



## The Traditional School of Chinese Martial Arts

4/9 Rutland Street Coorparoo QLD 4151.  
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0412 313653 / 3847 8151  
www.brisbanekungfu.com

Winter  
2003

# CMA NEWS

## CALENDAR

NAS Tournament – Round 4	10th Aug
Control & Restraint Seminar	23rd Aug
Chinese Kung Fu Open Day	24th Aug
Grading	30-31 Aug
Kalaripayat Course Begins	1st Sept
Social Outing	Mid Sep
Stick Fighting Seminar	21st Sep
NAS State Titles	19th Oct
Spring Newsletter	Mid Oct
Camp	1-2 Nov
Grading	15-16 Nov
Banquet	14th Dec

## Training Weekend

A training weekend is planned for early November. Normally we leave on the Friday evening and return Sunday afternoon. At this stage I propose camping at Springbrook National Park. Tai Chi, sparring, forms, weapons, night training, lots of stuff we don't get a chance to cover in class. Register your interest to Sifu Jason and tell him what you'd like to have included (and whether or not you have a tent!).

## BIRTHDAYS

<b>Last Month</b>	
Matthew Ness	- 01/07
Stephen Reville	- 02/07
William Baker	- 05/07
Peter Natalier	- 28/07
<b>Coming Up</b>	
Jason King	- 17/08
Richard Baker	- 22/08
Andrew Smith	- 23/08
Seth Fletcher	- 02/09
Kevin The	- 05/09
Richard Nicholls	- 02/10
Rae Allen	- 10/10
Heather Green	- 11/10

## GRADINGS

Gradings shall be held on the weekend 30-31 August. If you're not sure what is required for your level grading check with Sifu Jason ASAP.  
The next grading won't be until mid November so consider your preparation over the coming few weeks.  
As well as your physical grading, there will be a report required to be handed in before you start.  
Gradings cost \$30 per level and if you're successful, you will receive a grading certificate. No matter the result, you will get a feedback report telling you where you did well and what you need to work on.  
Remember that your grading includes being able to do your previous level to a high standard!

The certificates are in the process of being redrafted - I have a list of those who are yet to receive theirs.

Half way through the year we have had 11 successful gradings as follows:

Rae A	- Tai Chi Level 1	16/03/03
Rae A	- Tai Chi Level 2	16/03/03
Seth F	- Shaolin Level 1	07/04/03
David F	- Shaolin Level 1	07/04/03
Glen M	- Shaolin Level 2	28/04/03
Maya R	- Shaolin Level 1	29/05/03
David F	- Shaolin Level 2	30/06/03
Simon H	- Shaolin Level 2	01/07/03
Ashley G	- Shaolin Level 1	02/07/03
Stephen R	- Shaolin Level 1	02/07/03
Matthew F	- Shaolin Level 1	02/07/03

These students with preparation could be ready to grade by end of August: Thomas P, Peter, Rupert, David S, Justin, Aqeel, Luke, Cindy, Serena, Thomas L, William, Richard B, Brian, Steven, Damian & Brendan.

## UNIFORMS

If you do not yet have uniform items, check with Sifu Jason whether he can get them for you. In particular sashes, but also pants, jackets and badges.

## Kalaripayat Intensive Course

This martial art from South India is physical and mental training, a form of healing, a spiritual practice and self-defence. As a training technique it develops grounding, a lowering of the body's centre of gravity, clear focus, the integration of breath with movement and body-spatial awareness.  
Traditional Master Vinildas Gurukkal will run this program from Sept 1 to 26, Mon to Fri (inclusive), 7am to 8.30am. 20 sessions all together, total cost \$220. Training will take place at the Stores Rehearsal Room, Brisbane Powerhouse, New Farm. See Sifu Jason for details.

## Open Day

The Chinese Kung Fu Academy on Stanley St, East Brisbane are having an open day on Sunday 24th Aug at with lots of demonstrations, presentations etc. See Sifu Jason for details.

## Weapon Seminars

On 20th July, Thomas, Dennis, Serena Peter, Luke, and Jason participated in a knife defense seminar by Steffan Messerschmidt. All found it interesting and useful and I would recommend to any student that they consider doing these. Steffan's next seminar will be Stick Fighting (Escrima) and will be held on Sunday 21st Sept. Cost \$40. See Sifu Jason for details.

## Control and Restraint

On 23rd August is an opportunity to participate in a control and restraint workshop. Held by Corporate Security Training in Mary Street, Brisbane, it teaches non damaging ways of dealing with an attacker. \$85 for a whole day workshop.



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## TOURNAMENTS

Well, the regional NAS tournaments are complete for the year with Round 4 being held last Sunday 10th August at Carrara Stadium. Anyone who has competed during the year is eligible to enter the Queensland State Titles on 19th October.

If you have placed in the top 3 in any event this year then you are automatically included in the Qld team. Otherwise you have a last chance of qualifying by finishing in the top 8 in any event at the Qld Titles.

