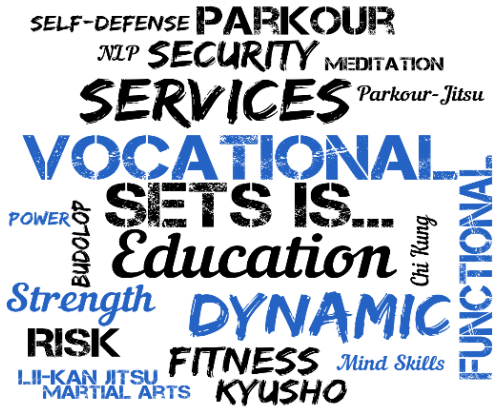

Video 1: Welcome to SeTs Ryu

Service and Programme Descriptions

COURSES, SPORTS, OUTDOOR AND INDOOR EXERCISE

Chris Spencer @SeTs ry | © | February 10, 2025

Contents

Services Summary 2

1. SAFE: SPORTS & street art ACTIVITIES 2

2. FAST: fitness & strength Exercise 2

3. HELP Education AND DEVELOPMENT SERVICES 2

Teaching and Personnel Information 3

1. PERSON RESPONSIBLE FOR THE SERVICE AND ADMINISTRATOR 3

The responsible person 3

2. References 5

3. PERIOD, DAY OF THE WEEK, TIME 6

4. Premise or PLACE OF IMPLEMENTATION 6

5. PRICING BASIS 7

6. OTHER ORDER-SPECIFIC ADDITIONAL TERMS 7

7. Service inception and start-up 7

8. OTHER THINGS TO NOTE about THE SERVICE 7

ACTIVITY AND PROGRAMME DESCRIPTIONS 8

SAFE Services description 8

Parkour: 8

Self-defence 9

Dynamic Physical Education 11

SAFE Action/Activity Camps 11

FAST Fitness & strength Training description 12

Fitness and strength training groups 12

HELP Education Courses & Development Services Description 16

Onsite Courses 16

Online Courses 16

Development Services 17

SUMMARY

Services Summary

Functional Education & Exercise

1. SAFE: SPORTS & STREET ART ACTIVITIES

Instruction and coaching service in the field of sports training.

- **Parkour**: Onsite coaching for children and adult beginners
- **Self-defence:** Onsite training for children and adults
- **Ball Games**: Football+ & Racquetball games: Onsite coaching/group supervision and instruction for children and adults
- **SAFE 'Action' Camps**: Summer and other holiday activity camps

2. FAST: FITNESS & STRENGTH EXERCISE

Instruction and coaching services for fitness & strength training

- **Fitness Gym Supervision**: Onsite guidance and coaching for young people and adults.
- **Training Styles & Tool Themes**: Onsite Strength, HIIT and Circuit training instruction/coaching for young people and adults.
- **Functional Fitness Training**: Concept-based training that combines fitness and mobility training with self-defence, fitness boxing, (Boxercise), Parkour, soccer or other sports.
- **Personal Trainer**: Onsite, Online and Hybrid personalised coaching services.

3. HELP EDUCATION AND DEVELOPMENT SERVICES

Training, teaching and development services in education and other fields.

- **AARM**: Onsite personal safety and risk management courses for the public and those at risk at work (the online course is currently under development).
- **SOS-CIMS**: Conflict intervention, control and management skills for security supervisors and security guards. (The course is under development and can be modified according to needs).
- **Online Courses**: Courses still under development. E.g. learning, fitness, business and security.
- **Development Services**: Course research, planning and content creation, quality assurance (e.g. proofreading), Workshop Facilitation for education, business/marketing and system development, etc.

