



Robert Gemmell Martial Arts

Waitakere *Shaolin Kempo* Junior Programme 2008

New Programme Starting Term 2 - PIHA

Waitakere Shaolin Kempo Instructors are excited and looking forward to our first Kempo class to be held in the Piha community on **Friday 8th May** at the Barnett Hall. Two classes will be established to cater for the different age groups.

- ▶ Class 1: 4 - 4.50pm (4-7yrs, parents can train with their children at no extra cost)
- ▶ Class 2: 5 - 5.50pm (8yrs +)

The Piha Kids Charitable trust will subsidise this programme in the interests of establishing a long term Kempo programme in the Piha community.

The new Piha Junior programme coincides with Waitakere Shaolin Kempo celebrating 15 years of Martial Arts in May this year. Your programme Instructors will be nationally recognised Kempo & Tai Chi Master Teacher Quintin Derham (7th Degree Black Belt) and Danny Gordon (4th Degree Black Belt) who is a full time Martial Arts Instructor with over 12 years experience.

The benefits of a top quality professionally run Martial Arts programme is priceless. Children gain so much personal growth when confidence, respect, motivation and awareness develop. These skills and qualities help them succeed and develop into confident adults. Self Defence is important and is an expected skill learnt in a Martial Arts programme. Kempo technique promotes the use of the whole body incorporating strong stances, attention to posture alignment, waist exercises, breathing exercises and powerful use of the hands.

See over page for an outline of our Junior Programme according to age

Tuition fees for Shaolin Kempo Junior Programme (All fees are inclusive of GST).

The Term 2 fee **\$112.50**

Covers **9 classes** and has been reduced due to subsidy from the PIHA Kids Charitable Trust.

If you are unsure about registering your child for a whole term, first class participants can pay **\$12.50** for the first (trial) class, then balance of tuition (**\$100.00**) is required before next class to secure registration.

Important: Please note no weekly cash payments.

Cheques can be made out to: Waitakere Shaolin Kempo or paid directly to our bank account

12 3045 0432919 00 (please assign particulars - Surname & PIHA)

To register contact our office: Phone **09 816 8649** email Loislingard@xtra.co.nz



Waitakere *Shaolin Kempo* Junior Programmes 2008 **Term 2 Piha registration form**

Child Name		Age	
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Child Name		Age	
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Address		Phone	
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Please indicate which class you are attending

4 - 4.50pm class (4-7yrs)		5 - 5.50pm class (8yrs +)	
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Please complete details over page



Information for Parents & Families

Waitakere *Shaolin Kempo* Junior Martial Arts Programme

The Shaolin Kempo Junior School is divided into 4 main divisions according to age.

Professor Robert Gemmell - New Zealand's highest ranked Martial Arts Master - and Quintin Derham's teacher, was the first Martial Arts teacher to open Kempo classes to the public for people under 18yrs. The following age divisions get their names from traditional Shaolin animals and represent different stages of development - physically, mentally and emotionally.

- ▶ Young Tigers (4-6yrs)
- ▶ Tigers (7-9yrs)
- ▶ Young Dragons (10-12yrs)
- ▶ Dragons (13-15yrs)

Our **Young Tigers'** programme is designed for the needs of our youngest students (4-6yrs)
The general objectives include -

- ▶ Improve self-discipline
 - ▶ Teach and reinforce proper behaviour, through respect and self control
 - ▶ Self-defence including dealing with bullies
 - ▶ Refine & develop motor skills
 - ▶ Improve ability to follow directions
- and of course having FUN whilst learning important life skills

Our **Tigers** programme is designed for the needs of our older junior students (7-9yrs).

The objectives are similar to the young Tigers programme above with more emphasis on power development, focus pad training, breaking plastic tiles, learning longer forms, weaponry and self-defence application.

This age group achieves its' objectives with less repetition and more comprehension and theory.

Due to cognitive ability we tend to cover a much broader syllabus, though this varies from child to child.

Our **Young Dragons** programme is designed for the needs of upper Primary/ Intermediate level junior students (10-12yrs).

The objectives are similar to the Tigers programme with more emphasis on Kempo drills, forms, interlocking sets, free fighting and continued development of power & flow. This age group achieves its' objectives with more self-directed training and a more creative application of martial skills i.e. forms creation. Leadership skills are enhanced through instructor training for more experienced students (Green Sash & above)

Our **Dragons** programme is designed for the needs of high school aged junior students (13-15yrs).

The objectives of this programme is to help prepare teens for the adult world. Teenagers want to be treated like adults but without adult responsibility. We place more emphasis on getting adults specifically trained to work with young adults whereby these Instructors can offer peer support and mentor this age group. We also invite some students to train in adult programmes whilst understanding their individual needs according to age and experience. This age group can face a lot of challenges with the onset of puberty and peer pressure. Kempo aids the individual to make the right choices in life, understanding that their actions have consequences, so responsibility and confidence develop and improve.

Office Contact P O Box 60253, Titirangi Phone 09 816 8649 Email loislingard@xtra.co.nz



Waitakere *Shaolin Kempo* Junior Programme

Term 2 Piha registration form continued

Parent Name/s	
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Will you be attending the 4pm (4-7yrs) class?	YES		NO	
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Payment method - please tick preferred box

▶ Full payment included \$112.50

▶ First lesson we will pay \$12.50

Payment method: Cheque

Internet banking