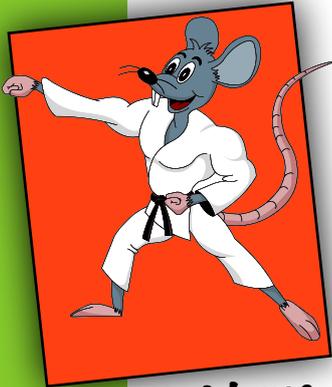
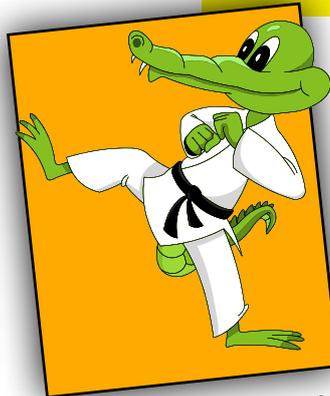


LITTLE  
CHAMPIONS



Muscle Mouse



Sensei Snapper



Magic Marley



Elegant Ellie



Master Leo



Master Monkey

**UPGRADED: Little Champions Program**

In 2013, the SCK Teaching Team will be joined by Master Monkey and friends.

Together we will present an even more well-rounded training program designed to bring out the best in our Little Champions.

**LC: Curriculum**

The updated Little Champions Curriculum can be viewed in the dojo and/or downloaded from the SCK Member Website. [www.SunshineCoastKarate.com.au](http://www.SunshineCoastKarate.com.au)

You will notice there isn't much alteration of the Karate components. For students achieving black stripe they will still have the potential to grade up to green belt white stripe in the Karate Kids Program subject to their individual abilities and commitment to their training.

**LC: Progress Cards**

As you get back into your training in 2013 you'll notice that we have also revamped the Little Champions Progress Cards to match up with the key elements of the updated curriculum:

1. Learner/Leader Attitude
2. Japanese Language & Etiquette
3. Karate Key Basics
4. Karate Basics
5. Mind Awareness
6. Body Awareness

On your progress card you will also notice, 'Activity Book Completed & Returned'.

Sensei Sandra and Sensei Martin are currently creating activity books for all levels white - black stripe. The purpose of these activity booklets is to:

- better communicate the curriculum in bite sized chunks (mini lessons)
- provide exercises/activities that students can do at home to support their learning in the dojo
- give parents a step by step guide as to how they can help their Little Champions achieve the next level, whether it be a tip or belt.

**LC: Monthly Newsletter**

To help our Little Champions with their training at Sunshine Coast Karate they will also receive a monthly newsletter. This will be quite simple initially where we will have Master Monkey and his Friends share stories, lessons and activities (based on curriculum). This newsletter will be expanded over time based on the feedback and needs of all students. If there is anything you would like to see in this newsletter, please email Sensei Sandra.

[sandra@karate4life.com.au](mailto:sandra@karate4life.com.au)

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We would like to thank all Little Champions and families for your continued support at SCK, and we hope that you all enjoy the upgrades to the Little Champion Program.

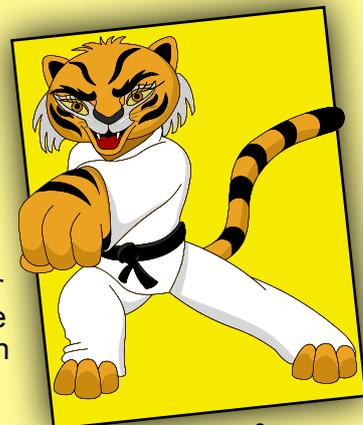
2013 presents many opportunities for us all to grow together, so let's get started and help our Little Champions become more happier, confident, respectful, focused and more successful with every lesson. When we all work together we can help bring about change in all areas of the lives of our Little Champions.



Hi Everyone,

Before we get started I want to introduce you to some of my friends who will be helping you to earn your stripes and belts.

**Master Leo** is our Karate expert. She will be in charge of helping you learn all the basic karate techniques. She will also help you make your techniques even stronger and more effective with some of her very own karate secrets.



**Master Leo**



**Elegant Ellie**

**Elegant Ellie** knows everything you will need to know about Japanese in the dojo and she'll show you how to give and gain respect both in and out of the dojo at all times.

**Magic Marley** has a very clever mind. He will be in charge of helping you to focus your mind, and he will teach you how to concentrate, listen carefully, follow instructions and solve problems.



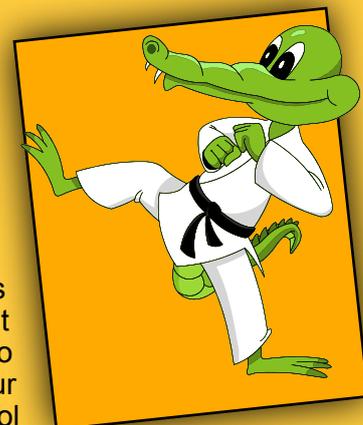
**Magic Marley**



**Muscle Mouse**

**Muscle Mouse** loves getting active. He will be in charge of helping you with your body. Body strength/focus, balance, fitness, flexibility, co-ordination and learning about right and left.

**Sensei Snapper** knows what it takes to be a great learner and a great leader. Sensei Snapper is going to share with you how you can reach your fullest potential in the dojo, at school and at home.



**Sensei Snapper**

Together Master Monkey, Muscle Mouse, Magic Marley, Master Leo, Elegant Ellie and Sensei Snapper will share all their secrets that will help you become not just any Little Champion but a **'GREAT Little Champion.'** The more consistent hard work that you put in, the **BIGGER** the result.