
FU FOR YOU

Volume 4 Issue 3

June/July 2009

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

Make it real! A refrain you have heard on many occasions at WKFA and will likely hear many more. But what does it mean?

For new students this is often a tough concept to grasp. In a relatively short period of time you have more techniques thrown at you than in just about any other endeavor you have undertaken. You're still working on "left foot forward", basic stance, and reverse punch when you hear the call to make it real...generally directed at students above the rank of Red.

At a novice level we completely understand that simply learning techniques is enough of a challenge; after all we've all been there. But after you have grasped the technical aspects of a technique it must be performed with "martial intent"...another term you often hear.

Kung Fu is a martial (warring) art. You are training your body to become proficient in a system of self-defense and discipline that is thousands of years old. The habits you adopt in training are the habits that will arise should you ever need your skills in a real self-defense situation.

That's why instructors often preach from the "make it real" pulpit.

As you progress through the ranks the concept becomes more important at each level.

This concept isn't just reserved for techniques, it applies to forms, sequences, and self-defense techniques alike.

When I see students executing weak techniques in a drill I will almost guarantee that those same students execute weak techniques when they are sparring. If they execute weak techniques when they are sparring I guarantee they will execute weak techniques in a real life situation where their well being, or even life, may depend on the outcome.

Execute each technique like you have to break a board...make it real!

By Sifu Lloyd

Waterloo Chronicle – WKFA wins Reader's Choice Diamond Award!

On Wednesday, June 10th, the Waterloo Chronicle released the results of the 2009 Reader's Choice survey. The Waterloo Kung-Fu Academy was chosen as the #1 Martial Arts School in the area. For all those who voted – thank you for your support! To all of the Black Sash Instructors, Leadership Team Members, Demonstration Team Members, Competition

Team Members, Students and Families – thank you for all of your effort in helping maintain our Academy's long tradition of a having strong reputation in this community!

Congratulations to those who took part and successfully completed the Adult Novice II Grading on June 14th: You showed great effort and determination. And, congratulations to the Iron Warriors (which may be considered the "Iron Maiden" award for this grading!).

Coming Events

Spring Grading Schedule

Youth/Junior

Will commence in the fall. Watch the cork board in the weight room for dates.

Adult Novice II

TBA

Adult Intermediate/Advanced

Saturday, October 3rd, 12:30pm. Commit early; train hard; train smart.

Holiday Closures

Canada Day: Academy will be closed on July 1st, opening for class on July 2nd.

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Summer Shutdown:

Academy will be closed Monday, July 6th until Sunday July 12th, Academy reopens for classes on July 13th.

Waterloo Kung-Fu Academy -

Family Picnic: The Picnic will be held on Saturday, July 25th at 1:00 at Kiwanis Park. See back of newsletter for details.

Civic Holiday: Academy will be closed July 31st (following the Adult Noon Class) to Aug. 3rd, Academy reopens for classes on Aug. 4th.

Labour Day: Academy will be closed Sept. 4th (following the Adult Noon Class) to Sept. 7th, Academy reopens for classes on Sept. 8th.

Kitchener Kicks Seminar with Sifu Dennis Pounall

Saturday, June 27/09. For information, please check the poster in the weight room. Open to any student age 13+. Please contact Sifu if you are interested in participating.

Kiwanis Dragon Boat Festival

On Saturday, July 18th at Laurel Creek Conservation Area, the WKFA will be once again entering a team in this exciting competition. This is a great venue and event for families. It includes music and food, so feel free to come out and support the team. We will have an area set-up at the location and our Demonstration Team will be performing around noon.

Demonstration Team

Summer line-up:

Sunday, June 21st – K-W Multi-Cultural Festival, demonstration at 7:55pm.

Wednesday, July 1st –

University of Waterloo Canada Day Celebrations at Columbia Lake, 3:00pm.

Saturday, July 18th – Kiwanis Dragon Boat Festival, Approx. noon hour.

These events are all fun family events. Please come out to watch and to support our Demonstration Team.

Competition Team

In May, the competition team resumed and will continue until the end of August. The next session is planned to begin in September. Please see Sifu or Sifu George to obtain information.

Sifu's Corner

June is a joyous time for many reasons. As I write, summer seems to be off to a great start!

For WKFA, late June is also a time of deep reflection, as we remember Sigung's sudden passing only three years ago.

I continue to be inspired by the rock solid foundation he left for us. This foundation includes the strong traditions of our school, as well as our systematic and dynamic curriculum. It includes the ethics and values instilled in us. It also includes the depth of talent and commitment in our

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Black Sash instructors and the perseverance of all our students. I encourage you to pay your respect in whatever personal way you feel is appropriate.

Private Classes

During summer months and the change in schedule later times in the day become available for private classes.

Private classes are ideal for grading preparation and pin pointing specific areas of development.

Private classes with Black Sashes and myself are available for Adult, Junior and Youth Students.

Private class gift certificates are available for birthday and other gifts. Please see me for details.

Lost & Found

Please take note of the Lost & Found, which is located in the brown chest in the Viewing Room overlooking the kwoon. Before asking me for a lost item, ensure you check the lost & found first.

