



爱尔兰少林功夫学院

BE HAPPY, BE HEALTHY

Master Yang Dong

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17th December, 2023

To the Parents
Junior & Senior Infants

KUNG FU & SELF-DEFENCE

Classes start: WEDNESDAY 10th JANUARY 2024

Guardian Angels National School, Blackrock

Dear Parents,

I am delighted to have the opportunity to teach a new series of classes to children in your school. In the new term I will teach Kung Fu and Self-Defence. With this letter I wish to introduce myself to the parents that don't know me and to give you some information about these classes and their benefits.

My name is Yang Dong and I am a qualified martial artist from China. I have over twenty years of teaching experience in Ireland and thirty years of practice in martial arts. I teach Kung Fu, Tai Chi, Chinese Kick Boxing and Self-Defence in my Academy.

I have taught children from the age of three. Presently I teach in schools in the south Dublin area, including Stepside Educate together National School in Dublin 18, Our Lady's Clonskeagh National School in Dublin 14, and St. Mary's Boys National School in Rathfarnham, Dublin 14.

Why is it important for children to learn Kung Fu and Self-Defence?

In everyday life children may find themselves in circumstances that might pose a threat, both physically and psychologically. It is very useful to learn how to avoid such situations and to know what to do. In my course I use unique concepts to help children steer clear from danger, and I will teach them simple, practical and basic techniques of Self-Defence and safety.

The earlier children learn Self-Defence the better it is, as this will not only help them to protect themselves at critical times and to deal with bullying, but will also support the development of their physical and psychological well-being. The development of new skills will empower the child to gain self-confidence and reassurance in oneself, which will make him/her more able to deal with any experience in life.

These classes are designed specifically for children and the content of this course is adapted to their age. They will learn through game play and safe fighting drills which will also be highly enjoyable.

Here I summarise the key benefits of Kung Fu and Self-Defence:

- Self-discipline, rules of behaviour and respect
- Learn about dangerous situations and how to avoid them
- Basic Kung Fu and Self-Defence skills
- Development of psychological and physical stability
- Confidence and reassurance in oneself
- Dealing with fears and insecurities

Other benefits of these classes includes: Cultivation of physical and mental strength, discipline and respect for others, team work, focus, development of awareness and fast reflexes, independence, increase interest in learning.

I am positive the children will highly enjoy this course and you will be delighted to see the benefits of Kung Fu practice in them. My classes are very popular in other schools and the children loved them.

My goal is the children's safety, healthy development and wellbeing. I hope you will book your child's space in my classes. I am looking forward to meeting you all.

Junior and Senior Infants Kung Fu and Self-Defence classes will start Wednesday the 10th of January at 1:30pm to 2:30pm and will run for 12 weeks, every Wednesday. Please see the Booking Form below for details. Early booking is recommended.

Thank you very much.

I am looking forward to hearing from you soon.

Yours sincerely,

Master Yang Dong

Member of The Chinese Wushu Association
Director of Shaolin Kung Fu Academy Ireland

BOOKING FORM

KUNG FU & SELF-DEFENCE CLASSES JUNIOR & SENIOR INFANTS

Classes start: **WEDNESDAY 10th JANUARY 2024**

Location: School hall

Time: 1:30pm - 2:30pm

Price: €180 - 12 classes

FULL NAME OF CHILD:

AGE:

FULL NAME OF PARENT:

CONTACT PHONE NUMBER:

EMAIL ADDRESS:

Booking is essential for all classes, minimum 9 people to start.

Payment Details:

YANG DONG - Account number: 39662017 - NSC: 933120

IBAN: IE93AIBK93312039662017 - BIC: AIBKIE2D

Please remember to write your child's name as a reference in your payment. Thank you!

For more information please call:

Master Yang Dong on 089 961 4658

Cristina (Secretary) on 087 753 2772

email address: chinese.europeanculturalcentre@gmail.com