



**Finding a Kung Fu school**



# Kung Fu for all

Kung Fu is a great way of getting your 30 mins plus of exercise. It's fun and offers many benefits. The biggest benefits are those least talked about; the confidence gained from knowing you are better able to defend yourself and are living a healthier life can - and will - spill into your day to day life whether you are at home, work or school.

**What should you look for when choosing a martial arts school?**

**Decide on your main martial arts objective**

Is it a) health & fitness b) self-discipline and self-defence c) competition and fighting d) being part of a cultural heritage or e) self-defence for real life situations?

**Start calling your local Kung Fu schools. Below are some recommendations:**

- Make sure that your training objectives are met by the school. Ask if they focus on competitions, self-defence, tradition etc. and find a school that can satisfy your needs.
- Ensure that adults and children are taught separately. Adults and children have very different learning needs and communicate differently, so it's very important that classes are not mixed. If you're looking at classes for your child, there's a huge difference between a 4-year-old and 12-year-old so age related classes are best.
- Our recommendation is that you train twice a week, so a school with a flexible timetable that can let you juggle your life and still train is key to your long term growth.
- Are they part of an organisation or network of schools? Most credible schools are part of an organisation, frequently headed up by the instructor's instructor and peers, which means they are progressive, professional, and well-insured.

**Start with a trial lesson**

Your first lesson may be a little daunting. That's perfectly normal. A good Kung Fu school will do its best to make you feel welcome. Try several lessons before you commit, regardless of whether your first experience was good or bad. A good school won't push you to join without letting you experience several lessons and giving it a fair go.

**What to look for in a Kung Fu instructor**

There are many myths when it comes to what makes a good instructor. It doesn't matter if your instructor comes from China and it doesn't matter if your instructor won world titles. What matters is that they can make you a good martial artist. Here are some questions to find out when looking for a good martial arts instructor. Does the school have:

**A Criminal Records Bureau (CRB) check**

**Their own training experience** - look for at least 5 years of training, and if it is close to 5 years make sure that they are still training and part of a parent organisation or club.

**Former good students** - an instructor who produces high ranking students who are happy and confident enough to talk to you about their experiences is a good sign.

**A progressive and dedicated attitude towards improvement** - it is important that the instructor is someone who is pushing the boundaries of their own style and making sure that they and their students become respected martial artists. Good questions to find out are whether they still train with their own instructor, travel to research their art, still compete or run and attend seminars with other well respected instructors.

**Respect for the styles and beliefs of others** - every martial artist is biased towards their way of teaching, their organisation and their style. However, finding an open minded instructor who is respectful of other martial arts and cultures is a good starting point, as this respect for others will be passed on to students.

A good martial arts instructor is more than someone who can kick and punch. Your Kung Fu instructor should be someone who is a good role model, someone you admire and someone who inspires and motivates you to achieve your goals. **Remember, have fun, try your best and stay safe!**



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