TBBF - 001 :MY LIL DRAGONS ADVENTURE BOOK

THE BLACK BELT FOUNDATION

CORE SKILLS TO SUCCEED IN LIFE, TODAY AND BEYOND TOMORROW

MY LIL DRAGONS ADVENTURE BOOK



BEGIN YOUR ADVENTURE

Confidence | Respect | Focus | Courage | Discipline | Teamwork | Self-Control | Resilience

TBBF CHARATERS











Confidence Respect Focus Courage Discipline Teamwork Self-Control Resilience

YOUR CHARATERS



Your Name:

Your Parents contact No:

Your Club Location:

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WELCOME
LIL DRAGON!

This is your adventure.
A journey of skills,
confidence and character.
You'll **learn, grow** and
achieve amazing things.

We're so excited to **meet**
you, here you **will** own
your journey.

IN THIS BOOK

MEET YOUR TEAM (GUARDIANS)
Get to know your adventure guides.

YOUR ADVENTURE JOURNEY
Discover the path and the skills you'll learn along the way.

KEYS TO SUCCESS
The tools and habits that will help you on and off the mats.

FAMILY ADVENTURE
Tips and activities to grow together at home.

READY, SET, GROW!
Let's go on our quest!



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YOUR ADVENTURE JOURNEY

Follow the path, collect achievements, become your best version of you!



FAMILY ADVENTURE

You're never on your own. Your family is your adventure team!

- **Cheer you on**
- **Support your goals**
- **Celebrate your wins**
- **Help you keep going**

Thank you for being part of the journey!

Confidence | Respect | Focus | Courage | Discipline | Teamwork | Self-Control | Resilience

CHAPTER 1
THE ADVENTURE BEGINS

Congratulations on taking the first step in your child's journey of personal development through Lil Dragons.

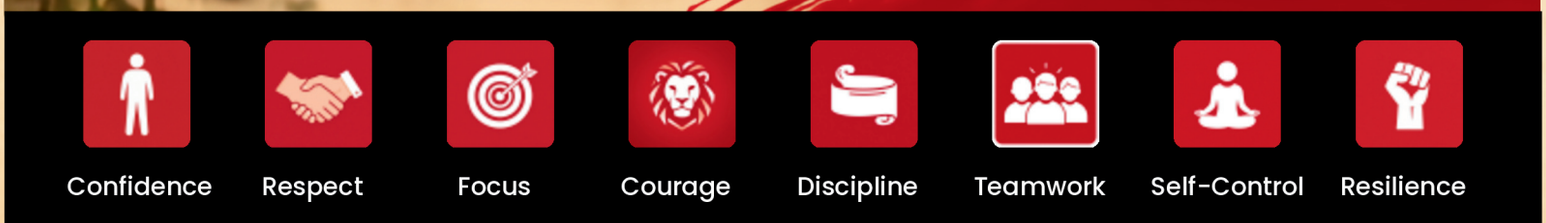
Dear Parent,
Thank you for choosing TBBF and trusting us to become part of your child's journey.

Every parent wants their child to grow into a confident, respectful, resilient and capable young person. While martial arts teaches valuable physical skills, we believe its greatest value lies in helping children develop qualities and tools that will last a lifetime.

The Lil Dragons programme is much more than learning punches and kicks. It has been carefully designed to help children build confidence, improve listening skills, develop coordination, learn respect for others and become ready not only for school, but for the many challenges and opportunities that life will bring.

This is the beginning of a journey that can continue from Lil Dragons through Junior Academy, Teen Academy, Adult Academy and beyond, helping your child become a little better than the day they first walked through our doors.

We are delighted to welcome you to the TBBF family and look forward to sharing this adventure with you.



The Founder's Promise



"Every child deserves to feel safe, valued and encouraged to become the very best version of themselves".

My promise is that every instructor at TBBF will do their very best to create an environment where your child can grow in confidence, character and capability while enjoying every step of their journey.

Thank you for placing your trust in us. We will never forget that trust."
David Whiteside
Founder, TBBF



Confidence Respect Focus Courage Discipline Teamwork Self-Control Resilience

CHAPTER 2
WHAT IS LIL DRAGONS

A specialist Early Years programme for children aged 3-6 years.

Lil Dragons is TBBF's specialist Early Years programme, carefully designed to help young children develop the qualities and tools they need to succeed in life - today and beyond tomorrow.

