

# MARTIAL ARTS EDUCATION FOR CHILDREN 3 - 6 YEARS



...  
Bow  
Sensei  
Please Te  
Stand Up - st  
  
CLOSING RES.  
Shugo - line up, gather  
Attention - attention  
Kneel - kneel in order from  
Meditate - quiet meditation,  
  
BUJO KUN  
INSTRUCTOR ANNOUNCE - STU  
- Work to Perfect Your Character  
- Behave with Good Manners  
- Use Martial Arts for Defence Only  
- Always act with Kindness and Patie  
- Take Small Steps Daily towards Suc  
  
Meditation - stop quiet meditation, c  
Bow with respect  
Bow - bow to teacher out of respect  
Sensei - thank you  
Class Mates - bow to each other ou  
Sensei - thank you  
Stand up, hands by your sides  
High five starting from Sempai

## Help them build...

- ✔ Resilience
- ✔ Discipline
- ✔ Success
- ✔ Happiness
- ✔ Confidence
- ✔ Healthy Boundaries
- ✔ Healthy Habits

 [info@kungfukindy.com.au](mailto:info@kungfukindy.com.au)

 <http://www.kungfukindy.com.au/>



# INTRODUCING YOU TO KUNG FU KINDY!

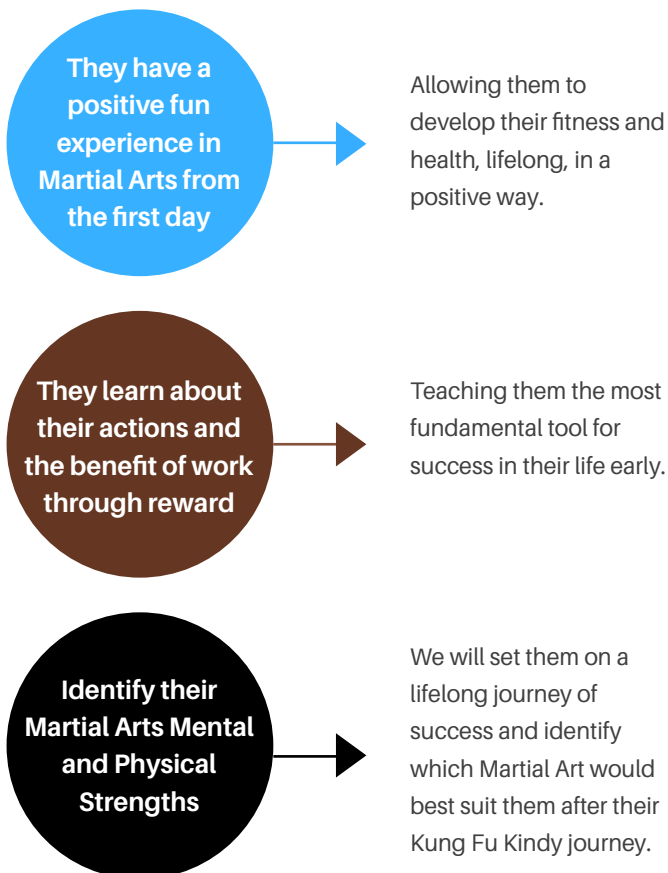
We are so excited to introduce you to Kung Fu Kindy, the world's most innovative martial arts program for children 3 to 6 years old. We are so glad that you have found us and are making by far the best decision a parent can make in the development of their child, a Martial Arts education.



## What is the Main Purpose of Kung Fu Kindy?

Kung Fu Kindy has been designed as the perfect entry point into Martial Arts.

**Our goals for your child are simple:**



## What is different about Kung Fu Kindy?

While most Martial Arts focus on the technical aspects of the curriculum and dogmatic tradition, we have recognised that while early adoption of the skills of Martial Arts is crucial to all children growing up, the most important elements of introduction at an early age are enjoyment and achievement.

