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# FU FOR YOU

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Volume 5 Issue 2

Summer 2010

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

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Well those lazy, hazy days of summer are upon us; although this year I think Mother Nature was trying to make up for last year's dismal effort and launched summer in April and May. I don't think there is any other time of the year when it's so easy to put Kung Fu training on the back burner. Believe me I know how difficult it is to drag yourself from a comfortable lawn chair in the back yard and head off to a sweltering kwoon to train.

Habits – good or bad – are easy to form and extremely difficult to break. You tell yourself “it’s only one night”. Of course you are right, but it somehow becomes easier the next night...and the next...and so on. Finally you realize that you’re getting out of shape. Hmmm, another reason not to go to class.

When you finally take the plunge and head into the school you find that you’re so sore the next day that you decide to take another couple of days off. And so, just like dieting, the cycle begins...and so does the frustration.

I’m not trying to paint a bleak picture but over my years at WKFA I’ve seen it happen time and time again. Promising students fall into a cycle of “on again; off again” training and eventually become frustrated and stop training altogether.

If you have visions of grading in the fall, summer training is not only essential it is very beneficial. When your body gets used to training through those hot “dog days” of summer, grading on a cool autumn day often seems a lot easier. If you choose not to train during the



summer...or to train sporadically...a fall grading is not a realistic goal.

So close the fridge door, grumble a bit if it makes you feel better, but push yourself to get out to class on a regular basis and think of how great the lawn chair is going to feel when you're done. And, a bonus is that you won't feel guilty for using it.

*By Sifu Lloyd*

## Coming Events

### Fall Grading Schedule

#### Youth/Junior

Saturday, September 18, 12:30pm.

#### Adult Novice II

Saturday, October 2, 12:30pm.

**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

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

**Civic Holiday:** Academy will be closed July 30th (following the Adult Noon Class) to August 2<sup>nd</sup>. The academy reopens for classes on August 3<sup>rd</sup>.

**Labour Day:** Academy will be closed Sept. 3rd (following the Adult Noon Class) to Sept. 6<sup>th</sup>. The academy reopens for classes on Sept. 7<sup>th</sup>.

**Thanksgiving:** Academy will be closed October 8th (following the Adult Noon Class) to October 11<sup>th</sup>. The academy reopens for classes on October 12<sup>th</sup>.

### Waterloo Kung-Fu Academy - Family Potluck Picnic

The Picnic will be held on Sunday August 29th at 1:00 at Kiwanis Park. Please see posters and flyers for details.

Please **RSVP no later than August 13th.** See Volunteer and Potluck Menu Sign Up Sheets at the Academy.

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### Competition Team

The Fall session is planned to begin on September 12<sup>th</sup> with a free trail class for anyone interested in learning more about what the Competition Team and practices involve. Please see Sifu to obtain information. Watch the White Board for details.

### Demo Team Announcements

Students and family members of WKFA – **September 25, 2010** - Put this date on your calendars! The WKFA Demonstration Team will be performing as part of the half-time show at the Hamilton Tiger Cats game vs. the Saskatchewan Rough Riders at Ivor Wynne Stadium in Hamilton. It is a 6:30pm game. The Academy has purchased a large block of tickets on behalf of the students that will be available soon at a very reasonable cost. This should prove to be a very exciting event and a first in Academy's history!

### Sifu's Corner

**Congratulations** to those who took part and successfully completed the Adult Novice II Grading on June 26<sup>th</sup>: You showed great effort and determination.

### Junior Board Breaking Seminar

On Wednesday, July 14<sup>th</sup>, WKFA held its 1<sup>st</sup> Annual Junior Level Board Breaking Seminar. This Seminar was open to all Junior Students, Red Sash and up.

Sifu Daryl ran the seminar with the assistance of Sifu Neel and several Leadership Team members. Both Sifu Daryl and Sifu Neel bring considerable breaking experience to the Academy and I want to commend and thank them on a well run seminar. I think it is safe to say, the event was a *smashing* success.

Adult students – stay tuned for upcoming announcements with regard to an Adult Board Breaking Seminar.