Organization

Teaching and Personnel Information

1. PERSON RESPONSIBLE FOR THE SERVICE AND ADMINISTRATOR

The responsible person

Name: Chris Spencer

Phone number: Office 010 579 6250, Personal 044 333 5559

email: sets.safe@gmail.com

Competence and experience of coaches, teachers & supervisors

I am an Englishman in Helsinki, balded but unbowed! Although my written Finnish language skills are still partially dependent on Google Translate, my spoken Finnish language skills are quite good these days and I teach freely in Finnish. I am a versatile and creative instructor with long experience in training and coaching children and adults in sports and activities ranging from racquetball sports such as squash to street arts such as Parkour and self-defence (5 of my own clubs since 1987).

I use all of this experience to create training programs based on Sports, Street Arts & Functional Education/Exercise (SAFE) concepts that combine strength/power and conditioning training with functional skills from self-defence and Parkour. They are also used to create dynamic physical education programs for schools, children's after-school clubs and adult groups, which can be adapted to the needs of a group or individual.

When I was younger, I focused more on competitive sports (E.g. Tennis, Table-Tennis, Badminton, Soccer & Squash), but as I've gotten older, my focus has turned to more versatile (non-competitive) martial arts (self-defence) and recently Parkour. My squash career included many tournaments and club leagues close to county level in a very competitive area. At university, I was also president of the club and captain of the first team. Whilst I do not hold any style specific coaching qualifications I these sports, I am more than good enough to supervise, direct and instruct groups based on my other coaching education and experience.

Coaching services, are either on-site or online, are divided into three main categories:

1. Professional teaching and education services for various subjects (Onsite/Online - WbT)
2. Personal Trainer services for fitness and strength training (Onsite/Online - WbT)
3. Coaching for sports and street arts with a focus on functional training (E.g. Parkour & self-defence, afternoon hobby groups, summer camps, etc.)

Qualifications

1. Authorised Personal Trainer (APT) @TrainerLab.
2. Parkour Instructor (VOK1) @Suomen Parkour Ry (SPY – member).
3. Self-defence Instructor since 1987 @Lii-Kan Jitsu (3rd dan chief instructor).
4. Qualified Vocational Teacher (IPTE) @ HAMK (University of Applied Sciences)
    a. M.Sc. Security & Risk Management @University of Leicester
    b. B.A. honours in Business Studies & Financial Modelling @Plymouth University
5. Certified Protection Officer (CPO) @International Foundation for Protection Officers (IFPO).
6. T.E.F.L. English language teaching certificate @Multi-Lingua, Guildford.
7. Neuro-linguistic Programming (NLP) Master Certificate @Helsingin Summer University (Instructor: Barbara Wagner).

Further Studies

AI Prompt Engineering (Coursiv), Udemy: ABC of Instructional Design for Teachers, SPARK Copywriting, Workshop Facilitation (AJ&Smart), and more. (see certificates >>)

Work Experience

1. Teaching &Coaching
    1. Personal Trainer @ Elixia, Easyfit, SeTs ry & Helsinki Kaupunki.
    2. Dynamic Physical Education lessons for the whole school @ Kalajärven school (Combined Fitness, Parkour & Self-defence classes – video >>)
    3. Parkour Coaching @ SeTs ry, Vantaan Kaupunki ja Sporttia kaikille ry.
    4. Self-defense Instructor: Cities of Helsinki & Vantaa (Vimma, Fun Action and NYT Liikunta programs), in own clubs since 1987 in English and in Finland since 1996 @Lii-Kan Jitsu Club ry (training since 1982), (Video: Suomi 100 demo, NAFF 2022) & workshops for school kids & general public (E.g. Vantaan Liikuva koulu päivät (videos: 2014, 2015 & 2022,)
    5. Teacher/Lecturer @ Laurea University of Applied Sciences (LUAS)
        i. *Border Control, New Technologies and Services Management*
        ii. *Business Continuity & Risk Management*
    6. English language teaching @ Vantaan adult education centre etc.
2. Security & Risk Management
    1. Public order Security Supervisor (Järjestyksenvalvoja) @Turvatiimi Oy, OTSO Oy, Primesec Oy, Securitas Oy, Barona Oy jne.
    2. Security Guard & Shop Detective/Caretaker (Vahtimestari) @Turvatiimi Oy

