

Martial Art for Children Leadership, Enthusiasm & Calmness

EARLY MORNING CLUB

Recently martial arts have become associated with self-defence or fitness. However, traditional martial art is a slow thorough process which improves physical coordination, mental focus, social and emotional growth.

Our syllabus for children in Year 1 and Year 2 is unique and predominantly based on Ju Jitsu (the forerunner of Judo) and Fanchento. Classes include:

- movement routines
- strengthening & coordination exercises & games
- wrestling
- trips
- interactive discussions



Our exercises are based on children's natural developmental urges and during practice their smiles and laughter speak volumes for their enthusiasm. However, our firm teaching framework fuses discipline with their natural enthusiasm.

Every element of the technique and exercise is practised thoroughly before the next aspect is introduced and we recognise progress by awarding appropriate belts. We are affiliated to the **International Council of Fanchento Martial Arts (ICFMA)** and our black belt gradings are recognised by the **United Nations of Ju Jitsu (UNJJ)**.

Local classes outside of schools are available which can accommodate children when they leave Chepstow House.

Edwin Edelstein has been teaching and practising martial arts for over 20 years. He began when studying business and law in South Africa and after graduating and working in the legal field for a year chose to follow his passion and teach children full time.

For more information please see www.martialarteducation.org

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MARTIAL ART EDUCATION
Physical & Mental Discipline for children

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