

# MARTIAL ARTS & SELF DEFENCE FOR KIDS

EXTRA-CURRICULAR PROGRAM  
FOR EARLY YEARS, PRIMARY,  
MIDDLE AND SECONDARY SCHOOL LEVELS



## ABOUT MANTIS MARTIAL ARTS

Established in 2014, Mantis is a Thailand-based company engaged in self defence and personal safety. We run a program of martial arts and self defence training for children, based on a unique curriculum from the UK. We also offer on-demand safety training for adults and companies in a range of industries, with a focus on assessing risk and understanding how to react in adverse or emergency situations.

All of our instructors have undergone Mantis' structured training program, covering our curriculum as well as child safeguarding practices and basic first aid. They are also police background checked and assessed by our team, to ensure that they meet our teaching and safety standards.

# OUR MARKET SEGMENTS

## CHILDREN

Under our own Mantis Martial Arts for Kids brand, we operate mixed martial arts and self defence classes for children ages 3 -5, 6-14 and 12+. Our focus is on improving physical skills and mental wellbeing at each age level.

---

## ADULTS

We provide self defence and personal safety workshops on topics such as Safety for Women and Countering Knife Attacks, among others. We also feature fitness classes based on martial arts drills and training, including stick work.

## COMPANIES

Under license from ACT Personal Safety, we train company personnel to fully understand safety in the workplace, and how to secure the premises, assess risk, upgrade safety & security systems and more.

---

## COMMUNITY

We are building a wholesome and healthy community of individuals and families through monthly activities like kid-friendly nature walks, family martial arts training and volunteer work.





## CHILDREN'S MARTIAL ARTS PROGRAMS

Mantis features various martial art styles, with the core elements and grading system from the UK-based Kros Bros Martial Arts Community. We are a member of the Kros Brothers Martial Arts Association, the biggest provider of martial arts education in North England and Wales.

We practice “the Teachings” (Karate, Jeet Kun Do, Wrestling, Muay Thai and Filipino Martial Arts) in an environment that combines training, action, learning and fun. We currently offer our own weekly kids' classes, sessions in after-school programs at several international schools in Bangkok, and week-long camps over the school holidays.

Children's classes are grouped by age: 3-5 (Mini Mantis), 6-14 (Mantis Kids) and 12+ (Mantis Self) Defence.

# 1

## MINI MANTIS (AGES 3-5)

We recognise that early childhood development from 3 to 5 years in age is of paramount importance; in addition to their basic motor skills, children's cognitive development is largely co-influenced positively during this time. Our balanced program, Mini Mantis, takes this into account, developing strength, balance, coordination, focus, self esteem and more in a fun and supportive environment.

BUILDING SKILLS FOR LIFE



# 2

## MANTIS KIDS (AGES 6-14)

Older children train under Mantis Kids, which is more structured and rigorous. Through setting goals and advancing through a martial arts ranking system that is internationally recognised, students also learn patience, respect and courtesy.

Also, parents are able to individually access our online system so they can see their children's progress through Mantis Kids' classes and ranking system.

ENHANCING FOCUS & DISCIPLINE





# 3

## MANTIS SELF DEFENCE (AGES 12+)

Geared for teenagers, these classes feature self defence and personal safety, teaching skills that can be applied in real-life situations. Our program also explores and guides students through their values and belief systems that need to be in place in order to act sensibly when a challenge to their safety arises.

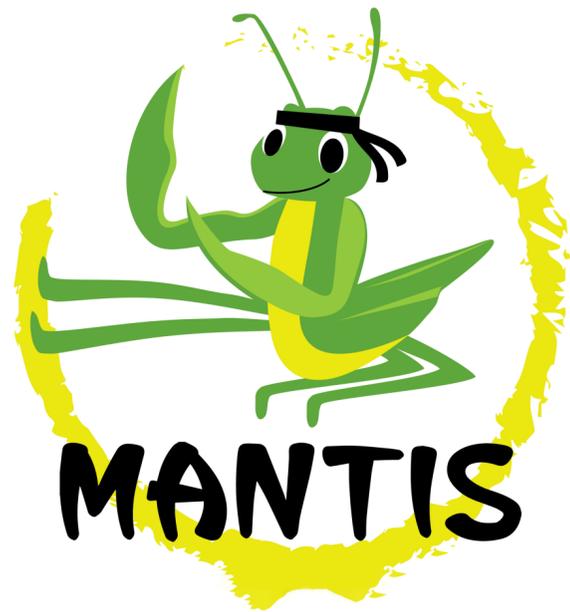
TEACHING THE ART OF SELF DEFENCE



# BENEFITS FOR CHILDREN

- Coordination & Balance
- Strength & Flexibility
- Ambition & Motivation
- Discipline & Focus
- Respect for Self & Others
- Confidence & Self Esteem
- Cognitive Development (Memorization, Sequencing, Learning, etc.)

**AND THEY HAVE FUN!**



# OUR COMMUNITY

## THE MANTIS FAMILY

Community is at the heart of what we do. Beyond business as usual, we aim to build a healthy and happy community of like-minded individuals and families. We hold kid-friendly nature walks and outdoor activities each month, as well as engage our community in volunteer work around social and environmental causes.

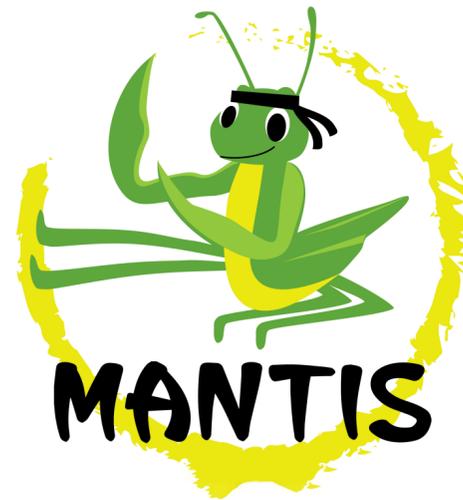


STEFAN SPIESS

---

FOUNDER & HEAD  
TRAINER

Stefan has over 20 years of experience in teaching martial arts and combatives in Asia, Europe and Africa. He also possesses extensive experience in hospitality sales, including safety assessments of hotel and resort facilities and logistics.



# OUR TEAM



VORALAK SUWANVANICHKIJ

---

SALES & MARKETING  
MANAGER

Voralak (Vee) is an experienced digital marketer, with over 10 years of experience in marketing and copywriting for companies in a range of industries. She developed BKK Kids, an online parenting resource in Bangkok, and has also worked in banking, financial services and management consulting.

# LEARN MORE ABOUT US

Website

[WWW.MANTISBKK.COM](http://WWW.MANTISBKK.COM)

Facebook

MANTISBKK

Instagram

MANTISBKK

# THANK YOU!