2. REFERENCES

- **Anssi Kuusela,** Development Manager, Laurea University of Applied Sciences, email: anssi.kuusela@elisanet.fi, Mobile: +358 40 715 4107
- **Antti Iso-Metsälä,** Sports Teacher, Malmin Comprehensive School, email: antti.isometsala@hel.fi, Mobile: +358 40 675 9033
- **Reeta Tammisto,** Project Manager, Meltlake Partners, email: reetatammisto@gmail.com, Mobile: +358505837890
- **Mitro Kivinen,** Senior Consultant, Partner at Profit Consulting Oy, email: mitro.kivinen@alterchief.fi, Mobile: +358 40 589 2724
- **Ricky Carranza,** Founder & CEO, Keg Oy (+FilmVIA), SDI ry & FUSE ry, email: ricardo.carranza@klikkausentertainmentgroup.com, Mobile: 358 44 371 3335
- **Maija Ylevä** (ja Estaban), Sports and Special Needs Teacher, Kalajärven koulu, Epsoo.
- **Kreetta Craycroft** (Nyt/Puhdas & VIMMA), Helsinki Kaupunki (Self-defence and ball games groups)
- **Saara Eerikäinen & Mia Salomaa**, Helsinki Kaupunki (Kids Jumparata & perhehulina, kuntosali & Kuntoryhmiä)

3. TESTIMONIALS

Website page >>

4. PERIOD, DAY OF THE WEEK, TIME

Locations in order of preference (by distance)

Finnish Capita Area

1. Espoo
2. Länsi Vantaa
3. Länsi ja pohjois Helsinki
4. Elsewhere as agreed

5. PREMISE OR PLACE OF IMPLEMENTATION

The sports are carried out primarily in sports halls, in a specially equipped space suitable for the hobby. FAST physical exercise (fitness) training in the customers own gym. Fitness training can also be held in 'The Loft' gym (Keran Halli), but it causes more costs (approx. €15/h) for us and the customers.

We don't have our own training hall yet, so the supplies and equipment must be available at the school or city gym.

We cannot carry all equipment or any heavy equipment with us, except for a few small items such as small (squash/tennis) balls, a few target pads (Target Pads), rubber bands and elastic bungee rope and Kung Fu Panda rope.

For use in training, gym equipment such as Wallballs, Battle Ropes, weights and machines, etc. must be available in the school or city gymnasium. In the summer, we could use outdoor gyms and parks but, cannot take this other equipment with us.

Functional training, depending on the activity theme, requires a gymnasium training hall or a school gymnasium and any relevant equipment, such as gymnastics equipment such as crash mats, vaulting boxes, benches, wall bars and parallel and high bars, climbing ropes, power rings and skipping ropes. In addition to them, we may need aerobic balls, soccer balls (hard or soft soccer-style), wallballs (Wallballs - soft but heavy ball: 3-4+ kg), speedballs, kick-punching bags, kick shields and hand target pads. In the summer, maybe you could practice outside using some lighter equipment only, or anything of their own that the students can bring with them.

The more of these devices and equipment the better. Although the lack of supplies affects our activities, we are usually able to improvise and get by without many things. It's just more effective, fun and interesting if it's available.

6. PRICING BASIS

Price per hour, depending on location & contract/agreement

- Onsite group coaching: €40/hour or with another agreement
- Personal Trainer: see website (Onsite, Online or Hybrid)
- Education courses: see on the website or with another agreement

7. OTHER ORDER-SPECIFIC ADDITIONAL TERMS

For older youth age groups and adults, some may want to do both heavy gym work and functional fitness training in a row. Usually in the gym, basic strength training is done first, followed by auxiliary strength and/or endurance training. However, Functional Fitness training programs such as Kunto-Parkour (Parkour Fit) include more intense Speed Power and Plyometric training, which is best done before basic strength training in the gym. The program could therefore be structured in such a way that the first part is Functional Fitness (&Skills) Training and the next part is basic strength training in the gym, in which case a more ambitious fitness person could join both groups.

