

Grandson, Father and Granddad - Three Generations of Island Kung Fu.

Two years ago now I made the life changing decision to quit my regular job in Corporate Sales and buy the Martial Arts school I had been training at since my move to the Cowichan Valley in 2002. The main thing that had attracted me to the school in the first place was its focus on family training. Moms, dads and their children working out, developing life skills and having lots of fun together.

So when my whirlwind of a son turned four, we put him straight into our Little Ninja Program. Little Ninjas is an approved course from The National Association of Professional Martial Artists (NAPMA) and focuses on success skills such as confidence, respect, and discipline, as well as fitness, flexibility and strength. Oliver was already a high energy kid, but the classes helped him to focus and introduced him to ideas like Self Discipline and Self Control without him even realising that he was learning, because of the fun drills and games. Within a short time we could already see some changes; he became calmer and was showing a great level of discipline. The biggest change though was when he started to use at home the Island Kung Fu 7 magic words, Yes Sir, No Sir, Yes Ma'am, No Ma'am, Please, Thank You, and Your Welcome!

This really opened my eyes to the benefits of family training and how the core values that are being taught within the program can help everyone from four to ninety four. I then started to talk about benefits to my Father-in-Law and how it had really helped Oliver and to my surprise he expressed an interest in trying it for himself! At first he was a little apprehensive about being able to do large parts of the training because of surgery he has had. My father-in-law is actually bionic! He has two artificial knees, and after his second knee replacement surgery didn't think he would be able to do too much. Nearly two years on and Alan now has he's High Purple Belt, regularly training 2-3 times a week, then watches his Grandson Oliver having fun with his friends in the Little Ninja Program.

Every day I hear stories, like my own, of families looking to harness some of the energy young children have or to help with school grades through better discipline, or parents just looking for an activity they can do together as a family! With different skills and fitness levels, the benefits of training as a family, practicing together at home or demonstrating their newly learned skills to family and friends. Martial Arts really is an art that can help families in so many different ways.

Island Kung Fu is always honoured to offer families and individuals a 30 day no risk trial so that the benefits can be seen firsthand. Please call or email for an appointment.

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