

WATERLOO KUNG-FU ACADEMY

COMPETITION TEAM!

The next session will run from Sunday, September 13th until Sunday December 13th

Competition Team practices begin on Sunday, September 13th. Watch white boards for timing.

Note – this first class is a *FREE* trial class.

Please act quickly if interested.

Tournament competition is the sport aspect of the martial arts. With it, students of kung-fu, and other martial arts have the opportunity to compete against students of other disciplines in the many tournaments held year-round. Many individuals enjoy competition success as an added incentive for training; indeed, for some it is the primary incentive. Approached in the right way, competitions can be valuable as a testing ground for both the physical and psychological development of the student, and can help with his or her overall progress. It is because of these and the many other additional benefits; we have our annual WKFA Tournament each April and encourage those who want to pursue regular competition to do so.

*As is the case with any type of competitive participation, proper coaching and preparation are essential. First of all, extra training of a specialized nature is required for both forms and sparring. This training is not to guarantee “winning”, but to instil and reinforce the idea of correct preparation for success and to turn inevitable “defeats” into lessons. Suitable preparedness displays respect as each student represents his or her school. Poor preparation is a bad reflection on both the student and school. It must also be remembered that the black sash/belts who judge at these tournaments do so on a voluntary basis and bring with them their years of dedication and expertise. To be ill prepared is a sign of discourtesy to them. It is for these reasons that one of the Academy rules states that any student desiring to compete must have the **Head Instructor’s approval.***

Team objectives and requirements:

- Receive the extra coaching on a regular basis necessary for team members to better prepare for competition.
- Foster a positive and realistic attitude to competition.
- Establish four extra classes per month for competition training. These classes are to be held on Sundays, exact time to be announced.
- Encourage team members to participate in a minimum number of tournaments per year (WKFA April Shiai and Karate/ Kung-Fu Maynia).
- Develop a “team spirit” among the competition team participants.
- Competition team memberships will be renewed approximately every three months at **\$139.00 per session** (plus GST). **Please note this amount is due and payable prior to September 21st, 2009** otherwise students paying late will be required to pay \$159.00 (plus GST) for this session. Family discounts apply.
- Minimum numbers are required, however capacity is limited.
- Free trial class – Sunday, September 13th, time to be announced.
- If interested in enrolling, please speak with Sifu.