
FU FOR YOU

Volume 6 Issue 3

December 2011

REFERRALS: GOOD FOR YOU; GOOD FOR YOUR FRIENDS!

T'was the night before Christmas and all through the kwoon, not a creature was stirring; not even Boun. The students were nestled all snug in their beds, while visions of gradings danced in their head. Their bags were all hung from the mirrors with care in hopes that Sifu Nickolas soon would be there.

Sifu Mark with his staff, Sifu Daryl with his spear were still a bit shaky from much Christmas cheer. And then on the road there arose such a clatter they sprang to the door to see what was the matter. Away to the window they flew in a flash, tripped over Spencer and came down with a crash.

The moon on the breast of the new fallen snow gave a luster of mid-day to objects below. Then what to their wondering eyes did appear but Sifu Sydney and friends with more Christmas cheer. As they drew in their heads and were turning around, they were smacked from behind and were back on the ground.

They opened their eyes and started to focus when Sifu Dave smiled and said, "you must pay attention." He was dressed all in black from his head to his foot. His short hair was hidden beneath a black toque. A bundle of weapons were flung on his back and said, "Time to train" as he opened his pack.

"Why are my ribs sore?" Spencer said with a frown, as Sifu grabbed a kwan dao and started dancing around. He whirled and gyrated like a humming bird on the wing and then turned to our friends and said, "Now, do the same thing." Just as the boys thought their end must be coming, they



opened their eyes and felt their heart pounding. Drenched all in sweat from their head to their toes Sifu Daryl had his fist clenched tightly around Sifu Mark's nose.

Looking down at Spencer, Sifu Mark gave a cold shiver then turned to the sky with a bit of a fright and said, "Merry Christmas to all; I think I'll just forget this night."

By Sifu Lloyd

Coming Events

Grading Schedule

Youth/Junior

Saturday, February 4, 12:30 p.m.

Adult Novice II

Saturday, January 28, 12:30 p.m.

Adult Intermediate/Advanced

Saturday, May 12, 12:30 p.m.

ANNUAL Youth/Junior Awards Party

Will be held at the Academy on Saturday, January 14th

2:00 pm to 4:00 pm.

Parents- please arrive promptly at

4:00 pm to pick up your children.

Parents are requested to send a

healthy, nut-free snack.

WKFA 15th Annual Shiai (In-House Tournament)

Saturday, February 25 at 10:00 a.m. ALL Youth/Junior students are **expected to attend**. Tournament competition is the sport aspect of the martial arts. At our Annual Shiai, WKFA students have the opportunity to compete with fellow students in an educational and fun environment.

Canadian Karate Kung-Fu Association (CKKA) 6th Annual Memorial Event Friday, March 30th - Sunday, April 1st

Seminar, Tournament and Banquet

In 2012, Waterloo Kung-Fu Academy and Kitchener Kicks Martial Arts Centre are hosting this exciting event at the Holiday Inn in Kitchener. The event is designed to honour Grand Master David Chong, who is responsible for bringing our Shaolin Five-Animal Style to Canada in the 1960's. The weekend will include demonstrations, a tournament, banquet and seminars. Watch for details and registration forms in early 2012!

35th Annual Karate/Kung-Fu Maynia Tournament – Saturday, May 5th

This well-run international tournament for both children and adults is held at Conestoga College. Information regarding the tournament is posted at the Academy, or you can speak with Sifu to get more information and to obtain Registration Forms.

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Holiday Closures

ADULT CHRISTMAS SCHEDULE

Adult “*Christmas Class*” is **Thursday, December 22nd from 7:30PM – 9PM. — all sash levels. CLOSED:** Friday, December 23rd through to and including Monday, January 2nd. **OPEN:** Regular adult classes only resume on Tuesday, January 3rd, 2012.

YOUTH & JUNIOR CHRISTMAS SCHEDULE

Youth and Junior classes will be cancelled from Sunday, December 25th to Monday, January 2nd, 2012 (inclusive). Regular classes resume on Tuesday, January 3rd, 2012.

Family Day Weekend: The Academy will close following the 12:00 p.m. noon Adult class on Friday, February 17 and will reopen commencing with the 4:00 p.m. Little Ninjas class on Tuesday, February 21st.

