

ACADEMY OF CHINESE MARTIAL ARTS AND WELL BEING, LLC

威寧國術

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Parents Information

For the

Youth Program

Of

Lee Shing Pien San Wing Chun Gung Fu

Registered Office:
31 Wood Brook Way
Madison, 53711, WI
Phone: (608) 213-2815
Email: wingchun@gungfu.org

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Thank you for your interest in the Academy of Chinese Martial Arts and Well Being, LLC.

You can be assured that the primary concern of the Academy and its staff is the provision of training of the highest quality in a safe and friendly environment. The teachers are instructing traditional arts and as such work hard to introduce children to a traditional Chinese martial arts setting which will assist them in understanding themselves and their interaction with others. The program also builds a solid foundation for further training in the martial arts.

Respect for everyone and their beliefs, working to the best of their ability and perseverance are the cornerstones of the youth program. These aspects of training are serious and are treated as such, but the teachers also recognize that children must have fun and enjoy their training. A balanced approach is taken and is tailored to the particular class, age group and personalities. We work with small classes so as each child has the opportunity to obtain as close to one-on-one tuition as possible. No student will ever become an anonymous figure going through the motions in an overcrowded class.

Please read this booklet carefully as it contains important information for you and your child before starting the training.

The first part consists of general information such as location, schedule, and pricing; the second part informs you about how to prepare your child before coming to class.

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General Information

Location: 901 Watson Ave. Suite 107, Madison, WI 53713

Schedule: Tuesday/Thursday 5:00 pm – 5:45 pm
Saturday 11:00 am – 11:45 am

Lesson Price: \$30/month for one class per week, \$50/month for two classes per week and \$65/month for three classes per week. Please see our website www.gungfu.org for more information.

Grading: Grading will be approximately every 3-4 months, although this will vary according to student progress. No one is forced to grade if they do not feel ready to do so, but the teachers will encourage students who are able to do what is required but may be lacking confidence. Conversely the teacher will discuss the grading with the student and parent if they are not ready but the student insists on testing.

Grading Price: \$10 per grading.
This includes, upon successful completion, a certificate of achievement indicating which level has been completed and the appropriate sash

Uniform: The correct uniform consists of an Academy t-shirt, black gung fu pants, level appropriate sash and tennis shoes. You can purchase the t-shirt (\$20), as well as the Pants (\$20) through the Academy. Black 'kung fu' pants are also available at any number of online martial arts supply stores (contact us for detailed information. Price is approximately \$20). There are two acceptable styles of pant, i.e., elastic ankle cuff or open at the ankle.

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Important things to know before starting the training

What to wear during the introductory sessions:

T- shirt (preferably white or black, but if you don't have a white or black t-shirt do not buy one), sweats or shorts as per the weather and tennis shoes all year round. We do not train in bare feet (to reduce injuries and for sanitary reasons).

Other equipment that will be required:

As your child progresses through the levels and their skills increase, the training they undergo will become more advanced. Techniques learned at lower levels will be put together in combination and practiced with partners. To ensure maximum safety from accidental contacts their teacher will advise you when it is appropriate for your child to begin wearing basic protective equipment. (Generally this will not be necessary while training in the first 2-3 Levels, although protective gear can be worn from the beginning if you wish.

An 'estimate' of prices for supporter and cup, shin/instep guard and a mouth guard is approximately \$30) No further equipment should be required (unless you wish your child to have their own gloves, but normally the Academy will supply these as needed) as **students in the youth program do not take part in any sparring at all.**

N.B. Sparring for adults is not compulsory and is not a requirement to continue progress through the levels. All participation in sparring classes is on a voluntary basis.

Also importantly, to stay properly hydrated,

We suggest your child bring a water bottle to all training sessions irrespective of the temperature (any clean plastic bottle with a lid will do).

N.B. If there are to be any extra special classes or seminars, the full cost will be clearly posted well ahead of time. Particularly for the Youth Program, these events will be the exception rather than the rule and will be on a voluntary basis and will not be a requirement for progress through the levels.

If you have any queries do not hesitate to discuss the matter with your child's teacher or call us at (608) 608-213 2815.