

KUNG FU

About Our Introductory Kung Fu Program

What is the Introductory Kung Fu Program?

It consists of two private (or semi-private) Kung Fu lessons with the Instructor. Each lesson is by appointment and is conducted Mondays through Fridays.

Purpose of the Introductory Kung Fu Program...

Our Kids & Teens Kung Fu Group Lessons are ongoing and enrollment occurs twelve months throughout the year; therefore, these two lessons prepare the new student to enter into the appropriate Beginners' classes. These lessons also allow the new student to "try" Kung Fu without pressure from peers and to build a rapport with the Instructor.



Since these two lessons will prepare the student to enter into the Group Lessons, they should be scheduled approximately one week prior to the date the student plans to begin Group Lessons.

How do I schedule the first lesson?

Call (978) 725-3600 to schedule your first Kung Fu lesson. During busy seasons, please allow at least one week notice for your first appointment.

What do I wear for the first lesson?

Please wear loose, comfortable clothing (e.g. shorts, T-shirt, baggy pants, etc.) and socks.

What will happen in the first lesson?

The Instructor will lead the student through some basic (fundamental) Kung Fu movements which will include warm-up stretches as well as acquaint the student with the origin of Kung Fu and the studio rules. At the end of this lesson, the student can decide to continue or not. If the student decides NOT to continue, there is no further obligation and the lesson is complimentary. Otherwise, the payment of \$19.95 can be made, the second lesson can be scheduled and the student will be sized for his/her Kung Fu uniform.

The student will be given a sheet with the material covered during this lesson to practice at home.

What will happen in the second lesson?

The Instructor will review the material covered during the first lesson and then ask the student to demonstrate some of this material. The demonstration is a way for the Instructor to see how the student retains information. It is designed to promote **confidence** and **accomplishment**. At the end of the demonstration, the Instructor may award the student his/her first belt, the White Belt. Some additional new material will be covered during this second lesson and the student will be ready to start Group Lessons. Enrollment into Group Lessons can be discussed at this time.



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