
FU FOR YOU

Volume 5 Issue 2

April / May 2010

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

It's not necessarily our ability to learn and practice new skills that define our commitment to our Kung Fu pursuits; rather it is our ability to persevere when the going gets tough. The times when nothing seems to be going right and you're not learning and progressing as fast as you might like, are often the times when you're actually learning the most. Not just about Kung Fu, but about yourself.

If you draw a line on a graph that runs from the start of your Kung Fu training and ends at your current level of knowledge you tend to perceive the line as being straight. In reality, even though there is a general upwards progression, it looks much more like the rough blade of a bush saw than the straight edge of a ruler, with several plateaus thrown in for good measure.

How frequent and deep those valleys are is directly proportionate to the time and effort you put into your training. At an adult intermediate/advanced level you simply can't learn your new requirements and maintain your older requirements if your class attendance is less than 3 times per week. This is often a difficult hurdle for students that have migrated from the Junior program to overcome.

In the Junior program you only have two classes a week available to you; both classes and curriculum are designed to take that into consideration. The adult program is very different and now you have up to 9 classes per week you can



attend and you need to take advantage of the increased number of classes that are available to you.

All requirements are taught and reviewed on a regular basis, so if you're stuck on a plateau or your training seems to be on a downward trend, perhaps you are learning something about yourself. As instructors we have an obligation to teach, but as a student you have an obligation to learn. Get out to class often and regularly and soon you'll see that line start to head upwards towards your next Kung Fu goal.

By Sifu Lloyd

Coming Events

Spring Grading Schedule

Youth/Junior

Saturday, June 12th, 12:30pm.

Adult Intermediate/Advanced

Saturday, May 15th, 12:30pm.

Adult Novice II

Saturday, June 26th, 12:30 pm.

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 21st with all classes resuming Tuesday, May 25th.

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

Summer Shutdown: Academy will be closed Saturday Aug. 14th until Sunday Aug. 22nd. The Academy reopens for classes on Monday Aug. 23rd.

Civic Holiday: Academy will be closed July 30th (following the Adult Noon Class) to Aug. 2nd, Academy reopens for classes on Aug. 3rd.

Labour Day: Academy will be closed Sept. 3rd (following the Adult Noon Class) to Sept. 6th, Academy reopens for classes on Sept. 7th.

WKFA 13th Annual Shiai

On April 24th we hosted our 13th Annual Shiai. I was really proud to see many of you put forth a personal best performance for the day. All should be congratulated!

2

Thank you to Sifu Sydney and Sifu Stephen for taking role as Centre Judges this year. Thank you to all our Instructors and Leadership Team members who helped to prepare our students and who helped with the Shiai.

Competition Team

On April 17th, the annual CKKA Memorial Tournament was held in Barrie, Ontario. This year's event featured a seminar, tournament, banquet dinner and an opportunity to train with Grand Master David Chong, the individual responsible for bringing our Shaolin Five-Animal Kung-Fu style to Canada in 1961. WKFA students put in a fantastic effort representing our school at this event.

On May 1st, Kitchener Kicks hosted their 33rd Annual Karate / Kung-Fu Maynia tournament at Conestoga College. Again WKFA students put forth an amazing effort representing our school at this event. Congratulations to all of our participants. Thank you to our students and instructors who supported and volunteered at the Tournament.

Demo Team Announcements

Practices have resumed for the 2010 season. Sifu Stephen has offered to take over as Head of the WKFA Demonstration Team along with the assistance of Sifu Cory and Sifu Greg. We look forward to another awesome year!

Sifu's Corner

New Kwoon Lighting

You may have noticed that the kwoon is looking a little brighter these days. New energy efficient lighting was installed and the difference is outstanding! Special thanks to Steve Stecho and the good people at Harold Stecho Electric Ltd..

Smelly Uniforms

Regardless of age, sex, or rank, **overused and smelly Kung Fu uniforms simply will not be tolerated.** Cleanliness and care of your uniform are rules of the Academy (see rules 4 & 9).

There really is no diplomatic way to say this. **If your uniform stinks you will be asked to leave class.** I hate to address it in this in such a blunt manner but it has become a real problem lately and it will only become worse with the onset of hot weather. It's unfair to expect students to train with a smelly partner.

- You must wear a clean t-shirt to each class.
- Be sure you own enough t-shirts to allow for the number of classes you will attend between wash days.
- To avoid embarrassment in class you can ask a friend or family member if they detect an odour.