Staffs

In an effort to create some room in the staff rack in the kwoon, all staffs were moved out and students were expected to return their own staff to the rack. Please ensure you do this, as any staffs that remain will be removed from the school.

Maintenance Weekend

Special thanks to several of our students for their tireless effort on Saturday, May 16th. We covered a lot of ground, or should I say air, as we worked to clean the ceiling and fans of the kwoon, prior to a steam cleaning of the carpets. Thanks to Rick for loaning us his air compressor which made the work more efficient...and fun!

Men's Changeroom Damage – Information Request

It is that I make this appeal for information with great disappointment.

On Tuesday, June 2nd at 6:45pm, immediately following the Junior Novice II class, the urinal partition in the men's change room was discovered damaged. To date, no concrete information leading to the cause of the damage has been received. Based on the extent of the damage, it seems likely the result of horseplay or vandalism.

From the time I enrolled in this school, it was always instilled in us that we as students should take ownership for its upkeep. My teacher stressed that if we discovered something broken, at a minimum, he would be made aware, however, more often than not, there was an expectation that if possible, we would help with the repair.

The male students of the Junior Novice II program have been requested to come forward with

information, and I extend this to all students and parents in the school. If you are not comfortable speaking directly with me, please leave an anonymous note in the suggestion box in the weight room.

Breaking Seminar

On Thursday, June 18th from 7-9pm, we held our "annual" board breaking seminar. It is safe to say that a good time was had by all! Special thanks to all the Sifus who helped organize and run the event. I am already anticipating our next breaking seminar: Junior members stay tuned, as the next opportunity will be a specific Junior only seminar.

Congrats to all participants and thanks for a summer's supply of firewood!

Outdoor Training

Occasionally, a portion of classes may be conducted outside in the soccer field or in the parking lot behind the kwoon. No student is obligated to go outside, however, if you want to take advantage of this unique training opportunity, come prepared to classes with a good pair of outdoor footwear, preferably something with decent support and a thinner sole.

Waterloo Classic Road Race

Congrats to all students and family that participated in the run on June 21st. It was a great day! Stay tuned for details on the Oktoberfest Run!

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Attention Parents

Children Missing Summer Classes

We know that some students have the good fortune of

spending the summer at the cottage, or camp. Perhaps they take a break from their kung fu training.

If that applies to you, have a great summer, but please remember that it is not realistic to expect that children will be allowed to grade in the Fall if they have missed a big chunk of their kung fu training over the summer.

Food for Thought

"A traditional martial arts school should be a place of civility, where respect is both given and received. These character building traditions are a wonderful balance to our day-to-day Western lifestyle."

Sigung Bob Schneider

2009 Combined Summer Schedule

(Academy opens 15 minutes before the first afternoon class)

Effective Monday June 29th until September 3rd. Regular Schedule resumes on Tuesday, September 8th, 2009.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Youth Novice I 5:30 p.m. to 6:30 p.m.	Little Ninjas 4 p.m. – 4:30 p.m.	Youth Novice I 5:00 p.m. to 5:45 p.m.	Youth Novice II 4:45 p.m. – 5:45 p.m.	Youth and Junior Intermediate/Advanced 11:00 a.m. to 12:00 p.m.
	Youth Novice II 4:45 p.m. – 5:45 p.m.	Youth and Junior Intermediate/Advanced 5:45 p.m. – 6:45 p.m.	Junior Novice I and II 5:45 p.m. – 6:45 p.m.	
	Junior Novice I and II 5:45 p.m. – 6:45 p.m.			

Youth Novice I: Novice, White Belts and Yellow Stripes (Approx. Ages 6 to 10)

Youth Novice II: Yellow Belts, Orange Stripes, and Orange Belts (Approx. Ages 6 to 10)

Junior Novice I: Novice, Red Sash (Approx. Ages 11 to 14)

Junior Novice II: Yellow Sash, Orange Sash (Approx. Ages 11 to 14)

Youth and Junior Intermediate/Advanced:

Youth - Green Stripes, Green Belts, Blue Stripes, Blue Belts, Brown Stripes, Brown Belts / Junior - Green Sash, Blue Sash, Brown Sash

WATERLOO KUNG-FU ACADEMY

FAMILY PICNIC

Saturday, July 25th, 2009 at 1:00 until Sunset

Kiwanis Park (Kiwanis Shelter)

100 Kiwanis Drive, Kitchener

Group Picnic Cost: \$4.00 for adults, \$2.00 for children (0 to 17).

Please enclose payment (cash only) along with RSVP Form in an envelope marked "WKFA Picnic" and place it in the Suggestion Box at the Academy prior to Monday, July 20th.

Activities: Activities will include: swimming, baseball, games, crafts, volleyball.

Please bring lawn chairs, swim suits, towels, sunscreen and baseball gloves.

BBQ: (Approximately 3:30)

Please bring a picnic potluck dish to share (See sign-up at the Academy).

Student and Parent Volunteers Needed !!! (See sign-up at the Academy).

(Hotdogs, hamburgers, veggie burgers and pop will be provided.)