Results so far this year include:

### Round 1— March 2

Thomas Pomeroy - 2nd place  
14-15 yrs point sparring  
Simon Hu - 1st place  
Men's novice forms  
Luke Marshall - 3rd place  
Men's novice forms  
Jason King - 1st place  
Senior weapons demo  
David Sutherland - 3rd place  
12-13 years forms

### Round 2 - April 13

Thomas Pomeroy - 2nd place  
14-15 yrs point sparring  
Thomas Pomeroy - 2nd place  
12-14 yrs cont. sparring  
Jason King - 2nd place  
Senior weapons demo  
Jason King - 1st place  
Blackbelt point sparring  
Jason King - 3rd place  
Blackbelt forms  
Simon Hu - 3rd place  
Men's novice pt sparring  
Peter Natalier - 1st place  
Men's Intermediate forms

### Round 3 - June 15

Jason King - 1st place  
Senior weapons demo  
Jason King - 1st place  
Blackbelt point sparring  
Jason King - 3rd place  
Blackbelt forms

### Round 4 - August 10

Peter Natalier - 2nd place  
Mens Intermediate forms  
Simon Hu - 1st place  
Mens Novice Forms  
Simon Hu - 4th place  
Mens Novice Con Sparring  
Luke Marshall - 3rd place  
Mens Novice Forms  
Jason King - 1st place  
Senior weapons demo  
Jason King - 1st place  
Blackbelt point sparring

Well the State rankings so far (up to and including Rnd 3) give an overall picture of where you rate over the year. This is where consistency and perseverance are rewarded.

Notable mentions include:

David S - 5th (forms)  
Thomas P - 8th (jnr weapons)  
- 6th (forms)  
- 5th (cont sparring)  
- 2nd (point sparring)  
Peter N - 3rd (point sparring)  
- 2nd (forms)  
Simon H - 5th (cont sparring)  
- 4th (forms)  
Luke M - 10th (sparring)  
- 2nd (forms)  
Jason K - 2nd (forms)  
- 1st (weapons)  
- 1st (point sparring)

National Titles will be held in Sydney on the weekend of Dec 6 - 7 so start planning now!!

## Sifu Says

\* Congratulations to Seth and wife on the birth of their new baby girl Isabella Hope Fletcher (and new uncle Tavis).

\*Sifu Jason single-handedly represented the school at short notice at the 2003 Buddha's Birthday festival at Southbank on May 3rd and 4th filling in some ten minute spots with tai chi, kung fu and weapon forms.

\* Thanks to Sifu Richard, Sifu Kevin and Sifu Ian Taggart for helping demonstrate Tai Chi in the Queen St Mall for ABC's Heart Foundation week on 28th April. Thanks too to Luke and Danika for helping with brochures etc.

\* Sifu Jason gave an introductory lesson/demo to students of Southbank TAFE for their Alternative Health Week. Approx 20 students participated!

\* Laser Skirmish was lots of fun and we had plenty of people participate. Any ideas for our next social event to be held mid-sept?

\* Sifu Jason is in process of creating a library of Books, Magazines, Videos, DVD's and VCD's. There will be several hundred items to choose from (at about \$2 per week) and money collected will go back to the students as fundraising. Stay tuned.

\* Another tournament will be happening some time in October. About 300 competitors, all styles (mostly karate) and a large contingent from NZ.

\* Any news or gossip to tell other students? Give to Sifu Jason and he can include it in the next edition of CMA NEWS.



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## KUNG FU TERMINOLOGIES CMA News Editor Wanted

**Kung Fu** (gong fu) A Chinese system that teaches not only self defence but also the best way to live in harmony with the rest of the world. It therefore teaches non martial disciplines as well such as philosophy. The literal translation means energy time. It relates as a term to anything that takes time and energy to learn or get skilful at doing.

**Wushu** means military or martial technique. It is the official term for kung fu in China and Taiwan. Ironically, in the West wushu is thought of as the non martial variety of kung fu.

**Guoshu** (kuoshu) means national art referring to Chinese martial arts. A combination of both skills and knowledge.

**Si-fu** (shi-fu) An instructor in kung fu. Literally it means revered father. Same term is used for a female instructor.

**Si-gung** means grandfather. Or teacher's teacher (master). A female of this rank is Si-pu.

**Si-hing** means elder brother. A fellow student who started studying previously to an individual. A female is called Si-je.

**Si-di** means younger brother. A term used for the newer students of a master. A female of this rank is called Si-mui.

**Dan Tien** (tan tian) The energy (chi) centre of the body roughly located about 2 inches (5cm) below the navel.

**Chuan** (quan) means fist.

**Chi** (qi) Internal energy - a universal force which, when harnessed by the individual, brings enlightenment, good health and the ability to defend oneself.

**Chi Gong** - (qi/kung) The study of energy through breathing exercises. Circulates chi to whole body

## MUSCLE MEMORY

Tradition states that it takes a thousand times for your body to "remember" how to do a form. If 800 of those repetitions were sloppy, what will your body remember? Your body will remember the slack ones. This is not what you want! If you feel the need to not do your form properly then break it down into smaller sections or do it at slow speed - don't compromise the intent behind the technique or the definition/accuracy of the stances and moves. Yes, it's harder work, but the results will speak for themselves. Just look around in class, it's actually quite obvious who practices moves properly and who just goes through the motions. Choose which one you want to be.