Sometimes groups may want to vary Functional Fitness and training style to add interest and variety to their physical development. The program may therefore contain some variation during each month or upon request. One option is to hold three hour-long sessions in one afternoon to cater to interested age groups, allowing them to choose which class they attend.

Although fitness classes generally last 1 hour, self-defence workouts usually last 1.5 hours (on average). A full training session is 2 hours. Workshops are usually three hours or more. Older students (youths + adults) of Kunto-Jitsu (functional fitness groups for self-defence) would like to learn more about self-defence, after fitness training, i.e. 1 hour of fitness training and half an hour to an hour of self-defence techniques training.

By creating a modular training format, it all becomes negotiable depending on the students and client requirements.

8. SERVICE INCEPTION AND START-UP

The class or study group begins as agreed in the contract.

9. OTHER THINGS TO NOTE ABOUT THE SERVICE

Functional Fitness Training Concepts are designed for those who are interested in that sport or hobby but, can still be of equal interest and benefit to anyone who wants to get fit and move functionally.

ACTIVITY AND PROGRAMME DESCRIPTIONS

SAFE SERVICES DESCRIPTION

Parkour:

- Parkour is a street arts activity that requires functional fitness and mobility based on technique and precision to gain speed, flow and hence efficiency. Its main purpose and focus is on movement and agility to get from one place to another as quickly and efficiently as possible. (Videos: Highlights 2021 ; Highlights 2022). Indoor training focuses more on the basic skills, tricks, fun and games. Outdoor training is as much about exploring the local environment and become aware of its various aspects and how to move around it effectively and efficiently.
- By nature, it involves fear and risk management (Safety First) as they have to take a "Leap of Faith" where students learn confidence and self-reliance in defining, developing and testing their own abilities before taking the leap. Alternatively, as the better part of bravery, they must develop ingenuity to find ways around obstacles that are too great to handle, or when circumstances impose other limitations and restrictions. Whilst we try to maintain a fun and HopLop-like atmosphere for younger children, for Teens and Adults this is not a Hoplop playgroup. Parkour requires children to listen, obey and focus in order to learn and practice safely.
- Parkour Tricking is somersaults and other tricks, known as "Tricks" by Parkour practitioners, or as part of a larger activity often called Urban Running or Free Running. It is basically gymnastics tumbling done on the street over walls and roof tops, and even trees (Video >>).
- In parkour, you don't have to use these crazy, death-defying tricks, which are practised by people who train at an almost Olympic level of performance. However, in a safer form using gymnastics and crash (thick) mats, we often practice some of these tricks for fun and to develop skills and confidence. Kids usually demand it!
- All Parkour training is adapted to the age group, so that the youngest kids practise something more akin to the HopLop play centres, and the others according to their ability and interest. The youngest kids enjoy simple obstacle courses (mobility skills & tricks) infused with various games and general play. Parkour is not by culture a directly competitive sport other than races or tag style games, being more about mastering oneself, and so the best results are achieved through collaborative learning, friendly competition and general community support and encouragement.
- For younger kids it is Safety first, then play, then instruction with or through the play. However, Instruction first is essential when there is a risk of accidents that requires some technical learning and skills development before the games can be played. Everyone works at their own capability and confidence level, an important aspect of safety, so no teasing or goading is tolerated. Older students often require more challenges and hence risk, and so may need more instruction, structure and skill development at the outset, before they are allowed to run free and explore.

- The games and exercises offered are Parkour-centric, but the students can also choose the games and tricks they like best from the selection offered. When they have more experience, they can even participate in designing and setting up the Parkour obstacle courses or other tricks and challenges that interest them.

Inclusiveness & Child Friendly Training

Parkour is not by culture a directly competitive sport other than races or tag style games, being more about mastering oneself, and so the best results are achieved through collaborative learning, friendly competition and general community support and encouragement. The games and exercises offered are Parkour-centric, but the students can also choose the games and tricks they like best from the selection offered. When they have more experience, they can even participate in designing and setting up the Parkour obstacle courses or other tricks and challenges that interest them.

