



THE CENTER FOR HUMANE LIVING LITTLE DRAGON CURRICULUM

LD CURRICULUM PURPOSE:

Provide consistency among teachers, to allow all students to receive the same instructional content, and to standardize the curriculum for easier testing, promotion and advancement into the general CHL program.

LD CURRICULUM MISSION:

To introduce the concepts of CHL to the pre-school and kindergarten age group including: Zen philosophy, life and relationship skills and leadership development, utilizing an innovative approach to teaching the martial arts in a supportive and encouraging environment.

GOALS OF LD CURRICULUM:

1. To promote a love and appreciation of the martial arts, Zen philosophy and The Center for Humane Living
2. To provide concrete lessons that promote the building of one's positive self-image
3. To lay the foundation of the mental skills necessary to cultivate compassionate future leaders by teaching the core philosophies of CHL, including:
 - Fostering kind and caring individuals
 - Instilling a sense of self-worth and appreciation for others
 - Introducing the 12 Ways to Deal with a Bully and apply it to age appropriate scenarios
 - Addressing the 10 Societal Breakdowns in an age appropriate format
 - Exploring the five tenets of CHL (Courage, Honor, Loyalty, Obligation, Justice) and how they relate to our daily lives
4. To lay the foundation of the physical skills necessary to grow in the physical pursuit of the martial arts including: coordination, strength, flexibility and balance.
5. To lay the groundwork for a harmonious transition into the formal CHL curriculum



LITTLE DRAGON CURRICULUM INTRODUCTION:

The Little Dragon Curriculum is formatted as a template for use by the Center for Humane Living instructors. This template is meant to serve as a framework by which to teach one of three levels of Little Dragon Classes, (beginner, intermediate, or advanced). The description of the game, technique, or goal is provided the first time the activity is introduced in the curriculum.

Bolded Section Headings: Activities from each bolded section need to be included for **every** class. This is purposeful as we are trying to have a consistent framework for the Little Dragon Classes. This age range benefits from continuity of instruction and the predictability of a formatted class. Simpler is better.

Subsection Headings: It is anticipated that you will not use every activity listed under the subsections for each class. You may mix and match the activities in the subsections based on your theme, class level, class size and/or attention span of the students.

New Ideas: As you gain experience with this age group, you will find yourself coming up with your own innovative Little Dragon Curriculum ideas. Please bring them to the Little Dragon Curriculum Committee, SBN Therese and Sensei Amy. We love new, exciting and most of all FUN ideas and activities that we can incorporate school wide.

LITTLE DRAGON LESSON PLAN BEGINNERS: 60 MINUTES

(10-12 min) **Warm-Up:** Begin with Red Light/Green Light or Shaking their Sillies Out

- ◆ Centering:
 - Sit down in a circle and do seated breathing
Goal: Teach students how to calm themselves down.
 - If gong is available allow each student to ring the gong
 - *Introduce concept of why we ring the gong
 - *Students introduce themselves: Emphasis on eye contact, voice level, body language-hands by side, and stillness of bodyGoal: Work on breathing techniques for self-control. Work on learning each other's names and gain respect for those in the class while displaying confidence when speaking in front of others.
- ◆ Stretching:
 - Seated butterfly: Flap their wings, smell their stinky toes and count to five in Korean. Kids can tell you what color their butterfly is or where the butterfly is going.
 - Seated pike sit: Turn hands into spiders, walk spiders down their legs, tickle their toes, count to 5 in Korean.
 - Straddle Sit: Spiders walk down each leg, alternating right and left leg. Hold for 5, count in Korean. Stretch to the center, making a pizza and pushing it in to the oven. Kids can tell you toppings to put on the pizza. Push the pizza in the oven for a count of 5 in Korean (physically this is stretching the inner legs).
 - Popcorn legs back to a pike sit
Goal: Gain flexibility, listening skills, basic physical karate skills and learn Korean, all while having fun.

(5-10 min) **Karate Section 1:** Line up group, Bow in

- ◆ Teach spacing- need to be arms width apart, and all on one straight line, explain lining up with your line leader
 - *Review how and why we bow
- ◆ Korean Commands: have kids repeat the words back to you and also what they mean
- ◆ In horseback stance:
 - Inside-out and Outside-in blocks (Windshield wipers)
 - High Block (Make a roof one arm, alternating sides)
 - High and Low Double Cross Block (Make a strong roof with two arms and snow plow)
- ◆ Balance with beanie babies on their head (single leg safety stance) count to 5 in English or Korean-repeat on other leg.
Goal: Learn a routine of physical moves that are performed in each class, develop coordination, and foster an appreciation for the Korean language.

