

## Accreditation

MAE is affiliated to the International Council of Fanchento Martial Arts (ICFMA) and our black belt gradings are recognised by the United Nations of Ju Jitsu (UNJJ).

Our chief instructor, Edwin Edelstein (BComLLB) is the most senior Fanchento instructor in the UK and has over 20 years experience teaching and studying martial arts.

Edwin is CRB checked and fully insured.

## History

In 1996 Edwin Edelstein began teaching individuals and small groups of children. He selected, developed and refined a range of techniques and exercises that proved very beneficial for younger students.

In 2001, he began teaching extensively in schools. With the invaluable input of child psychologists, occupational therapists and educators, he refined the process of teaching larger classes.

The majority of our students train for at least three years but some have continued to train for closer to 10 years. Our unusually high retention rates reflect the excitement and growth that occurs in our classes.



## Group Classes

5 - 12 year olds

Please see the leaflet insert or visit [www.martialarteducation.org/parents.asp](http://www.martialarteducation.org/parents.asp) for details of available classes. There is no charge for a trial class.

## Private Training

Available for all ages & adults

Private training is flexible and can accommodate adults and children - even training together. For details please see: [www.martialarteducation.org/privatetraining.asp](http://www.martialarteducation.org/privatetraining.asp)

## Schools

We have developed extensive programmes for **Chepstow House School, Hawkesdown House School, Notting Hill Preparatory School, Sinclair House School** and **Wetherby Pre-Preparatory School**. and are available to run such programmes in other schools.

Our system can be shown to satisfy and contribute to **National Curriculum Physical Education** (Key Stage 1 and Key Stage 2), **Every Child Matters, Healthy Schools** and **Personal Social Health & Economic**.

For more information on what we can offer your school visit: [www.martialarteducation.org/schools.asp](http://www.martialarteducation.org/schools.asp)



[www.martialarteducation.org](http://www.martialarteducation.org)  
100-101 Ashmill Street  
London NW1 6RA

0208 960 8212 landline  
07545 576 434 mobile (Available 8am-8pm)  
[info@martialarteducation.org](mailto:info@martialarteducation.org)

# Martial Arts for Children

*Leadership, Enthusiasm &  
Calmness*



## About Us

After many years of investigating various eastern and western exercise systems, Martial Art Education (MAE) identified Fanchento Kung Fu and Ju Jitsu as the most suitable system to facilitate physical, emotional and social development.

"... instilled the boys with a basic sense of self-discipline and helped to underline the importance of mutual respect."

Mrs C.J. Leslie  
Headmistress  
Hawkesdown House  
School

Our exercises are natural and highly enjoyable for children. During practice their smiles and laughter speak volumes for their enthusiasm. However, their natural excitement is focused and directed through our firm teaching framework which fuses discipline and enthusiasm.

## Graded Progress

Every element of a technique or exercise is individually and thoroughly practised before the next aspect is introduced and we recognise progress by awarding appropriate belts.



## Physical Benefits

- ✓ Balance
- ✓ Strength
- ✓ Therapeutic benefits
- ✓ Stamina & Fitness
- ✓ Agility
- ✓ Flexibility
- ✓ Toughness
- ✓ Coordination

## Emotional Benefits

- ✓ Confidence
- ✓ Enthusiasm
- ✓ Empathy
- ✓ Discipline
- ✓ Calmness
- ✓ Self esteem

## Mental Benefits

- ✓ Academic Performance
- ✓ Cognition
- ✓ Listening skills
- ✓ Concentration

For more information on how to achieve these benefits, visit: [www.martialarteducation.org](http://www.martialarteducation.org)

## Social Benefits

- ✓ Behaviour
- ✓ Leadership skills
- ✓ Conflict resolution
- ✓ Deters bullying
- ✓ Teamwork
- ✓ Communication skills
- ✓ Improves relating to others
- ✓ Respect
- ✓ Friendship

