



Self-Defence, Martial Arts & Fitness

Youth Curriculum

A Guide for Parents

KMG Certified • QTS Qualified Teacher • Enhanced DBS
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A Note From Ben

Parents come to me worried about the same few things: Is this safe? Is it age-appropriate? Will my child just learn to fight? Good questions, answered up-front. StreetReady teaches Krav Maga Global's (KMG) reality-based self-defence - the same curriculum used across fifty-plus countries, adapted for children by KMG's kids-instructor programme. The world's most widely-taught modern self-defence system, with one of the most carefully structured youth curricula I've seen.

The goal isn't to create fighters — it's the opposite. Children learn to AVOID, DE-ESCALATE and ESCAPE first, and only to defend themselves as a last resort. They build confidence, coordination, balance and situational awareness alongside a small, carefully-chosen set of physical skills. Every class runs on a clear routine; every technique is drilled on both sides; every level has a defined goal. As a qualified teacher with enhanced DBS, I care as much about the educational side as the technical one.

Three Principles That Run Through Every Class

Confidence over aggression.

The quieter, more aware child is what we build. Escape beats engagement.

Safety first, always.

Age-appropriate contact, drilled partner etiquette, clear rules, a teacher watching.

A real curriculum.

KMG's structured syllabus, two formal training periods a year, regular written feedback.

The Curriculum, By Age

Age Group	Core Themes	Example Skills	What You'll See At Home
Young (ages 8-10)	Coordination and strength, personal-space boundaries, bully-behaviour patterns, first real self-defence scenarios.	Combined pad strikes, defences against punches and grabs, safe breakfalls, escaping wrist grabs and headlocks.	Can hit a pad with real intent, defend a grab, talk through two or three common scenarios
Junior (ages 10-12)	Situational awareness, pre-conflict signals, decision-making under mild pressure, stress regulation.	Defences against punches, kicks, bearhugs, chokes from front and behind; ground-survival basics; case-study discussions.	Begins to think tactically — can describe why a situation felt unsafe and carry out a response with composure.
Teen (ages 13-15)	Real-world scenarios — nights out, transport, phones and online-to-offline risks, de-escalation.	Adult fundamentals at teen intensity: striking, defences, weapons-awareness introduction, verbal de-escalation.	Can hold their own in the moments that matter — the walk home, the unfamiliar train — without looking for trouble.

Grading and Progression

KMG uses PATCHES, not belts. Each age band has its own five-level ladder — Young 1 to 5, Junior 1 to 5, Teen 1 to 5. Each level takes typically 4–6 months before your child is invited to grade. On completion they receive a new patch and a written diploma, recognised in KMG schools worldwide.

What We Assess At A Grading

- Technical execution: the level's required techniques on both sides with a moving partner on real pads.
- Partner skills and conduct: how they hold pads, reset between reps, give and take corrections.
- Situational awareness: short scenario questions appropriate to the level.
- Discipline and effort: listening, timeliness, handling mistakes without giving up.

How The Year Is Shaped

Two training periods a year: Period 1 September–February (6 months) · Period 2 March–July (5 months). Each ends with a formal grading exam for children who are ready. Readiness matters more than calendar. Parents are invited to watch.

How We Assess (three-layer system)

1. Ongoing observation — every class, every child, running note per student.
2. Formal grading exam — twice a year, KMG protocol: warm-up run, technical block on both sides, partner drills, group discussion, scored summary.
3. Written feedback home — short written summary after each grading and each training period.

What A Grading Day Looks Like

- 5 min Warm-up run: discipline and listening assessed as much as fitness.
- 20 min Technical block: two lines facing assistant, techniques shown, drilled both sides, scored.
- 15–20 min Partner drills: pad work, takedowns, ground pinning, limb-touching games, short scenarios.
- 10 min Discussion: children sit down, talk through the session while parents listen.

- Result and patch: scores 70–95 — framing is improvement, not pass/fail.

FAQ For Parents

Q. Is it safe? Yes. Age-appropriate contact, pad-based, supervised. Enhanced DBS, public liability, QTS.

Q. Is it really age-appropriate? Each age band has its own curriculum — not a watered-down adult class.

Q. My child is shy. Will they be okay? Shy children often do best — predictable shape, clear rules, no one put on the spot.

Q. Won't this teach them to fight? System leads with awareness, de-escalation, escape. Physical skills are last resort.

Q. What do they need? Comfortable sportswear and a water bottle.

Q. How will I know they're progressing? Message home, written summary each period, grading itself.

Q. How much? £39 per month with no payment in August. Weekly during term-time at Halstead Community Primary School. [Wednesdays 5pm - 5:45pm]. First class free.

Q. How do I enrol? Visit the StreetReady website and select **Book Free Trial Now**, or call 07460 265847.