



Welcome to the 1066 Kung Fu Schools

Congratulations and welcome to your new journey into the martial arts. I'm confident your son or daughter will find training fun and very rewarding. They will discover not only a new sense of confidence and a higher level of fitness but also a great sense of accomplishment as they achieve new goals.

Enclosed is everything you need to know as a parent of a **Little Dragon** or **Junior**, including an explanation of the school grading structure, a contact list and more. In this beginners pack, you will also find some forms that need completing and returning. These are:

- Student Enrolment Form
- Photograph Permission Form

We hope you have enjoyed your free taster session/s! Please call me if you have any questions and I look forward to seeing your son or daughter in class.

WHY LITTLE DRAGONS / JUNIORS?

In today's world children are faced by numerous challenges and problems, ranging from childhood obesity and a lack of physical exercise to bullying and anti-social behaviour. Often our children lack sufficient positive role models, which leaves the door wide open for influences that may not be compatible with the views and values you hold dear or want to pass on to your kids.

Little Dragons & **Juniors** programmes are designed to introduce children to the world of martial arts in a fun and educational way. The focus lies on life skills within a martial arts context, which means that children learn martial arts techniques as a means to an end and not as an end in itself.

Our instructors do not promote or glorify any form of violence, but rather instil a strict code of conduct that will help a young person to recognise him or herself as a responsible and valued member of society.

Kids learn at a pace suitable for each individual. The emphasis is on **self-defence**, **attaining goals**, and **fun with fitness**. The kids are looked after by experienced instructors and helping parents. Our instructors are police checked, fully insured and we always have a fully qualified first aider at every class.

Our objective is to promote positive personal development in children; increasing their **confidence, fitness, discipline, awareness and attention**. This is achieved through games and exercises that are great fun! These games also provide the basis for practical **self defence** based on the **Wing Chun principles**.

Little Dragons is for children aged 4 to 6. **Juniors** is for children aged 7+.

Our classes will help your young ones to instil a new kind of enthusiasm in engaging with themselves and others in a **positive and constructive** way.

BENEFITS OF LITTLE DRAGONS / JUNIORS

- Fitness
- Confidence
- Control
- Weight loss (if required)
- Increased mobility and alertness
- Enhanced co-ordination
- Increased self-esteem
- Self Discipline

- Learning respect
- Channelling Aggression
- Courtesy
- Goal Setting

- Perseverance
- Great Attitude



While teaching them lifetime self-defence skills.

WHAT ARE THE 1066 KUNG FU SCHOOLS?

We are part of the KUNG FU ORGANISATION AND 'KUNG FU SCHOOLS' - which is a breath of fresh air in the Kung Fu community providing the best quality Kung Fu tuition in the UK under Chief Instructor and 5th Degree Master Paul Hawkes. Newly setup in 2007, Kung Fu Schools offer the best of both traditional Wing Chun and the Leung Ting lineage with a reputation based on quality teaching and high martial skill. We dedicate ourselves to high quality teaching and regularly attend classes and seminars ourselves to keep completely up to date with the latest developments.

WHAT IS WING CHUN?

Wing Chun is first and foremost personal development.

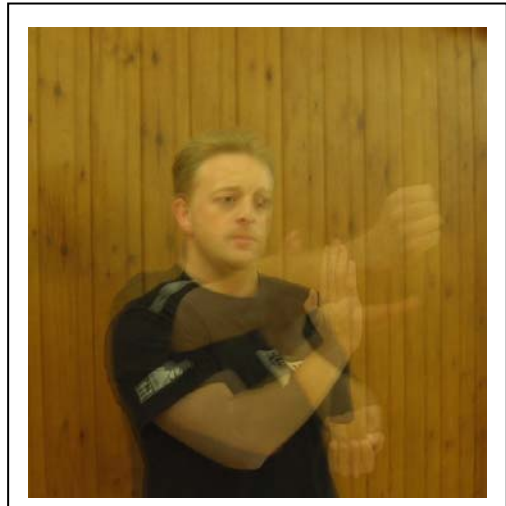
Wing Chun is fun: Wing Chun instructors pass on their knowledge in a friendly and relaxed atmosphere.

Wing Chun is intensive and versatile: Self-defence skills are learned by concentrated and regular training.

WHO IS SIFU NEIL GOULD?

Neil Gould has been training in Wing Chun since about 1997. He is passionate about Wing Chun as a system and enjoys teaching its many and varied applications to anyone who wants to learn! He has progressed through the Wing Chun gradings and is an experienced Black Belt.

Neil has a background as a Community Housing Officer and Personal Safety Tutor, he is also a qualified door supervisor and has trained in a number of other martial arts and combat systems..



Neil is the Head of the 1066 Kung Fu Schools for Hastings and 1066 Country and has a variety of classes that offer something for everyone. His ultimate goal is to make a real difference to the local community.

ATTENDANCE

Attendance is the key to progress. We recommend a minimum of two classes per week to gain the maximum benefits we have to offer.

CLASS TIMES FOR LITTLE DRAGONS/JUNIORS

We currently run the following classes:

Little Dragons 4.00-4.30pm Mondays and Wednesdays

Juniors 4.30-5.15pm Mondays and Wednesdays

Little Dragons 4.30 - 5.00pm Tuesdays and Thursdays

Juniors 5.00-5.45pm Tuesdays and Thursdays

PLUS!

Saturday Super Size Classes!!

