

KIDSFIT LEADERSHIP PROGRAM

SELECTION DAY 2025 @ SPRING CAMP

3pm 20th - 3pm 21st of September, Gold Coast Recreation Precinct

We are looking for Kidsfit students (under 12 year old) who are committed to their training and would like to develop their leadership skills by putting in their own time and effort in helping the school & fellow Kung fu family.



ACHIEVABLE GOALS

KUNG FU

Accelerate your progress in Kung fu through additional training with Sifu & Instructors.

LEADERSHIP SKILLS

Develop leadership skills through mentorship from Sifu and Instructors being responsible in helping the school and other students.

POSITIVITY

Hang out with a positive team of people who support you on your journey.

LEADERSHIP TEAM PERKS

FREE Holiday Day Camp with extra training days

PUBLIC SPEAKING/DEMONSTRATING

The courage & ability to be able to hold a class and speak publicly in front of a group.

PATHWAY TO JUNIOR LEADERSHIP TEAM

From Junior leadership team progress to our Kidsfit Instructor (part time job).

SELECTION CRITERIA

EXERCISE

- 40 push-ups
 - 40 outside-inside or side to side squats
 - 40 sets of lunges
 - 40 burpees
 - 3 laps of yellow band run
 - 50 situps/ crunches / leg raises
- (Any 5 of above)

MIN 18 MONTHS TRAINING KIDSFIT WING CHUN

ORAL PRESENTATION

Explain to Sifu & Instructors why you'd like to join or stay on our leadership team. What characteristics will help you in this program? What will you need to work on to get you through the program?

GOOD CHARACTER

- @ School
- @ Home

PARENTS SIGN OFF

- Return application form
- Understand your child's weekly duties @ PWC
- Minimum training twice a week in Kidsfit Wing Chun + 1 leadership training per week
- Attend annual training (Spring Camp)
- 75 % attendance

Spring Camp

LEARN & DEMONSTRATE ENTIRE SLT FORM

- Section 1, 2 & 3
- Combine 2 techniques / applications from Sec 1.
- Demonstrate 1 technique & application from Sec 2 & Sec 3
- Defend against free style pad work round

**24
HOURS**

3PM
ASSESSMENT BY
SUNDAY 21ST

FEE

\$7.50/week (12 months) Friday weekly leadership training. 5:10-6:30pm (NEW TIME)
+Alternative training day

<https://www.practicalwingchungkungfu.com/wing-chun-instructor-program-online>



Leadership pathway