
FU FOR YOU

Volume 6 Issue 1

Winter 2011

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

Well here we are in the cold depths of winter once again. A lot of things have happened since the last issue of Fu for You so warm yourself with a nice hot beverage, relax and immerse yourself in the comings and goings of WKFA for awhile.

At WKFA we teach a style of Kung Fu that is steeped in tradition and can be traced back over a thousand years. Your ultimate goal should be to continue this legacy.

We have a well developed defined curriculum that ensures all elements of our 5 Animal style are taught in a progressive and logical manner. Included in this style are many elements that demand dedicated training all on their own in order to master them.

Emulating one of our animals is much more than knowing how to form your hands or how to use the correct stance; but above all it is not about learning how to fight; it is a means of learning about yourself using Kung Fu as the medium.

I have often related the study of Kung Fu to formal schooling. Attaining the rank of yellow sash is your graduation from primary school, orange is senior public, green and blue are your progression through high school, brown is your entry into college or university, and black is your graduation from college or university.

Now you choose which path your life will follow using the tools that you were given throughout your training. Attaining a black sash only means that you now have the tools; it's up to you to decide how best to use them.



Let me switch gears a bit now and talk about Kung Fu in relation to fighting.

By studying Kung Fu you build inner strength by developing your external strength. I remember a time quite early on in my Kung Fu journey when I was having a conversation with a fellow employee who liked to flaunt the fact that his father was an accomplished martial artist. His father was likely an accomplished fighter but was certainly not a martial artist. You see his idea of training was to gather some of his martial arts buddies and head for the shady regions of large cities where they would taunt people into fights. This was his way of proving and honing his martial arts skills.

I guess the moral here is that if you are only interested in learning to fight there are lots of venues that specialize in that sort of training...often run by unqualified bullies, just like the one mentioned above.

You need to become passionate about learning the art and understanding the art; not just learning the practical aspects of the art. At WKFA we strive to build your external skills so that you have the internal skills necessary to avoid confrontation. ***Becoming a martial artist is not something you do; it is something that you are.***

There is a real paradox involved in the teaching and learning of a Kung Fu style, as opposed to learning how to fight: A true student of Kung Fu

trains to fight so that they develop the inner strength to avoid fighting.

Both cowards and Kung Fu masters will walk away from a bully: the first with their heads hung in shame, the second with their heads held high.

By Sifu Lloyd

Coming Events

Grading Schedule

Youth/Junior

Saturday, February 12, 2011, 12:30 p.m.

Adult Novice II

Saturday, January 29, 2011, 12:30 p.m.

Adult Intermediate/Advanced

Saturday, April 16th, 2011, 12:30 p.m.

Remember: Adult class is cancelled on grading days and the Intermediate/Advanced Youth and Junior Classes are combined on grading days at the 10:30am timeslot.

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

Family Day Weekend, 19th at 1:00 reopening on February 22nd at 3:45.

Easter Weekend, academy is closed completely on April 22nd through to and reopening for noon class on April 25th.

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Competition Team

The Competition Team has begun the Winter session and it is not too late to join.

If you are interested please see posters in the weight room for more information and see Sifu. Winter Session runs from January 9, 2011 to May 1, 2011.

All students are welcome to try a free trial Competition Team Class.

Demo Team Announcements

Special thanks to Sifu Steve who headed up an extremely busy year with our Demonstration Team. With the assistance of Sifus Cory and Greg, the Academy had very successful and exciting demos at: the Cambridge Riverfest, the Eastbridge Neighbourhood Association Family Fun Fair, the K-W Multicultural Festival, Canada Day at Columbia Lake, and the Laurelwood Family Fun Fair. Our team performed at half-time in September at Ivor Wynne stadium for the Hamilton Tiger Cats. We wrapped up 2010 with an Open House demo at the Academy. Stay tuned for more exciting demos in 2011 as the team begins to prepare!

