
FU FOR YOU

Volume 6 Issue 2

Summer 2011

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

Sometimes we just don't realize what we have, especially when we don't have something to use as a comparison. Sometimes we take a lot for granted at WKFA so I just want to take a minute to reflect on just what makes us both different and successful.

Waterloo Kung Fu Academy was founded in 1987 by the late Sigung Bob Schneider, who was tragically taken from us five years ago this month. He founded the school on a sincere desire to provide the best possible martial arts learning environment for students of all ages. From the beginning he adopted a philosophy of mutual respect, dedication, and "quality over quantity". This is still reflected in all aspects of our Academy environment.

In September of 2006 Sifu Dave Moylan, who trained at WKFA in both the Junior and Adult programs, purchased the assets of the school and has done credit to Sigung by continuing to strategically grow and yet still adhere to our founding principles. So just what makes us different?

1. In many schools children's classes are taught by low ranking adult students or even other children. At WKFA *all* children's classes are taught by Sifu Dave personally, or by qualified black sash instructors.
2. Many schools have class sizes larger than we have at WKFA with less training space, only one instructor and little or no personal attention. At WKFA we have several instructors or assistant instructors on the floor for all children's classes and many adult classes.
3. Most schools provide adult students with just two classes per



week. At WKFA once an adult student advances from the novice class they can attend up to 9 classes per week. Allowing students to plan their training to fit their schedule.

4. Other schools combine adult and children's classes into one. At WKFA we realize the special needs of children and structure the classes to reflect the needs of the various age groups.
5. Other schools constantly run promotions and specials to attract new students. They don't care who; as long as they pay their tuition they're welcome. At WKFA each and every student and parent is interviewed to insure that our school meets their expectations *and that they meet ours*. This is why we have such a high retention rate amongst our students. It didn't just happen, it was planned that way. Everyone in our school is, more or less, compatible by design.
6. Many head instructors become nothing more than administrators and do not maintain their own martial arts skills. It is not uncommon to arrive at off hours only to find Sifu drenched in

sweat from working to maintain his own level of fitness and basic skills, as well as learning new and complex techniques that, in time, may become part of the evolutionary process of the school.

I could go on, but I'm sure you get the idea. You, or your child, are receiving the highest quality of training available for your money. So next time you think classes should be more flexible, tuition fees should be lower, classes should be smaller, your child should receive more individual attention, or payment terms should be more flexible, reflect upon the unusual value you are receiving at Waterloo Kung Fu.

Welcome New Instructors and Assistant Instructors

April 16 marked the date of our annual Intermediate/Advanced Adult grading. After long and intense afternoon we are very pleased to welcome Sifu Patricia, Sifu Sarah, Sifu Mark, and Sifu Rebecca to the ranks of our dedicated Waterloo Kung Fu instructors. I'd also like to welcome two new Sihings that join our ranks of Assistant Instructors; Sihing Tom and Sihing Greg.

In all my years at WKFA I cannot remember many Advanced gradings where students were as well prepared as this group of individuals. That includes Samatha who tested for her first rank as an adult student and received her blue sash.

Each and every one of them had issues to address along with the normal training intensity associated with a high sash grading. Some were physical, some were mental, and all endured several months of changes to their normal lifestyle. This is what it takes to attain high ranks at our school. If you receive a rank, you deserve it. Take pride on your

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accomplishments and now you can pass your knowledge on to others while you continue your own martial arts journey.

Sifu Lloyd Fridenburg

Coming Events

Grading Schedule

Youth/Junior

Saturday, September 10, 12:30 p.m. (tentative) – Junior
Intermediate/Advanced only

Youth/Junior

Saturday, September 17, 12:30 p.m. – all ranks other than Junior
Intermediate/Advanced

Adult Novice II

Saturday, October 1, 12:30 p.m.

Adult Intermediate/Advanced

Spring 2012, date TBA.

Remember: Adult class is cancelled on grading days and the Intermediate/Advanced Youth and Junior Classes are combined 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.

Summer Schedule

Due to input from several instructors and parents I have decided that the regular Little Ninja, Youth and Junior schedule will resume throughout the summer this year.