The early years are one of the most important stages of a child's development. During this time, children are building confidence, learning how to interact with others, developing coordination and discovering how to learn through positive experiences.

Our programme combines martial arts with purposeful play, carefully structured activities and positive encouragement to help every child grow in a safe, enjoyable and supportive environment.

Every activity has a purpose.

Some activities develop balance and coordination. Some improve listening and concentration. Some build confidence and resilience. Others encourage teamwork, respect and kindness.

While children are having fun, they are also developing skills that will help them at home, in school and throughout life.

Lil Dragons is much more than learning martial arts. It is th beginning of a lifelong journey of personal development.



CHAPTER 2
DEVELOPMENT

Through Lil Dragons your child will begin developing:

- Confidence
- Respect
- Listening skills
- Focus and concentration
- Balance and coordination
- Teamwork
- Kindness
- Resilience
- Healthy habits
- Self-belief

Every lesson is designed to develop qualities and tools your child can use both inside and outside the dojo.



Confidence Respect Focus Courage Discipline Teamwork Self-Control Resilience

CHAPTER 3
HOW CHILDREN LEARN

Every child learns differently. Every child develops at their own pace.

Some children are naturally confident. Some need a little more encouragement. Some love being active. Others prefer to watch before joining in.

At TBBF, we believe every child deserves the opportunity to learn in a way that helps them feel safe, successful and excited to return.

That is why every Lil Dragons lesson has been carefully designed around how young children naturally learn best.

Purposeful Play
Children learn best when they are enjoying themselves. Every game and activity has a purpose, helping develop important life skills while keeping lessons fun and engaging.

Positive Encouragement
Children grow when they feel valued. We celebrate effort, encourage perseverance and help every child experience success.

Repetition
Confidence comes through practice. Repeating skills in different ways helps children improve naturally without becoming bored.

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CHAPTER 3
CONTINUED

Praise and Recognition
Children thrive when achievements are recognised. Whether it is learning a new skill, showing respect or helping a friend, every success deserves to be celebrated.

More Than Martial Arts
Every lesson is carefully structured to help children develop qualities and tools they can use every day.

When your child leaves a Lil Dragons class, we want them to leave not only having learned something new, but feeling a little more confident, a little more capable and a little more prepared for whatever comes next.

Success is not about being the best. It is about becoming better than yesterday.



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CHAPTER 4
MY LD ADVENTURE

Every great adventure begins with a first step.

The same is true at TBBF. Every lesson, every challenge and every success helps your child move a little further along their own personal journey.

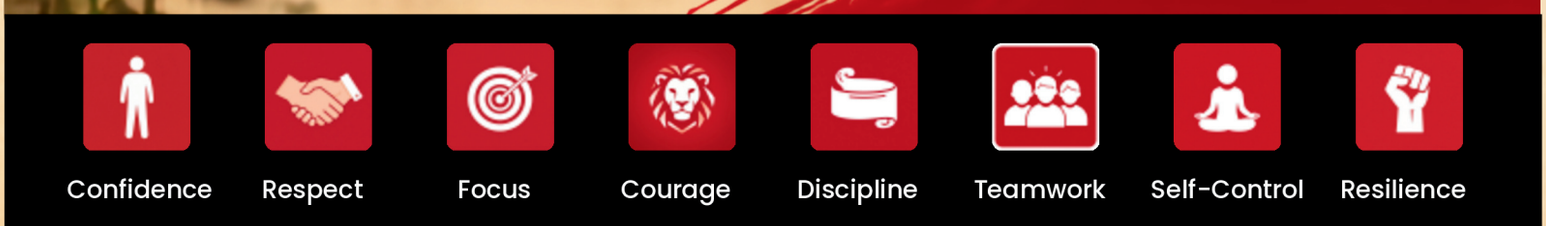
There is no race and there is no comparison. Every child progresses at their own pace, supported and encouraged every step of the way.

What matters most is not how quickly they progress. What matters is that they continue moving forwards.

Along the way your child will:

- Learn new skills
- Build confidence
- Complete exciting Quests
- Celebrate achievements
- Make new friends
- Create wonderful memories
- Prepare for Junior Academy

Every step forward gives your child another quality or tool to help them overcome life's challenges and make the most of life's opportunities.