Environmental, social, economic and cultural sustainability

The training can be indoors or outdoors depending on the weather and suitable facilities. Safety is best served by indoor training where more safety equipment is available in the sports halls making it sustainable through injury risk reduction and the inclement Finnish winter weather.

Either way, it works best if the kids come prepared with suitable training shoes. Indoor training can be done with bare feet, but it can be a little painful and severely restrict the child's ability to explore and try out the techniques and skills.

Parkour is about each individual learning about their own abilities and trying to develop their own capabilities in as fun way as possible. It is not an open winner takes all competition. Therefore gender, race, economic and social backgrounds should be irrelevant. Indoor training focuses more on the basic skills, tricks, fun and games. Outdoor training is as much about exploring the local environment and becoming aware of its various aspects and how to move around it effectively and efficiently.

Self-defence

The overall goal of these classes is to provide clients with practical skills through realistic perspectives, practical and effective training in a modern school and style in today's society. That is, "**Life Skills for Life!**" (Introduction video >>). The overall objective of these classes is to provide children with "life skills for life" through realistic perspectives. practical and effective self-defence, safety and security education in a modern school and style for today's society. The workout includes a healthy dose of Parkour as part of the warm-up and conditioning exercises for improved fitness and mobility (video >>).

- **Self-defence & Security**

  - SeTs Self-defence training is based on Lii-Kan Jitsu (Introduction video >>), originating from the head of the Tokyo Police Force who originally created a core system based on a thoughtful blend of Jiu Jitsu and Shorinji Kempo. Shorinji Kempo itself is a hybrid of Ju Jutsu and Chinese Kung Fu (Hey Day Soup video >>). We call this core system Shorinjitsu. Although our system includes the use of weapon techniques, these classes focus on unarmed self-defence in modern everyday life. (Open Day video >>).
  - Shorinjitsu is part of a broader personal protection system known as Lii-Kan Jitsu (Video: 21v in Finland >>) which includes influences from several other martial arts, Kyusho, Chi Kung, NLP, Parkour, Functional Fitness Training and professional First Responder - skills, safety and risk management in general. (Fun Karaoke Theme Tune video >>).
- **Parkour-Jitsu** (indoors)
  - Parkour-Jitsu is a combination of self-defence and Parkour for older children and adults, where the focus is more on self-defence and using Parkour to apply them while on the move. E.g. flying kicks while jumping and vaulting over obstacles, "Jacky Chan" style! (Parkour 6 video >>).
- **Budolop** (Indoors / Outdoors in summer. E.g. at Parkour parks)
  - Budolop is Parkour-Jitsu for smaller children. It is a combination of self-defense and Parkour exercises with a greater emphasis on the Parkour aspects, complemented by simple self-defense exercises such as release and escape techniques to help keep them safe. In addition to that, there are a lot of friendly competition and games (esm. Parkour KPKP, Noodles, jne.)
- **Women's Self-defence Courses**.
  - Self-defence courses for women only include the basics of self-defence, easy and useful techniques to get free and run away or, counterattack if need be. They are suited for those who are bothered by training with men in a mixed gender class, despite the potential learning benefits. (See: ***When Push Comes to Shove***- video >>).
- **Self-defence Skills Focus Groups**

  Self-defence training consists of several types of skills and training, which can provide the bases for several training focus groups. For example, Kickboxing & Kickboxercise, Judo Randoori, (Japanese wrestling – ground wrestling or stand-up with throws), Skill exercises such as Chi Sao sensitivity training, SAP Pressure training (stress, anxiety and confidence focused exercises & games). These can also be combined into a circuit training class for self-defence skills.

