

AUTODEFENCE TRAINING SELF DEFENCE FOR THE 21ST CENTURY

Self Defence For Children

The learning and of a practice of Self-Defence offers many physical, psychological benefits, including being involved in a social environment supporting you and your efforts. Children can overcome and surpass their personal limitations, to evolve and shine in this fast changing world. A few of the benefits from participation:



1 Confidence

Kung Fu – means 'hard work'. The personal effort involved in learning a martial art discipline for a young person is quite an endeavour. But this very same challenge strengthens their character through perseverance, and more importantly in making small advances towards achievement – the great self-esteem builder. Eventually becoming more co-ordinated in movement, fitter and healthier, and so more confident. It really gives the young person a solid platform, to build their future.



2 Respect

for yourself and others. A trait that you are not born with, but rather educated in. Respect is earned by hard work and discipline, which is seen and gained in the club environment. A young person's achievements and skill acquisitions are acknowledged, and rewarded by graduation. This again is a life skill, developed over time, can become honourable. A must for anyone wanting to move on up the social ladder, or be revered by their peers, or to gain leadership presence in the world.



3 Safe & Secure

Learning Self Defence, of course is a valuable skill, which can help in many ways, feeling safe in yourself and your surroundings. The first stage in learning is the control of the physical self, from this the young person gains a higher state conscious awareness. Avoidance is always the best form of control. The best Anti-bullying methods are not physical, giving the young person a procedure to follow, as opposed having to resort to altercation.



4 Discipline

Self Defence is pure discipline of the mind and body, it takes concentration of the most determined to take it a high level. Self-discipline is a trait used the most successful people in life. An early learning pattern of disciplined actions, can lead to becoming a developed a very accomplished individual in later life. The young person can use this skill to achieve great success in the classroom, in sport or in life in general. To empower the young person is to give a key to un-locking potential.



5 Fun & Fitness

Having fun in learning new skills is a proven winner, with results. By default the competitive activities grow fine well rounded individuals. It is fun to be challenged in a controlled environment at our clubs. The young person can enjoy a physical activity which promotes good health and well-being. We ensure a proportional amount of training against rest & fun, with games and tests that promote the young person's personal development, along with keeping the all-important fun and rest.



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