

Pee Wee Pandas

Kung Fu for Kids

Pee Wee Pandas is a program designed by Sifu Dana Wong to foster a positive environment for children, aged 5 to 7 or 8 years. It focuses on improving a child's basic motor and listening skills, which are key skills necessary for him/her to enter society with a more confident and enthusiastic outlook. *Pee Wee Pandas* will become better students at school, better listeners at home and will have a more ambitious outlook toward the future. Our program will enhance positive development in a fun and motivating way for your child.

Pee Wee Pandas develops 8 Major Skills targeted at building solid mental and physical capabilities within your child, to give him/her an excellent foundation for meeting life's challenges.

- **Focus** – This skill will help listening skills and reaction skills. Pupils will excel faster in any physical activity and will become better listeners at home and at school
- **Teamwork** – Teamwork is necessary for any child to develop. The more confidently a child is willing to work with others, the more he/she will accomplish. Pupils will develop character, which will help them to make new friends and to become better leaders in life.
- **Control** – Having control means making good decisions. Whether a child is handling a pet or handling a problem, they will learn to make the right decisions. Control builds confidence
- **Balance** – Balance is crucial to any physical activity, and your child is probably already beginning to participate in many physical activities that are challenging, at school or in play groups. Balance also helps your child to build good posture
- **Memory** – Developing a good memory is exercise for your child's brain. The sooner a child starts exercising his/her brain, the smarter he/she will become. Our drills will constantly help your child think and to make smart decisions

- **Discipline** – Our program uses drills to help create the vision that discipline is fun AND rewarding. Pupils will take pride in doing the right thing and also will follow directions better
- **Fitness** – Childhood obesity is a GROWING problem, and it is important for children to understand how important it is to be healthy and physically fit. Fitness improves not only one's physical health, but one's emotional health as well, leading to more productive sleep and to better attentiveness at home and at school
- **Co-ordination** – Our classes help develop your child's co-ordination; he/she will become better physical participants in sports and other activities. Better co-ordination leads to better self-esteem and to fewer injuries in sporting activities

Learning Kung Fu is less about your child learning how to fight others, rather it is more about learning the art of self-mastery. Overcoming his or her innermost fears, your child will unleash within him or herself a powerful, unstoppable force.

That force will give your child the strength to kick down the doors of his or her own self-doubts. That force will open your child to the tremendous power of GOOD VALUES.

When your child uses the discipline of Kung Fu to conquer his or her fears, he or she has the skills and ability to transfer that force to ALL other areas of his or her life – at home, at school, at any social environment.

Pee Wee Pandas will help your child set positive goals. As your child's training progresses, he or she will find joy in improving his or her physical stamina. He or she will walk farther, run longer, practice skills until he/she gets it right.

Your child will learn not to give up, to stick things out. With the help of our instruction, he/she will strive harder and longer to reach his/her goals. Even if he/she fails, he/she will learn to persevere and not let self-doubts get in the way of finding good solutions.

Pee Wee Pandas classes run on Mondays or Thursdays at the Crossroads Uniting Church hall, corner of Duncans Road and Synnot Street in Werribee, from 4:30 pm to 5:00 pm. Call us on (03) 9731 1789 or email us at: info@qianlidao.com to book your child or for more information.