

LIONS SELF DEFENCE & LEADERSHIP MARTIAL ARTS WELCOME!

I, Sensei Chirag Lukha (4th Dan, BSc) would like to thank you for choosing LIONS Self Defence & Leadership Martial Arts for your child. Our goal is serve your family on the highest level by empower each of our kids with life skills through life-saving skills while giving them the tools, techniques and strategies to develop rock solid confidence, discipline and focus. I'm excited to work with you, on achieving your goals for your child. If you need any help or have any questions or simply want to discuss your goals then please feel free to email me at chirag@LIONSSelfDefence.com or call on 07452924496 – I am happy to help.

ABOUT LIONS



LIONS Self Defence & Leadership Martial Arts is a breakthrough science and psychology based system which empowers kids and teens with life skills through life saving skills.

Each week, in a 12 week cycle we will focus on a single life skill and children will be taken through a journey where they learn what the word means, why it is important and how to apply it in martial arts, at home and at school. All of our LIONS Life Skills have age

appropriate definitions which connect to the key stage milestones of the new school curriculum.

Our martial arts system is based on Shotokan Karate, Kempo Freestyle, kung fu and age specific reality based self defence.



YOUR FIRST 3 WEEKS

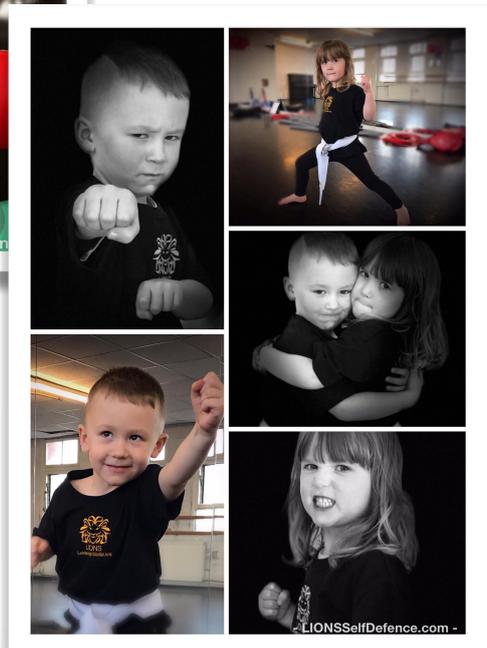
At LIONS Martial Arts we pride ourselves in setting goals and celebrating achievement! We get straight into the heart of exciting classes with high energy fun drills that focus on age specific life skills and age appropriate self defence.

Week 1 – The student becomes oriented with the space and the rules of the class through emersion and joins right into the LIONS family. We make everyone feel welcome and like they are a part of the LIONS Pride. Through testing we have found that this method works best for the majority of kids as opposed to private lessons.

Some children learn best through observation, we encourage them to have a go and prove to themselves that they CAN do martial arts, but if your child feels uncomfortable then we invite them to watch with the intention to take part in the following lesson.

Week 2 – Now the student knows the basic rules of the class they enjoy a second lesson wherein they build on what was previously learned.

Week 3 – At the end of week 3 the student earns their white belt and T-shirt uniform. This is an exciting time and marks the first step towards black belt excellence. At LIONS white belt means two things – 1, you are a future black belt and 2, you are a leader. We teach all of our kids from day one to set their goals high in martial arts, at school and at home.



COVID SAFETY -

Covid-19, also referred to as Coronavirus has impacted the way we all live. At LIONS we have taken every precaution to ensure the safety of ALL of our families. We have a very strict cleaning regime, we have purchased extra equipment to ensure that no two classes or students need to share the same equipment in a 72 hour window and we will be ensuring that all equipment is deep cleaned between uses. Similarly the floor will be cleaned between classes and we will NOT be doing any moves (like push ups or crawling) which require students to touch the floor. We have adapted our curriculum to ensure that safety can be sustained while sustaining **the best martial arts education experience**. Please rest assured that your safety is our priority.

