



**The Traditional School of
Chinese Martial Arts**

4/9 Rutland Street Coorparoo QLD 4151.
sifujason@excite.com

0412 313653 / 3847 8151
www.brisbanekungfu.com

**SPRING
2004**

CMA NEWS

GRADING RESULTS

Congratulations to all these students who graded recently. Across the board I felt there was a general lift in standard. It was the first time that the new sets of techniques had been graded and it was interesting to see how they were executed in comparison to previous requirements. It appears that novice students are far more capable with sparring having the basic strikes and advanced punches as part of their repertoire.

The school now has more intermediate and advanced level students than ever before, (level 6 x 1, 5 x 1, 4 x 2, and 3 x 9) which is a good indication of the strength and growth of the school as a whole.

E075	David Fawcett	Shaolin Level 4 Student	10/10/04
E063	Luke Marshall	Shaolin Level 3 Student	10/10/04
E079	Richard Baker	Shaolin Level 3 Student	23/10/04
E085	Katie Drysdale	Shaolin Level 3 Student	23/10/04
E099	Kate Johnson	Shaolin Level 3 Student	31/10/04
E100	Troy Johnson	Shaolin Level 3 Student	31/10/04
E091	Owen Moss	Shaolin Level 2 Student	23/10/04
I108	Brian Dyer	Tai Chi Level 2 Student	29/10/04
E119	Damien Booty	Shaolin Level 2 Student	23/10/04
E112	Marc Burton	Shaolin Level 1 Student	23/10/04
E134	Nick Davidson	Shaolin Level 1 Student	10/10/04
E115	John Bowden	Weapons Level 1 Student	23/10/04
E119	Damien Booty	Weapons Level 1 Student	23/10/04

There are a few students left to grade and I am hopeful that will be prepared by the 28th of November.

GAMES/MOVIES NIGHT

A games/videos night was held on Friday 17th July. After our Macgregor class we warmed down with some soccer and then relaxed with some martial arts movies. Bruce Lee's "Fist of Fury" and then Jet Li's "Once Upon a Time in China".

BIRTHDAYS

Sifu Kevin The	5th	September
Sifu Richard Nicholls	2nd	October
Emanouel Hatzisavvas	9th	October
Rae Allen	10th	October
Katie Drysdale	26th	October
Rupert Bignall	27th	October
Kate Johnson	28th	October
Richard White	4th	November
Heather Green	10th	November
Charles Molloy	11th	November
Serena Cummings	13th	November

EVENTS CALENDAR

NAS forms due in	12/11/04
Tournament Training	13/11/04
Tournament Training (Si Hing)	20/11/04
Tournament Training	27/11/04
Grading	28/11/04
NAS Nationals	4-5/12/04
IKAEF Seminar (Xmas Special)	4-5/12/04
Inosanto Seminar - Day 1	11/12/04
Inosanto Seminar - Day 2	12/12/04
Banquet	12/12/04
Inosanto Seminar - Day 3	13/12/04
Video Night	17/12/04
Last Class for 2004	22/12/04
First Class for 2005	10/01/05

Tournament Training

Those competing at the National titles may like to participate in these free training sessions (dates above). These are just for working on your tournament forms and for sparring drills and practice.

FOR SALE

Wu Zen Do Badges	- \$7.50
Wu Zen Do Iron Ons	- \$3.00
Jian (Straight sword)	- \$40.00
Dao (Broadsword)	- \$40.00
Jonathon L. Seagull	- \$5.00
Fists of Fear DVD (B. Lee)	- \$10.00

Web Site Upgrade

A large renovation to the site has begun. Classes, prices, contact details are being updated. The member section is having forms and reports added to it. Si Hing's details will also be included on the instructors page. Tell Sifu Jason about any ideas you may have.



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Seminars

CST Seminar/s

I did the control and restraint seminar last year and highly recommend it. For one day (4th Dec), \$85 gives you lots of practical information on pressure points, holds, take-downs and chokes etc. Very much a hands on workshop so be prepared to be on the receiving end as well!!

CST also do First Aid courses and refreshers so if you're headed up the ranks or need/want First Aid qualifications then consider these dates:

Nov 29 - 30
Dec 13 - 14
Dec 19

IKAEF Seminar/s

If you're not competing at the National Titles or cheering on in the crowd, then you may be interested in this xmas special. Steffen's workshops are fun and good value. Over 2 days you will cover knife defence, stick fighting, Jeet Kune Do, Kali, Self defence and Street Fighting. Just ask Richard, Luke, Serena, Peter or myself what they're like as we did several last year. Great Value!

Inosanto Seminar/s

Dan Inosanto was Bruce Lee's top student who continued the style of Jeet Kune Do and is a world renowned Martial Arts Instructor and practitioner. You may attend 1 or all of 3 workshops in South East Qld on 11-13 Dec.

Ask Sifu Jason for more details.