Is there anyone out there with an interest in publishing, formatting, graphic design etc? As I'm largely computer illiterate and an incredibly busy man I'd be keen to have someone assist with running the newsletters for me. This would make them more regular and perhaps we could make them even more substantial. I do require someone willing to commit as I don't want to waste time or effort. I would imagine a few hours per month is all that it would take.

## Suggestions Wanted

In the 8 years I've doing newsletters for the school, I can't remember anyone actually suggesting or requesting anything as content. Considering that I write it for you, the students, I'd really appreciate some input. That goes for the other instructors as well. Likewise for class. If there's an activity you haven't done in a while or something you've heard about, mention it to Sifu Jason. If for some reason it doesn't suit the class as a whole, I'm sure I can spend time with you one on one.

## For Sale

Badges	\$7.50 (wu zen do emblem)
Jian	\$40 (straight sword - training blade)
Dao	\$40 (broadsword - training blade)

## Sifu Around Town

\* Fight Direction was recently provided to Harvest Rain Theatre's local production of Shakespeare's "Twelfth Night". Performed in eighties style from 13th Aug. Includes muggings, duels and a pub brawl!

\* Sifu Jason will soon be seen treading the boards in Sound of Music. He plays Nazi officer Herr Zeller (hence the moustache) at the Schonell Theatre from 25th Sept to 11th Oct.

\* He'll also be seen in Australian cinemas (Hoyts, Dendy) from Sept 4th in the acclaimed zombie film "Undead".

\* Sifu's last plug for this edition will be for the 24th October. This concert recital will consist of 25+ songs and celebrate his journey from early singing days (shudder!!) to current musical numbers.



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## Buddhism Made Easy

Damo is the name which the Chinese call the Indian Buddhist missionary Bodhidharma. He arrived in China in 527 C.E. preaching what has come to be known as Chan Buddhism in China and Zen Buddhism in Japan.

The basic teaching of various Buddhist traditions can be summed up with Buddha's own words.

**Avoid all evil,  
Do good,  
Purify the mind.**

A useful guide for anyone of any religion to avoid evil is to follow these five basic precepts:

- No killing
- No stealing
- No lying
- No sexual misconduct
- No intoxication (because it dulls the mind)

Doing good includes doing good to others as well as to oneself. These first three concern doing good to others, whereas the last three relate to yourself.

- Charity
- Morality
- Tolerance
- Perseverance
- Meditation
- Wisdom

Purifying the mind refers to the attainment of enlightenment (awakening of cosmic reality) through discipline, meditation, and wisdom.

The aim of Zen, the highest of Shaolin arts, is to experience cosmic reality beyond the phenomena or appearances perceived in ordinary consciousness.

Zen meditation avoids the use of visualization (unlike Taoist meditation) and focuses on the void. Zen monks are strictly vegetarian, celibate and shave their heads as a symbol of having left the mundane life for spiritual cultivation. However, you do not need to become a monk to practise Zen. In the Shaolin arts of Kung Fu and Chi Gong, if you train diligently and conscientiously, you can become a master without becoming a monk.

Paraphrased from "The Art of Shaolin Kung Fu" by Wong Kiew Kit

*Knowing is not enough, we must apply.*

*Willing is not enough, we must do." BRUCE LEE*

*Run away! Run away! MONTY PYTHON*

*You're always free to change your mind and  
choose a different future... RICHARD BACH*

**Private Tuition** - Those students who have trained privately with me have shown faster and more noticeable results. For example, their grading results tend to be of a higher standard. While they miss out on the variety of classmates and the social side of things, they pick up greater detail more quickly. For the regular class student, an occasional private lesson will greatly improve your forms and technique. Maybe a great time for one would be a short while before a grading or tournament.

**Sparring** - For students who wish to participate in sparring, first you must ensure your membership is currently paid (so that your insurance is covered). Next you need to obtain at least the following protective gear (in order of importance). Mouth Guard, Hand Mitts, Groin Guard, Shin Instep.

Sparring, like tournaments, is useful because you need to perform your techniques under stress. If you need to defend yourself in real life, you can guarantee it'll be a stressful situation therefore it beneficial for us to be challenged either in the classroom or at tournaments.

**Website** - We have had some recent problems with the members section of the website, but they appear to be fixed now. It was something to do with relocating to a new server and we lost a lot of our computer support. Soon I'll be adding essays that students have written for their gradings over the years. Don't worry, they'll be anonymous and won't be available to students until they've done their own.

**Health Contacts** - With many injuries in the school, (most not from kung fu!) I thought I might recommend a few health specialists that I've had involvement with.

- RSM Therapy - Therapeutic (Massage)  
Jason - 0414 499472
- Sport Therapist and Naturopath  
Steffan Messerschmidt - 3277 9428 / 0405 845 753
- Step Into Health Massage Therapy  
967 Creek Road Carindale