

Calling All Heroes!

MISSION + *Objectives* + Activities + *More*



POW! Kids

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WELCOME TO

Superhero Training

Dear Parent,

Thank you for choosing POW! Kids to enrich your child's educational experience; we are glad to have you join the Alpha team! The Superhero Training program is led by Anya Clingman, an avid comic book reader, a trained educator, and a creative soul. This class explores the themes of superheroism as illustrated in numerous comics, tv shows, and movies. It uses the examples prevalent in our culture as a spring-board into an exploration of what it means to be super as an individual and as a team. This exploration will start with physical skills, and move to the social/emotional as well as moral aspects of being super. Students will try out and practice various physical challenges, ranging from running fast to sneaking quietly, from staying out of sight to flying high in the air. Students will work to define the difference between "good" and "bad" behavior as well as work to find the best ways to work as a team. Finally, while students will work to advance their physical, mental, and social skills, they will also work to enrich their imaginations.

Each class will have a focus on a physical, mental, and social skill that will grow out of the warm-up. Every class will start with a mental warm-up. This may be as simple as looking at a book or as complex as making a map. The mental warm-up will lead into the physical warm-up that will get their bodies ready to move around. After warming-up and practicing the physical skill, all students will work as a team to solve a problem through a mission. Missions will involve imagined circumstances that require traveling to a new setting to stop the bad behavior of a villain. Bad behaviors will generally include theft, lying, or potentially hurtful outcomes. Students will work to define why what the bad behavior is "bad," and then stop the evil plan of the villain, seeing that justice is served.

The beginning classes will be highly led by the instructor, and students will be more along for the ride. With each class, students will gradually grow in ability and confidence, so that as the class progresses through the weeks, students will lead the missions more and more. The class will become an expression of what the students wish to explore as based on the structures of the class set in the beginning.

At the end of this class, students will graduate into their secret identities. On our final class, November 4, 2012, students will make their own masks and declare their super-identities, deciding their official names and powers. We invite all parents, family members, and friends of the families to attend the Naming Ceremony and Official Masking on the last day of class. All are invited to join in the final mission of the Alpha class.

If you have any further questions, please feel free to email Anya at anyaclingman3@gmail.com or the owner, Katalin, at katalin@powkickboxing.com. You may also call POW at 312.829.7699. Thanks for choosing POW and see you soon!

Sincerely,
POWKids Chicago



POW! Kids Mission

POW! Kids Chicago brings the confidence-building, healthy habit-forming focuses of martial arts and athletic play to kids and teens in a secure, comfortable, and positive setting.

Our Instructors



Anya Clingman

Head of Instruction: Anya Clingman is a professional multi-tasker. She has created dynamic, collaborative theater for 17 years, most of her life, and for the past 5 has brought her creative and collaborative skills to classes around the city. After studying theater as a youth through the do-it-yourself drama programs at Standing Rock Cultural Arts and Kent Roosevelt High in Ohio, she moved to “The Windy City” where she earned her BFA in Performance from DePaul University’s elite theater conservatory. Immediately following her undergrad, she trained in mask and clown with Jacques Lecoq pedagogue, Paola Coletto, as well as apprenticed under her on teaching clown technique. Most recently, Anya earned her Masters in Elementary Education from Loyola University. She currently teaches high school at Holy Trinity High, a private, Catholic school in Bucktown. Before this she taught at the Jewish Community Center nursery in Lakeview, as well as through the Beverly Arts Center’s Outreach Program as a trained instructor of visual and performing arts.

Anya loves to develop creative works from the place where body, mind, and heart work together, but mostly loves to share this experience with young people. Anya’s approach to teaching revolves around establishing reasonable, yet challenging, standards-based goals that work to inspire each student. Anya works alongside her students to help them discover their own learning processes and skills.

Anya is currently an ensemble member with both The Ankle Todd Show and Dal Vivo, two ensembles that specialize in creating one-of-a-kind, original entertainment. Some of her favorite roles include The Queen of Hearts in “Alice,” Piggy in “I’m Invited to a Party!” and Bim-Bom the Clown in “You and I and All the Others.”

Anya also loves to blow bubbles, eat big salads with avocado and almonds in them, sing in the shower, and ride her bike across this big city.



Candice Guzman-Boulton

POW! Kids Instructor: Candice Guzman has returned to the US after being a school teacher in private schools overseas. Although she would not replace her experience teaching in Asia and the Middle East, she is grateful to be back home and involved in various teaching environments that commend creativity. Candice brings a creative focus to her teaching. She is involved in several of POW Kid’s programs. Aside from working at POW! Kids she is also a full-time tutor for elementary school and early childhood grades.

Heroic Skills To Bring

Trainees will learn to stalk and outwit supervillains in a no-shoes environment.

Bare Feet

Trainees should be able to balance on one foot, hop, and be able to follow sets of instructions.