Holiday Closures

Canada Day weekend: The Academy will close following the 8:00 p.m. Adult class on Thursday June 30 and the Academy will reopen Monday July 4 for the regular 12:00 p.m. noon class.

Annual Academy Shutdown:

The Annual Academy shutdown will begin from Monday, July 25, and will reopen for regular classes on Tuesday, August 2. There will be regular classes leading up to and including Saturday, July 23.

Civic Holiday: This year the Civic Holiday is timed along with our Annual Academy shutdown. The Academy will be closed on Monday, August 1 and will reopen commencing with the 4:00 p.m. Little Ninjas class on Tuesday, August 2.

Labour Day: The Academy will close following the 12:00 p.m. noon Adult class on Friday, September 2 and will reopen commencing with the 4:00 p.m. Little Ninjas class on Tuesday, September 6.

Thanksgiving: The Academy will close following the 12:00 p.m. noon Adult class on Friday, October 7 and will reopen commencing with the 4:00 p.m. Little Ninjas class on Tuesday, October 11.

Annual Adult Board and Cement Breaking Seminar

Our Annual Board Breaking Seminar was held on the evening of Thursday, June 16th for Adult members Red Sash and up. It is safe to say this event was a smashing success! Those in attendance were coached through various techniques and methods for breaking pine boards. The evening also finished with cement breaking, where a number of students accomplished milestone breaks! Special thanks to Sifu Neel who planned and led this year's event and to Sifu Daryl who assisted. Thanks to Sifu Mark and Sifu Sarah who were also at the seminar to lend their experience as well as break some wood and cement. Also, thanks goes out to John, Brock and everyone at JWS Woodworking and Design who supplied the wood for the seminar.

At the end of the seminar, we dedicated a framed photo of Sigung breaking six bricks. This was a photo

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that was inspiring to a lot of us during our years of training and I am happy to have it new and improved and back in the Academy. It will be hung in an appropriate place soon. Thanks to Sigung's sister, Mary Everett, who assisted with the photo reproduction (and took the original photo!).

Teen/Junior Student Council

The WKFA would like introduce an all-new Student Council for teen and Junior students to provide a link between the Junior and Adult programs, and share our ideas.

The first event on May 6th, put together by the Council was a tremendous success. We would like to extend a huge "thank you" to all students and instructors who came out. The class was enjoyed by all, and the movie afterwards was only made better by the snacks brought to share.

The Council has been hard at work planning the next event for Sunday, July 10th. Keep that date open for a special teen/Junior breaking seminar followed by a BBQ. Watch for sign-up sheets soon.

By: Anne 安, Junior Journalist

Introducing Women's Classes

In April, Sifu Anita kicked off the first of our Women's Classes and on June 18th, Sifu Sydney led yet another successful class. Fun was had by all! Our Women's Classes are designed especially for women, of all ages, and will contain women-specific conditioning drills, sparring and self-defence techniques. Young women in the youth program from green and up and all women in the junior and adult programs are invited. Please watch the whiteboards and bulletin board in the weight room for sign up. Our next Women's Class will be held on Saturday, July 23rd.

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Waterloo Kung-Fu Academy - Family Potluck Picnic

Mark your calendars! The 5th Annual WKFA Potluck Picnic will be held on Sunday, August 21st at Kiwanis Park at 1:00 until Sunset. Games, swimming, crafts, eats and treats!! Just a note, remember all food-related Academy events are Nut free!

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

Sifu's Corner

Congratulations to those who took part and successfully completed the Intermediate/Advanced Grading on April 16th!

We only hold Advanced gradings once per year, so they are a big event, however, this year was particularly monumental as we had four students testing for the rank of Probationary Black Sash, which ties it for the largest in the Academy's history. The last black sash grading that was this large was actually my grading back in October 1999.

I find these gradings particularly inspiring as we have the opportunity to witness the results of dedication and hard work and significant personal achievement. This Spring was certainly no exception. The four that tested put in a combined total of 1,187 classes and 102 months as brown sashes prior to achieving their ranks. They put in an outstanding effort during their grading which validated the training that went into preparing for the event. Each of the new Sifus inspired and taught me personally in a unique way and I am very proud of their achievements. I would formally like to welcome Sifus Patti, Sarah, Mark and Rebecca to the rank of Probationary Black Sash.

