
FU FOR YOU

Volume 4 Issue 2

March / April 2009

REFERRALS: GOOD FOR YOU; GOOD FOR YOUR FRIENDS!!

This month let's take a few minutes to review your Kung Fu homework. What? Yes that's right; homework. You see, even for those of you that come to class several times a week, class work alone just isn't enough.

I must point out that that comment is not intended to discourage class attendance but rather to instill a sense of ownership in what you are being taught.

When you are taking part in a class your attention – and rightfully so – is focused on what the instructor is teaching or emphasizing that particular class, and the same thing happens class after class. Only periodically will a class happen to dwell on your own particular skills that need improvement. It is our responsibility to teach; it is your responsibility to learn!

If you are serious about your Kung Fu training it is essential to assume ownership of your own training. Instructors guide you, but only you can do it.

Here are eight simple tips that will dramatically improve both your confidence and skill level.

1. At the end of class, write down the corrections that were made or the points that



- were emphasized during the class. Highlight those that you know pertain to you.
2. Take time to analyze your own techniques. Watch yourself in the mirrors, from various angles, at various speeds and heights.
 3. Become the instructor. While you're analyzing your techniques, correct them, based on feedback you received during your classes.
 4. Analyze your techniques from the perspectives of both focus and power; and understand the difference. You must also understand when to use power and when to use focus.
 5. Come to class to work and learn, not to analyze. Particularly at higher levels analysis is homework.
 6. When a correction is made in class always assume the instructor is talking about you.

7. Come to class regularly. Above the rank of red sash twice a week just isn't enough to learn and improve.
8. Train for quality, not quantity. Instead of working a whole form work one or two movements. After each repetition, analyze and self-correct.

Students often stagnate and become frustrated. If that statement applies to you reflect on whether or not you're doing your Kung Fu homework.

Remember 1,000's of hours of training + 100's of bumps, bruises, and scrapes = 1 Black Sash.

By Sifu Lloyd

Congratulations to those who took part and successfully completed the Adult Intermediate/Advanced Grading on April 4th:

Denise Braun, Lorna Jones,
Greg Weir – Blue Sash

Patricia Fievoli, Sarah Gawley,
Mark Jolley, Kira Richard –
Brown Sash

Arun Aggarwal – Probationary
Black Sash
Stephen Stewart – Probationary
Black Sash

2

Attaining a Black Sash at WKFA is a significant milestone and yet it is still just another beginning.

I welcome Sifu Arun and Sifu Stephen and I am sure that they will continue to be a valuable asset to the school and students alike.

Sifu Stephen has represented the WKFA for several years as a dedicated member of both of Demonstration and Competition Teams. Sifu Arun began his journey at the age of five and proudly joins the rank of black with his two older siblings, Sifu Neel and Sifu Anita.

In addition Sifu Greg Meininger and Sifu Cory Williams were presented with their 1st degree Black Sash Instructors certificate, having fulfilled the Probationary Black Sash requirements.

Also of note Sifu was presented with his 4th degree Black Sash certificate by Grand Master David Chong at the CKKA tournament and banquet on March 28.

Coming Events

Spring Grading Schedule Youth/Junior

Junior Novice I/Yt Novice II
Saturday, May 9/09, 12:30 pm.

Youth Novice I

(White belts/Yellow Stripes)
Saturday, May 30th, 12:30pm

Junior All Levels & Yt Int/Adv

Sunday, June 7th, 12:30pm

Adult Novice II Grading
Sunday, June 14th, 12:30pm

Adult Int/Advanced Grading
Saturday, October 3rd. Commit early; train hard.

Remember: Adult class is cancelled on grading days.

Note: Any conditions outlined in the adult grading requirements or in the Youth / Junior grading letter that are not met **will** mean that grading results are withheld for one week per infraction. This includes essays, membership cards, correct grading fee, etc.

Holiday Closures

Victoria Day Long Weekend

The Academy is closed for the Victoria Day Long Weekend. Last class will be the noon class on Friday, May 15th with all classes resuming Tuesday, May 19th, 2009.

WKFA 12th Annual Shiai

Saturday, April 25 at 10:00 a.m. ALL Youth/Junior students are expected to attend. Tournament competition is the sport aspect of the martial arts. At our Annual Shiai, WKFA students have the opportunity to compete with fellow students in an educational and fun environment. Spectators are welcome!