Sifu's Corner

My intention was to publish the “Fu For You” newsletter seasonally this year, however, I fell a bit short this Fall. Hence this is now the Fall/Winter edition. However, it wasn't because I was sitting idle, as you will see, the Academy was a busy place over the last six months!

Boys Rock Conference

On October 17, 2011, our instructors and Leadership Team members once again volunteered their time to support the Waterloo Region Sexual Assault Support Centre at an event held at the

Kitchener Auditorium called Boys Rock.

This program was offered to grade seven and eight boys throughout the region. The event was a huge success thanks to the dedication of our Instructors and Leadership Team members.

Social Events

On August 21st, we held our annual pot luck summer picnic at Kiwanis Park. Thank you to all of the students and families that participated. Thanks to everyone that pitched in to organize the day, including the games. I'm already looking forward to next year's Family Picnic!

On October 30, the Academy was transformed into a haunted kwoon at our annual Halloween/Harvest party. This event is always one of the most popular of the year. A lot of people help make this event possible and I thank everyone for treating our students to a wonderful day.

Special thanks to Sifu Cory, Greg and Patti who put in a lot of time and creative energy to make this event the best it can be!

October 1st Grading

Congratulations to everyone who participated in the Oct.1 Adult Novice II grading. The day after marked the return of Sunday classes to the adult schedule. Congratulations to the Iron Warriors that attended this class.

Women's Classes

This year saw a lot of new additions to WKFA's programs. One of these that I have been the most excited about is the Saturday afternoon Women's Classes, which were held

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on June 18, July 23, Sept . 24, Nov.5 and Dec.10.

A very special thanks to our female Sifus who ran these classes: Sydney, Anita, Patti and Rebecca.

I have received a lot of positive feedback on these classes and definitely intend to run them throughout 2012, so continue to watch the announcement board in the weight room for sign-up sheets and details. The next class is slotted for Saturday, Feb.11, from 1:30 – 3pm.

Demonstration Team

Congratulations to all members of WKFA's Demonstration Team who wrapped up another great year on November 19 performing for the residents of Sunnyside Home in Kitchener.

Since the last newsletter the team also performed at: Columbia Lake for Canada Day, Ivor Wynne Stadium during a Ti-Cats game on July 16 and at the Laurelwood Family Fair on Oct.1. The team did an admiral job of presenting the benefits of kung-fu to the public and highlighting the achievements of WKFA students.

Thank you to Sifu Patti, Sifu Neel, Gunther and everyone who lent a hand this year with the team. A very special thanks to Sifu Stephen, who led and planned the demonstrations and held practices every Saturday morning.

Si Tai Gung Memorial Award

On November 26th at Kitchener Kicks annual Christmas and Awards party, I was honoured to receive the Si Tai Gung Memorial Lifetime Achievement Award that was awarded posthumously to Sigung Bob Schneider and the Waterloo Kung-Fu Academy.

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This is the most prestigious award that Kitchener Kicks presents each year. It was established after the passing of their founder, Si Tai Gung Ron Day.

Sifu Dave Hackett and myself will continue to work our hardest in remaining committed to the roots planted by our teachers.

Maintenance Day and Update

Thanks to everyone who assisted with an impromptu maintenance day held on October 22. We covered a lot of territory that day. As the saying goes, “many hands make for light work”.

The work was still pretty tough, but the Academy was in great shape by the end. Thanks for taking pride in our Academy and lending a hand!

We recently had a leak in the women’s bathroom ceiling repaired, which led to the discovery of a wasp’s nest in the roof vent. This finding along with the efforts of the team at Abell One Pest Control Inc., gives me confidence this issue is resolved.

We have also recently added venting and a fan to the back wall in the kwoon, which has already made a difference. This is a small part of a longer term project to upgrade the kwoon ventilation system.

Teen/Junior Student Council

Special thanks goes out to Sifu Neel who oversaw our newly formed Teen/Junior Council designed to be a liason between our junior/teenage students and the adult program. The Council kicked off the year with a movie night on May 6 and on Sunday, July 10th, students enjoyed a board breaking seminar followed by a bbq.