During the six months following their grading, you will have the opportunity to be taught by them, as they teach a variety of classes as part of their

probationary requirements. If they fulfil their requirements, they will remove the white stripes on their sashes and become 1st Degree Black Sashes at the Adult Novice II grading on October 1st.

Our "Iron Warrior" designation is given to those who attend their next most available class following the grading. Congratulations to Iron Warriors: Sifu Sarah, Sifu Mark and Sihing Tom!

On June 4th, we also held a Novice II Adult grading.

If you haven't taken the time to congratulate those who were successful, please do, as all promotions were certainly earned.

It has been an honour for me to have the opportunity to work with our students in this stage of their kung-fu journey. Those that tested in the April 16th grading started their experience in kung-fu with Sigung Bob Schneider. This June marks five years since his tragic passing. I encourage people to pay their respects in their own unique way. As an Academy, everyone is welcome to a brief gathering at Parkview Cemetery on University Ave the evening of Tuesday, June 21st following the 8pm class at approx. 9:30pm. We will meet to take a minute of silence at the Memory Bench we had installed (located close to the soccer fields).

E-mail Updates

This newsletter is one of our largest ever, but it is full of great information, so please take the time to read it carefully. Obviously there is a lot that has happened since the last newsletter and lots coming up. My intention is to publish the newsletter seasonally, however, to facilitate more timely communication, I do plan to send updates every two-weeks via e-mail. This should start occurring by July. If you would like to receive these, please ensure you have a valid e-mail address on file with me and that the Academy address:

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(sifudave@waterlookungfu.com) is on your safe list.

Maintenance Weekend

Thanks to all the students who assisted with maintenance day April, 10. Special thanks to Sifu Ken for leading the event and for constructing our new stretching bar and spear rack in the kwoon. You will notice several changes around the Academy including: stretching bar, Sifu Anita's artwork above the stairs, and the spear rack in the kwoon.

Kwoon Upgrades

Sometime over the coming months, the Academy will be equipped with a replacement heating/air exchange unit. It will be a large rooftop unit. I am working with the contractor and my landlord to get the work scheduled and I will try and limit interruption to regular classes. Please stay tuned for further details as this project progresses

WKFA Five Animal Kung-Fu March Break Camp!

Our WKFA Five Animal Kung-Fu March Break Camp was a great success again this year. Students who attended the Camp enjoyed an introduction to a new animal each day including kung-fu techniques, related crafts and a nutritious snack. At the commencement of the camp, students shared their own creation of a Five Animal Kung-Fu Form. Watch the photo screen for updates to pictures coming soon.

Special thanks to Sifu Sydney who worked with me to structure the camp and to the Instructors who took part to assist. Keep your calendars earmarked for next year!

Demo Team Announcements

The Demonstration Team commenced practices earlier this year under the direction of Sifu Stephen and Sifu Neel. Sifu Stephen has been leading and inspiring the Team for the past couple years and this year Sifu Neel has joined the Team to assist in the leadership role as well. The Team's first Demonstration was held on

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Sunday May 29th at the Eastbridge Neighbourhood Association's Family Fun Day. Future events include: University of Waterloo Canada Day, Hamilton Ti-Cats Game, Laurelwood Neighbourhood Association (Oct.1).

Students, family members and friends of WKFA – Saturday, July 16th, 2011 – Put this date on your calendars! The WKFA Demonstration Team has been invited back to perform as part of the half-time show at the Hamilton Tiger Cats game vs. the Saskatchewan Roughriders at Ivor Wynne Stadium in Hamilton. It is a 4pm 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 of \$20 per ticket. This should prove to be a very exciting event! We are researching options for taking a bus to the event as well. At the time of this newsletter, it looks as though we can arrange a bus at a cost \$10 per person (or less!). For those interested, this will be on first-come first-served basis as tickets and space on the bus is limited. Watch posters and whiteboards around the Academy for further details.

