
FU FOR YOU

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

I always hate to think of Kung Fu training in terms of seasons, but psychologically there seems to be two key times of the year when our thoughts turn to training more than any others; the end of summer, and the start of a new year. That may be the case for newer students that are just beginning their journey into the fascinating world of Kung Fu but veterans know that training 12 months of the year is essential if you intend to progress through the ranks.

When we ask Int/Adv students in the late spring about grading in the fall there is always plenty of desire. Somehow that desire doesn't always translate into action over the summer months, making a fall grading unrealistic. In fact it has been years since we have had sufficient numbers to conduct an Int/Adv grading in the fall.

Is the time commitment required to attain more advanced ranks too onerous? Are our gradings too difficult? Is our curriculum too broad? Personally I think not. Many of you are training here for just the reasons stated. You are never compared to others, but you are expected to work to enhance your personal ability.

There are many schools where you can attain a rank of black in three years or less, but all things



are relative. There is often no relation between rank and skill in many schools. I would put the knowledge and skills of our blue sash students up against 1st degree black in many other schools.

WKFA has earned a reputation of providing the highest quality martial arts training available anywhere in the region. This was by intent; not by accident. The going is not always easy but all of our students, at any rank, should be very proud of what they have achieved.

That being said; provided you have met all of the requirements, make a commitment to yourself and target the next grading.

By Sifu Lloyd

WKFA H1N1 Strategy

As you all know the risk of an outbreak of the H1N1 virus this fall is quite high and because of the physical nature of our training it is prudent for WKFA to take the following precautions:

- Please learn to cough into your elbow, not your hand.
- Bring your own water in reusable containers.
- Hand sanitizers will be placed throughout the school and in the kwoon. Use them after any physical contact. You do not need permission.
- Do not attend class within 7 days of contracting any flu-like symptoms.
- If you are diagnosed with H1N1 please notify Sifu.

We will be following public health warnings closely and will take additional action if necessary. Most of this is common sense and should apply to any flu symptoms. Think of your fellow students and instructors.

Students can keep track of classes in their Training Binder, noting different techniques and drills that they can work at home. Home practice is valuable kung-fu time.

Coming Events

Fall Grading Schedule

Youth/Junior

Saturday, September 26th,
12:30pm

Adult Novice II/Intermediate

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

Adult Intermediate/Advanced

April 2010

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

Thanksgiving

Academy will be closed after
noon class on October 9th and
will reopen for Little Ninjas on
October 13th.

Sunday Kung Fu Classes Cancelled

Due to low attendance Sunday
Kung Fu classes have been
cancelled.

Fitness with a Purpose

This fall a brand new program is
launching at the WKFA facility.
Sifu Lloyd Fridenburg, a 20
year veteran of WKFA has
developed a unique program
that addresses the fitness and

self-defense needs of adults
between the ages of 45 and 65.

Be sure to mention this to your
parents, or even grandparents.
If they've always wanted to give
Kung Fu a try, this is their
opportunity. Classes start
Tuesday September 15 at 12:00
noon. Classes run from 12 till 1
on Tuesday, Thursday, and
Sunday. There will be
information sessions between 12
and 1 on September 8, 10, and
13. Check out
www.waterloofit.com for more
information, or grab a brochure
from Sifu's office.

Halloween Harvest Party

Little Ninjas, Youth and Junior
Students are invited to bring a
Buddy to the Halloween
Harvest Party on **Saturday
October 31st** from 2 until 4pm.
**Parents, please pick up your
children prior to or at 4:00.
Parents are welcome to send a
healthy "nut-free" snack for
the snack table.** Students
who bring a buddy who then
signs up for a 8 week or longer
membership will receive a free
WKFA T-Shirt. For students
who sign up for terms longer
than 8 weeks will receive
additional Merit points in
addition to the T-Shirt.

Demonstration Team

K-W Oktoberfest Strongman Competition:

Saturday, October 17th – The
event starts at noon at Moses
Springer Arena, 150 Lincoln
Road in Waterloo. General
admission is \$8; Children \$4;
Families \$20. Our Demo Team
will likely be performing two
demonstrations.

FU FOR YOU

Competition Team

The next Competition Team
session will run from September
13, 2009 until December 13,
2009. Competition Team

practices begin on September
13, 2009, time to be determined
(watch white boards). Note:
the first class is a free trial class.
Although not mandatory,
students who sign up are
encouraged to enter the Spring
WKFA Shiai and Kitchener
Kicks Karate Kung-Fu Maynia.
As approved, further
tournaments will be offered
throughout the year. See
posters and sign up for details.
See Sifu George or Sifu for
further information.

