

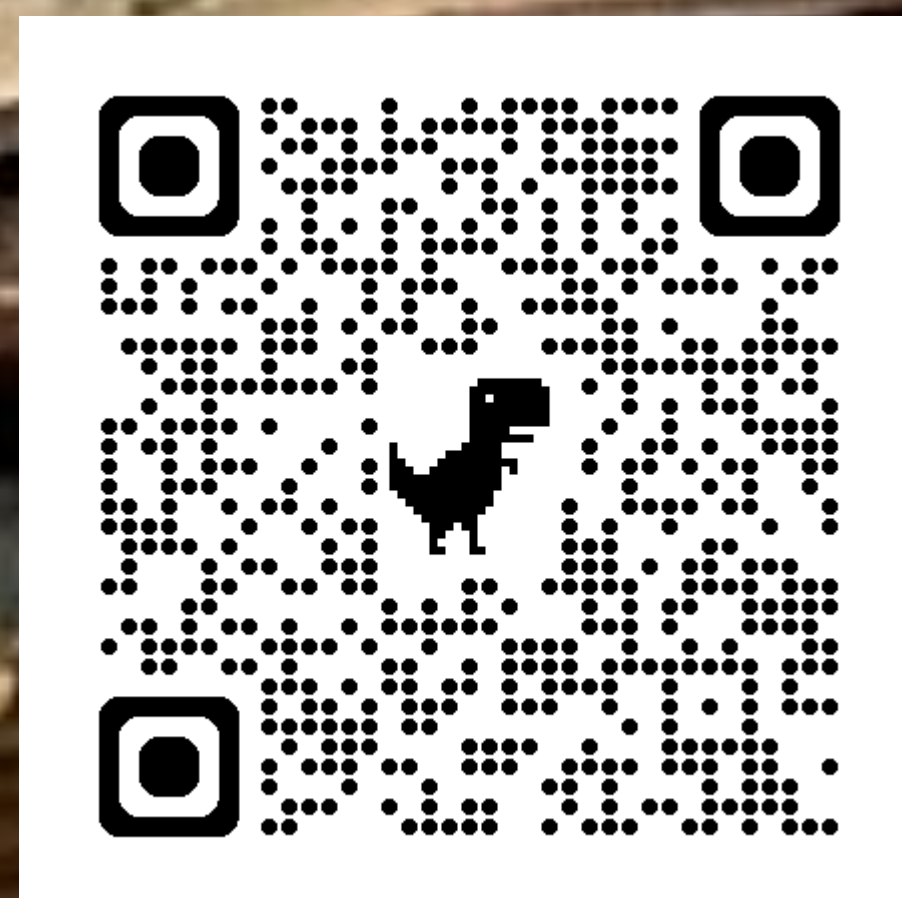
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## Background

- I believe that providing a martial arts manual offers the most effective path to achieving accessibility and inclusion in Physical education.
- Kung Fu has an unrivaled ability to motivate children to exercise.
- The manual will help the martial arts program by offering step-by-step instructions that can be adapted to meet individual needs.
- The manuals cover will be designed to look like a traditional martial arts manual while the inside resembles a colorful children's book.

Product

- **Layered Visual Instruction:** Use a primary character to demonstrate the standard technique, while secondary "spotlight" characters show the **adapted version** (e.g., using a chair for balance or a simplified hand strike) right next to it.
- **Color-Coded Progressions:** Use a consistent color scheme to indicate intensity or complexity levels, which helps K-12 students (and their teachers) quickly identify where they are in a skill sequence.
- **Social-Emotional Callouts:** Intersperse traditional martial arts moves with "Mindfulness Moments" or "Social Skills" icons that highlight the focus on behavioral development relevant to both APE and general PE curricula.
- **Honoring Heritage:** The traditional cover acknowledges the long history and discipline of Chinese martial arts.
- **Accessibility through Illustration:** The inner pages mirror the "universal design" approach, using friendly characters and clear visual cues to make complex movements approachable for all students, including those in adapted PE programs.
- **A "Living" Document:** The contrast highlights that while the *principles* of the art are ancient, the *method of delivery* must evolve to meet the specific developmental needs of K-12 students.



## Methods

- Recommendations from subject matter experts (SMEs) will guide the development of a manual designed to address the limitations of martial arts interventions.
- The manual will be developed in a way that communicates clear step-by-step instructions that anyone can understand.
- Instructors can either complete a straightforward training program or be selected from California's robust martial arts community.
- Group classes can range from 30 minutes to 1 hour twice a week. Private lessons, which are scheduled by appointment, will be arranged weekly at a time that is convenient for the student or their parents.

## Benefits