Tournaments

So far 2011 has been a busy year for our competitors.

Canadian Karate Kung-Fu Association Tournament In March several students represented our school at the CKKA tournament in Aurora.

The 2012 tournament is being hosted jointly by Waterloo Kung Fu Academy and Kitchener Kicks. We will be looking for a large turnout of students so start training now. Watch for more information over the coming months.

Karate/Kung Fu Mania. On May 7, several of our students and instructors represented our Academy at the 34th Annual Master Ron Day Memorial *Karate-Kung Fu Mania*.

If you are interested in participating in a kung-fu tournament you must first

obtain approval from Sifu. If several students are preparing for the same tournament special preparation classes may be held. Watch the white boards for details.

Membership Payments – Returned Cheques

Please be sure to check the renewal lists that are posted in numerous locations throughout the academy. If your name is on the list please contact Sifu and let him know what membership term you would like and how you would like to pay. That way all the paperwork can be done ahead of time and the renewal process will run efficiently and quickly.

There has been an unprecedented increase in returned cheques due to account closures or insufficient funds. In order for the Academy to meet its financial commitments, this trend needs to change. Please take extra care to ensure the timing of your individual payments is understood. For simplicity, monthly cheques are dated for the 1st or 15th of the month.

If for any reason you need a cheque held back from a deposit, please contact me in advance of the date of your cheque to avoid service charges.

The Academy **service charge is \$25 per returned cheque** which only partially reflects the added administration time that a returned cheque causes.

Store Announcements

Open bottom pants are available in the store for Junior and Adult students. Often times students find the open bottom pants cooler for summer training. Biking/running jersey's are currently in the works and will be coming to the Waterloo Martial Arts Supplies Store soon. A new stock of uniforms, WKFA bags, training and sparring gear is available in the store.

Private Classes

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

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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.

Kung-Fu Panda II

On Thursday, May 26th, students, friends and families of WKFA as well as Kitchener Kicks attended a private screening of Kung-Fu Panda II in 3D at the new Empire Theatre. The event was so popular that we filled two theatres! Special thanks goes out to Kimberley who secured the theatre for us and to Sifu Patti who assisted in organizing everything around ticket sales and attendance. If you have not had an opportunity to see this movie, please do, as the action is as excellent as the messages it teaches. It looks like there will be a third, so we will patiently await the next opportunity for such a great event!

Congratulations

I want to congratulate Vincent Afrouzi on the launch of his new business: Vincent Optical. It is great to see him back in the community offering exceptional service and quality. Check out www.vincentoptical.com for more information. I wish you success Vincent!

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 with a good pair of outdoor footwear, preferably something with decent support and a thinner sole. Fei yue shoes are available in the store for \$29.99.

Lost & Found

Things are piling up again. We have everything from sparring equipment to winter coats. Please check the Lost &

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Found items laid out on a table in the lobby.

Any items that are not picked up prior to June 30th will be donated to a local shelter.

WKFA on Facebook

Our Academy now has a presence in the world of social media. On Facebook, we have recently created a Fan Page as well as a WKFA Group. The fan page is open to anyone who clicks "Like" and will include general announcements. The Group Page is closed membership and is open to any student or family member of the WKFA. It includes more specific announcements and information.

I feel that this new presence is a positive move in the history of our Academy and will evolve and take shape over time. I think that this forum has a lot of potential and I encourage members to conduct themselves in the online world with the same respect and decorum that is expected at the Academy. The site is monitored daily and failure to follow proper conduct will result in reprimand and possible removal from the site. In future, a WKFA Facebook Code of Conduct will be released.

Special thanks to Sihing Ken who is greatly assisting with the launch of this new project and sharing administrative responsibilities with me. He has been responsible for the inspiring quotes and videos posted to the group on a daily basis.

Attention Parents

See Instructors Column as well.

Waiting Room

We are quite fortunate that our founder, Sigung Bob Schneider, had the foresight to include a waiting room for parents when the school was built several years ago. If you have visited other schools you will know that this is not the norm.

