

# KUNG FU FOR KIDS



Sifu Scott Jensen

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ARTIST OF THE LEATHER DRAGON:  
Monique Aguerre

# What Is Kung Fu?



## WHY IS KUNG FU GREAT?

Kung Fu comes from China, and refers to all styles of Chinese martial arts.

- Kung Fu means “Skill from hard work over a long time”.
- Kung Fu means being a skilled, or cultivated, person with both good morality and martial prowess.
- Kung Fu means becoming a better person, with both a strong mind and body.

The ultimate goal of Kung Fu is to be able to live a long, happy life in peace, and harmony with yourself, your family, and society. Kung Fu is not a religion, and can be practiced by people of any faith.



# Kung Fu Entails Ancient Wisdom

VALUABLE  
FOR  
CHARACTER  
DEVELOPMENT



Kung Fu draws on the timeless wisdom of ancient sages such as Confucius and Mencius who studied human society and relationships. They taught people how to live with one another by respecting, loving, and caring for their parents, teachers and elders. This is one reason Chinese culture has endured so long. These classic lessons on good character and leadership still have enormous value today.

Kung Fu also teaches to calm and focus the mind like Zen. Kung Fu also helps people become more self-aware and able to adapt to situation and environments around them. These timeless values are especially relevant in today's complex, modern world.

There are many different styles of Kung Fu. Each style shares some general qualities with all the other styles. Yet each style is also surprisingly unique and individual. Each style of Kung Fu has its strong points, and sometimes weak points as well. Some styles are very complete with a great variety of skills and knowledge.

# Benefits Of Kung Fu

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## Physical Benefits

- Strength
- Flexibility
- Balance
- Coordination
- Endurance
- Lose Weight

## Mental Benefits

- Self Confidence
- Concentration
- Memory
- Self Control
- Determination
- Clear Thinking

## Self Defense Skill

# Kids Are Awesome!



## We love kids!

It is our privilege and honor to teach each child. We teach each student based on their abilities and needs. We recognize that every child has a unique spirit, personality, and body. Kids are fun to teach and watch learn Kung Fu.

I have inherited rare and authentic styles of traditional Kung Fu that are hundreds of years old and filled with famous heroes and teachers. This is not true of most martial arts teachers. Most teachers have not inherited ancient complete arts, but instead, teach recently created systems and pieces and parts of various styles. The children I teach will learn complete ancient systems and have the opportunity to help save them and pass them to future

# Kung Fu Animal Power™

## FOUNDATION TRAINING IN KUNG FU AND LEADERSHIP

**K**ung Fu Animal Power combines great physical training in martial arts and exercise with leadership training and character development.

Each month we study one animal. At the end of the month your child will earn an awesome patch to put on their uniforms.

Kung Fu Animal Power Patches are custom made. The only place in the entire world to get one is by earning it in class! Kids love earning these patches and they make highly motivating awards.

Your child will love collecting all 18 Animal Patches as they complete Kung Fu Animal Power Training.

When your child has completed all the animals they will have learned how to use every part of their body for self defense, how to move every part of their body with power and grace, and learned great leadership lessons while becoming strong, flexible, and agile.







## *4 Parts of Kung Fu Animal Power Lessons*

### ANIMAL LEADERSHIP LESSON

Kung Fu animals each have a super power to teach us that will help you be a winner and leader in life. Use the right animal power at the right time to succeed. The Leadership lesson has a key word. The key word makes it easy to remember the essence of each animal's lesson. This word also has a sentence that sums up the teaching for that animal. Every class we'll talk about this lesson a little bit.

### BODY MECHANICS LESSON

The body lesson focuses on one area of the body and teaches how to use that part of the body correctly. This includes proper function, structure and alignment as well as for self defense. There are six lessons that focus on qualities of the body like speed, coiling, and explosiveness. These lessons will help you avoid injuries and move with grace and power.



