



# Tiger Tots

W E L C O M E   P A C K



# Welcome!

A W E L C O M E F O R P A R E N T S  
A N D G U A R D I A N S

**Dear Parents and Guardians,**

**A very warm welcome to Tiger Tots – the newest addition to Central Karate Academy, launching this September 2025!**

**My name is Jake Byrne, and I'm proud to serve as the Executive Director and Lead Coach for this exciting new class, specially designed for our youngest martial artists aged 2–3 years old. Whether it's your first experience with karate or you're already part of our academy family, we're thrilled to have you join us on this new adventure.**

**Central Karate Academy first opened its doors in September 2023, and since then, we've been passionate about helping children grow in confidence, coordination, and character through karate. With Tiger Tots, we're bringing that same passion to our littlest learners – creating a fun, safe, and engaging environment where children can begin their karate journey.**

**In Tiger Tots, parents and guardians are not only welcome but encouraged to stay and even join in. These sessions are about shared moments, playful learning, and building strong foundations through simple karate movements, songs, games, and lots of smiles.**

**We can't wait to see you and your little one in class – ready to move, play, and grow together.**

**Welcome to the Tiger Tots family!**

**Warm regards,**

**Jake Byrne**

**Executive Director & Lead Coach**

**Tiger Tots – Central Karate Academy**

# Welcome!

A W E L C O M E F O R T O T S

**Hello Little Tiger!** 🐅

**Welcome to Tiger Tots!**

**My name is Jake, and I'm SO excited to meet you! We're going to have lots of fun together—kicking, jumping, moving, and learning some cool karate moves!**

**You'll play, laugh, and try new things—with your grown-up right there to help and cheer you on. Every week, we'll be little tigers, strong and brave, learning together!**

**Get ready for high fives, big smiles, and LOTS of fun.**

**See you soon, Little Tiger!**

**Jake** 🥋

**Tiger Tots | Central Karate Academy**



# Our Coaches

GET TO KNOW



**Jake**



**Alyssia**

# Our Dojo!

W H E R E   W E   L E A R N

**Tiger Stripes Karate is constantly adapting and changing the activities which are taught. Our lessons are specifically designed depending on the needs of the children attending the class. Some classes are made with ease, some classes are made with a touch of challenge.**

**This syllabus is always being changed.**

**The arm and hand moves:**

- front punch
- bear claw
- downward block
- head block
- inside to outside block
- outside to inside block
- elbow strike
- knife hand block
- spear hand

**The leg and feet moves:**

- front kick
- side kick
- round kick
- back kick
- stamping kick
- crescent kick

**The fitness exercises:**

- push-up alternative – pad under your arm
- sit-up alternative – lifting legs over spots