32nd Annual Karate/Kung-Fu Maynia – Saturday, May 2nd

This well-run international tournament for both children and adults is held at Conestoga College. Information regarding the tournament is posted at the Academy, or you can speak

FU FOR YOU

with Sifu to get more information and to obtain Registration Forms. Spectators are welcome at this event too – opening ceremonies will include demonstrations. This year is a memorial event for the late, Master Ron Day.

Board Breaking Seminar

Thursday, June 18th, 7:00 p.m.

Adult classes cancelled.

See Back Page of Newsletter for Details.

Sifu's Corner

3rd Annual Canadian Karate Kung-Fu Association (CKKA) Seminar, Tournament and Banquet

Several of our students attended the Tournament and Banquet on Saturday, March 28th, 2009. Congratulations to all participants!

WKFA Five-Animal Kung-Fu Camp!

The WKFA Five Animal Kung-Fu Camp was a resounding success! During March Break several of our Junior and Youth Students took part in our first March Break Camp. Participants studied our different animals learning new animal strikes and techniques. Each participant developed their own Five Animal Form. Special thank you to Patti-Lynn Lang who prepared nutritious snacks and meals for the participants all week.

Also, thanks to Cain Miller for bringing our Friday visitor, "Scale".

3

Care and Cleanliness of Uniforms

Well it's that time of year again when unpleasant odours sometimes creep into class. There's just no subtle or easy way to tell someone they smell bad, so avoid any embarrassing discussions by wearing a clean uniform to every class.

Over time t-shirts or traditional kung-fu tops (sams) can acquire a lingering odour that you just can't seem to get rid of. Before you throw it away try Sifu Lloyd's laundry tip. Soak the offending apparel in salt water before washing. You will find that odours often magically disappear.

Store Announcements

The safety of sparring equipment is dependent upon several factors. It must fit properly and must be in good condition. Over time sparring equipment wears out and as youth and junior students grow, sparring equipment can become too small. Take time to assess your current equipment and visit the store should you require new sizes or replacements.

New Students

Please welcome the following students to our WKFA family: DJ Clifton, Costa Hebert, Gary Hallman, Paul Hubbard, Brayden Lothrop, Arman Mansour, Sneha Miskin, Tarana Miskin, Ryan Serbanescu, Jovan Saluja, Andreas Weiland, Mattias Weiland.

Referrals

Thanks to the following people for referring their family and friends:

Prudencio-Brunello Family, Serbanescu Family, Torin Sparks, Sifu Cory Williams

Attention Parents

Home Practice

Our youth and junior classes are structured so that all children can, and should, attend two classes a week. This is the bare minimum for children to learn and retain the skills they are being taught. But class attendance alone is not enough. You need to ensure your children practice between class.

But how much time should children practice? An additional hour outside of class would be ideal, but remember this rule; an hour is better than a half hour, a half hour is better than 15 minutes, 15 minutes is better than 10 minutes, 10 minutes is better than nothing.

The more they practice the better they will feel about themselves and their new skills.

Youth & Junior Summer Program

Kung-fu is not a seasonal activity or sport but rather is considered a way of life by serious practitioners. The many positive physical, mental and spiritual benefits that can be derived through *continuous training* are endless. This summer I am again pleased to announce that in addition to our popular Youth & Junior

FU FOR YOU

Combined Classes (*Joplin Plan*), we will again be emphasizing valuable self-defence awareness, role-playing and class drills. Using the **Joplin Plan** (students of a similar level regardless of age) periodically, can have superior results in this type of training. It allows for the interaction of the different ages in a structured format to develop a better understanding and therefore respect for each other. The Youth students will also have the older Junior students to help them deal with the larger "bully" in a supportive environment while at the same time put the Junior student in the role of mentor. Regular curriculum training will also be maintained which is essential for fall grading participation. For those parents who feel they need to "take a break" for the summer, we have lost some highly motivated young students in the past who were forced into stopping for the summer. When September arrived, they felt they had fallen too far behind and didn't want to return; momentum and the confidence it builds are important. An added bonus of the summer schedule is that it allows for summer day camps that some students attend and allows them to go to their kung-fu classes as well!

Food for Thought

"Courage is not the absence of fear, but rather the judgment that something else is more important than fear."

Ambrose Redmoon