



My son James is an easy-going kid. In kindergarten, two classmates held him down while another one threw a stone at his face. Luckily, it missed his eye. We registered him for kung-fu classes soon after. Three years on, James is now more confident and much stronger. Kung-fu offers him plenty of physical exercise, but he's not there only for the training or the self-defence techniques. He's learnt that real personal power – Kidspower -- comes from good habits, regular practice, making the right choices, and showing commitment to those you trust. I believe kung-fu provides my son with resources for a healthy and meaningful life. He also has a lot of fun because now some of his soccer pals, their sisters and brothers, and his classmates are doing it too!