In the new year, Sifu Sarah is holding a special class on Sunday, January 15th from 2-4pm open to any student ranked Yellow Sash or higher from 11-19 years old. The focus is on aspects of transitioning from the junior to adult program. Sign-up in the weight room by Jan.7.

March Break WKFA Five Animal Kung-Fu Camp!

Attention all Youth Students and family members, buddies ages 6 – 10. By popular request, WKFA will once again be holding a Five Animal Kung-Fu Camp from Mar.12-16. Daily events will include animal specific fitness training and curriculum, crafts, snack, games and fun. Full details will be provided in early 2012 – stay tuned!

Fitness With A Purpose – Winter Promotion

Sifu Lloyd’s program: Fitness with a Purpose has welcomed many new students over the past year and absolutely everyone comments about the difference it has made to their overall health and wellbeing.

This is a unique program specifically developed to meet the needs of older adults. It uses martial arts techniques as the medium but focuses on the 4 pillars of fitness for older adults – Strength, Flexibility, Balance / Agility, and Aerobics. A portion of each class is also dedicated to self-defence and relaxation techniques.

Sifu Lloyd runs five classes per week – Sunday, Tuesday, and Thursday at noon, right here at WKFA, and Tuesday and Friday evening at 7:00 at Kitchener Kicks.

Sifu Lloyd always offers two free classes to new students to try the program, but **he’d like to extend a special offer to WKFA students**

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and parents that may have parents, grandparents, or friends that could benefit from this unique program.

Anyone that contacts [Sifu Lloyd](#) between now and January 14, 2012 and mentions that they were referred by a WKFA student or parent will receive **one month of free FWP classes with no cost or obligation**. They can visit www.waterloofit.com for more information about the program or to get additional contact information.

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 you are welcome to call into the Academy to listen to the message.

New AED for the Academy

This fall I invested in an AED (automated external defibrillator) for the Academy. All of WKFA’s instructors are First Aid and CPR certified. A certified instructor is always present at all classes.

At our most recent certification, we learned the benefits of having an AED in an emergency situation. The AED dramatically increases someone’s chance of survival while paramedics arrive. It is a fluorescent green machine that is located on a hook just inside the kwoon level bathroom inside the gateway. As with your Kung Fu skills we hope to never have to use it, but it is good to have!

Gift Certificates

In the spirit of giving, we have prepared gift certificates that you can share with non-training friends and family. What a wonderful gift to receive – 1 month of classes at

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WKFA! The gift certificate is valued at approx. \$100.

Store Announcements

Leisure Wear is now available for payment and/or pickup in the Store. Please pick your order up at your earliest convenience and pay any amount outstanding.

Whenever we are available, Sifu Patti, Sihing Ken, Sije Lorna and myself can assist you with any items in the store. There is currently a display in the lobby with catalogues and pricing. Sije Lorna is regularly available to assist with store purchases: Tuesdays 7:30 – 8:30pm, Wednesdays 6:45 – 8pm and Saturdays from 10:30am – 12:30pm.

During 2011, our supplier of kung-fu pants experienced a supply issue with respect to the quality of cuffs. Several of the cuffs were ripping in a short amount of time. To address this, pants that ripped shortly after purchase were replaced at no charge. We went through our entire inventory and sent all potentially faulty pants back for replacement. The supplier has since sourced a new lycra cuff that I think you will find is much more durable. I apologize for any inconvenience. In light of this, we are offering a limited supply of washed and refurbished pants at a considerable discount and for the remainder of 2011 and until Jan.14 all new pants with cuffs will be 15% off.

T's is the Season for Giving

This fall we set up the WKFA lobby as a drop location for items supporting local shelters in support of an initiative launched by Sifu Patti and her family. Thank you to all WKFA students and families who have contributed. Here is a word from Sifu Patti:

“Thank you to Sifu and Sifu Greg for allowing the Academy and home to be drop sites. Unless otherwise requested, items gathered support our local Out-Of-The-Cold Program (OOTCP). Items will be collected through to April 2012. Lists of what is needed are posted at the Academy and a bin to place items is provided, please do not leave items outside the Academy.

