

CRAWL Parent FAQ Sheet

1. What is CRAWL Martial Arts?

CRAWL is a parent & toddler martial arts program designed for children ages 2–4. It introduces the values, culture, and movements of martial arts in a fun, age-appropriate way while creating meaningful bonding experiences between parent and child.

2. Do I need martial arts experience to participate?

No experience is required. Classes are designed for parents and children to learn together. Your role is to encourage, support, and participate alongside your child.

3. What should we wear and bring?

A **plush training buddy** is required for the program, as it helps toddlers safely practice movements and build confidence. Comfortable athletic clothing is perfect for class. We also recommend bringing a filled water bottle for your child.

4. What if my child is shy, nervous, or cries?

This is completely normal for toddlers trying something new. Some children may cling to parents, cry, or take time to warm up. With consistency and encouragement, most children become more comfortable each week.

5. How are classes structured?

Each class runs for about 30 minutes and includes:

- Warm-up
- Introduction to basic martial arts movements and coordination skills
- Parent-child bonding drills

- Reinforcement of core values: Confidence, Respect, Awareness, Willpower, Leadership

After class, an additional 15 minutes of playtime is offered. Participation in playtime is up to parental discretion. If students do not give effort during class, we recommend skipping playtime as a way to reinforce the lesson that we must work hard to earn play.

6. How often do classes meet?

Classes meet once per week for a 10-week session.

7. What is Promotion Day?

At the end of the session, children participate in a celebration where they may earn a white belt or stripes to mark their progress. A **completed Goal Chart is required for promotions**, as it reinforces effort, consistency, and accountability both in class and at home. Parents are encouraged to cheer them on and capture photos.

8. Do parents participate in class?

Yes! Parent involvement is central to the program. Parents model focus and respect, assist with movements, and support their child's effort on the mat.

9. How do we sign up for the next session?

Registration opens before the new session begins. Spaces are limited, so early registration is encouraged.

Tips for Parents

- **Arrive on time, but not too early.** Toddlers can become restless or tired if they wait too long before class starts.
- **Stay positive and encouraging.** Cheer for effort and small victories.
- **Let the instructors lead.** Give your child space to listen and follow the class while you model respect and participation.
- **Participate fully.** Your full presence and involvement on the mat is the most powerful part of your child's experience.