



Preteen and Teenager Chinese Martial Arts

## Kung Fu, Self defence and Chinese Kickboxing

Spring 2010

More info online at  
[www.ymaa.ie](http://www.ymaa.ie)

### ABOUT THE PROGRAM: -

This specially designed program is aimed directly at preteens and teenagers (ages 12 - 17) to allow them to learn a high quality martial art, while at the same time developing their physical and mental well being. Our program incorporates elements from our Shaolin Kung Fu syllabus, self defence program and from our Chinese Kickboxing training.

This program combines the best of Yang's Martial Arts Association (a world famous martial arts organisation headed by Master Yang, Jwing Ming), realistic Self defence and the future Olympic sport of 'San shou'.

### Shaolin Kung Fu

Shaolin Longfist: - This style features very impressive and powerful kicks including the famous tornado and butterfly kicks.

Shaolin Whitecrane: - This is one of the original 5 animal Fist styles developed early in the History of the Shaolin Temple. The Whitecrane teaches very fast and penetrating hand strikes and also specialises in Chin Na - joint locking.

*Progression is made through the system by a coloured belt syllabus with international recognition through YMAA International!*

### San Shou

Otherwise known as Chinese Kickboxing this sport is on the fast track to being an Olympic sport in either 2012 or 2016. Chinese Kickboxing uses Punching and Kicking techniques from all martial art styles but also incorporates throwing techniques making it a very spectacular combat sport.

*Competition is an option for those who wish to test themselves!*

### Self defence

Our self defence program has been taught to thousands of teenagers since 2004 in various second level schools. Our self defence program teaches the "4 A's" - Awareness, Anticipation, Avoidance, Action .

### Spring Term costs and schedule

Beginning 9<sup>th</sup> of January and concluding on the 29<sup>th</sup> of June (59 classes in total)

### Classes held

Tuesday 6.30 - 8.00pm

Friday 6.00 - 7.30pm

Saturday 2pm - 3.30pm

There will be two additional sessions held for those wishing to attend to test for their next grade!

Cost for this term is  
**€240**  
(all classes inclusive)

### HOW TO ENROL FOR THE SPRING TERM: -

- ❖ Please complete one enrolment form per member and forward it along with the term fee by the deadline. The term fee is non-refundable
- ❖ **Alternatively** you can pay in six monthly instalments of €40 by standing order. Contact for more information.
- ❖ Priority will be given to existing members once the enrolments are **returned by the deadline of the 19th Decemebr '09.** After which we will offer these places to new members.

### Please note:

Safety equipment is required for this training. Initially all that is required is a Gumshield and groinbox. Gloves and other equipment will be provided at the start of the term but each member will require a full kit for safe sparring. More information is available on request.