We kindly ask that you help us in this endeavour by following the 15 point plan below

- Please wash your hands before leaving home & travel with family members/members in the same bubble and avoid public transport.
- Arrive in uniform ready to train
- Please arrive 10 minutes before your lesson (no earlier to ensure that the previous class can leave, and no later to ensure we can register everyone).
- Everyone over the age of 11 must be wearing a mask (unless exempt)
- Please line up on the stairs 1m+ behind the person in front of you facing forwards
- When the door is opened, please identify yourself for registration and sanitise your hands as you enter
- Remove shoes (parents to wear socks) and proceed up the stairs
- Parents to take position in the viewing area behind screens filling up from the end (only 1 parent/spectator per student)
- students to fill the class from the end (furthest from the door)
- Students may remove masks when they have taken their place
- Please adhere to all social distancing & Covid-safety rules before, during and after class
- Please clear any spills immediately and dispose of any rubbish immediately
- Use hand sanitiser when leaving
- Please leave immediately following your class
- Please follow all instructions pertaining to Covid safety as and when they are given by the instructor. These will be in line with the government guidelines and in line with our robust covid-19 safety risk assessment.

Covid-19, often referred to as coronavirus, is an infectious disease that can result in serious and potentially fatal illness. There is a risk of the transmission of Covid-19 in any environment where people come together. This risk increases in enclosed spaces and with increased numbers of people. The World Health Organisation has advised that the elderly and those with underlying medical conditions are more vulnerable.

Upon entering LIONS Martial arts, you assume all risk associated with Covid-19. You also agree to:

- abide by all government guidance aimed at preventing the transmission of the virus (details of which can be accessed via the following link <https://www.gov.uk/coronavirus>); and
- Follow all directions provided by staff members and set out in the signage within the venue. You must not enter the venue if you believe that you may have been infected with Covid-19.

You understand that you must NOT come to class if you fall into any of the following categories

1. Individuals who currently or within the past fourteen (14) days have experienced any symptoms associated with COVID-19, which include fever, cough, and shortness of breath among others (please see full list on NHS website)
2. Individuals who have traveled at any point in the past fourteen (14) days either internationally or to a community in the U.K. that has experienced or is experiencing sustained community spread of COVID-19; or
3. Individuals who believe that they may have been exposed to a confirmed or suspected case of COVID-19 or have been diagnosed with COVID-19 and are not yet cleared as non-contagious by state or local public health authorities or the health care team responsible for their treatment.

WHAT DO WE CALL THE TEACHER

Students refer to the teacher as Sensei, which is simply a word used to refer to somebody who is ahead of you in the journey you wish to go on. This is the correct etiquette and respect in our lineage of martial arts. The title of sensei is often attained by many years of training and contribution to the art and other students. This teaches our students about the traditions of our art as well as instilling them with respect that can be carried over at home and at school.

UNIFORM

Until the white belt is achieved – Wear a t-shirt and long jogging/gym trousers – bare feet

White belt – School t-shirt, white belt and jogging/gym trousers

Yellow Belt to 2nd Black Belt – White Karate uniform with logo, School t-shirt under the uniform (black) & Belt

To teach our students about respect and discipline all uniforms must be ironed, washed and kept in pristine condition. If they are discoloured, faded, dirty or torn, or no longer fit then students will be required to purchase a replacement. Our uniforms are of the highest quality, they do not shrink, discolour or fade when cared for and our logos are embroidered not printed so should last the lifetime of use if cared for. We provide the BEST for our students so our families do not need to keep replacing uniforms.

Wearing the uniform is also very important to teach equality and for safety (<http://lionsselfdefence.com/the-martial-arts-uniform-why-its-so-important-5-min-read>)



LESSON STRUCTURE

At LIONS our lessons are structured in 7 parts...

1. Respect and intention:

We set the intention of the class by starting as we mean to go on with high energy and showing our respect for each-other, the teacher and the training environment by taking a bow.