Sifu's Corner

My one-year old daughter is snoozing peacefully beside me, the snow has fallen and I have finally found some time to sit down and write.

It has been a very busy and exciting year for WKFA culminating on Sunday, December 5 at St. George Banquet Hall where we held our annual Christmas and Awards party. The meal and venue was wonderful and was only surpassed by the quality of those in attendance. I always feel very fortunate to be surrounded by such dedicated and respectful instructors, students and families at the Waterloo Kung-Fu Academy and an event like the Christmas party is an

opportunity to socialize and further reinforce that feeling!

It is also a time to formally recognize that dedication. Please make sure you take the time to congratulate the award winners published in this newsletter and thank your Sifus and Leadership Team members. At the party, the student body presented me with a wonderful gift: the new shelving for equipment bags. This is a great addition to the kwoon! From what I understand, this was the handiwork of Sifu Daryl and Tom Prell – hats off gentlemen to such quality workmanship!

On January 8th, 2011, the Academy held our annual Little Ninja/Youth/Junior Awards party. Similar to the adults, four categories of awards were recognized, plus the Little Ninja Warrior Spirit Award. Winners and honourable mention are published in this edition of the newsletter so pass on the congrats.

We are already well on our way in to 2011 and will be watching for this year's winners, plus the regular Student of the Month presentations.

I would also like to thank the students in the kids program for your generous cards and gifts, including a new box for achievement stripes, clipboards and a new tiger calendar for the kwoon.

2010 – A Year of Many Firsts

Personally

For Patti-Lynn and I, 2010 was a phenomenally busy year that saw a new addition to our family (Chantal) and included a term lecturing at the University of Waterloo.

Outside of Kung-Fu, I competed in a few endurance events, including an off-road duathlon, a 100+ km Bike Ride for MS, the Squeezer Off-Road Mountain Bike Race in St. Catharines and a 100km Tour De Hans Cycling Road Race.

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Events

It was also a very active year for the Academy that started with many of our Instructors and Leadership Team members certifying in CPR and First Aid training. Regular annual events were fun and successful, including: the Canadian Karate Kung-Fu Association Tournament and Memorial Banquet (March), our in-House Shiai (tournament) (April), Karate/Kung-Fu Maynia (May), the WKFA Summer Picnic (August), and our Halloween Party (October). Watch for all of these exciting events in 2011 in the same months, plus the return of our popular Five-Animal March Break Camp!

The year 2010 also saw the introduction of some new events including: a special Junior Only Breaking Seminar and Junior/Teenage conditioning classes. In the fall, the Academy conducted a very well received full day seminar at RIM Park for over 200 boys in the region, supporting the Waterloo Region Sexual Assault Support Centre.

Programs

Due to popular demand, we also introduced a new Little Ninjas class at 10am on Saturday mornings, which quickly grew in size!

Sifu Lloyd successfully launched his very own Fitness with a Purpose program held at WKFA on Tuesdays, Thursdays and Sundays at noon hour and at Kitchener Kicks on Tuesday and Friday evenings from 7:00 till 8:00.

FWP is a martial arts based fitness program specifically designed to meet the fitness needs of adults over 45. For more information visit www.waterloofit.com and sign up for a free trial week of classes.

Equipment

In addition to the new shelving, the Academy also added a new one-of-a-kind custom welded adjustable speed bag platform, winter shelving and mats for our boots, some new weight room equipment and a custom made

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sign-in book shelf. We added new lights in the kwoon. In the summer, thanks to the assistance of the student body, we changed our carpet flooring in the kwoon to brand new wall-to-wall tatami mats.

New Ranks

On December 5th, we recognized Sifu Neel's years of dedication to the art of Kung-Fu and the Academy as he was promoted to 2nd Degree Black Sash.

On the same day, I was simultaneously surprised, humbled and honoured to receive a promotion to 5th Degree Black Sash.

