



Shaolin Kung Fu Studios

3661 Horseblock Rd, Suite J
Medford, NY 11763 [www.NotKarate.com]

Adult Stranger Danger Seminar

Seminar Objectives:

Duration: 2.5 hours

- Synopsis of Children's Seminar:
 - The difference between a Good and Bad Stranger.
 - What to do in a dangerous situation as a victim & The Buddy System.
- Expanded information on each topic with suggestions on ways staff can help reinforce lessons their students have learned.
- Methods for recognizing strangers on or near the property.
- The legality of self defense and defense of other humans and property.
- Seeing with a child's eyes, how to handle a stranger.
- Importance of a support structure within the adult leadership.
- Importance of and methods to encourage healthy socialization of our children while helping them to recognize the difference between good & bad strangers.
- What to do in case of an abduction.
- Important contact numbers for local authorities and organizations who can provide further assistance and or information.

Certification upon successful completion.

Stress Relief Seminar

Duration: 2.5 hours

Seminar Objectives & Format:

- Causes of stress.
- Emotional, mental and physical effects of stress.
- Differences between healthy and unhealthy stress.
- Interactive workshop of techniques to reduce everyday stress (massage/self-massage, importance of a healthy lifestyle and diet, intro to tai chi, overview of meditation styles and short group meditation).

Certification upon successful completion.