2. Warm up:

The warm-up is different in style each week for 4 week clusters. We use this to prepare the body for the skill of the current lesson and incorporate the psychology of 'neurobics' and 'brain-gym' to stimulate the mind alongside the body. One of the ways this is done is to use unrelated counting methods. For example - Instead of counting 1,2,3,4,5 while doing push ups we can count by saying 5 Superhero names OR the teacher says a fruit and the students say the colour of the fruit while doing their push ups. Research suggests that those who incorporate these techniques feel less fatigue and their mood and physical capabilities are enhanced. Children who use neurobics exercises also show a positive increase in attention and academic ability at school.

3. The basic moves:

Each grade/belt has a certain requirement in regards to defence moves needed to progress to the next grade and thereby understanding the tools of self defence. In this section we cover those moves through a method called layering. Layering involves learning a physical skill in stages to get the entire body working in unison. By doing this our students become well rounded martial artists who understand the real life applications of the moves they are doing; thus are capable of using them if needed.

4. Lions Power Talk:

Alongside the amazing physical curriculum we have in store for you and your child we also have an equally powerful age specific leadership programme which you are sure to love. In this section we talk about the word of the week and explain to our students what the word means, how it is applied in martial arts and self defence as well as how they can apply it at school and at home. Parents and teachers love this signature power talk element to our classes because the words are based on the new school curriculum. For each age group there are 12 words which the drills are based on (age 2-4 – Listening, Sharing, Respect, Following, Balance, Communication etc.) (age 5-8 – Focus, Discipline, Teamwork, Control, Communication etc.); (age 9+ - Focus, Vision, Courage, Discipline, Versatility etc.) .

5. LIONS SKILL DRILLS:

THIS IS THE SECRET SAUCE TO OUR TRAINING!

Drills bring the martial arts into the 21st century with high energy fun and safe ways to learn traditional moves in a way that doesn't need to be boring or repetitive. We disguise repetition through drills which seem like games to our students – according to research, kids learn best when they are having fun.

Our LIONS get to discover techniques from 12 unique perspectives based on their age and stage of development. These 12 skills (we focus on 1 per week, in order) have been carefully selected for each age group and are in line with the latest research and the new school curriculum. This breakthrough system not only equips our students with martial arts but empowers them with a host of physical, mental and social skills that are easily transferable to other sports and activities as well as school and home life.

6. End of Class Game:

For our cool-down we play a high energy game which is based on self defence, escape and evasion or awareness.

7. Recap & Respect:

In this section we recap on the lessons learned, celebrate achievements like grading, award patches and belt tags.

PRICE LIST

IMPORTANT: If you are receiving this information pack then you will be receiving the school t-shirt (upon white belt), full lifetime membership, licence/insurance (1 year), white belt (when achieved in week 3), and white karate uniform (when yellow belt is achieved) for FREE!

Further to this, we pride ourselves in the fact that our students are not required to purchase any equipment, protective gear or anything else for the LIONS leadership class martial arts class because we have the very best equipment and all students are entitled to use it. This equipment is kept in the best condition and is regularly added to or renewed.

Please see below a price list should you want any replacements and for grading fees. All prices are subject to change in line with supplier and association prices.

Membership: £55

Student Reactivation fee: £50

Licence: £15 per year

Tuition Fee: £25 per 4 weeks

Replacement licence book: £3.50

Replacement Leadership award workbook: £10

School T-shirt: £10-£12 (depending on size)

School Uniform with Logo (white): £35-£40 (depending on size) Replacement belt: £5

Replacement award Patch: £1

Grading Fee: We do not charge a grading fee, it is Free, all we ask is that you cover the cost of the belt, certificate and registration admin. The prices are below. Our grades are recognised by LIONS and an independent national association and therefore can be independently verified if the grades are used on university application, GCSE PE/School PE assessments, job applications or theatre/dance exams.