- **Workshops, Presentations & Webinars**
  - Workshops. E.g. For school children for a school project, or to try out on a school sports day. (School Sports Day Workshop video >>)
  - Short educational presentations such as self-defence and from an educational and personal development perspective. E.g. a presentation at the Norwegian

Action Film Festival (NAFF video >>) with an accompanying blog article *'Watch, Weep and Wonder @NAFF!'* (blog article >>) and its accompanying discussion forum posts.

- Seminars ja Webinars (video >>)

- **Kyusho Study Groups**
  - Kyusho is a style-independent study of the anatomical weaknesses of the human body that can be used for healing or self-defence. These are not taught in open classes and are only offered as part of private study groups organized by SeTs Ryu directly under the auspices of Kyusho International. (Rice Crispies Video >>)

Dynamic Physical Education

- Dynamic Physical Education: Dynamic physical education lessons for schools are a combination of FAST physical fitness exercise and SAFE functional training for schools' physical training lessons. (Highlights video >>)

SAFE Action/Activity Camps

Summer and other holiday activity/action camps based on self-defence, Parkour, swimming and, other 'Martial Mayhem' fun and games such as Boffing, Nerfing, etc. (Presentation video >>)

- Summer activity and adventure camps for children based on Parkour and self-defence, full of fun exercises and scenario-based games combined with Boffer Battles, Nerf Wars and complementary trips to nature parks and specialist training and activity centres.
- The place to go, when you want to know - who are you?
  - ***Base Camps*** are 1-2 day camps organized locally in youth centers, sports halls and outdoor parks (weather permitting)
  - ***Booster Camps*** - are basic camps and an afternoon trip to a special activity centre, which incurs additional admission and transportation costs. E.g. Parkour centres, SuperPark/Rush, wall climbing centres, etc. Excursion trips by bus or Hobby Cab contract.
  - ***Boot Camps*** - camps are 2-4 day/2-3 over-night camps either on weekends or during the work week, which consist of camping trips (camping) to a nature park or an island in the archipelago. (Intro video >>)
- Youth Centres and gyms are rented or owned by the customer.
- Fees are by agreement, depending on the type of camp. More information on our website >>

FAST FITNESS & STRENGTH TRAINING DESCRIPTION

Fitness and strength training styles, themes & groups

Training Styles

- Coaching onsite or Online Instruction and Consultancy
  - General Athletic Themes
    - Speed Power / Sprinting
    - Muscular Endurance / Strength Stamina
    - Systemic Endurance and Mobility
  - Body Building & Sculpting Themes
    - Basic Strength Training
    - Strength Stamina & Mobility
- Group Training Classes or Personal Trainer Coaching
  - Onsite or online PT coaching (Video >>)
  - Power, Battery, HIIT and Circuit Training
  - Fitness Gym and Equipment Instruction

Training Tools

There are many training tools that can be used as a theme for training purposes. Here are a few of our specialties and favourites.

Ropes, TRX & Power Rings (& Chains)

Ropes include skipping ropes, climbing ropes and Battle ropes. They can be used in themselves, or as tools for manipulating other training tools, such as for lifting weights and dragging sledges. They are an old and traditional training method, yet still one of the most effective and useful today. Combined with Elastic bands or specialist Bunji cables, they can be adapted for effective plyometric power training.

TRX straps and power rings provide an extra adaptation to the use of ropes for stamina, power and stability training. The practice of hanging or suspended (elevated) exercises on an unstable platform is one of the best ways to train correct technique and develop whole body coordination and balance. Combine these with Bossu, wobble boards and other unstable platforms and the range of stability training and interest is greatly enhanced. Adding weights or elastic bands to the exercise also greatly increase the power and strength benefits whilst amplifying the coordination and stability skills aspect for a more fullbody athletic capability.

Kettle Bells

A well-known and popular training tools, but often not fully utilised to best effect. Combined with other equipment such as step boxes and elastic bands very powerful and effective training workouts can be created.