(10 min) **Game Section 1:**

- ◆ Animal Impersonations Goal: Gain coordination, strength and flexibility while having fun and burning energy. Add animal sounds when appropriate.
 - Kangaroos holding trays, followed by cleaning up the mess with the seal crawl
 - Bear Walk
 - Elephant Walk (bend forward at waist, hands clasp in front making trunk, walk with slow big steps, keep knees straight while trunk swings from side to side)
 - Seal or Snake Crawl (*may do races with these activities)
 - Giraffe Walk (place one foot in front of the other, bend at the waist, clasp hands behind back, walk while raising head and chest with each step)
 - Frog Jumps
 - Gorilla Walk (bend knees and fold torso forward, hang arms at side, sweep fingers across the ground with each step)
- ◆ Obstacle Course: Made up of 3-4 stations depending on area and number of students
 1. Small mat- perform egg rolls or log rolls
 2. Balance with Beanie Baby on their heads- count to 5 in Korean
 3. Jump over an obstacle- two feet forwards, sideways, or backwards
 4. Punch, block, or kick at a target mitt or at a bat, if 2nd teacher available
 5. Additional stations can be added depending on the number of students
 6. *Recommend about 5 times around the circuit.

(10 min.) **Karate Section 2:**

- ◆ Return to centering, sit calmly, 3 deep breaths to get their attention
Goal: Learn to switch from a high-energy situation to relaxation using breath control.
- ◆ Work on mental activity:
 - Parents' names, phone numbers, addresses
 - Role playing: how and when to call 911 (old cell phones)
 - What to do if they get lost
 - Dojang Etiquette
 - Name of karate school, style of karate, country of origin
 - Basic words: dojo, sensei, do bohk, Kyung yet
 - Our chief instructor's name
 - The colors of all belt rank in order (use paper cut outs or have them color the belt ranks)
*Make sure kids are standing when talking, maintaining eye contact, and that the group is listening.Goal: Hone child's public speaking skills, gaining additional practice at listening to others, while learning basic life skills.

(5-7 min) **Game Section 2:**

- ◆ Duck Duck Oose
- ◆ Sensei Says

- ◆ Colored Belt Game: Each child takes one colored “belt” (colored construction paper strips). Ask which belt goes first. Each student places his/her belt on the ground when it’s his/her turn. As each color is added, children repeat the color order beginning each time with white. Instructor then mixes the belts up and each student gets to try to put the belts in correct order. They like to hum the Jeopardy song as they each have a turn. Have the group repeat the belt color order as you review each student’s work. Have students help each other when mistakes are made.
- ◆ Safety stance with bat contact: focus just on maintaining a good front stance at this level and then add singing
 - *Singing Happy Birthday helps students become comfortable within their safety stance.

(15-20 min) **Zen Section:** Choose a Zen Story and discussion:

- ◆ Goal: Introduce universal truths through storytelling, Zen stories, martial arts philosophy and concepts.
- ◆ May include coloring a pre-printed picture that links together either a physical or mental concept from the lesson. See reading list for availability.

LITTLE DRAGON LESSON PLAN INTERMEDIATE: 60 MINUTES

*For intermediate and advanced LD students, work on right and left: Place a bracelet on their left hand to aid with teaching this concept.

(5-7 min) **Warm-Up:** Begin with Red Light/Green Light or Shaking their Sillies Out

- ◆ Centering:
 - Sit down in a circle and do seated breathing
Goal: Teach students how to calm themselves down.
 - If gong is available allow each student to ring the gong. *Review concept of why we ring the gong.
- ◆ Stretching:
 - Butterfly stretches
 - Pike Stretch with Creepy Spiders
 - Straddle Stretch with pizza making
*Hold Stretches for 10 sec, count in English and then Korean
 - May add in foot positions: Pencil points (Round House), Fish Hooks (Side Kick), Barbie Shoes (Front Snap)

