WARRIOR MINDSET

SCHOOL INFORMATION PACK · NOVEMBER 2026 · VERSION 1.0

WARRIOR MINDSET FOR SCHOOLS

A six-week martial arts mentoring programme for boys in Years 7 to 11. It develops confidence, self-control, resilience, communication and respect through structured activity, trusted coaching and reflection.

AT A GLANCE

WHO	Boys in Years 7 to 11, chosen with the school
HOW LONG	Once a week for six weeks, ending with a graduation
GROUP SIZE	Up to 12 boys The agreed safe working limit for our mat at Warrior Combat Gym
EACH VISIT	90 minutes 15 minutes to arrive and settle, 60 minutes on the mat, 15 minutes to finish
WHERE	Warrior Combat Gym, 51 South Road, Waterloo, Merseyside L22 5PE Every session takes place at the gym, where the space, kit and safety checks are set up for the programme.
COST	£1,000 per six-week cohort A founding Sefton school pays £650 for its first cohort. Our first cohort is free to the school, with places funded through Open Door.
INCLUDED	Six weekly sessions, kit, coaching, graduation and an end-of-programme report
CONTACT	info@mindsetwarrior.academy · 0151 476 0762

ABOUT WARRIOR MINDSET

Warrior Mindset is the community project of Warrior Combat Gym CIC in Waterloo. It uses movement and martial arts to create chances for connection, regulation and confidence, and reaches people who might never walk into a gym on their own. The schools programme is the first way we deliver it. Open Door, Warrior's fundraiser, helps fund places.

The feeling we hope each boy takes away is simple: **"I can do this."** That is an aim, not a promise.

THE SIX WEEKS

Each week has a theme for reflection and a step on the mat. The group moves on only when it is ready.

WEEK	THEME	ON THE MAT
1	Belonging and the learning environment	Foundations: stance, guard, spacing, the stop command and simple striking on pads
2	Communication and listening	Control: simple combinations, controlling power, resetting
3	Confidence and self-awareness	Preparation: safe falling, practised low and slow
4	Responding to challenge	A slow, controlled takedown drill, only when the group is ready
5	Responsibility and leadership	Groundwork: balance, a safe position, knowing when to stop and release
6	Contribution and next steps	Bringing the skills together. Graduation, with parents invited

A SESSION

15 min Arrive and settle	**60 min** On the mat	**15 min** Finish

- **Arrive and settle.** Belongings in a named kit box, a short honest story from a coach, the safety talk, the stop command and the right to pause or pass.
- **On the mat.** A warm-up, striking on pads, the week's step in the sequence and a planned partner drill.
- **Finish.** Off the mat, a short breathing exercise, one plain takeaway, a written check-in and a clear goodbye.

THE PHYSICAL ACTIVITY

- No live fighting. No striking between students: strikes go onto pads. No competitive sparring.
- Partner drills are planned, closely supervised and paired by the coach.
- Safe falling comes before any takedown. Takedown and groundwork drills start no earlier than week 4, and only when the group can listen, stop at once and control its power.
- Every boy can pause, pass or use a non-contact alternative, without being singled out.

> **What we teach stays on the mat and is only practised when a coach is supervising. Learning a skill means taking responsibility for when not to use it.**

SAFEGUARDING AND SAFETY

- All programme coaches are enhanced DBS checked and subject to ongoing safeguarding and suitability checks.
- Karen O'Connor is the Programme Safeguarding Lead. Concerns go to the school's designated safeguarding lead without delay. No coach promises secrecy.
- A risk assessment and a go or no-go check before every session. A named first aider, a first-aid kit and insurance for the activity.
- Sessions may be filmed for safeguarding and programme review only, once agreed with the school and after parents have been told. Footage is encrypted, viewing is restricted to Karen O'Connor and Mike McGrady, it is deleted after 30 days and it is never used for publicity.
- Photos or video for any other purpose need separate, explicit consent. We never name a pupil.
- Warrior Mindset is mentoring, not therapy. It works alongside pastoral, counselling and specialist support.

WHAT WE ASK OF THE SCHOOL

- Choose the group with us and share the medical, additional needs and safeguarding information we need.
- Help parents complete the registration and consent form before the first session.
- Agree travel, handover and collection for each visit.
- Send a named member of staff who stays for the whole visit and escorts any boy to the toilet, which is upstairs.
- Complete a short online staff feedback form each week.
- Agree recording arrangements, and ask parents for photo and video choices separately.

OUTCOMES AND REPORTING

We agree with you before delivery what to look at. At the end of week 6 you receive an outcomes report that keeps these sources separate:

- **The boys' own view:** a short written check-in each week.
- **Your staff observations:** a separate weekly online form. Not an assessment of individual pupils.
- **Measures agreed with you:** for example a questionnaire at the start and the end, and attendance.
- **Coach observations** and what we suggest next.

Our programme aims are to help boys build confidence through practice, notice how they feel and practise responding to challenge, experience strength, choice and control, and find somewhere to belong. These are aims, not promises. A sample report with made-up figures shows the layout.

COST AND FUNDING

- **Commission a cohort:** £1,000 per six-week cohort. A founding Sefton school pays £650 for its first cohort. No hidden programme fees.
- **Open Door:** Warrior's fundraiser helps fund places. Our first cohort is free to the school, with places funded through Open Door.
- **Future cohorts:** whether funded places are available depends on the programme and on the funds raised. Ask us.

NEXT STEPS

1. A first conversation about your priorities and the boys you would like to reach.
2. Visit the gym and meet the coaches.
3. Plan the cohort: the group, measures, safeguarding, consent, recording, travel and dates.
4. Six weeks of delivery, with your member of staff present.
5. Graduation, then the outcomes report and what we suggest next.

> **Talk to us:** info@mindsetwarrior.academy · 0151 476 0762 · mindsetwarrior.academy/mindset/schools.html

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