Motor Skills

Trainees will use their cleverest thinking caps to solve puzzles and save the day.

Imagination

Trainees will make moral judgements about characters and situations developed by the class.

Sense of Justice

Trainees will use new words to use new vocabulary to describe their powers and experiences in the universe imagined in class.

Language Skills

TOP 3 QUESTIONS

POW! Kids FAQs: For us to know, and you to find out

The most commonly sought information about Superhero Training.

Q: Is there a sibling discount?

A: Yes. If you're signing up two or more siblings for PKC programs, we will take 10% off each child's series.

Q: Do I get a discount for being an adult POW! member?

A: Yes! We're happy to take 10% off your child's series.

Q: Can I combine discounts?

A: Generally speaking, no.

Q: Can I bring in a friend's child for class/buy them a series?

A: Yes, absolutely. The front desk staff can help you with that.

Q: How often is the equipment/room sanitized/cleaned?

A: The mats and equipment are fully sanitized every weekday.

Q: Can we drop the kids off and go have brunch and an adult conversation?

A: Oh heck yes! We recommend Wishbone.

Q: Can I watch the class?

A: Why not! We've got a water fountain and a modern futon in the observation area.

Q: I will miss the last class! Can we make the project up on the next session?

A: Unfortunately, the next class of superheroes will come up with their own unique storyline. However, we would love to explain the final project to you and encourage you to make time to enjoy the projects at your leisure.

Can I only come to the classes that I choose?

No. We prefer to present this specialty class as a whole. This gives Anya and the class the option to develop a storyline that your child will remember for years to come.

Where can I park?

We depend on street parking for our driving clients. East-West streets are metered, and North-South streets are free. Weekdays after 5 are pretty open, but during the weekday there is little parking. If there is a valet on duty at Wishbone Restaurant, we will validate for \$5, but their hours vary.

Can I make up a class?

Makeup classes are not possible for Superhero Training or any other limited-run classes.

Standards & Practices

Educational Standards & the Super Kid at Play

Part II: **NOW WITH RULES & VOCAB!**

POW! Kids programs aspire to meet State and National Standards, providing children with a richer, more varied, and more educational experience. These are the standards that Superhero Training seeks to satisfy:

EARLY-ELEMENTARY STANDARDS – ILLINOIS STATE BOARD OF EDUCATION):

- 1.A.1b. Demonstrate control of impulsive behavior.
- 2.C.1a. Identify ways to work and play well with others.
- 2.C.1b. Demonstrate appropriate social and classroom behavior.
- 2.D.1b. Identify approaches to resolving conflicts constructively.
- 3.A.1a. Explain why unprovoked acts that hurt others are wrong.
- 3.A.1b. Identify social norms and safety considerations that guide behavior.
- 3.B.1b. Make positive choices when interacting with classmates.
- 19.A.1 Demonstrate control when performing fundamental locomotor, non-locomotor and manipulative skills.
- 19.B.1 Understand spatial awareness and relationships to objects and people.
- 19.C.1 Demonstrate safe movement in physical activities.
- 21.A.1a Follow directions and class procedures while participating in physical activities.
- 21.A.1b Use identified procedures and safe practices with little or no reinforcement during group physical activities.
- 24.A.1a Differentiate between positive and negative behaviors (e.g., waiting your turn vs. pushing in line, honesty vs. lying).
- 24.A.1b Identify positive verbal and nonverbal communication skills (e.g., body language, manners, listening).
- 26.A.1a Dance: Understand that the body is the primary tool of dance and identify secondary tools (e.g., pictures, visual aids, words, props and recordings).
- 26.A.1b Drama: Understand the tools of body, mind, voice and simple visual/aural media and the processes of planning, practicing and collaborating used to create or perform drama/theatre.
- 26.B.1b Drama: Demonstrate individual skills (e.g., vocalizing, listening, moving, observing, concentrating) and group skills (e.g., decision making, planning, practicing, spacing) necessary to create or perform story elements and characterizations.



Walk the Walk: *Rules*



1. Work as a team.
2. Keep your hands to yourself and off of your team, unless given permission.
3. Listen closely.
4. Follow directions.
5. Be kind.
6. Be helpful.
7. If you need something, say so.
8. Always try.
9. Never give up.
10. Use your imagination.

Talk the Talk: *Vocab*

Super – describes something that is really, *really* amazing

Superhero – someone who does good things in really amazing ways

Good – describes something that helps others and/or makes the world better

Bad – describes something that hurts others and/or makes the world worse

Hero – someone who works hard to do good things

Villain – someone who works hard to do bad things

Identity – who someone is, including their abilities, beliefs, and appearance

Secret Identity – a separate identity that keeps their real identity a secret

Mission – an important assignment given to stop bad things from happening

Team – a group of people working together for the same cause

Universe – everything existing in one space

Portal – an energy door that opens between 2 places that are actually far apart