

# Strong kids. Calm minds.

The **Chimosa Kids Program**: martial arts for children and teens aged 4 to 18, in the heart of Berlin-Mitte. Five classes, a dedicated team of kids' and teens' trainers, and a studio where East meets West.

## Our philosophy

We give children and teens a holistic approach to the world of martial arts. Beyond fitness and self-defense, our focus is on values that last. Trust, safety and respect are at the heart of every class, and our vision of building bridges between East and West opens young minds to other people and perspectives.

### WHAT WE TEACH

**Self-discipline**  
**Teamwork**  
**Perseverance**  
**Respect**  
**Patience**  
**Integrity**  
**Diligence**  
**Empathy**

## What martial arts gives your child

### Confidence

Setting goals, mastering new skills and seeing real progress.

### Focus and discipline

Staying focused, following through, managing impulses.

### Well-rounded athleticism

Strength, speed, mobility, balance and coordination, built age-appropriately.

### Stress relief

A positive outlet for energy and everyday stress.

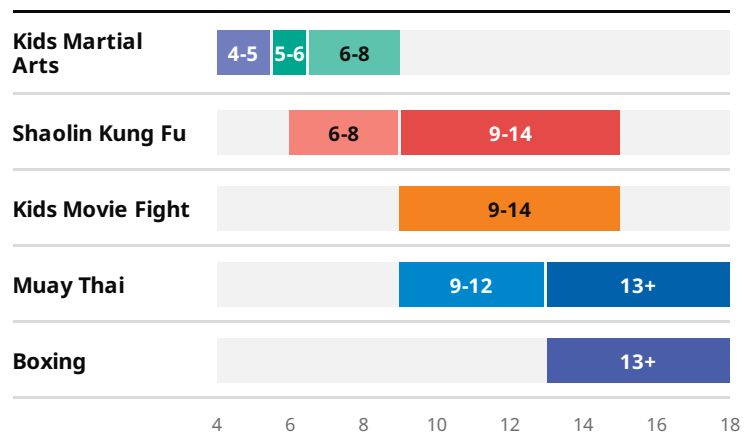
### Respect and responsibility

Martial arts is about self-control, not aggression.

### Skills for life

Resilience, perseverance and the confidence to take on new challenges.

## Which class fits which age?



## Trial classes for your child

Get to know us and see if our classes are the right fit. Just scan the QR code and book online.

**2 × €10**  
TRIAL CLASSES



Scan to book  
a trial class

# Our kids classes

All classes are led by our kids' and teens' trainer team and organized into fixed age groups, so every child trains at their own developmental stage. You will find the same colors on our schedule. All times are for fall 2026.

## Kids Martial Arts

The gateway to martial arts. Through intuitive exercises and games, children learn falling, rolling, jumping, throwing, kicking and punching, and with them respect, discipline, flexibility and endurance. The perfect foundation for all specialized classes, offered in three age groups.

|     |                                                           |
|-----|-----------------------------------------------------------|
| 4-5 | Wed 15:30-16:15 · Sun 10:15-11:15                         |
| 5-6 | Mon 15:45-16:30 · Tue + Thu 15:30-16:15 · Wed 16:30-17:15 |
| 6-8 | Wed + Fri 16:30-17:30                                     |



## Muay Thai

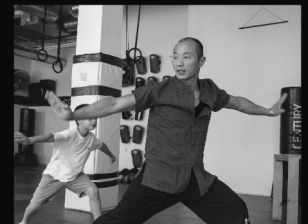
The popular kickboxing style from Thailand, known as 'The Art of Eight Limbs': kicks, punches, knees, elbows and clinch work. In a fun, supportive community, kids develop strength, endurance and reaction skills. Sparring with changing partners builds respect and self-confidence.

|      |                           |
|------|---------------------------|
| 9-12 | Mon + Fri 16:30-17:30     |
| 13+  | Mon, Wed, Fri 17:30-18:30 |

## Shaolin Kung Fu

Physical mastery, mental clarity and emotional balance: Shaolin Kung Fu blends fluid martial artistry with mindful discipline. With belt examinations including a certificate, sash and wristband, plus the chance to compete in Kung Fu competitions twice a year.

|      |                       |
|------|-----------------------|
| 6-8  | Mon + Thu 15:30-16:30 |
| 9-14 | Mon + Thu 16:30-17:30 |



## Boxing

The ultimate tool for physical fitness and mental resilience: our structured youth boxing program provides a safe, non-contact environment tailored specifically for teens. We do not just train athletes, we build character.

|     |                       |
|-----|-----------------------|
| 13+ | Tue + Thu 17:30-18:30 |
|-----|-----------------------|

## Kids Movie Fight

How are exciting movie fight scenes made? Inspired by Kung Fu, acrobatics and stunt movement, children train coordination, balance and body awareness through partner drills, breakfalls and soft practice weapons. Rather than memorizing techniques, they learn to tell stories through movement.

|      |                 |
|------|-----------------|
| 9-14 | Tue 16:30-17:30 |
|------|-----------------|



You will always find changes on the online schedule (QR code below). Is your child older than 14 and keen to start Kung Fu? Write to us at [kids@chimosa.de](mailto:kids@chimosa.de).

## Questions? Write to us.

[kids@chimosa.de](mailto:kids@chimosa.de)  
Linienstraße 127, 10115 Berlin-Mitte



Schedule  
Fall 2026



More about the  
Kids Program