We are not giving out participation awards the whole course of their Martial Arts journey but we do help them gain confidence without drowning in the deep end too early on.

We do this through progressive challenges, overcoming resistance, and the slow building of resilience while they have fun in the process.





# PROGRAM LEVELS

**SMALL STEPS LEAD TO BIG ACHIEVEMENTS!** **JOURNEY CONTINUES**

6	12	18	24
5	11	17	23
4	10	16	22
3	9	15	21
2	8	14	20
1	7	13	19

My \_\_\_\_\_ is... **JOURNEY BEGINS**

# ROLLING CURRICULUM

Kung Fu Kindy has a Rolling Curriculum. This means that each month there will be a specific skills focus and in the lower 12 levels. Each skill set involves 4 specific skills. (eg: 4 different Blocks, 4 Striking Combos, 4 different Kicks etc.).

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# BELT LEVELS

There are 9 Belt Colours in the Kung Fu Kindy Program and 24 Levels.

Each belt begins with a provisional level. White Stripe is then consolidated and then ends with a Black Stripe as this helps our kids clearly define their progress each level they grow through and achieve.

Level 1 - 12 - White Belt to Blue Belt, each take 1 month to complete if you are attending the required 5 classes a month.

Once a child gets to the 13th level, they may be invited to our Ninja Masters Program or they will continue to the higher levels of the Kung Fu Kindy Program.

# GRADINGS

Kung Fu Kindy Gradings in Level 1-12 are held Monthly (with the requirement of attending at least 5 classes) and cover the basics of each skill set.

Once a child gets to Level 13, Gradings become performance based. They will take 2 months (10 Classes) to grade up and will be tested on two skill sets involving an extra level on top of what they have learnt previously.





# PATIENCE TOGETHER FOR OUR CHILDREN

## Our goal for your child...

Every child is unique and one size does not fit every child. Our aim for your specific child will change as they go through the program.

While many children have initial cautiousness stepping into a class, this quickly disappears as they begin to have fun. But over time they will develop and progress in different ways and accordingly will have different obstacles to overcome as they progress.

We are here to identify these, communicate them with you as their parents and we work together to help them overcome these resistance levels. Ultimately, teaching them that all obstacles in life can be overcome with the right support, patience and love.



# THE KUNG FU KINDY JOURNEY



## INTRODUCTION CHAT WITH OUR INSTRUCTOR

During this phone call, we'll get to know each other and decide on the perfect starting point that's going to help your child reach their goals.



## TRIAL CLASS 1

In your child's first trial class, they will meet new friends and be personally welcomed onto the mats with our expert instructors. They will also earn their white belt and receive their progression poster.



## TRIAL CLASS 2

In your child's second class, we give them a little bit more freedom to take part at their own pace while keeping a close eye on them to make sure they enjoy the process. They will earn their first progression sticker in this class (Courage).



## JOINING KUNG FU KINDY

Once you have completed 2 classes, you can join Kung Fu Kinky. At this point, most parents upgrade to membership and purchase a uniform. Classes are 2 times per week from here on out.



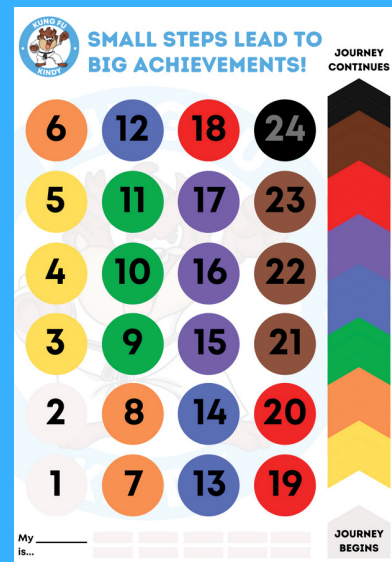
## GRADING MONTHLY

As your child completes each month (Minimum 5 classes), they will grade over 12 months through to the Blue Belt. At this stage, they can choose to continue into an advanced program or they may be invited to join 'Ninja Masters'.