I am very pleased that since our winter newsletter things have greatly

improved in terms of the tidiness of our waiting room.

Now that we are into warmer weather I just want to remind you that the waiting room is on a separate heating and cooling system. **Please keep the door closed**, particularly in the summer when the A/C is running. This will ensure that you enjoy a comfortable temperature.

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.

Summer Camp

There have been several inquiries as to whether or not WKFA will be holding summer camps this year and the answer is no (however, in March we will be!). I do have a recommendation if you are looking a great camp this summer:

A longtime family friend of mine, Kirstie Herbstreit, recently opened The Culinary Studio at the former Vincenzo's location in Belmont.

This summer, her studio is holding Kid's Culinary Camps the weeks of July 11 & 25, as well as Aug. 8 & 22.

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This is a great opportunity for your child to pick up some skills in the kitchen (which may come back to benefit you!).

If you are interested, check out her website: www.theculinarystudio.ca for further details and registration.

Instructors Column

Grading Promotions and Summer Training

by Sifu Patti

Occasionally a parent may ask when their child is grading, or a student may grow concerned that they have not made it onto the grading list. Parents and children are always welcome to ask questions and encouraged to do so; please understand if your child has not been invited to grade, they have not been missed. If you feel they have been, then please consult with Sifu.

Gradings are held regularly at WKFA. Students are evaluated on many levels. Please refer to the Information to Parents included in the enrolment kit for more information.

Three parameters, but not the only ones, of potential grading assessment are:

1. "Regular" class attendance and regular practice. Encourage your child to practice if they have free kwoon time. Ensure your child continues to attend and practice during the summer. Ensure that your child signs in for their classes and keeps track of them.
2. "Minimum" time duration. Each rank requires a 'minimum number of months' training. When your child completes this time duration it does not mean they are ready to grade. Several factors must also be present. Many students need longer than this minimum period to establish the

essential skill level and maturity.

3. Most importantly – in-class assessment by Sifu and their Youth/Junior Black Sash Instructors. Close attention is paid to the progress of every student. In regular classes, Leadership Team members are assigned groups and students to work with to ensure each student is progressing.

Every student is unique and will progress at their individual pace. I attained a black sash in over nine years. Some students achieve a black sash in 6 or 7 years. There is no prescribed time frame, but rushing will result in not achieving one's individual potential and will be problematic at higher ranks. My daughters, Rebecca and April, have been training for 8 and 7 years respectively - there is no prescribed journey. All of our journeys have had challenges and many ranks took extra time than the minimum.

In order for students in the youth and junior programs to have the confidence to independently work through the challenges faced at the higher ranks, they need solid foundations at the earlier ranks – that is essential for their longer-term success.

Some parents may fear that their children will become bored, so please encourage them to develop patience and the discipline to practice, especially during the summer when they may have extra time. There is always improvement to be had and new heights of potential to achieve at each rank. Without the basic skills, students are more apt to leave at higher ranks, not because they are bored, but because they are overwhelmed by the challenges.

It is not about completing the form requirement, or the kicking sequence requirement at a particular rank. It certainly is not only about acquiring the minimum number of classes and time length -- it is also about acquiring

solid skill and maturity. The words “kung-fu” translate to effort over time.

As a parent, I remember a pivotal moment with Sigung years ago, when my daughters Rebecca and April were both training at the early ranks in the youth program, I was concerned about whether they would grade, and concerned about their feelings if they were ‘left behind’ and their friends moved on. Sigung gently reminded me it is ‘their’ kung-fu journey; ‘their’ journey to explore and experience independently and to ‘trust’. The progress of every student is tracked at the Academy. As parents of children and young adults training at WKFA, we have the opportunity to enjoy watching them learn, grow and struggle at times while they are developing essential life skills.

Partnership with parents is essential. When you have questions or concerns, please come into the office and speak with Sifu or whoever is there. You are always welcome. Refresh yourself with information in the enrollment kit first, the answers may be found there. If you require several minutes, please book an appointment as time between classes is fleeting.

Food for Thought

“Learn as though you would never be able to master it; Hold it as though you would be in fear of losing it” –

Confucius