Sifu's Corner

Adult Int/Adv Gradings

Every year some students train
hard through the summer
months to prepare for a fall
grading. Instructors work
equally hard to give them the
best chance of success. Yet we
have not had sufficient numbers
to conduct an Intermediate
/Advanced grading for several
years. That's just not fair to
grading hopefuls or instructors.

Effective immediately there will
only be one int/adv grading per
year and it will be held in April.
This only affects students that
want to grade for Brown or
Black Sashes. Green sash
students who want to grade for
their Blue sash will be allowed
to grade in the Novice II
grading in the fall.

Private Classes

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

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

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

Waterloo Kung-Fu Academy - Family Picnic

The 3rd Annual WKFA Picnic was held on Saturday, July 25th at Kiwanis Park. Fun was had by all. Thank you to students and family members who took time to help with organizing this year's picnic.

Kiwanis Dragon Boat Festival

On Saturday, July 18th at Laurel Creek Conservation Area, the "Shaolin Motion" was in full paddle representing the Academy. Thanks to all Paddlers for participating and to Sifu Greg and Sifu Cory for organizing the team. A special thank you to Sifu Sydney for braving the sway of the boat to call for the team and to Roger Stanbury for once again steering us to the finish line. The WKFA Demonstration team represented the Academy at the event as well. Thanks to all.

Maintenance Weekend

Thanks to all the students who assisted with maintenance day on Friday September 4th. Special thanks to Sifu Ken for leading the event.

WKFA Cross Training Opportunity - Running

At the Waterloo Kung-Fu Academy, we continually encourage you to reach improved overall fitness levels. Regular class attendance and training the curriculum consistently will certainly help you accomplish this and realize this is just one of the benefits of your membership at the Academy. There are many elements to fitness, including strength, stamina, flexibility, and endurance, as well as both anaerobic and aerobic conditioning. For those looking to supplement their kung-fu training – running is an excellent form of cross-training, which will complement your kung-fu abilities and help you move closer to your potential. We encourage students to train hard, but equally important is the need to train smart. In October students are welcome to join the WKFA running team at the Annual K-W Oktoberfest run.

Store Announcements

To many, back to school represents the start of a new year a time to throw out the old and to start anew. Take this opportunity to ensure uniforms and sparring equipment are in good order. A new stock of uniforms, WKFA bags, training and sparring gear is available in the store.

FU FOR YOU

Note: When a youth or junior student advances from orange to green they must begin to wear shin guards; when an adult student advances from yellow to orange they must begin to wear shin guards. If you are required to wear shin guards and do not have them please visit the store very soon.

Attention Parents

Due to the number of warnings and media coverage regarding the H1N1 Virus, we have installed hand sanitizers at the Academy for student and parent use. If parents do not wish their children to be using hand sanitizers please speak to your child directly.

Children that elect not to use the hand sanitizers will be asked to wash their hands in the washroom.

Online Predators- Cyber stalkers

I can bet that sometime in your life your parents would've told you not to talk to strangers. Well, the internet has raised the stakes on this danger. If you ever have been in an open chat room or on a message board, then you have definitely been talking to strangers.

Even though these people may seem nice, sometimes at the same time they are not so nice in real life. These types of people are called stalkers. Sometimes a person might say things about themselves that aren't true just to draw you into a trap. For example, if you are talking to someone you don't know in a chat room, and they 'say' that they are 13 or 14, they could be 30 or 40 years old in real life. These people are dangerous. They lie about themselves so you feel comfortable talking to them. Don't ever believe someone in a chat room if you don't know them personally.

These cyber stalkers can also ask you some simple questions when you are in a chat room like, what country you live in, what sport you play, how old you are, or really dumb questions that have nothing to do with yourself but someone else like a sibling or even your pet. If someone asks you a question with the words **you** or **your** in them, don't answer it. Especially if it is a question that you are not comfortable answering, don't answer it.

Cyber stalkers don't always have to be on a message board or in a chat room. They also can send out emails to you or other people. These emails may have links just to take you to another website. On these websites, you usually can't tell what your click might turn into if you click on something on the website. And that brings us to viruses. Viruses are like a sickness for your computer. If you get a virus, it means that someone has hacked into your computer and is getting all of the information on it. To avoid this from happening, don't click on emails that you don't know the sender, and don't go onto strange websites.

The Internet can be fun - but you have to be careful about what you do. For younger kids, always have an adult around you when on the internet. And for adults, be careful about what you do, say, send and post, then you shouldn't have a problem. For more information read the book, **10 Worst Things about the Internet**. Or you can talk to

FU FOR YOU

a local police officer for even more information.

By: Youth and Junior Members of the school

Food for Thought

“If one really wishes to be a master of an art, technical knowledge is not enough. One has to transcend technique so that art becomes an artless art growing out of the unconscious.” *D. T. Suzuki*