(10-15 min) **Karate Section 1:**

- ◆ Line up group, Bow in
*Introduce rank order formation when lining up
- ◆ Stretch Kicks: Straight-up Front Stretch, Inside-Outside Stretch, Outside-Inside Stretch
*Focus on breath control and stillness of eyes and body
- ◆ Front Stance: Discuss the three parts of the front stance
- ◆ Walking in karate with hand on hips (may use paper plates under the feet)
- ◆ Downward block
- ◆ High block
- ◆ Balance with beanie babies on their heads (single leg safety stance), count to 5 in English or Korean- do both legs, may add front snap kick in place
*Continue to reinforce focus on breath control and stillness of eyes and body
- ◆ Horseback stance
 - Introduce: How to make a fist and center punches
 - Palm open with gift in hand, roll the fingers like wrapping paper over the gift, the thumb placement is the tape that secures the gift in the wrap.
 - *May use target mitt and/or recite CHL Tenets while punching
 - Review: Inside-Out and Outside-In blocks (Windshield wipers)
 - High Block (Make a roof one arm, alternating sides)
 - High and Low Double Cross Block (Make a strong roof with two arms and snow plow)

(5-7 min) **Game Section 1:**

- ◆ Animal Impersonations:
 - Kangaroo

- Seal Crawl
 - Bear Walk
 - Elephant Walk
 - Seal or Snake Crawl Relay
 - Giraffe Walk
 - Frog Jumps
 - Gorilla Walk
 - Bear Walk
 - Crab Walk, forward and/or backwards *NEW
 - Rabbit Hop (Squat, placing hands on the floor in front of feet, move the hands forward first, then jump feet to hands) *NEW
- ◆ Obstacle Course: Made up of 3-4 stations depending on area and number of students
- 1: Small mat- perform egg rolls, log rolls, add forward rolls with teacher's help
 - 2: Balance with Beanie Baby on their heads- count to 5 or 10 in Korean
 - 3: Jump over an obstacle- two feet forwards, sideways or backwards, add one-foot forwards
 - 4: Punch, block, or kick at a target mitt or at a bat, if 2nd teacher available
 - 5: Additional stations can be added depending on the number of students
- *Recommend about 5 times around the circuit

(10 min)

Karate Section 2:

- ◆ Return to centering, sit calmly, 3 deep breaths to get their attention
 - ◆ Work on mental activity
 - Introduce:
 - The founder of Tang Soo Do
 - Counting to 10 in Korean
 - What is the friendship rug and meaning?
 - What is chaos/lining up of the shoes?
 - What to do if the doorbell rings?
 - Basic Dojang Etiquette
 - Stranger Danger/who can be a stranger- stereotypes, tricky people
 - May Review:
 - Introducing themselves to the group, parents' names, phone numbers, addresses, how and when to call 911 (old cell phones), what to do if they get lost
 - Name of karate school, style of karate, country of origin, our chief instructor's name
 - Basic words: dojo, sensei, do bohk, Kyung yet
- *Make sure students are standing when talking, maintaining eye contact, and that the group is listening.

(5-7 min)

Game Section 2:

- ◆ Introduce:
 - Escape from a One Arm Grab (biting)
 - Bear Hug with Lift (going limp)
 - 12 Ways Bully Role Playing



- Duck Duck Oose
 - Sensei Says
 - The colors of all belt rank in order (use paper cut outs or have them color the belt ranks)
 - Safety stance with bat, add in high blocks : *Add singing as student becomes comfortable
- (15-20 min) **Zen Section:** Choose a Zen Story and discussion:
May include coloring a pre-printed picture that links together either a physical or mental concept from the lesson. See reading list for availability.

LITTLE DRAGON LESSON PLAN ADVANCED: 60 MINUTES

(5-7 min.) **Warm-Up:** Begin with Red Light/Green Light or Shaking their Sillies Out

- ◆ Centering:
 - Sit down in a circle and do seated breathing
Goal: Teach students how to calm themselves down.
 - If gong is available allow each student to ring the gong
*Review concept of why we ring the gong
- ◆ Stretching:
 - Butterfly stretch
 - Pike Stretch with Creepy Spiders
 - Straddle Stretch with pizza making
*Hold Stretches for 10 sec, count in English and then Korean
 - May add in foot positions: Pencil points (Round House), Fish Hooks (Side Kick), Barbie Shoes (Front Snap)
 - Add quizzing game: Instructor calls out foot position or kick and checks to see that students are performing the correct technique.
*This is a good drill if you want to work on kicks that day.