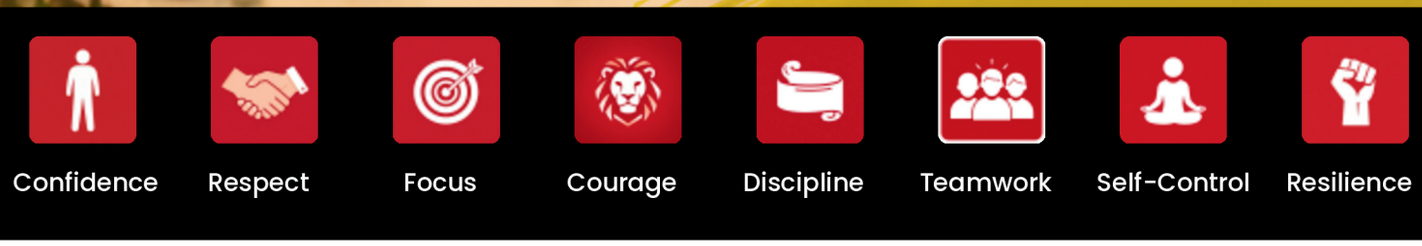


CHAPTER 5
CELEBRATING PROGRESS

Every achievement tells a story.
Every child begins their Lil Dragons adventure at a different starting point.
Some children arrive full of confidence. Others are quiet and reserved. Some find physical skills easy. Others need a little more time.
At TBBF, we do not compare children with one another. Instead, we help every child become a little better than yesterday.

Belts
Belts recognise important milestones in your child's personal development journey.
Each belt represents the growth your child has achieved through learning, effort, perseverance and commitment.
During Lil Dragons your child will progress through White Belt, Red Belt and Yellow Belt.
Every belt celebrates another important step towards becoming a more confident, respectful, resilient and capable young person.

Stripes
Between each belt are two achievement stripes.
These recognise the progress your child is making between each belt and help celebrate the smaller milestones along the journey.
Every stripe is another step forward, another achievement and another reason to feel proud.



CHAPTER 5
CONTINUED

Progress Review Days
Three times each year we hold special Progress Review Days. These are positive occasions where children have the opportunity to demonstrate what they have been learning since their last milestone.
Progress Reviews are not about finding faults. They are an opportunity to celebrate growth, recognise achievement and identify the next stage of each child's adventure.
Children are encouraged to do their very best, knowing that effort, perseverance and commitment are just as important as learning new skills.

Our Promise
We promise always to encourage your child, support their development and recognise their achievements honestly.
TBBF recognises effort, growth and commitment - but achievement is never automatic.
Confidence built through genuine achievement lasts a lifetime.

Every step forward gives your child another quality or tool to help them overcome life's challenges and make the most of life's opportunities.



CHAPTER 6
TBBF QUESTS

Every great adventure includes exciting challenges.

Martial arts does not stop when class finishes.

Some of life's greatest lessons are learned at home, at school and in everyday situations.

That is why every Lil Dragon takes part in TBBF Quest.
Quest is designed to help children practise the same qualities they learn in class wherever life takes them.

Confidence, kindness and respect are not just dojo skills. They are life skills.

Every Two Months
Your child begins a new Quest every two months.

Each Quest focuses on one important quality or life skill.

Some Quests happen at home. Some happen at school. Some involve the whole family.

Every Quest helps children build positive habits that become part of everyday life.



CHAPTER 6
CONTINUED

Families Are Part of the Adventure
Parents, grandparents, carers, brothers, sisters and teachers can all play an important role.

Many Quests include simple family activities that encourage children to practise what they are learning with the people who know them best.

Working together makes every achievement even more meaningful.

Every Quest Completed
Every completed Quest is another achievement to celebrate. Another step forward. Another quality developed. Another tool for life.

The greatest achievements are not always measured by belts. Sometimes they are measured by the person your child is becoming.

The greatest adventures do not just change what we can do. They change who we become.

CHAPTER 7
YOUR QUESTS

Small challenges that make a big difference.

Everything your child learns at TBBF is designed to help them both inside and outside the dojo.

Every two months, all Lil Dragons begin the same Quest together, giving everyone the opportunity to learn, grow and celebrate as a team.

Each Quest focuses on one important quality or life skill that children can practise every day**.**

Every Quest Includes:

A New Life Skill
Each Quest focuses on one important quality such as Respect, Kindness, Confidence, Responsibility, Teamwork, Focus or Resilience. One quality. One Quest. One clear focus.

