

# Kids'



# Classes!

## 4 Areas of Education:

### I. Basic coordination/conditioning

- A. Strength
  1. Exercises focusing on major muscle groups
  2. Body weight exercise to avoid early injury
  3. Balance, strength, and use of musculature as opposed to big muscles
- B. Flexibility
  1. Safe stretching
  2. Flexibility for physical activity
- C. Balance
  1. Kicks and stances
  2. Creating awareness of their body in space
- D. Coordination
  1. Being able to move around an opponent
  2. Evasion, slips, fades, etc
  3. Forms
  4. Using opponent's momentum and balance against them
- E. Proper Form/Body Mechanics
  1. Teaching proper form for all strength training and stretching
  2. Forms
  3. Learning how the body moves through leverages and balance lessons
- F. Mental
  1. Confidence
    - a) Sparring
    - b) Assertiveness training
- G. Emotional
  1. Breathing
  2. Appropriate behavior
  3. Mindfulness

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## II. Schoolyard self defense

- A. Pain targets, not injury targets
  - 1. Pressure Point
  - 2. Hair pulls
  - 3. Joint locks, not breaks
- B. Child appropriate openings
  - 1. Full windmills can work
  - 2. Also, slap away strikes instead of full hammers (think double open hand windmills)
- C. Appropriate techniques
  - 1. Teach correct way to punch, kick, etc. and all the strikes except those only used in dangerous targets (knife hand, pain punch, etc.)
  - 2. Prepare them for the bully who knows boxing/BJJ/Wrestling, etc.
- D. "Aikido" finishes, wrap ups and locks

## III. Weapons

- A. Traditional weapons (as opposed to those found the street).
  - 1. Creates Balance and Focus
  - 2. Traditional weapons can be controlled by parents (no one carries a 10 foot spear around)

## IV. Adult Self Defense (aka "Stranger Danger")

- A. Assault Prevention for kids
  - 1. These are serious classes to prevent serious assaults by adults.
  - 2. These lessons will be offered dependent on the child and the seriousness of the lesson, and may be offered outside of normal class time

**\*Kids will be given exercise and/or forms to work on their own (never more than 15-20 minutes worth), and may ask YOU to help them with certain exercises. If anything requires parental help, you will receive an email explaining what is needed.**

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## Belt Progression

(each level takes between 6 months to a year to earn)

White Belt - No stripe

1st Stripe

2nd Stripe

3rd Stripe

Yellow Belt - No stripe

1st Stripe

2nd Stripe

3rd Stripe

Green Belt - No stripe (min. age 12)

1st Stripe

2nd Stripe

Brown Belt - No stripe (min. age 14)

(Graduation to Adult class will occur between the ages of 14-16, and will be based on the child's maturity, the parent's feelings, and the instructor's approval).

## Tuition:

\$100/monthly tuition

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