Who is welcome to train at Seven Star

As approved by our Board of Directors (Steering Committee) on October 23, 2024.

Our Mission

Seven Star empowers gender-marginalized individuals through martial arts and self-defense training. We serve the greater Seattle community by providing self-defense training to people of all genders.

Our Community

Seven Star was founded in the early 1980's to address barriers to gender-marginalized individuals training in a male-dominated martial arts world. Seven Star's lineage comes from women who fought hard to earn their place in the martial arts world and then subsequently formed their own schools so that generations after them would not have to fight for acceptance.

For more than 40 years, our mission has been focused on supporting and uplifting historically gender-marginalized populations. We aim to create a space where our students feel accepted and supported so they can focus on building physical skills and community. Our name is Seven Star Women's Kung Fu, but we are more than a community of women; we are a gender-diverse community of martial artists.

While the school at its founding focused on serving women to meet its mission, our understanding of how to best serve our community has evolved to include gender-expansive and transgender people.

- For potential new students: we welcome cisgender women, transgender individuals, nonbinary people, and gender-expansive folks over 13 years of age to visit our school, observe a class, and decide if Seven Star is the right fit for you. Please contact us to arrange a visit.
- If a student training in martial arts at Seven Star transitions–changes their gender identity or how they express their gender (for example, develops a more masculine gender presentation)–they are still welcome in our community and may continue to train with us.
- We refer cisgender men to local co-ed schools that are a part of our school's lineage and extended Kajukenbo family: Fusion Kung Fu and Northwest Kajukenbo Club.

How We Support Our Students

Gender identity and expression can be fluid and ever-changing. As a community, we work together to support our students in their various identities. To meet this goal, our teaching staff and steering committee members invite all members of our community to participate in ongoing conversations about our role in serving the gender diversity of our student body.

Our teachers use non-gendered language when referring to students. We also use gender-neutral terminology to describe targets on the body when performing partner work. We invite students to share their pronouns in opening circles when we say our names and when we partner with each other. Ask a student/teacher what their pronouns are if you are uncertain.

Our students are expected to use non-gendered language--respecting students' pronouns and using terms like “folks”, “students”, “friends”, “you all (or y'all)”, “comrades”, etc. instead of "you guys” or “ladies." Any student is invited to respectfully remind teachers/assistants to use gender-neutral terms if they forget.

We have resources to support students, including individual mentors, teachers, and student contacts. We also have resources for current and prospective students to gain a better understanding of gender. We have an affinity group/Slack channel for trans and gender-expansive students.

Our Diversity, Equity, and Inclusion (DEI) working group hosts occasional trainings on topics such as gender inclusion, racial equity, and disability justice (all students are welcome to join and participate in this working group). We acknowledge that we’re all at different places on our journeys and we’re committed to continuing to learn and grow.

Students and teachers at Seven Star work together to become diversity advocates.

This Gender Policy is subject to annual review to ensure it best meets the needs of our community.