Things to Practise at Home
Every Quest includes simple activities for children to complete with the support of their family. These activities fit naturally into everyday life and help children practise what they have learned in class.



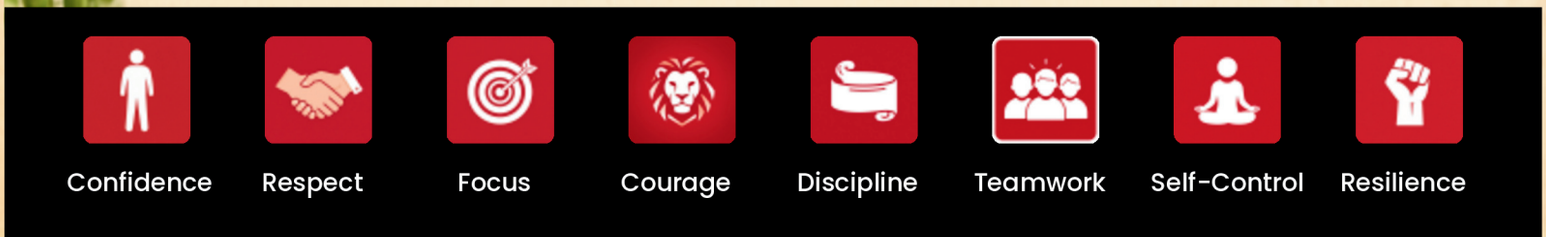
CHAPTER 7
YOUR QUESTS

Learning Together
Families are an important part of every Quest. Parents, grandparents, carers, brothers, sisters and teachers can all help children complete their activities and celebrate their progress.

Recognition
Every completed Quest is recognised and celebrated through a badge, certificate, praise in class or a celebration with friends and family. Every Quest completed is another step forward in your child's personal development.

Why TBBF Quest Is Important
Small positive actions repeated regularly help children build confidence, responsibility and resilience.
Over time, those small actions become positive habits.
Those positive habits help children become confident, respectful, resilient and capable young people.

Every Quest completed gives your child another quality or tool to help them overcome life's challenges and make the most of life's opportunities.



CHAPTER 8
THE TBBF FAMILY

You are joining more than a martial arts school.

When you join TBBF, you become part of a community that supports, encourages and celebrates one another.

We believe some of the greatest memories are created outside the dojo, where children and families build friendships, celebrate achievements and enjoy spending time together.

For many families, TBBF becomes much more than a weekly activity. It becomes part of family life.

Creating Memories Together
Throughout the year we organise family-friendly activities for our students and their families.

These may include our free Easter Egg Hunt, Halloween Party, Santa visit and Christmas celebration, subsidised birthday parties, family fun days, special events and demonstrations.

Every event is designed to bring families together, create lasting memories and strengthen our TBBF community.



CHAPTER 8
CONTINUED

Family Friendly by Design
We believe every family should be able to enjoy the benefits of martial arts without unnecessary expense.

That is why the minimum uniform for every student is simply a TBBF logo T-shirt.

Logo trousers, shorts, leggings and hoodies are available as optional TBBF training wear, allowing families to choose what suits them best.

Our focus is on investing in your child's development - not placing unnecessary pressure on families to buy expensive uniforms or equipment.

Growing Together
Children develop best when families are involved.
Whether it is attending events, encouraging Quests, celebrating achievements or simply cheering from the sidelines, every parent becomes part of their child's adventure.
Together we create a positive environment where children can thrive.

Strong children grow best in strong communities.

CHAPTER 9
PARENTS HELP NEEDED!

Your encouragement makes a difference.

Children develop best when home and the dojo work together. The greatest gift you can give your child is not perfection. It is encouragement.
Every smile, every kind word and every 'I am proud of you' helps build confidence that lasts far beyond childhood.

1. Encourage Regular Attendance
Every lesson builds on the last. Regular attendance helps children develop confidence, friendships and positive habits.

2. Praise Effort
Rather than asking only, "Did you get a stripe?", try asking, "What did you learn today?" Celebrate effort, determination and improvement.

3. Complete Family Quests Together
The more involved you are, the more meaningful your child's journey becomes. Children love sharing achievements with the people they care about most.