# Animal Drills



## ANIMAL DRILLS

Each animal has special exercises that train your body. These exercises will help you to understand the body lesson in a practical way. When you have learned all of these exercises and practiced them you will have built an awesome body. The animal drills not only get you ripped, they also build the mechanics, muscles and skills of Kung Fu

## ANIMAL MOVES

The animal moves are self defense techniques drawn from awesome ancient Chinese styles of Kung Fu. Each animal has six to eight animal moves. Many animal moves flow in lines across the floor. The animal moves are powerful fighting techniques that are extremely practical for self defense and really cool to practice!

“Sifu Jensen is old school in his approach emphasizing solid fundamentals, great body mechanics and traditional forms. His lineage is impressive and his Kung Fu the result of decades of hard work.”—Peter Fugazzotto

# Awesome Kung Fu Skills

In addition, to the specialized animal moves, each class features core exercises from traditional Kung Fu. These include:

## WARM UPS AND STRETCHING:

Begin class by loosening your joints and stretching.

## KUNG FU STANCES:

Practice punches, palms, and other strikes while learning the stances of Kung Fu.



“We are delighted to have found 10,000 Victories Kung Fu for our son Aidan. While he has enjoyed team sports in the past, giving martial arts a try has been an altogether different and wonderful experience for him.”—Eric and Deb Read

# Kung Fu Skill Development

## KUNG FU KICKS:

Learn and practice, low kicks, knee lifts, high kicks and flying kicks.



## KUNG FU LEAPS:

Leaping exercises get you in shape and build your agility and leaping ability.

## KUNG FU STRENGTH:

We practice pushups and lots of other exercises to get big muscles and build incredible whole body strength.



# Classic Kung Fu

Children who are over 8 years old, or earn instructor's permission, may learn Classical Kung Fu, including Tan Tui and Earth Dragon Staff.

## TAN TUI - SPRING STEEL LEGS

Tan Tui is a Classic Kung Fu form, or routine, with 12 lines of stances, punches and kicks. Forms are one of the coolest parts of Kung Fu. These ancient sequences contain the moves of Kung Fu and help your children learn how to protect themselves while strengthening both mind and body. Tan Tui is over 400 years old and was brought into the modern era, and preserved, by the famous hero Huo Yuan Jia, who founded the Ching Wu Association to preserve and share Kung Fu.



When your children join this class they may wear a Black Sash with their uniform. As your children learn each line of Tan Tui, and can demonstrate it, they will earn a Silver Stripe to put on their Black Sash. Once they have learned all 12 lines and earned all 12 stripes they can test for Silver Sash. To earn the Silver Sash they must demonstrate all 12 lines from memory in order. Earning a Silver Sash allows your children to enter the Intermediate Kung Fu for Kids Class and continue working to achieve a Black Sash in Northern Shaolin Kung Fu!

# Classic Kung Fu

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## EARTH DRAGON STAFF

**E**arth Dragon Staff is an ancient Kung Fu routine using a staff. This incredible sequence of staff moves, stances, steps and leaps teaches how to protect yourself with a staff. It is very exciting and dynamic filled with fantastic moves and heroic poses.

The Earth Dragon routine builds strength, coordination, concentration and self awareness.

Kids love learning staff. Staff is super fun!



# Intermediate Kids Class

## PROGRESSION

Kids Intermediate Kung Fu guides your children's training to higher levels as they earn their Gold and Green Sashes.

In this class your children will reach higher levels by learning new routines like Linking Steps and Small Circles for Gold Sash, and Short Striking for Green Sash.



This class is super fun and builds upon and uses everything they have learned previously. Students in this class also compete in tournaments.

They will also complete the Earth Dragon Staff Form and learn the Two Person Staff Routine.



# Advanced Kids Class

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**A**dvanced kids will join this class after earning their Green Sash. In this class, they will learn saber and practice sparring. The kids are required to wear safety gears and have fun learning real skills. As they progress they will learn other weapons like spear or sword.



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