

# PEACEFUL WARRIORS

## Kung Fu for YOU

**PEACEFUL WARRIORS** is a personal development program designed by Sifu Dana Wong to develop positive emotional, physical and social skills in young persons, aged 7/8 to 12 years. These are crucial years in a child's development and being involved in an environment that fosters positive values and proper goals is most important.

Children today must deal with challenges more and more at an early age – bullying at school, peer pressures to abuse drugs and alcohol, domestic violence and other anti-social behaviours. These ever-present negative influences make it hard to shield your child.

Kung fu training is one of the most beneficial activities in which your child can participate. Kung fu training will teach your child self-control, respect, and foster a desire to be healthy, all within a safe, fun and positive environment. Your child will learn how to make positive choices, and be in a place where he/she develops the confidence to do what is right.

Children need and want strong role models, who can set positive examples for them to follow. Our professional instructors work hard to set a positive environment for your child, by living the time-honoured traditions of martial arts training – honesty, courage, integrity, kindness and self-control.

As you may already know, children are hard-wired to seek attention and approval. So when children see positive behaviours demonstrated in our classroom, they are strongly driven to display those same behaviours in their own actions.

Our **PEACEFUL WARRIORS** program was founded on four main principles of traditional Kung Fu training that Sifu Dana Wong was taught through many years of martial arts study:

- **VALUES** – Values such as: non-violence, respect, honesty, integrity, good sportsmanship, getting good grades at school and proper social behaviour; these values have traditionally and still remain, the foundation of the martial arts, and therefore, of our classes. Children will be taught that if they do their best, they will be their best.

- **MOTIVATION** – Positive attitudes are developed by our students as they set their goals to increase their skills and reach new levels. Positive reinforcement is given to each student to be all that he/she can be.
- **LEADERSHIP** – Students will learn to become leaders. They are encouraged to work with each other and to share their knowledge and skills with other students who may need help. This gives each student an awareness of their own self-worth and increases their self-confidence. This transcends our classroom and will manifest itself in your child's daily life, enabling him or her to become a leader and not a follower; one who is capable and able to make the right choices.
- **FITNESS** – Kung fu is an excellent way to offset childhood obesity. It also develops physical skills such as hand-eye co-ordination, gross and fine motor skills, improved balance and sharpened reflexes and better overall health. Self-confidence and self-esteem will grow as your child becomes fitter and learns more about how to control and develop his or her own body. Kung fu develops a good balance of mental and physical fitness, leading to a well-balanced individual.

**PEACEFUL WARRIORS** will gain these three valuable life skills:

1. **CONFIDENCE** – By learning how to protect themselves, your children will develop confidence in their ability to handle life's challenges. That improved confidence gives them the courage to say "NO" to negative influences.
2. **FOCUS** – We will help your child to increase his/her focus by giving clear goals and by showing how to reach those goals through hard work and being consistent. *(Of course, they won't realise they're learning how to focus because we make it FUN! But don't tell them that!)*
3. **SELF-CONTROL** – Your child will learn self-control by learning how important it is to have respect, both for him/herself and for others. Kung fu training teaches him/her that in order to get respect, one must first have to give it. Once your child learns this important skill, his/her self-control will naturally grow.

**PEACEFUL WARRIORS** classes run on Monday or Thursday afternoons, from 5:05 pm to 5:45 pm, at the Crossroads Uniting Church hall, corner of Duncans Road and Synnot Street in Werribee. Call us on (03) 9731 1789 or email us at: [info@qianlidao.com](mailto:info@qianlidao.com) to book in or for more information.