



Welcome to Big Dolphins!

The Shire Martial Arts Big Dolphin's program has a 7-10 yr old age specific curriculum. Unlike the younger Little Dolphins, who have an attendance based curriculum, the Shire Martial Arts Big Dolphin curriculum is competency based, which starts them on their journey towards becoming an International Black Belt.



Your child will learn MORE than just how to kick and punch - They learn SKILLS for LIFE

Including how to:

- **Cope with anxiety**
- **Build resilience**
- **Develop Confidence**
- **Get fit**
- **Manage stress**
- **Gain humility**
- **AND learn simple, effective & practical self defence**

The Big Dolphin program teaches children these important life skills in a fun, exciting and fulfilling manner.

The Big Dolphins program reinforces family values

We also mentor Big Dolphins through class discussions on topics such as: dealing with anger, managing bullies and peer groups as well as respect for one's self and others - and more, are taught and reinforced.

Here's how we help your child learn to set goals, build confidence and have a positive outlook in life.

At the end of class each student receives a black attendance stripe on one side of their belt. When they have accumulated a sufficient amount they undergo a 'Tip Test' where they must demonstrate the skills covered in their syllabus.

When they can do this they receive a coloured skill stripe on the other side of their belt. The skill stripes are an achievement award and work as an incentive.

Once a Big Dolphin has earned all of the skill stripes for their particular level and demonstrated that they have good behaviour and attitude at home and at school, they then move up to the next coloured belt. After this, the process is repeated with the skills becoming slightly more challenging each time.

This helps kids see the benefits in trying their best. Eventually, Big Dolphins graduate into the Shire Martial Arts Junior Black Belt program.

The Big Dolphins program helps prepare your child for life in the BIG world

Big Dolphin's classes help to improve your child's basic motor skills, as well as their positive attitude and mental skills - the very things that will help your child enter society with a confident and enthusiastic outlook.

Big Dolphins become better school students, better listeners at home and they feel more ambitious about their future goals.



The Big Dolphin's activities will keep your child physically fit. Also, many of the group activities show children the benefits of good behaviour. Most importantly the class curriculum also helps young students see the value of teamwork, good manners and trying their best both in and outside of the training room.