



**MORE THAN JUST FITNESS:
EXPERIENCING HISTORY,
CULTURE AND HONOR IN A
NEW WAY!**

More than just another martial arts class, our youth program is designed to develop life skills and ethical, self-confident young men and women, based on the traditional, seven chivalric Courtesy, Largesse (Generosity), virtues of the medieval knight: Prowess (Athleticism), Humility (Modesty), Courage, Mercy (Justice), Temperance (Balance). Students will receive a series of lessons and assignments related to each of these virtues as they pass through the seven levels of the youth program.

Classes interweave physical training with teamwork exercises, lessons on medieval and Renaissance military history arms and armour, heraldry, and short reading assignments to hone students' minds as surely as their bodies.

We are pleased to present what we believe to be Chicagoland's most unique and holistic youth martial arts program. Please contact us with any questions or better yet, sign your son or daughter up today!

ABOUT FORTEZA

Forteza Fitness, Physical Culture & Martial Arts, a unique studio blending cutting-edge knowledge with old school training.

Forteza is an ancient Italian word meaning "fortress" or "stronghold". Within our studio, that stronghold is you. At Forteza our goal is to help each person who comes through our door build their own personal stronghold; the stronghold of their bodies, minds and spirits.

We are the Midwest's only full-time school for the study of traditional Western martial arts, and historical swordplay, but also much more! Located in a beautiful, 5000 square foot, hundred year-old studio that combines a unique offering of traditional martial arts and modern self-defense with personal training, adventure racing, functional fitness and nutritional counseling.

Above all, we are a fellowship and home-away-from-home for anyone who is fascinated by these subjects and wants to challenge themselves to do more and be more.

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YOUTH SWORDPLAY

FOR AGES 8 - 15



A UNIQUE ATHLETIC PROGRAM DESIGNED TO ENGAGE YOUR CHILD'S MIND AND BODY, INSTILL SELF-CONFIDENCE, AND PROMOTE TEAMWORK.

The Forteza Cavaliers Program is our youth swordplay program, and is specifically tailored to meet the needs of children ages 8–15. Our Cavaliers Program teaches children the use of the two-handed longsword, dagger, rapier and spear. Exercises from our adult program are adapted to the needs of young martial artists, and are designed to emphasize development of balance, coordination and strength. Your child will progress at an individual pace through drills, exercises, games, and fencing, while working, interacting, and having fun with their peers.

Classes start with a warm-up and skills review. Drills are combined with strategy and technique in a playful way to engage the mind and build dexterity and endurance. Part of each class has supervised sparring that allows students to hone their instincts and enjoy swordplay for its ability to enliven the spirit. The class ends with a cool-down and stretching. Instructors are always available for questions and to work on technique.

Students will come away from these classes with:

- An improved sense of poise and confidence, as well as a high degree of athleticism.
- Improved self-discipline as a result of our supportive environment where respect and accomplishment are encouraged.
- Inspiration to learn about history.
- An understanding of the responsibility of studying martial arts, and the ethics of their use.
- Practical martial arts skill that will allow them to seamlessly continue in our adult program, if they wish to continue on.

Our classes are not only structured, safe and goal-oriented, but fun and supportive! Our goal as instructors is work with you to help your child develop the potential of their body, mind and spirit. Parents, you are invited to watch!

FREQUENTLY ASKED QUESTIONS

Q What kind of equipment is required to begin?

A Students should initially attend class wearing sweat pants, a t-shirt, and basic tennis or basketball shoes. Please, no wheelie shoes, light shoes or other "gimmicky" children's apparel.

After the first month, students should acquire either black sweat pants or martial arts pants, a Forteza Cavaliers program t-shirt (these are available at the academy), mask and training sword.

Q How often must my child attend class?

A Students are expected to attend class at least once a week but twice a week is recommended. This allows a student to progress rapidly in skill and provides a greater sense of accomplishment.

Q How does sparring work?

A Sparring is a key training component, and is introduced slowly, beginning with padded, PVC weapons and progressing to heavier, nylon or flexible weapon as the child's strength and maturity increases. Teen students who graduate the program will have the strength, skill and self-control to use the same steel weapons as adults.

Q Is there a ranking system? Is it like a "youth blackbelt"?

A Yes! The Cavalier Program includes a detailed ranking system to measure progress and help students set achievable goals for themselves. Each rank adds new skills, weapons and progressive academic or service projects. The structure is organized in a very similar fashion to our adult ranking system, and is meant to integrate with it, should your child decide to continue with our adult classes. Your son or daughter won't move from our youth program to adult classes with a "kiddie blackbelt" that doesn't measure up with the grown-ups. Instead, they will graduate from the Cavaliers program with skills and knowledge that place them several years ahead of new adult students!