. A good self-image is the basis of a well-functioning, happy and successful child.

Our curriculum integrates physical education and self-defense techniques with conditioning and skill oriented games aimed at improving your child’s coordination, motor skills, agility and flexibility. Every instructor receives training in our unique teaching methodology, enabling them to deliver learning through dynamic interaction with the children, using a variety of approaches that meet the various learning types of individual children, whether visual, kinesthetic or auditory. To learn more about our school set up a free introductory class.

KinderGrapplers (3-5/6)

The KinderGrapplers class focuses primarily on building the winning attributes needed for learning and productive living such as discipline, courtesy, confidence, character, focus, concentration, and teamwork. In addition, we focus on building basic athletic skills like strength, flexibility, and coordination. The KinderGrapplers classes are extremely entertaining and allow children to develop useful defensive skills in a recreational way. Our professors are trained to always treat the children in a positive manner looking to constantly raise their self-confidence.

Junior Grapplers (6-13)

At Delaware Combat Sports, we employ a diverse teaching methodology within different fields of study aimed not only at providing practical self-defense knowledge, but also a holistic personal development. Through our unique pedagogy, we strive to help our young students develop their personalities as empowered members of their communities. Mutual respect and cooperation are encouraged, as well as socializing, problem solving and, of course, fun. We work hard to ensure that our young students stay away from all the negative habits that are so common with many teenagers. The instructors at Delaware Combat Sports serve as powerful role models of positive and healthy behavior both on and off the mat.

Program Outline & Instruction for Kindergrapplers

Curriculum

The Kindergrapplers program is geared for children ages 3-5/6. Each Kindergrapplers class is allotted for 45 minutes; however, the plans for each class is scheduled for 40 minutes. During classes students will have exercises and lessons based on what we and children and sport psychologists believe are the most important for children this age: language and communication, cognitive learning, large motor skills, general exercise, character development, and self-defense. Although subtle at times, one of each of these six areas are covered in each class. The following shows how many minutes are allotted for each lesson in each class:

1. Language and communication- 22 minutes
2. Cognitive learning- 17 minutes
3. Large motor skills- 13 minutes
4. General Exercise- 13 minutes
5. Character development- 10 minutes
6. Self-defense- 7 minutes

A revolving 12 lesson curriculum has been developed to keep each class on schedule and students learning and engaged while building upon their skills. Students will be introduced to Jiu-Jitsu, self-defense and wrestling. The Kindergrapplers program follows a martial arts belt system (white, white/yellow/white, white/yellow, and yellow/white/yellow). Students have the opportunity to earn stripes every other week based on behavior. They can be promoted up to 10 stripes before moving to the next belt.

Goals

The goal of the Kindergrapplers program is for students to become coachable, respectful, listen & follow instructions, perform physical activities, learn to be good drilling partners, and develop good social interaction skills. Ultimately, it is to prepare students to move up to the more advanced Junior Grapplers and/or youth wrestling program(s). By learning basic Jiu-Jitsu/Self-defense, wrestling and listening skills, the transition will be smooth.

Teaching Methodology

Instructors will use positive reinforcement with students. Games will be used as learning tools. Negative behavior (e.g. running out, not keeping hands & feet to themselves, being disruptive, etc.) will not be tolerated. Students will be asked to leave class and sit with their parents if they exhibit these behaviors and do not respond to redirection.

Policies

- Students are required to wear a white GI (kimono) and navy blue rash guard. It is NOGI on Wednesday (Dover) and Thursday (Middletown & Camden). Student will wear just their rash guards and GI pants.
- Rosters are restricted to 10 students. Once the class is full a waiting list will be created.
- Parents are not permitted to drop students off and leave the building.
- Parents are asked to silence their cell phones during class as it is distracting to students.
- Coaching from the waiting area is prohibited.
- Consistent and extreme misbehavior will not be tolerated. It is unfair to the instructors and other students to be distracted by a student who is extremely disruptive.
 - Student will be prompted by the instructor once to change their behavior. If they continue to misbehave they will be asked to sit out of class with their parents. A student that is consistently asked to leave the class will be removed from the program completely.
- Promotion to Junior Grapplers will be based on instructor observations and recommendation not as parent's request or age.

Health and Hygiene Facts

1. Your child's nails should be kept short as they could scratch another child.
2. Your child should shower immediately after each class.
3. GIs and rash guards should be washed regularly.

Frequently Asked Questions (FAQs)

1. Can I drop off my child to class and pick him/her up when it's over?

No, due to the young age of these students we ask that parents remain in the building for the duration of the class.

2. What happens if my child is injured during class?

Basic first aid will be initiated, 911 will be called if necessary.

3. What happens if my child injures another child?

Injuries happen in sports. As long as the child was not being malicious, nothing would need to be done. If the child intentionally hurt another child, the coach would intervene and also speak with the parent.

4. What happens if my child is feeling ill during class and does not want to finish class?

Your child may sit out anytime he/she feels ill.

5. What happens if my child is sick or injured for a long period of time and cannot attend classes?

There are no punishments or consequences for missing classes.

6. What happens or what should I do if my child does not like the coach or coaching methods?

The parents should speak to the coaches and resolve the issue.

7. The Kindergrapplers program requires the following for classes:

Students are required to wear a white Gi and navy blue rash guard.

8. Where can we purchase these items?

Gi and Delaware Combat Sports rash guards can be purchased directly from Delaware Combat Sports. Plain navy blue rash guard can be found at any sporting goods store or Walmart.

8. My child has asthma, can he/she participate?

This question should only be answered by your pediatrician. If your child requires an inhaler please inform a coach.

9. I think my child has ringworm. What should we do?

If you suspect your child has ringworm inform a coach right away; ringworm is very contagious! Some over the counter medications are Lamisil, Lotrimin, and Desenex which are very effective; though you should still consult your child's pediatrician.