4. Celebrate Every Success
Big or small, every genuine achievement deserves recognition. Confidence grows one success at a time.



CHAPTER 9
CONTINUED

5. Stay Connected
Talk to your instructors. Ask questions. Share concerns. Celebrate milestones with us. We are on the same team, working towards the same goal.

6. Trust Your Instructor
During class, please allow our instructors to lead the lesson without coaching or calling out from the sidelines. Young children naturally look towards the people they trust most. Receiving instructions from both a parent and an instructor at the same time can be confusing and can make it harder to develop confidence, independence and listening skills.

Leave the teaching to us, and we'll leave the cheering to you.

Children may not remember every technique they learned, but they will remember how people made them feel. Together, let us make every lesson a positive memory.

When families and instructors work together, amazing things happen.

CHAPTER 10
EVERY CHILD SUCCEEDS

Clear boundaries help children feel safe and learn self-discipline.

Every child has good days and difficult days. That is completely normal.
At TBBF, discipline is not about humiliation or anger. It is about helping children learn self-control, responsibility and respect. When a child needs help to refocus, we use a simple and consistent three-step approach.

Step 1 - Reset
The instructor gives a clear reminder and may use a short, appropriate exercise or reset activity to help the child refocus and rejoin the lesson positively.

Step 2 - Time to Readjust
If needed, the child is briefly removed from the activity and given time to calm down, reflect and regain self-control before returning.

Step 3 - Sit with Parent
If the child is unable to return positively, they sit with their parent or carer. This protects the learning of the group and gives the child time and support to readjust.



CHAPTER 10
CONTINUED

Our Approach
We do not embarrass children. We do not humiliate them. We set clear boundaries, teach expectations and support children to make better choices.

Where behaviour becomes a repeated concern, instructors will speak with parents so that we can work together to help the child succeed.

Learning self-discipline is one of the greatest qualities and tools a child can develop.

Encouragement and clear boundaries work together.



CHAPTER 11
YOUR NEXT ADVENTURE

Every great adventure leads to another.

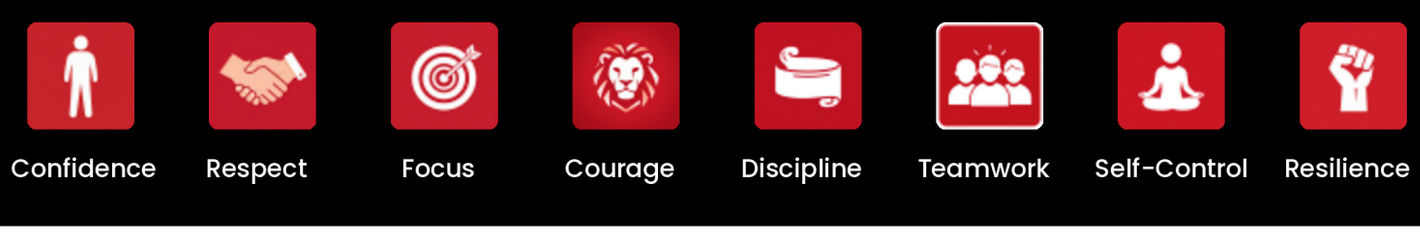
Before your child realises it, they will have grown in confidence, made new friends, learned new skills and achieved things they may once have found difficult.

One day they will proudly complete their Lil Dragons adventure and take their first steps into Junior Academy.
That is only the next chapter.

At TBBF, we do not simply teach martial arts. We help people develop the qualities and tools they need to succeed in life - today and beyond tomorrow.

The Journey Ahead

Lil Dragons
↓
Junior Academy
↓
Teen Academy
↓
Adult Academy
↓
Black Belt
↓
Black Belt Mastery Levels



CHAPTER 11
CONTINUED

Leadership - By Invitation

The Leadership Journey runs alongside the technical journey and may begin before or after Black Belt.

Students who consistently demonstrate the qualities and values of TBBF may be invited to begin leadership development.

Leadership is based on character, attitude, service and potential - not belt alone.