### Junior/Teenage Extra Conditioning Summer Classes

The Waterloo Kung-Fu Academy is continually evolving and this summer I am excited to announce the introduction of two special classes. On Wednesday, July 28<sup>th</sup> and Wednesday, August 25<sup>th</sup> from 5:00 – 6:30pm classes will be held for all students in the Junior Program as well as any students up to the age of 19 in the adult program. The classes are being taught by Sifu Arun Aggarwal, the Academy's only teenage instructor, who is currently pursuing a degree at the University of Waterloo.

Sifu Arun began his kung-fu journey at age five, eagerly following in the footsteps of his older brother, Sifu Neel, and older sister, Sifu Anita. Strange fact, Sifu Arun was born a couple months after I began my kung-fu journey...whoa!

The emphasis of the classes will be on physical conditioning and self-defence. In addition to being a black sash in kung-fu, Sifu Arun, also has considerable wrestling experience, having competed at the OFSAA level.

This year, these additional classes will be offered free of charge. The kwoon will be open at 4:45pm. Please arrive in uniform and well hydrated.

### 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.

### Maintenance Day

Sifu Ken will be organizing a maintenance weekend. Please watch the bulletin board for sign up.

### Store Announcements

## FU FOR YOU

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.

### Lost & Found

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

Please note, we currently have all Lost & Found items laid out in the weight room. Any items that are not picked up prior to July 30th will be donated to a local shelter.

### 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 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.

## 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.

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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!

#### **Check Uniforms & Equipment**

Relative to many other activities that your children may participate in, Kung Fu is quite inexpensive. But there are requirements beyond yearly dues and grading fees.

If you are buying your child new clothes because they have outgrown their old ones, take the time to check their Kung Fu uniforms. It’s likely time for new uniforms as well. Children find much more enjoyment in their activities when movements are not restricted by clothes that are too small.

This also applies to sparring equipment. Punches, kicks, and headgear that are too small are dangerous for both your child and their sparring partner.

If equipment is judged to be unsafe by an instructor your child may not be allowed to spar until the equipment is replaced.

#### **Instructor’s Column**

A great, late teacher once told me that it is better to dig one deep hole rather than numerous shallow ones. After 10 years of dedication as a student at WKFA I was awarded Black Sash in 2000. Another 10 years passed and I

am still a loyal, humble Sifu of the WKFA and student of the Kung Fu martial arts.

Although I recently moved to Fernie, British Columbia my proud spirit and devotion to the school continues on. Just today I was given the opportunity to put on a demonstration for the Fernie Cancer Relay for Life showcasing the Ferocious Fist, Tiger, and Snake forms.

Studying Kung Fu and the invaluable life lessons that I learned at WKFA still resonate with me today. With the recent opening of my own successful Kinesiology practice I have been able to teach people to aid their bodies through movement. Whether it is for rehabilitation of a certain injury or for high performance sports training, understanding Kung Fu has helped me assist others.

The very fundamentals of Kung Fu such as fluidity, coordination, speed, focus, discipline, flexibility, and many more continuously prove their excellence in providing a strong mind and body for any case study I come across. These rudiments of Kung Fu resonate as the skills to prevent injury and excellence in any sport or activity. I feel extremely fortunate to have had the chance to study with some of the best teachers of not only Kung Fu but of movement skill. These teachers are your teachers at WKFA. Cherish your time with them and always remember that you are not only learning Kung Fu but a skill that will transfer into all future endeavours.

Continue your study of Kung Fu to its end and you will know more about everything than you will know about anything.

The spirit lives on. Forever in my hearts is my Kung Fu family, WKFA.

*Sifu Kevin Nizi*

#### **Food for Thought**

“No matter what we feel or know, no matter what our potential gifts or talents, only action brings them to life.

## **FU FOR YOU**

Those of us who think we understand concepts, such as commitment, courage, and love, one day discover that we only know when we act; **doing becomes understanding.”**  
*(Dan Millman)*

***Have a safe and pleasant summer!***