White-black belt in waiting: £20 each

Black Belt: £100

Transition assessment from LIONS cubs to little LIONS: £6 (includes belt)

Class Fee: Lesson 1 & Lesson 2 – FREE All other Lessons - £25 to be paid every 4 weeks from lesson 3

Private Lessons - £35 per 45 minutes

RULES

- Respect for the Tenets and style of Martial Arts · Respect for the Sensei (Chirag Lukha)
- Respect for each other
- Respect for the training room
- No eating or chewing in the training room
- Only water to be drank during class
- No mobile phones in the training room
- Come early, pick up your progress card, hand it to the sensei, sit down ready to start
- Fingers and toe nails are to be trimmed
- Bow when entering or leaving the training room
- Always refer to the teacher as Sensei (meaning teacher, this gets kids to learn about respect which is transferable to school)
- Jewellery and watches are to be removed for health and safety
- Please remove outdoor footwear before entering the training area
- Bullying, bad language or disobeying the rules will not be tolerated. The student will be given up to 3 warnings (each warning counts as a 5% deduction in a belt examination), then they will be asked to sit out of class and in some cases have their licence/membership revoked with no refund.

INFORMATION FOR PARENTS

- Children have limited attention so please kindly refrain from speaking to your child during the class
- Parents/guardians of those under the age of 16 are required to stay for the duration of the class (you may leave your child in the guardianship of another parent/relative at your own discretion)
- Kindly refrain from talking to other parents in the training room and use whispers in the reception area while classes are going on
- If there is a class going on please wait in the reception area until the previous class is dismissed before entering
- Please let the instructor know about any allergies or illnesses or injuries your child has before class starts by phone, email or in person prior to class.
- Parents are more than welcome to watch (we love our families being a part of their kids black belt journey!!), Kindly remove your shoes in the reception before entering the training room to see your child (we have specialist mats and sprung dance floors which are damaged by shoes).

BEFORE YOUR FIRST CLASS

PARENTS – within the first 12 weeks alone you will see your child come out of their shell and be excited to come to LIONS to learn new things. The one year journey and beyond is truly transformational and remarkable. You will see your kids shine with confidence and hear their teachers praise their discipline and focus. At first however it can be daunting and scary so please talk to your children, encourage and support them by getting them excited to come to LIONS and keep that motivation up each week. Consistency is key.

We promise to honour each of our students and families and make you feel right at home by tailoring classes to achieving your goals. We are very excited to work with you and take this journey towards your child's black belt success.

NOTE FOR LION CUBS PARENTS (AGE 2-4): Please also wear comfortable clothes, and be prepared to help facilitate your child's learning by holding pads on the training floor. Please be ready to have bare feet and for health and safety reasons we ask that full length t-shirts/tops are worn which cover shoulders (no vests, crop tops or low cuts). Trousers should come below the knee.

CLASS TIMES

Age 2-4 – Saturday 9am-9:45
Age 5-8 – Saturday 10am-11am
Age 2-4 – Saturday 11:15am-12noon
Age 9+ – Saturday 12:12pm-1:15pm
Age 2-4 – Saturday 1:30pm-2:15pm
Age 5-8 – Saturday 2:30pm-3:30pm
Age 2-4 – Tuesday 4:30pm-5:15pm
Age 5-8 – Tuesday 5:30pm-6:30pm
Age 9+ – Tuesday 6:45pm-7:45pm
Age 2-4 - Friday 4:30pm-5:15pm
Age 5-8 - Friday 5:30-6:30pm

IMPORTANT: Please arrive to your class 10 minutes early. This allows our students to calm themselves and prepare mentally for the lesson and they do not feel anxious from rushing. Also, for safety reasons, and as a stipulation of us using the building we **MUST** lock the door as soon as we go into the training room. We don't want anybody to be locked out or feel disheartened by not being allowed to take part because they have missed a part of the warm-up so please arrive early.

Sensei Chirag Lukha (4th Dan, BSc)
Phone: 07452 92 44 96
E-mail: chirag@lionselfdefence.com
1st floor 32 Belgrave Road Leicester, LE4 5AS

LOCATION

All side streets in the area have ample free parking, there is also a pay and display car-park located across the road as well as a free parking lot behind the building on Abbey Park Road

The entrance is via Garfield Street