The OOTCP welcomes guests who are living on the streets, often times experiencing addictions and mental illness. In most cases, guests do not have permanent shelters and places to go. We do receive guests who have a room or an apartment however they do not have money extra for essential items and food.

Although OOTCP caters mainly to adults we do have teen guests and sometimes families arrive with children. Everyone is welcome! Guests benefit from a warm meal and a warm place to escape the cold. In special cases, we work with other shelters to accommodate entire families, expecting mothers, youth and minors.

On Saturday evening, a lady approached me and put out her hand and introduced herself and her husband and then she hugged me. She was thankful for their meal and for what all of the volunteers do at shelter. She was thrilled to choose from donations. After asking permission if she could take one extra sweater, she said the words "I found a nice gift that I will give to my daughter for Christmas". She was so happy.

Our guests do not arrive with great expectations or sense of entitlement, they ask for very little and they appreciate what they receive. When I went into the front lobby many people were trying on garments, helping one another find

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things that they needed. Guests were thrilled to have socks and toiletries, new boots, bags for lining their boots and so on. In the kitchen we even had extra pasta to choose from that night.

Our donation bins and pantry have never been so full! On behalf of our guests, thank you for your support and care”.

WKFA in Cyberspace

In the last newsletter, I discussed WKFA's new presence on Facebook both as a Fan Page for the general public and Group for Academy members only. A very special thank you to Sihing Ken who has helped maintain this presence and add exciting announcements and martial arts related content on a daily basis!

Sihing Ken also recently helped film and edit a short video demonstrating how to tie a belt.

We recently added a Google calendar of events to our website so please visit the [Students Corner](#) section of www.waterlookungfu.com to check out both of these items.

New Classes

In order to effectively accommodate our growing programs, the Academy added five additional classes this Fall.

Including the Competition Team classes the Academy currently offers a total of 35 kung-fu classes a week!

Many schools will offer a wide variety of programs but I firmly believe that kung-fu is dynamic activity that offers a broad and important skill set to a large demographic.

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Our schedule and curriculum has always been very specially tailored and planned to teach to individuals' unique needs as related to age and skill and these changes reflect a positive evolution towards that end.

I appreciate your consideration of the new times. The [Students Corner](#) section of our website includes a printable .pdf of our current schedule.

Conclusion

It was definitely an action-packed year! I'm sure 2012 will be similar. On a personal note, Patti-Lynn and I are expecting our second child this March. I wish all of the instructors, students, and families of the Academy a wonderful holiday season and all that life has to offer in the New Year!

Attention Parents

December Membership Renewals

This is a special request and reminder to those whose memberships are due this month. **December 31st is WKFA's year end so please ensure membership renewals are paid before the Christmas break.**

Why Do Some Students Advance Quicker Than Others?

Advancement at Waterloo Kung-Fu Academy, or at least the rate of advancement, is largely up to the student. This is just as true for our Youth and Junior students as it is for our Adult students. Many things, such as regular attendance, practice at home, attentiveness in class, and knowledge of their requirements, combine to determine how fast your child will advance.

As you know we try to hold Youth / Junior gradings every 6 -8 weeks to give our younger students as much

opportunity as possible to advance. It hasn't always been that way; we used to hold no more than 4 Youth/Junior gradings per year; less than half of what we offer today. If a student missed out on a fall grading they had to wait until at least January or February.

Your child is provided with a requirement sheet for each belt or sash level. On that sheet we show both the number of classes and the length of time required before they are eligible to test again. Those are both *minimum numbers*; not target numbers. Depending on such factors as attendance, practice at home, and the ability of a student to adequately demonstrate their requirements, some students will advance at a faster rate than others.

We pride ourselves on providing your child with the best possible learning environment and a proven system for developing their kung fu skills. Some students simply need more time to absorb information and become competent with it.

Over the long term quality is much more important than quantity, so don't be discouraged if your child doesn't meet the criteria for a given grading. Remember that the next one is only a few weeks away, giving you time to work with your child to ensure they are ready the next time.

Food for Thought

Christmas is the season for kindling the fire of hospitality in the hall, the genial flame of charity in the heart.
~Washington Irving

*Peace on earth; good will
toward men.*

*Merry Christmas and
Happy New Year.*