## NINJA MASTERS

If your child has shown a high level of discipline and respect in the last three months of the introductory program (First 12 months), they may be invited to join Ninja Masters where they will learn a whole new level of skills and traditional weaponry in a safe and progressive environment.





## WHAT TO EXPECT IN THE FIRST FEW MONTHS...



While most children take straight to class like a duck to water, some initially struggle with confidence. The only way to help a child grow in confidence is for them to face resistance and overcome it.

The most common mistake many parents make, which is so easy to do, is expecting too much of their children in the first 3 months. For some children, the process takes time and we have to be patient and work as a team for our little ones.

With Martial Arts, the exact reason they are participating is to encounter resistance in an ultimately safe environment.

At some point in their lives, children will be confronted with physical danger, bullying in the playground or mentally tough times.

When this occurs, they will then have to draw on the resiliency skills they have learned through their Martial Arts training.

That is the true beauty of Martial Arts.

It is a process through which they can build the life skills necessary to take on the challenges we all face!

And that is why we believe that no child should miss out on a Martial Arts Education!



# PROGRAMS AND RESOURCES



Martial Arts Education begins here 3-6 years

## Advanced Program

- Discipline
- Resilience
- Respect
- Honor
- Advanced Skills
- Self Control



**Online Video  
Train From Home**

**Member Full Access**





# HOW OUR PROGRAMS ARE SPECIALISED FOR CHILDREN AT DIFFERENT AGES

## 2.5 Year Olds

Sometimes, parents will want to start their children in Martial Arts early and for good reasons. For human beings, the 2 year age bracket is statistically the most aggressive behaviourally in their life.

At this age they begin to develop strong emotions but are not yet ready to regulate them and have not yet developed a healthy outlet for this aggression. This is a great time to bring them in and see them grow in a safe, accepting and progressive environment.

## 5 Year Olds

Once a child gets to about 5 years old, they begin to understand concepts such as cause and effect. That their actions in the world (working towards a goal) can result in an outcome (achieving an award). It is at this stage that they start to look forward to Gradings which are essentially a test. Through these gradings, we create a positive association around testing that they will carry for the rest of their life.

## 3 Year Olds

At 3 years old, children will begin to be able to build more complex motor skills and will start to have energy to burn 24/7. At this stage, their emotional regulation is still developing and they can start to work on their cognitive and task oriented processing skills. We help them develop these skills on the mats

## 6 and 7 Year Olds

As children get to 6 and into 7 years old in Kung Fu Kindy and Ninja Masters, they will begin to learn more advanced and complex Martial Arts skills. This helps them understand the level of excellence they can achieve and the long term mastery of skills they will need for success in later life.

## 4 Year Olds

As your child gets to 4, this is where they can really start to learn real Martial Arts skills including playground defence, defending themselves without hurting other children. Also crucially at this age, they begin to make healthy bonds with mentors including adults that are non-family. At Kung Fu Kindy, we can provide a positive role model behaviourally for them to imitate and have fun with.







# CONTACT US & FAQ'S

## What if my child isn't paying attention in class?

This is normal, they are after-all just regular kids. Some children pay attention more than others and have to go through a growth curve. And some days they will pay more attention than other days. Leave it to us, we will pull them into line slowly and carefully with care, love and understanding.

## What if my child cries on the mats during class?

This will often happen in the first class and is totally normal. If your little one is crying or in distress for too long, we will give them a short time off the mats or on the side so they can watch and will then introduce them at their own pace. By allowing children to move at their own pace early in their Martial Arts Education, we create positivity around the process so they can overcome more stringent challenges later on.

## How do I contact the instructors?

If you would like to contact us, just pop an email through to [info@kungfukindy.com.au](mailto:info@kungfukindy.com.au) and we will respond within 2 business days (if not earlier in most cases).

