



## **The Fox's Den Kung Fu Training Questionnaire**

**Name:**

**Date:**

### **Physical Training Questions**

What are your top physical training priorities (please rank in order of importance)? (Ex. Improve balance, improve strength, improve martial arts-specific capability, etc)

### **Martial Arts Questions**

What are your top martial arts training priorities (please rank in order of importance)? (Ex. Adding more techniques to your arsenal, striking more confidently, self-defense, improving sparring ability, improving overall fighting ability, etc.)

### **Training Days/Times**

What training days of the week are most convenient for you? (These do not have to be limited to our current available training days)

If you could add more training times throughout the week to make it more convenient for you, what times would you add?

What types of available classes are you most interested in training in? (Kung Fu and Fitness, Shaolin Weapons Training, Tai Chi and Yoga)

If you could add more training class types to the current array of classes, what would they be? (Ex. Self-Defense, Kickboxing, etc)

What (if any) other exercise are you doing each week, on which days of the week (generally)?

### **General Questions**

How did you find us initially? (Ex. Meetup, Google, Facebook Ads, Web Search)

What motivated you to try the Fox's Den Kung Fu?

Is there anything else we could do that would make your training experience more enjoyable?