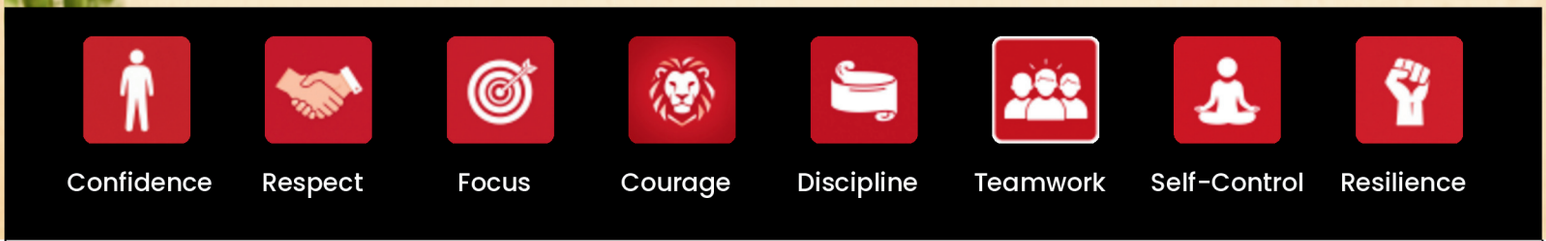
Some students choose to focus on technical mastery. Some follow the Leadership Journey. Some choose both. Every journey is personal.

A Message to Every Lil Dragon

Be kind.
Work hard.
Listen carefully.
Help others.
Never stop trying.
Always believe in yourself.

Your adventure has only just begun. We cannot wait to see where it takes you.

Every step forward gives your child another quality or tool to help them overcome life's challenges and make the most of life's opportunities.



CHAPTER 12
THE TBBF PROMISE

Our Promise to Every Student

- Help every student become a little better than yesterday.
- Create a safe, positive and encouraging environment.
- Celebrate effort, growth and genuine achievement.
- Challenge students to develop confidence, respect, resilience and capability.
- Develop the qualities and tools students need to succeed in life - today and beyond tomorrow.
- Support every student to become the very best version of themselves.

Our Promise to Every Parent

- Communicate openly and honestly.
- Treat every child with kindness and respect.
- Maintain high standards.
- Encourage, support and inspire.
- Work with you as partners in your child's development.

This is only the beginning.

Your adventure starts today. We cannot wait to see where it leads.

Developing confident, respectful, resilient and capable people through martial arts.

Developing the qualities and tools students need to succeed in life - today and beyond tomorrow.



BELT & STRIPE STRUCTURE

HOW IT WORKS

The programme consists of 9 adventure rotations, each lasting 4 months. Children earn belts & stripes as they progress.

1 x Rotation Completed = White Belt
2 x Rotations Completed = White belt / Orange Stripe
3 x Rotations Completed = White belt / Green Stripe
4 x Rotations Completed = Red belt
5 x Rotations Completed = Red belt / Orange Stripe
6 x Rotations Completed = Red belt / Green Stripe
7 x Rotations Completed = Yellow belt
8 x Rotations Completed = Yellow belt / Orange Stripe
9 x Rotations Completed =Yellow belt / Green Stripe

Lil Dragons are Graduate to Juniors either by age (approx 6.6ys old) or completion of 9 rotations in Lil Dragons

Main Principle's

1. Escape
2. Defend & Escape
3. Defend, Strike & Escape



BELT & STRIPE STRUCTURE

Rotation 1

- Guard Stance
- Jab
- 360 Blocks
- Back Break fall
- Front Kick
- Front Strangle

Rotation 2

- Cross
- Push Block
- Side Break fall
- Groin Kick
- Weapon Awareness
- Rear Shoulder Grab