Sticks, Kettle Sticks & Iron Bars

Sticks are best known for flexibility training and checking correct technique/form. They are often used as support/balance aids. Again they are badly under-utilised, especially for more advanced students with better balance and strength. Extending the concept to include Kettle Sticks and Long heavy Iron Bars (concrete breakers, crow bars and sledge hammers), considerable increase strength and power training can be attained. Combined with movements extracted from martial arts techniques, the power, coordination, joint mobility and endurance aspects can also be greatly enhanced.

Elastic Band Training

Elastic Band Training is well known and popular, especially for women who are afraid of building too much muscular definition. Elastic bands are vastly under-rated and, under used as a training tool, especially in combination with other tools and devices. They allow flexibility of movement that makes them adaptable for functional/sports techniques and usable in 'mobile strength' exercises for a more functional exercise format. Unlike weights, they provide the greatest resistance near full extension which is more in tune with plyometric training and martial arts ballistic power conditioning. Even power lifters utilise them integrated into other weight lifting exercises.

WallBalls & CoreSacks

Wallballs are the softer more modern versions of medicine balls and slam balls. They can be used for the same purposes but, are more versatile and can be used more safely with partners and kids to develop plyometric power, strength stamina and coordination skills for the whole body.

Wallballs are another SeTs Ryu speciality borrowed from the Lii-Kan Jitsu martial arts training programme for developing power punching skills and more as part of their proprietary Ballistic Impact Training (BIT) programme. They are effective for 'Functional Exercises' in other sports and arts also, for example, we have used them in physical education programmes for football teams to improve their skills and power.

Core Sacks can also be used in many ways and are more convenient for lifting and carrying exercises. Combined with jump ropes they can be swung around to multiply the force/power development requirements and conditioning many times over.

Human Multi-Gym

The Human Multi-Gym is a SeTs speciality derived from years of martial arts training experience teaching with the Lii-Kan Jitsu system. Participants train in

pairs or groups of 3 or more using their own and each other's body weight and even collaborative resistance & skills competitions to develop strength, power, endurance, coordination and mobile strength. This can be done as group power training, or as circuit training. Training styles can be basic or combined with other compatible styles in another SeTs proprietary speciality that we call 'Binomial' training.

Inclusiveness & Child Friendly Training

Kids under 15 are not normally allowed in a gym. Medical evidence about bone and joint growth suggests that this should not be allowed until age 17. For younger kids, systemic endurance (Lungs & heart) and strength stamina are usually optimal, along with speed & plyometric power. Kids have a much better bodyweight to power ratio than adults, reducing the amount of strength training they would need to compensate. They happily bounce around all day long, often without even bothering to warm up first! The best option is outdoor or indoor training in a sports hall using more functional exercise based on and integrated with the sports and activities they enjoy, augmented with suitable fun games and competitions.

Environmental, social, economic and cultural sustainability

Fitness and strength training is important for all ages and people. For quality of life, both long and active, everyone needs to keep fit somehow. It also helps reduce the social and health care burden and expenses. Training for a specific sport is fine, but to sustain the quality of life envisaged here, it also needs to be more generalised (Whole Body) and functional. Functional exercise uses and even integrates movements and requirements of daily life and specific sports of interest. This interest factor combined with a few suitable fun games, competitions and other exercises make it more fun and motivational for both adults and kids alike. They are then more likely to sustain their efforts with the exercise programme.

Note: We have our own fitness online coaching IT system, but its use incurs extra subscription cost of 15€/mth per person.

FUNCTIONAL FITNESS & STRENGTH TRAINING

(Inro-video >>)

- Functional Fitness groups according to theme & concept (live coaching)
    - Street Arts Themes
        - Self-defence Themes
            - Self-defence Techniques and skills (Lii-Kan Jitsu)
            - Fighting Fit (Self-defence)
                - Fitness training based on general self-defence concepts (Video >>).