## How can I refer a friend?

You can refer a friend to Kung Fu Kindy by going to [www.kungfukindy.com.au/refer-a-friend](http://www.kungfukindy.com.au/refer-a-friend) and fill out the form there. Alternatively, you can email us and we can go from there.

## How can I upgrade, update my payment details or make changes?

To upgrade, signup, trial, pause, cancel, or change your payment details, just email us at [info@kungfukindy.com.au](mailto:info@kungfukindy.com.au) to organise a call and we will process any changes you require.

## How can I order equipment or uniforms?

Equipment and uniforms can be purchased online at our [www.kungfukindy.com.au](http://www.kungfukindy.com.au) store. And you can pick up items in any Kung Fu Kindy centre post purchase (we will have it ready for you).

## How can I join or trial Kung Fu Kindy?

To join or trial Kung Fu Kindy, just go to [www.kungfukindy.com.au](http://www.kungfukindy.com.au) and go to our trial page where you can book in a 2 class trial. We will call you to confirm your trial week where you can also upgrade to membership/purchase a uniform, if you wish, at that time.

## How long do I have to Join for?

At Kung Fu Kindy, we believe it is important to create long term habits and Martial Arts is an ongoing practice of patience and discipline. We recommend at least 12 weeks to create the foundations needed, however we understand that at this age, children can often go through phases or life circumstances can make it challenging to continue. Therefore, all our cancellations are only a two-week notice

## Can we bring a friend along to train? (Refer a Friend)?

Yes, in fact we find that when children bring a friend along it helps them progress through the course. We also have special referral benefits for both you and your friend so refer a friend on the link here... [www.kungfukindy.com.au/refer-a-friend](http://www.kungfukindy.com.au/refer-a-friend)

## Email us any time at...

 [info@kungfukindy.com.au](mailto:info@kungfukindy.com.au)

## or visit our website for more information

 <http://www.kungfukindy.com.au/>





# NINJA MASTERS

NUNCHUCKS - BO - SWORD - NINJA STARS



**Discover Ninja Masters...**

<https://www.kungfukindy.com.au/ninja-masters>

## Advanced Level

Discipline

Respect

Resilience

Honor

Self Control



# A LETTER FROM OUR FOUNDERS

Welcome to Kung Fu Kindy,

In these modern times, parents have an abundance of choices for their children.

These can come in the form of many varied and fun activities. Some of these will include sports to develop their physical strength and team work, dancing and other creative pursuits among many other recreational past times. All of these are wonderful hobbies for your children that make life more varied and colourful.

However...

There are a select group of activities that are essential to ensure their safety and to prepare them to make it through the journey of life.

Some of these would include...

Swimming lessons for safety reasons are a must. They have to learn to read, write and do arithmetic to prepare them for their education. And of course you have to teach them to brush their teeth, sleep regularly, keep themselves clean and show them how to eat healthy food.

But when it comes to teaching our children how to be successful, teaching them the value they have in themselves (Confidence), and how to feel safe (Self Defence), in control of their mind, body and spirit (Discipline and Mindfulness), parents often struggle to fit this in with the complicated challenges of raising a child in the modern world.

**And that is why we believe that a Martial Arts Education is a MUST for the development of strong, healthy and confident children. It is their hidden advantage, a safety net they can always return to in times of challenge during their life.**

That is why we have created Kung Fu Kindy.

There are far too few children benefiting from a Martial Arts Education and an overwhelming number are missing out on a lifetime of success because they do not have the key structures in place in their lives early on, to set them up to succeed.

Now that you have found us, your child can begin the journey of success in a professional, safe and highly structured program that allows them to develop at their own pace while having fun and meeting new friends.

So we welcome you to our community with open arms and we look forward to seeing your children work towards the life of success they deserve!

*Eddie Skerritt and Mark Lupo  
Founders of Kung Fu Kindy*



## Kids Martial Arts 3-6 years

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**Martial Arts Education Begins Here!**