



Young Americans Schools of Self-Defense

PROGRAM INFORMATION SHEET

- Class Times:** Please be at class ten (10) minutes early to check in properly.
- Fees:** If you are paying for class each week, please bring \$6 in an envelope and be sure to write your name and date on the envelope. If you paid for all your classes in full, then just write your name and the date on a piece of scrap paper along with the words “pre-paid student” on the paper. The envelopes and papers are to be given to your instructor upon your arrival to the class. For those who have pre-paid classes in full, here is the policy on refunds: We refund the cost of any unused classes minus a \$4 processing fee. The separate registration fee is non-refundable. NOTE: a \$20 service charge will be added to any NSF check.
- The Program:** We teach a non-aggressive, non-counterstriking style of self-defense and safety awareness. You will learn fun, interesting and useful techniques to protect yourself. This program is the largest children’s self-defense and safety awareness program in the United States; the program is certified by the Young Americans Association of America, Grand Rapids, Michigan.
- Our Rules:** First and foremost, you must respect and obey your parents/guardians. Next, you must be kind and cooperative in your interactions with other students. You must show respect to your instructor. Also, you must obey the rules of the school/gymnasium/training area, and you must respect the property in the facility. You cannot use profane language. Last but not least, **YOU MUST NOT USE THE TECHNIQUES WE TEACH YOU TO HURT OTHERS, HURT ANIMALS OR TO “SHOW OFF.” ANYONE WHO DOES SO, WILL BE DISMISSED FROM THE PROGRAM IMMEDIATELY.**
- To Parents:** Please feel free to attend and observe classes. Please, however, assist in providing your child a distraction-free lesson by talking softly, and by helping younger children who are with you to play quietly. Please also assist your child in practicing the techniques at home. The instructor can answer questions before or after class, and/or call the Young Americans Office at (952) 469-8933.
- Awards:** At the last class, awards are given to students. Every student receives a certificate. Certified belts are given to students who have passed a test for rank promotion. Testing is NOT a requirement of the program; IF the student elects to test, the cost is \$8. Attendance medals are given for perfect attendance.



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PROGRAM OVERVIEW

Young Americans Schools of Self Defense (A Minnesota Non-Profit Corporation) is an exciting self-defense and safety awareness program for children ages 3 to 16. The mission of Young Americans is to promote child victim prevention by instructing every child, and their families, in self-defense and safety awareness. Our students are instructed in non-counterstriking, non-aggressive self-defense techniques. As an adjunct to self-defense training, our students are also taught the Chinese art of Wushu (we take several students each summer to Beijing, China, for advanced work in Wushu). Personal esteem, respect for others, self-discipline, physical fitness, and positive familial relationships are also enhanced in our program. At the conclusion of each semester, students are eligible for certified belt rank promotion, and every child receives a number of participation and recognition awards.

We teach one 45-minute class per week and have two, 12-week semesters and one slightly shorter summer session each year. Our coaches are certified black-belt instructors who have also been trained in the “Stay Out of Reach”, “Run, Yell and Tell”, and “Stranger Danger” curricula. They have also received training by our consulting clinical psychologist related to effectively affirming children, responding to their emotional needs while in class, and managing behavioral concerns that a child might demonstrate in a class. Our coaches will arrive one half hour prior to the start of class, start and end the session on time and remain in the facility until the last child has been picked up by his/her parents.

This program is highly successful in every community it is presented. We have received the acclaim of children, their parents, school officials, youth organizations, parks and recreation departments, and many others. Our program is co-sponsored by a number of Minnesota Community Education Departments, YMCA, YWCA, Boys & Girls Clubs, Minnesota Parks and Recreation Centers, and the Minnesota National Guard. We are a proud member of the Minnesota Recreation and Parks Association.