

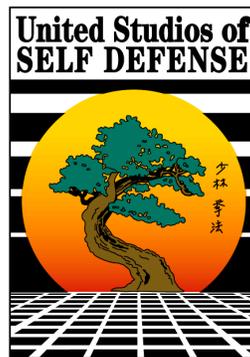
*Welcome to the Family*

**Martial Arts Education  
Program**

*Presented by*

**United Studios of Self Defense, Inc.**

– Team Focus –  
1345 Howard Avenue  
Burlingame, Ca.  
(650)343-7717



*“America’s Self Defense Leader<sup>®</sup>”*

## Welcome to our Martial Arts Education Program

Our Martial Arts Education Program is a detailed curriculum that focuses on improving your child's basic Life Skills. These skills will help them enter society with a more confident and enthusiastic outlook. They will become better students at school, better listeners at home and more ambitious towards the future. We believe that now are the most important years in your child's development. Our Program will enhance positive development in a fun, safe, and motivating environment.

The Martial Arts Education Program curriculum consists of developing Major Life Skills that are necessary for participation in any sport or activity. The curriculum also contains Personal Development Skills that are used to reinforce family values. As your child continues the Program they will become more focused and motivated to achieve any goal they set in life. Team Focus reinforces to its students the phrase, ***"We are motivated, dedicated, and quest to be our best."***

Our Life Skills are composed of physical and mental benefits. The following are some of the Life Skills your child will develop from participating in our Martial Arts Education Program:

**FOCUS** – This Life Skill will help your child improve his/her listening and reaction skills. They will become more attentive in the classroom and at home. Your child will also become a better listener and a more focused student in school.

**TEAMWORK** – Teamwork is necessary for any child to develop. The more your child is willing to work with others the more they will accomplish. Your child will develop character, which will help them to make new friends and become a better leader in life. Students will develop an understanding of Team Focus's motto, ***"Be a good follower but become a great leader."***

**CONTROL** – Having good control means making good decisions. Whether your child is handling a pet or handling a problem, they will learn to make the right decisions. Control builds confidence. Controlling one's mind and emotion is the key to controlling all situations in one's life.

**BALANCE** – This Life Skill is crucial to develop at an early age. Your child is beginning to participate in many physical activities that are challenging to their balance. Your child will develop good balance and better posture.

**MEMORY** – Developing a good memory is exercise for your child's brain. The more your child is challenged mentally the stronger they become. Our Program is constantly helping your child think and make smart decisions.

**DISCIPLINE** – Our Instructors use different drills to help create the vision that discipline is fun and rewarding. Your child will take pride in doing the right thing. Your child will also learn to follow directions better.

**FITNESS** – It is very important for all children to understand the importance of being healthy and physically fit. The habits your child develops today will stay with them the rest of their lives. Our program also helps your child release excess energy during exercise. The Instructors at Team Focus encourages children to take an active role in understanding the benefits of proper dietary habits and exercise.

**COORDINATION** – Your child will become physical participants in many sports and activities to that will require proper timing and coordination. Our Program will help develop their coordination through repetitive motion and a variety of balance, jumping, kicking, footwork, and gauging drills. The more coordination your child develops, the fewer injuries they will sustain.

**CONFIDENCE** – As your child develops through our Program they will become more confident in themselves and their abilities. Our Program challenges your child to achieve new heights. In doing so they develop a new and greater confidence in themselves. Students will learn how to deal with different emotions such as fear, pain, anger, and self-doubt.

*In our Martial Arts Education Program, we make learning fun. Our goal is to help your child be the best they can be at everything they put their minds to. Our motto is*

***“Children Today, Leaders Tomorrow.”***

*Along with our Life Skills Program, Team Focus’s commitment also extends to Personal Development Skills. These Life Skills are necessary for their involvement and interaction with others in every day life. Some of the topics we discuss are as follows:*

**RESPECT** – In the Martial Arts respect is very important. Students will learn the importance of respect for parents, family members, teachers, friends, classmates and Instructors. Your child will develop respect for others as well as themselves. Your child will learn the **3 R’s** of Team Focus: **R**espect myself, **R**espect others, **T**ake **R**esponsibility for my actions. Students will also become a part of Team Focus’s **H.E.R.O.** (**H**elping **E**veryone **R**espect **O**thers) program.

**HONESTY** – Your child will learn that honesty is of major importance in dealing with their family and friends. They also learn to be honest with themselves.

**COMMITMENT** – Your child will learn that commitment to a task is very important. They learn that you may not achieve success at first, but in the long term you will. Students will understand the concept of goal setting and follow through. Your child will become familiar with Team Focus’s Black Belt Success Cycle: Know what you want, Have a plan, Have a success coach, Take consistent action, Review your progress, and Renew your goals.

**MANNERS** – Good manners are becoming rare today. Your child will learn to appreciate a simple “please” or “thank you.” Students are asked to learn, understand, and memorize the Definition of a Mature Mind, **“To give without remembering, to receive without forgetting.”**

**ATTITUDE** – Your child’s attitude will determine their ability to achieve in life. We strive to help all our students to develop a positive attitude in everything they do.