Special thanks goes out to Sifu Robin Young and the senior instructors at the Academy, namely Sifu Lloyd, Sifu Eric and Sifu Sydney.

Leadership Members

We welcomed new members to our Leadership Team and following the May 15th Intermediate/Advanced grading, we welcomed Sije Lorna and Sihing Ken to the ranks of Brown Sash.

Mark down April 16th for this year's Intermediate/Advanced grading, when we will **potentially** be welcoming in more brown sashes and four new instructors. I wish all potential candidates a positive training period leading up to this event. This will be the largest Black Sash grading in the Academy's history (since my testing back in 1999!).

It was certainly a full and exciting year! I look forward to 2011 and I wish all of the students, instructors and families of the WKFA health, happiness and only the best this upcoming year!

Membership Payments – Returned Cheques

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 that 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 \$15 per returned cheque** which only partially reflects the added administration time that a returned cheque causes.

March Break WKFA Five Animal Kung-Fu Camp!

Attention all Youth Students and family members, buddies ages 6 – 10. WKFA will be holding a Five Animal Kung-Fu Camp during the week of March Break from 8:30 a.m. until 12:00 p.m. Sign up list will be posted outside of Sifu's office. Daily events will include animal specific fitness training and curriculum, crafts, snack, games and fun. Cost is \$200 plus GST subsequent children in the same family \$150 plus GST.

Car pooling to camps is encouraged, check sign up lists to see the list of attendees.

March Break

March Break is Buddy week and all Little Ninja, Youth and Junior Students are welcome to bring a friend to class. Watch for flyers for details. Classes will be conducted at their regular dates and times.

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Office Hours

There are definitely peak times and quieter times in an average day/week at the Academy. At the transition of two classes, the lobby is typically packed with people; however, during classes, the atmosphere is a little more serene. I structure my teaching time and office time such that for all programs, I teach one day and spend the other day in the office. If you ever require more than a few minutes of my time, please make arrangements by phone or e-mail and I would be happy to set the time aside to meet with you.

Tax Receipts

Tax receipts summarizing 2010 tuition payments that can be applied against the Federal Government's Child Fitness Tax Credit will be issued to students in class this February.

WKFA 12th Annual Shiai

Saturday, April 30th – ALL youth/junior students, please keep this date reserved. Attendance is mandatory. Details to follow.

Store Announcements

Start of a new year. 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.

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.

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Front Lobby

Please **do not walk on the blue carpet with your wet boots**. Stay on the mats provided for that purpose; that way we'll all enjoy drier feet and a cleaner school. This includes kids, adults, and parents.

Private & Semi-Private Classes

Private classes are ideal for grading preparation and pinpointing 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. Pricing is dependent on the experience level of the Sifu instructing the class.

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

Chinese New Year

February 3 rings in the year of the Rabbit. If you were born in 1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999, or 2011 you are a Rabbit.

The rabbit is one of the most delicate animals among all 12 animals. Rabbits are usually kind and sweet and of course, popular people. Nobody ignores them, for they are good company and know how to make the best of themselves.

Attention Parents

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.

However, there are a few things we do ask of parents:

- Be sure to pick up after yourself and your children.
- No food or beverages in the waiting room.
- No cell phones in the waiting room.
- Put toys, books, etc. away when you or your child are finished. Toys and books are a recent addition to the waiting room-- they were previously not allowed. Putting things back in their place will ensure that we don't have to revisit this policy.
- The waiting room is on a separate heating and cooling system. **Please keep the door shut**, 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.

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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.

Inclement Weather Policy

In cases where harsh weather necessitates the closure of the Academy, the **message on the answering machine** will be changed. We expect that situations such as these will be very rare; however if you are uncertain please **call into the Academy to listen to the message**.

Food for Thought

“Your outer journey may contain a million steps: your inner journey only has one: the step you are taking right now.”

(Eckhart Tolle)

I hope 2011 brings you much happiness and prosperity!