        - Kickboxercise Aerobics
        - Kuntao (a + b combinations), of which there are several versions
    - Mobility & Agility Themes
        - Parkour Techniques and skills (Highlight videos 2021 ; 2022)
        - Parkour Fit: Fitness training based on Parkour concepts
- Ball & Racquet Sport Themes
    - Racquet & Ball Themes
        - Sports: Squash, Tennis, Badminton, Table Tennis.
        - Squash Fit: Squash, Tennis, Badminton
    - Ball Game Themes
        - Football
        - Football Fit

Functional fitness exercises utilise, for example, Swiss balls, Wallball, rubber bands and Bungee ropes to develop the speed and explosive power needed in sports, as well as a stronger body and mind to withstand collisions and falls. With these and other devices we can create many fun competitions and games to help develop the fitness and strength attributes. For example:

- Parkour exercises, competitions and games (e.g. Tag Duel, Ukemi Tag / Sudoku, KPKP, Parkour Mirror, The Guillotine, etc.).
- Self-defence (The Grinder video >>)
- Futsal (Video >>)

HELP EDUCATION COURSES & DEVELOPMENT SERVICES DESCRIPTION

Higher-Education Learning programmes (HELP) services are vocational courses and classes that continue our core theme of functional education but, are academically more focused than physical education services for further education in vocational subjects. The comprehensive use of web-based training (WbT) and learning allows us to access more content and combine the best of live tuition, eLearning and other Webtools into a "flipped classroom" that optimizes learning using purely online or hybrid onsite and online programs depending on your needs and suitability.

Onsite Courses

More information on our website >>

AARM Courses

- The Assault Awareness & Risk Management (AARM) course is designed for the general public and, those at risk of being assaulted in the workplace to develop assault awareness and risk management so that situations can be avoided, managed or avoided.
- Onsite courses are slightly more cursory in terms of theory, but modular in design. They can be 2,3 or, 5-day courses or, spread over a period of weeks.
- An online version of the course is currently under development.

SOS-CICM

Technical and tactical skills training courses and courses for security personnel on the front lines of public order supervision, security screening and guarding. It is a course or series of practical skills classes for those who need more than basic risk management and threat mitigation skills.

Online Courses

Online courses are currently being developed on topics such as fitness, AARM, learning, business, safety and risk management.

Development Services

'Two heads are better than one', so get a fresh perspective to help you. All our work is driven by Human Intelligence (HI) and empowered by AI and other tools. SeTs Ryu offers training, education and consulting and support services for online education, e-learning and classroom teaching in general. From proofreading and quality assurance to curriculum design and course planning and content creation, and even applications and Learning Management Systems (LMS) development.

Course & Content Research, Planning and Creation & Quality Assurance

Course design and content curation and creation are part of our inventory store. We can also provide quality assurance by reviewing your course for technical accuracy and native English proofreading. Audio book readings and voice overs for other digital media and games are a special feature.

Audio Book Readings & Voice Overs

If you need an easy to listen to narration, then the natural tone and speaking voice of a native Englishman stands out from the crowd. It does not grate on the senses as the currently prevalent AI imposters or other Americanised Inflections do. Good quality reading and voice overs that flow naturally are an art form that AI cannot yet achieve, if ever.

Event Management & Hosting

As natural born coordinators and organizers, we can also organize and implement events such as seminars, webinars and workshops, all kinds also for the development of training programs and system development. We have a close collaborative relationship with other start-up companies that offer film and video production services as well as event management and screening services. E.g. for film and dance festivals. To date we have also given presentations and acted as Subject Matter Experts (SME) on event discussion panels for Education, Security & Risk Management.

Workshop Facilitation

Facilitated workshops are an excellent way to speed up development and decision-making processes, which so often get stuck in circular discussions and the mud of professional pride and personal politics. Our niche is of course the education arena, but Workshop Facilitation skills are equally applicable to general management, marketing and IT development projects such as Learning Management Systems (LMS), website and user experience (Ux) development etc. We also have work experience and higher-education qualifications in Business Studies, Project Management, Finance and accounting.

More information on our website >>

“From HI to Ai and back to HI again.

It all starts and ends with human beings.

Back to the Future! “

Chris Spencer

Welcome to SeTs Ryu!