## **How the Program Works**

To this point we have discussed only the Life Skills your child will develop. Now we will focus on the Martial Arts side of our Education Program. Although both go hand in hand.

The style we teach at United Studios of Self Defense is Shaolin Chuan Fa, also known as Shaolin Kempo. Our style is over 2000 years old and comes from China. Students learn to use both their hands and feet to defend themselves. Students can also learn to use Martial Arts weapons once they have reached an advanced level.

There are two elements to our program and they are as follows:

**PERSONAL LESSON** – Your child will receive one Personal Lesson with their Instructor every week. In their Lesson they will focus on learning the material required for promotion to their next rank and/or receiving help in areas they may find difficult. In this way your child is constantly learning and processing new material.

**GROUP CLASS** – Our studio offers up to three Group Classes every week. Your child will meet and work with other students of similar ability and rank. During the group class your child will receive an excellent physical workout. They will also have the opportunity to practice their new material with other students.

Students are requested to attend a least two Group Classes every week along with their Personal Lesson. This will insure they are receiving the maximum benefits from their participation in our Children's Martial Arts Education Program.

**HOMEWORK** – Your child is expected to complete their “homework” or practice every day. Students from White Belt to Purple Belt are asked to focus on five minutes of Martial Arts practice every day. Students from Blue Belt to Green / Stripe are asked to focus on ten minutes of Martial Arts practice every day. Students from Brown and above are asked to focus on fifteen minutes of Martial Arts practice every day.

## **How Your Child Will Advance Through the Program**

Advancement in our system is divided into Belts or Ranks. They are:

**White Belt**

**Yellow Belt**

**Orange Belt**

**Purple Belt**

**Blue Belt**

**Blue Belt with a Green Stripe**

**Green Belt**

**Green Belt with a Brown Stripe**

**Brown Belt 3<sup>rd</sup> Degree**

**Brown Belt 2<sup>nd</sup> Degree**

**Brown Belt 1<sup>st</sup> Degree**

**Black Belt 1<sup>st</sup> Degree**

Students who wish to advance higher than Black Belt 1<sup>st</sup> Degree will receive an added stripe on their Belt until they reach the highest rank of 10<sup>th</sup> Degree Black Belt.

Every rank has required material that your child must learn before they may promote. Once your child has spent the required amount of time at their rank and all their material has been learned they are then eligible for promotion to their next rank. First there are a number of steps your child must pass before they can promote. They are:

**PROMOTION CANDIDATE LIST** – The first step for your child promoting to their next rank is to be placed on the Promotion Candidate List. This list is drafted up two months ahead of the date of promotion. Inclusion on this list is no guarantee that your child will in fact promote to their next rank.

**PROMOTION INVITATION** – When your child demonstrates their understanding of the required material they will then receive their Promotion Invitation. This will show the cost for the promotion, the time and place of the promotion and any special equipment needed. If for any reason your child is not upholding the high standards of

academics or behavior, then you or their teacher may “disagree” to their promotion. They must then wait for the next promotion or until everyone “agrees” they may go forward.

**RANK PROMOTION** - The Rank Promotion Ceremony gives your child the opportunity to show the Instructor and parents how they are developing their skills. Your child will demonstrate to everyone the required material for their new rank. After the demonstration a ceremony is held to reward your child with their new rank. The Rank Promotion gives your child a new challenge as they set goals to achieve their next rank. This keeps the Program exciting and challenging as your child advances through the ranking system.

## Parent Involvement

Here are some important tips that will help your child get the most out of our Martial Arts Education Program.

- Make sure your child **attends class regularly**. Children adjust to consistency. If taking a class becomes an option and not a priority, they will not adjust as well. If your child is going to miss a class for any reason, call our studio so your child’s instructor can establish alternative arrangements.
- **Monitor your child’s progress**. Your child should, by regular attendance of classes and diligent practice, progress at a steady pace. Please inform your child’s Instructor if they begin to be challenged by any of their material.
- We see our studio as a **part of the team** that is working to help your child become the best they can possibly be. If your child is having any difficulties in any area of their Martial Arts, school or home life please let us know. Team Focus is always committed to help in any way we can.
- Keep track **when the next Promotion is scheduled** to take place. This way, you can help prepare your child for their next promotion. Team Focus’s Instructors are dedicated to assisting students who require extra help sessions...
- **Support your child** in their Martial Arts Training. They will develop faster when they feel you are supporting them. Your child wants to do well and your support will show them that you are proud of their efforts.

*We at United Studios of Self Defense believe that our mission is to share the Magic of the Martial Arts with as many people as humanly possible. It is our sincere belief that the versatility of our Shaolin Kempo system combined with our proven methods of Professional Instruction truly constitutes United Studios as “America’s Self Defense Leader”. And with that in mind, we want to continue to grow and establish our safe and friendly studio environments, where people of all ages can experience how the Magic of the Martial Arts can enhance the quality of their life.*

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