Little Dragons 2.00-3.00 Saturday Afternoons

Juniors 3.00-4.00 Saturday Afternoons

NEWSLETTER

Please make sure you pick up the Monthly Newsletter. The newsletter is filled with information to educate and assist parents and students. Most upcoming events are also in the newsletter.



PARENTS DROPPING OFF THEIR CHILDREN

Parents dropping off children should do so five minutes prior to the class and pick them up within five minutes of class ending. The venue becomes very busy around class times and we can not be responsible for watching unattended children. If you have any concerns, speak to one of the Kung Fu

4 Kids I nstructors.

VIEWING CLASSES

Parents are welcome to watch classes. All we ask is that you respect the class by remaining quiet and that if you are bringing younger children with you that you keep them quiet and under control. Equally dropping your children off is fine too, as this is sometimes the best way to gain a child's fullest attention.

THE SASH GRADINGS

Students show their progress by the colour of the sash they wear. Each coloured sash is a step toward the goal of White sash with Black Stripe (**Little Dragons**) or Black Sash (**Juniors**).

Gradings are normally done during the last week of every 3 month period. During certain times of the year we must change testing week, so please watch announcements on the school noticeboard or in the monthly newsletter. Please note that gradings currently cost £20 per child.

Each child will also receive a certificate on passing along with their sash. They will be presented with this and their sash at a special graduation ceremony to which parents/grandparents and friends etc are invited.

UNIFORM

Little Dragons and **Juniors** wear a traditional black Kung Fu suit comprising of a Long sleeved Jacket and a pair of long trousers.

Little Dragons also have a green t-shirt to wear underneath the jacket and **Juniors** wear a Blue t-shirt.

Uniform is available to buy and currently costs £25 for the black 2 piece suit and £10 for the t-shirt.

Uniform is sized by height in cms so please measure your child and let us know their height so that we can order the correct size. The smallest size is 110cm.

Please complete a uniform order form and return it with your payment (cheques should be made payable to 'Neil Gould').

Please ensure all uniform is named as items of uniform can get lost easily.

There is no pressure to buy the uniform straight away, however students should have a uniform by the time they attempt their first grading. Please speak to us if you require flexible payment arrangements.

LEADERSHIP TRAINING COURSE

The Leadership Training Course consists of the best students from both classes. You must be asked to be a part of the LTC Team by your Instructor. Duties of the team include helping with classes, demonstrations, competition and assisting with special events. Leadership Training Course can also be a fantastic career opportunity for those who may have what it takes to become an Instructor later on. Watch out for more info in the monthly newsletter!

EXTRA HELP

If for any reason your child falls behind and needs extra help see SiFu Neil or one of the 'Kung Fu 4 Kids' team. Achieving goals is one of the most vital instruments used in building our students' confidence. Communication, teamwork and action are essential for the benefits to be obtained. If you feel your child is experiencing any difficulties please do not hesitate to speak to any of the Instructors.

HOLIDAYS or EXTENDED ABSENCES

If you will be missing class for holiday or illness for a period of more than one week, please let us know.

SAFETY & FIRST AID

We are committed to providing a safe environment for your child to learn. We provide equipment that is well maintained and keep a log of any accidents that may occur. We always have a qualified First Aider at our classes and a first aid kit is always available.

LOST AND FOUND

If you have left something behind, it will either be taken home safely to be returned later by an Instructor or left with staff at Pinks. Please see one of the Instructors and they will try to help you locate it. The school cannot accept any responsibility for lost or stolen items.

DISCIPLINE & BEHAVIOUR

We believe that all people, especially children, deep down inside, want to do what is right. However, children sometimes forget, get caught up in the moment, or get distracted. We fully endorse the use of praising positive behaviour and the principle of 'public praise, private reprimand'. However, if a child is disrupting a class to an unacceptable degree, we reserve the right to exclude the child for either a) an activity b) a session c) a set period. This will only be done in extreme circumstances as we have found that encouragement and praise of good behaviour often encourages the same in others.

VIP REFERAL

We have enclosed some promotional v.i.p. cards for you to pass on to any friends who you feel may benefit from our Little Dragons and Juniors programmes.

ANY QUESTIONS?

Please do not hesitate to ask after class or phone or email on the numbers or addresses enclosed.

WHO'S WHO AT THE 1066 KUNG FU SCHOOLS
'HASTINGS' - HQ

HEAD INSTRUCTOR of 1066 KUNG FU SCHOOLS: SiFu Neil Gould

Senior Instructor: Si Je Vikki Mackrell

Senior Instructor: Si Hing Andy Luke

Administration: Sifu Neil Gould & Si Je Vikki Mackrell

KUNG FU 4 KIDS Team Manager: Si Je Vikki Mackrell

KUNG FU 4 KIDS Instructors: Si Je Dominique Steed
Si Je Vikki Mackrell

Leadership Trainers: Sifu Neil Gould
Si Je Vikki Mackrell

Weapons Training Program: Sifu Neil Gould, Si Je Dominique Steed,

Wing Chun Adult Program & Self Protection: Sifu Neil Gould

Wing Chun Adults. Phase 1 Instructors: Si Je Vikki Mackrell
Si Hing Andy Luke
Si Hing Adam Collins
Si Hing Mark Gale

Telephone: 07851 725 359

Web: National Website kungfuschools.org
Local 1066kungfuschools.org

Email: neil@1066kungfuschools.org

Please see the website or newsletters for details of other classes available including:

Wing Chun for Adults

Fighting Fit - Lunchtime Kung Fu Classes

Private Tuition in Wing Chun and Self Protection