



## **Student & Parent Information Sheet and Program Overview**

**Class Times:** Please be at the class ten (10) minutes before your class starts, to check in properly. You will be informed of your class time at registration.

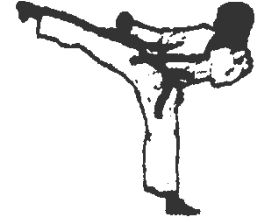
**Fees:** If you are paying for the class each week as you go, please bring \$7 in an envelope with your name clearly written on the envelope. Please give your envelope to the instructor upon your arrival to the class. If you paid in full for all classes at the time of the registration, just write your name and the words “pre-paid student” on the envelope. For those who have paid in full, here is our policy on refunds: We refund the cost of unused classes MINUS a \$7 processing fee. The registration fee is not refundable. NOTE: A \$30 fee WILL be added to any NSF check and will be submitted to Maximum Recovery Systems, Inc.

**Our Program:** We teach non-aggressive, non-lethal, self-defense techniques and safety awareness. Students will learn fun, interesting, and useful maneuvers to protect themselves from the six primary categories of attack: frontal attack, side attack, rear attack, gang attack, weapons attack, and vulnerable position (non-standing upright) attack. The four types of techniques we learn to stop these attacks are: kicking, defensive hand striking, escapes, and blocking. For more info please call our office at 952-997-7732, or you may visit us at our website, [www.youngamericans-mn.com](http://www.youngamericans-mn.com).

**The Rules:** STUDENTS MUST BE respectful and obedient to their parents/guardians, AT ALL TIMES. Also, you must show respect to your instructor, and comply with the instructor’s directives. Students are NOT ALLOWED TO HARM PEOPLE OR ANIMALS WITH THE TECHNIQUES learned in our program. You are not permitted to damage property in the training facility, you must be cooperative and courteous with fellow students in the class, and profane language will not be tolerated. PARENTS may observe classes but please no cell phone use during the class, please closely supervisor any younger siblings you bring with you, and please pick up your child promptly, once the 45 minute class has concluded. WE RESERVE THE RIGHT TO ASK ALL PARENTS, AND ANYONE ELSE IN THE ROOM, TO LEAVE THE CLASS AREA IF WE ARE NOT ABLE TO PROVIDE A DISTRACTION FREE ENVIROMENT FOR THE STUDENTS DURING THE CLASS. The instructor will be happy to answer any questions you have before or after class, or you may call the Young Americans Office at 952-997-7732.

**Weather Cancellations:** If the host facility where our class is being conducted is open, then class will be held. If however, the host facility closes due to inclement weather, then our class will be postponed. The parent will need to call the host facility to see if the facility is open AND the parent will have to use their own judgment about travelling in bad weather. Ail postponed classes will be made up by going one extra week or by a holding a “double class” (a ninety minute class).

**Awards/Events:** At the last day of class, students receive awards. Every student receives a certificate and a medal. Students are eligible for belt rank promotion; no one is required to test for rank, but if a student chooses to do so, there is a \$9 belt test fee. Also, Young Americans hosts the Minnesota State Self-Defense Tournament in April and in December every year. This tournament is an optional event; if a student does choose to attend the tournament, they will receive a trophy for their participation.



## **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.