Rotation 3

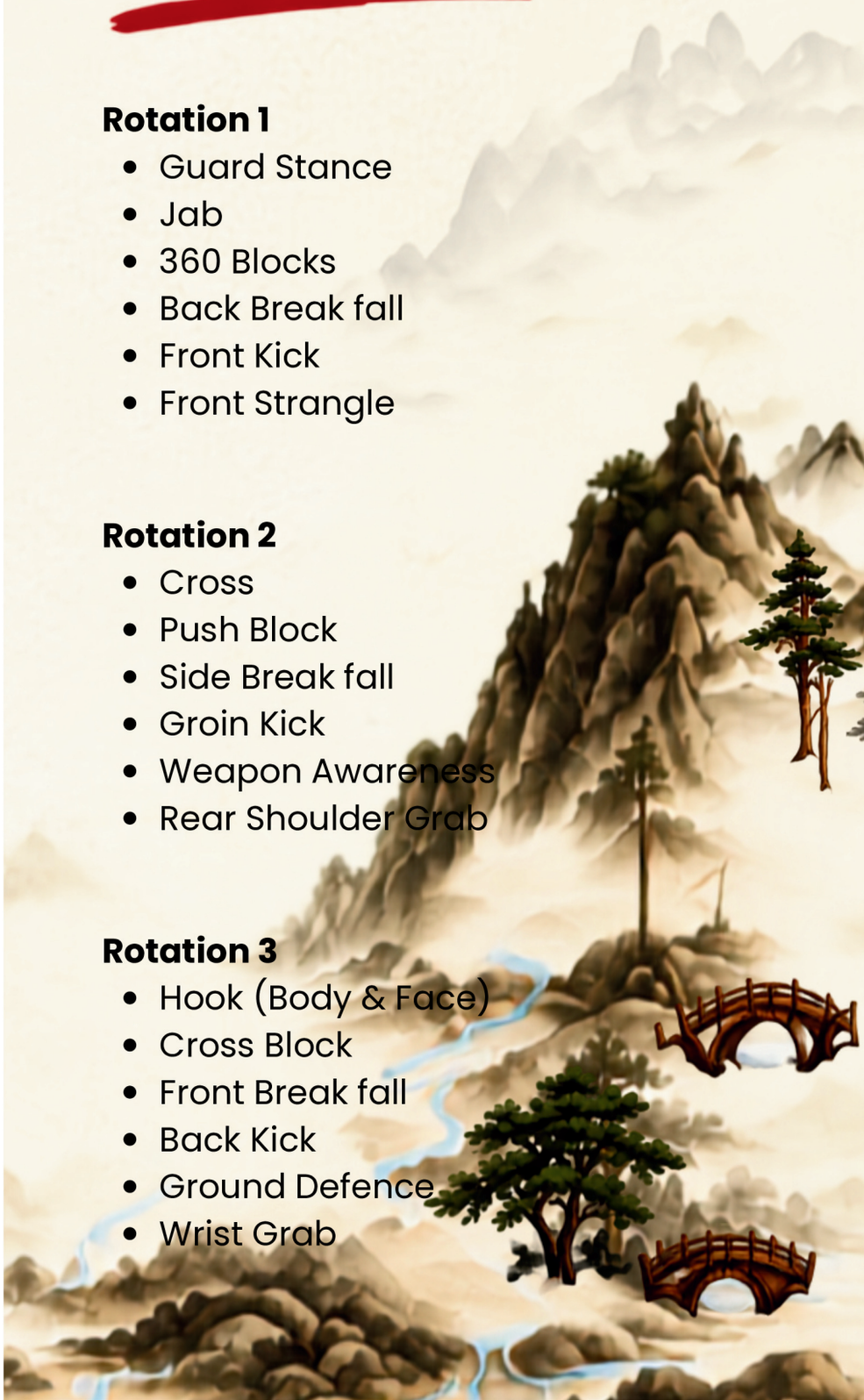
- Hook (Body & Face)
- Cross Block
- Front Break fall
- Back Kick
- Ground Defence
- Wrist Grab

Rotation 4

- Uppercut
- Cover Block
- Rolling Break fall
- Knee Kick
- Palm Heel
- Rear Strangle

Rotation 5

- Hammer fist
- Jab
- Getting Up Safely
- Push Kick
- Clothing Grab
- Pick Up & Carry



Confidence | Respect | Focus | Courage | Discipline | Teamwork | Self-Control | Resilience

BELT & STRIPE STRUCTURE

Rotation 6

- Knife Hand Strikes
- Cross
- 360 Blocks
- Kicks from Ground
- Travelling Side Kick
- Body Drop

Rotation 7

- Jab, Cross & Hook (Targets)
- Front Break fall
- Weapon Threat– RUN/Hide!
- Side Strangle
- Jumping Kick
- Stranger Danger

Rotation 8

- Hammer fist Review
- Push Block Review
- Back Break fall Review
- Defence Against Kicks While Getting Up
- Flying Kick • Rear Strangle Review

Rotation 9

- Palm Heel Review
- Cover Block Review
- Ground Defence Review
- Rolling Breakfall Review
- Combination Drill



Confidence Respect Focus Courage Discipline Teamwork Self-Control Resilience

YOUR NOTES



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July 2026

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