

About our Junior Program

Little Cranes

These are our beginners between the ages of 5 and 8 (no sash) and those who have earned their White Sash, who need some more 'growing' time or need more time to develop their focus. The objective of these classes is the building of fundamental motor skills through fun and games in a Martial Arts format. It is very difficult to obtain proficiency in sport skills unless the prerequisite fundamental skills are present.

The fundamental skill phase of development begins in early childhood at about two to three years, and individuals have the potential to be fully proficient in most of them by about seven years. Complete development of the fundamental skills is very much dependent on environmental influences in the form of practice, learning and teaching. We incorporate such activities as jumping, kicking, catching, rolling and spinning to help develop the necessary co-ordination for an active and healthy child.

Shouting Cranes

These are beginners (over 8 years) or those who have graduated with a White Sash from the Little cranes class. This is where our members are introduced to our Junior Kung Fu program proper. The basic building blocks such as stances, kicking, punching, blocking, footwork and jumping as well as self defence, stranger danger and how to cope with Bullying are the focus of this class. The development of concentration and courtesy are another important aspect of our Kung Fu training. Grading from white to blue and blue to yellow is done on a continuous assessment basis with coloured stars awarded as a child shows dedication through practice and becomes proficient in specific areas of the grade.

Flying Cranes

These are those who have graduated from the Shouting Cranes Program having earned their Yellow Sash and are working towards completing the first stage of their training. The focus is on completing the Orange and Green sash grades (again by way of continuous assessment!). This class also focuses on refining techniques learned in previous grades and encouraging our members to compete in Local & National events.

Fighting Cranes

These are those members who have reached 10 years of age and have earned their Yellow Sash or any member who has earned their Orange sash and are working to complete Stage 1 of their training. As a fighting Crane they will learn more aspects of our Shaolin styles and bring their techniques alive in a more challenging environment. We also introduce our growing Kung Fu Kids to our Teens club in preparation for their move to a more suitable program for their age and skill level.

Teens Club

This club allows our teens to train with a more flexible timetable to suit their busy schedule. At this point our members will not merely attend a weekly Kung Fu class but will enjoy a great club especially for them. With many other activities such as day trips, fitness tests, training camps/holidays, pizza days etc., this club will give them a healthy focus in their lives and the confidence not to be negatively influenced by society.

Sanshou (Chinese Kickboxing)

This is known as the quintessence of Kung Fu practice and is where our young Martial Artists will put into practice the techniques and skills they develop as they progress in their training. Sanshou is a sport with Light contact and full contact punching, kicking and wrestling options. We will focus on developing this aspect of our members training so that they believe in what they are learning as a result of pressure testing themselves. Those who wish to compete in the sport can enter local and National events in this sport, beginning in the light contact version called Qingda and building to full contact Sanshou as they reached their late teens.