



SELF-DEFENCE • MARTIAL ARTS • FITNESS

STREETREADY YOUTH

# 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.

**Calm awareness first. Clear boundaries next. Physical defence only as a last resort.**



## 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                                                                                        |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| <b>Young</b><br>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.                     |
| <b>Junior</b><br>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.   |
| <b>Teen</b><br>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.

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**Q. Is it really age-appropriate?**

Each age band has its own curriculum—not a watered-down adult class.

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**Q. My child is shy. Will they be okay?**

Shy children often do best—predictable shape, clear rules, no one put on the spot.

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**Q. Won't this teach them to fight?**

The system leads with awareness, de-escalation and escape. Physical skills are a last resort.

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**Q. What do they need?**

Comfortable sportswear and a water bottle.

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**Q. How will I know they're progressing?**

Messages home, a written summary each period and the grading itself.

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**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.

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**Q. How do I enrol?**

Visit the StreetReady website and select **Book Free Trial Now**, or call 07460 265847.

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**Ready to try StreetReady?**

Visit [streetready.uk/free-trial](https://streetready.uk/free-trial) or call 07460 265847.