Care and Cleanliness of Uniforms

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.

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.

HST

If you have memberships coming up for renewal HST will affect you as follows:

FU FOR YOU

- Renewals and payments received following May 1st - any membership portion that results after July 1st will have HST (13%) applied to the portion following July 1st (if it is significant, e.g. more than a few days).
- Following July 1st any memberships started and paid will be 100% HST applicable.

Store purchases:

- All store purchases that are made, and or paid for on or after July 1st, will be HST applicable, according to HST rules.

Private & Semi-Private Classes

During summer months and the change in schedule later times in the day and times on Wednesdays become available for private classes. Private classes are ideal for grading preparation and pin pointing specific areas of development.

Private classes with Black Sashes or me are available for Adult, Junior and Youth Students. I prefer adult students to purchase a minimum of 5 one-hour private classes at a time and Youth/Juniors a minimum of 3 forty-five minute private classes at a time.

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

Men's Changeroom Upgrade!

WKFA would like to thank Torrential Tom for taking the initiative to install a new pressure washer in the men's changeroom. If you ever wondered what it would be like standing under Niagara Falls try the middle shower stall.

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.

Attention Parents

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. In the summer, we take opportunities to emphasize valuable self-defence awareness, role-playing and class drills. Maintaining regular curriculum training 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!

Youth / Junior Combined Summer Schedule

(Academy opens 15 minutes before the first afternoon class)

Effective Monday June 28th until September 3rd. Regular Schedule resumes on Tuesday, September 7th, 2010.

MONDAY	TUESDAY	THURSDAY	FRIDAY
Youth Novice I 4:45 p.m. to 5:30 p.m.	Little Ninjas 4 p.m. – 4:30 p.m.	Youth Novice I 4:45 p.m. – 5:30 p.m.	Youth Novice II 4:45 p.m. – 5:45 p.m.
Youth & Junior Int/Adv 5:30 p.m. to 6:30 p.m.	Youth Novice II 4:45 p.m. – 5:45 p.m.	Youth & Junior Int/Adv 5:30 p.m. to 6:30 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, Red 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			

Food for Thought

“Flexibility avails us far more than either passivity or resistance; by actively using whatever arises, embracing even the most painful circumstances, we deal with our difficulties more effectively, as we begin to see them as a form of spiritual training.” *Dan Millman*

Attention Adult Students:

Recently we have been approached by Mike Mainland, a graduate student at the University of Waterloo, and were invited to take part in a research project. This project is voluntary and takes about 10 minutes to complete. Your answers will be confidential and anonymous. If you can, please take time to complete the questionnaire that Mike has provided. Once compiled this information will help further academic research into the field of martial arts. There are several copies on the window ledge in the weight room, along with envelopes. Once completed please seal your questionnaire in the envelope and place it in the suggestion box no later than May 27th. For further information, please see below. Thank you for your time and support.

Sifu



Martial Arts Participation

Examining the Inner Experience of the Martial Artist

Study conducted by Mike Mainland, University of Waterloo
mdmainla@uwaterloo.ca

Introduction:

Participation in the Martial Arts is a unique form of physical activity in the way that it emphasizes the connection between mind and body training. The goal of this study is to examine the relationship between Martial Art participation and well-being. The nature and strength of this relationship is potentially influenced by the degree to which participants are motivated, see their engagement as serious leisure, and are spiritually connected to their engagement. These related factors will allow us to assess the various layers of psychological, behavioural, social, and spiritual processes that might influence the relationships among Martial Art participation and wellbeing.

Research Questions

1. What is the nature of the relationship between Martial Art participation, identity, and well-being? Does the frequency, intensity, and duration of participation in Martial Art training influence well-being differentially? What role does one's identity play in this relationship?
2. To what extent do the factors of spirituality, serious leisure, motivation, identity, and involvement influence the relationship between Martial Art participation and well-being?
3. To what extent do the participants' personal philosophies towards the mind-body experience, associated with their engagement in the Martial Arts, influence the relationship between participation and well-being? How is this relationship influenced by gender and age?

I would like to thank you all for taking the time to read about my study and if you are interested it would be an honour to have your fill out a questionnaire. Participation from currently practicing Martial Artists is central to my research, your involvement makes my research stronger and gives it real world application. Thanks again and take care. Mike Mainland