(20-25 min) **Karate Section 1:**

- ◆ Line up group, Bow in
 - *Introduce rank order formation when lining up
- ◆ Stretch Kicks: Straight-up Front Stretch, Inside-Outside Stretch, Outside-Inside Stretch
- ◆ Front Stance:
 - Inside-Out Block
 - Outside-In Block
 - Lunge Punch
 - Review: Downward block, High block, three parts of the stance
- ◆ Horseback Stance
 - Introduce:
 - High Punch
 - Middle Punch
 - Low Punch
 - Punching Combinations (high, middle, low)
 - Review:
 - How to Make a Fist
 - Inside-Out and Outside-In blocks (Windshield wipers)
 - High Blocks (Make a roof one arm, alternating sides)
 - High and low double cross blocks (Make a strong roof with two arms and snow plow)
 - Introduce Fighting Stance:
 - How to transition into a fighting stance

- Front snap kick
- Lead Leg Side, Lead Leg Round
- Turning Side, Turning Round
- Spinning Back
 - *Helpful drill: Have students rest hands on wall and break down roundhouse, side kick, and donkey kick while using the wall for balance. 5 times each side for each kick
- Introduce Kata:
 - Kata 1 (work on individuals performing in front of the group)

(10 min)

Game Section 1:

- ◆ Animal Impersonations:
 - *Add animal sounds when appropriate
 - Kangaroo
 - Seal Crawl
 - Bear Walk
 - Elephant Walk
 - Seal or Snake Crawl Relay
 - Giraffe Walk
 - Frog Jumps
 - Gorilla Walk
 - Crab Walk, forwards and/or backwards
 - Rabbit Hop
 - Cricket walk: squat with knees apart, place arms between the knees and grasp the outside of the ankles with the hands, walk in this position *NEW
 - Relays for older kids *NEW
- ◆ Duck Duck Oose
- ◆ Sensei Says
- ◆ Obstacle Course: Made up of 3-4 stations depending on area and number of students
 1. Small mat- perform egg rolls, log rolls, forward rolls, add backward rolls
 2. Balance with Beanie Baby on their heads- count to 10 in Korean, may do front snap kicks with beanie baby on their heads
 3. Jump over an obstacle- two feet forwards, sideways or backwards, one-foot forwards, add one foot sideways or backwards
 4. Punch, block, or kick at a target mitt or bat, if 2nd teacher available
 5. Additional stations can be added depending on the number of students
 6. *Recommend about 5 times around the circuit

(10-15 min)

Karate Section 2:

- ◆ Return to centering, sit calmly, 3 deep breaths to get their attention
- ◆ Work on mental activity
 - Introduce:
 - The circle of respect and what it means

- The importance of the belt
 - How to tie one's own belt
 - What does Gup mean?
 - Understanding Dojang etiquette
 - Reinforce speaking in front of the group with the topics below:
 - The founder of Tang Soo Do
 - Counting to 10 in Korean
 - What is the friendship rug and meaning?
 - What is chaos/lining up of the shoes?
 - What to do if the doorbell rings?
 - Basic Dojang Etiquette
 - Stranger Danger/who can be a stranger- stereotypes, tricky people
 - Name of karate school, style of karate, country of origin, our chief instructor's name
 - Basic words: dojo, sensei, do bohk, Kyung yet
 - Introducing themselves to the group
 - Parents' names, phone numbers, addresses
 - How and when to call 911 (old cell phones)
 - What to do if they get lost
- *Make sure students are standing when talking, maintaining eye contact, and that the group is listening

(5-10 min)

Self-Defense Section:

- ◆ Introduce:
 - Backward Break Falls (hands behind head to protect neck)
- ◆ Review:
 - Escape from a One Arm Grab
 - Bear Hug with Lift
 - Safety stance with bat and high blocks, add knee for low attacks
 - Safety Zone
 - *5 steps backward, example of lady with puppies in her car, etc.
 - What to do if someone tries to "take you"
 - *Biting, yell/scream- "you aren't my mom/dad," sack of potatoes
 - The Three P's:
 - Prevent-Prepare-Protect
 - ARM:
 - Avoid it- Resolve it- Manage It
 - 12 Ways Bully Role Playing

(15-20 min)

Zen Section: Choose a Zen Story and discussion:

May include coloring a pre-printed picture that links together either a physical or mental concept from the lesson. See reading list for availability.