NAS Tournaments

Round 4 saw Sifu miss out due to family commitments. Si Hing obviously coached well as we still brought home a number of awards. Congratulations to:

Cameron Stewart - 3rd
Mens Advanced Cont. Sparring
Peter Natalier - 3rd
Mens Advanced Forms
Peter Natalier - 3rd
Senior Weapons Demonstrations

Kate Johnson - 1st
Womens Novice Forms
Kate Johnson - 2nd
Womens Novice Point Sparring

Heather Green - 3rd
Womens Novice Forms

After the 4 regional tournaments, overall 2004 state rankings included:

Peter - 3rd Forms
- 4th Point Sparring
- 5th Cont Sparring
- 8th Weapons
Katie - 1st Point Sparring
- 1st Cont Sparring
- 3rd Forms
Heather - 2nd Point Sparring
- 2nd Forms
- 3rd Cont Sparring
Kate - 6th Forms
- 8th Point Sparring
David - 4th Forms
Simon - 2nd Forms

Even as the 2005 World Titles on the Gold Coast beckons, we will be looking at other tournament circuit options as well next year. There has been some disappointing officiating, too many injuries and not enough variety.

See back page for state titles wrap up!

Virtuous Qualities HONESTY

Being honest is being sincere, open trustworthy and truthful. When people are honest, they can be relied on not to lie, cheat or steal. If they tell you something, you know they mean it.

With honesty you can count on your friends, family, classmates, colleagues and they can count on you. Honesty means not exaggerating something just to impress others.

Honesty is telling the truth no matter what, even it means disappointing someone. Being honest means you don't make false promises. You do what you said you'd do. Your actions match your words. Integrity!

Honesty brings an element of trust and security to your relationships and to your life. Telling the truth and living your life honestly isn't always easy and requires a lot of courage, but will bring you greater rewards in your personal and professional life.

- Admit your mistakes
- Keep your promises
- Say what you mean
- Mean what you say
- Tell the truth tactfully
- Refuse to lie or cheat
- Refuse to steal

Next quality - Patience

Quote

Desiring enlightenment is like fighting for peace.



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CAMP

For a different environment, I thought we'd go bush this time. A spot called Peach Trees near Jimna was recommended to me as quiet, beautiful, sparse of people, and with a swimming hole.

The mid afternoon departure time seemed like a good idea but a traffic jam on the Bruce Highway (at 3.30!!) plus roadworks, rain and bridge closures made the trip substantially longer.

Dave was the first to arrive with Sifu and Steve soon after. After scoping the area and finding a top spot to camp we were quite flabbergasted to be asked to move away "if we were noisy campers". Prevention is better than cure so we moved and found a better spot anyway.

So setting up camp by headlight is what we ended up doing as the rest of the party arrived over the next two hours. Marc had his tent up and complete before I'd even worked out which side of my fly was up. My huge tarp was stretched out between a batch of trees and gave us our mostly dry living area for the weekend. Lights were not our forte on this excursion. Sifu flamed his entire mantle, Si Hing smashed his gas lantern, Troy's kero lamp we couldn't get to work and the dull glow from Damien's torch was barely enough to see by! Thank goodness for a couple of other torches and the occasional headlight.

Our first wildlife interaction was a bandicoot, followed by a brave possum who came right to the middle of our site. There was also an owl spotted with an impressive wingspan and a couple of thousand frogs could be heard. The rest of the night was spent with a few drinks celebrating Damien's last day at work.

The alarm was set for 6.30am but the birds had other ideas. From 4.00am they squawked, gobbled, cooed and whistled and the rummaging bush turkeys had us up much earlier than anticipated. Ah nature!!!

While waiting for the last few to wake up, some of us explored the local area. We were surrounded by dozens of eastern grey kangaroos and found some possums in the rafters and sinks of the facilities. Down at the swimming area we saw a platypus, kookaburras, kingfishers and some water beetles.

We had a long and slow stretch session followed by some chi gong under the trees. This got the energy flowing and the cobwebs cleared before a potentially long day. Breakfast was hoed into in preparation for the day ahead.

Once breakfast had settled, we headed off for a run. Two groups started out for the 4 kilometres along a fire trail. Dodging cow pats and mud puddles became all important. We reached what appeared to be a small hill which one by one claimed us all. It was so much longer than expected and we all puffed out. At our destination we were met with the state's tallest fire tower. This was a poorly kept secret but was a shock to some. 241 steps and 43 metres might not sound like much but even Sifu couldn't jog all the way up. In fact, only a few people braved the height at all, to get to the top. Once down from the tower we went through a fitness session to the surprise of the 4WD drivers. Chin ups, push ups, sit ups, back extensions, squats, calf raises and handstands gave our whole body a workout as felt the next day. We had a more relaxing trip back to the camp site only to be interrupted by more rain.

After lunch we had a balance session - tight rope walking around a fenced off area. A few made it all the way around. Marc and Sifu did it backwards

and nobody could do it with eyes closed! A game of soccer was had with 5 on 5. This warned us up sufficiently to check out the swimming hole properly.

We had a rope swing to play with! The water was a good two metres deep and cool. At least the sudden entry gets it all over with. Two young girls showed no fear in having a go while the experimentation from our group was starting to take its toll (trees, back splats, attempted dives).

Our last training session for Saturday was pressure point training which Dave unfortunately couldn't stay for. In a circle we stood, waiting for each person to try out each spot on us before we returned the favour. As is normal with pressure points, while it would work on most people there is always one or two that it doesn't work on. But we definitely succeeded most of the time.

The rain stopped this activity (thankfully, some would say) so we prepared for the night. After dinner and tarp realigning, we settled in for a chat and some snacks. Desperate attempts were made to get a fire going (paper, sparklers, butane, kerosene, even canola oil) but to no avail. Marshmallows had to be eaten raw. Shucks!

Heather brought out the violin and skilfully entertained us and then Sifu joined her in song. After lots of Les Mis and the like most were ready for bed. I wonder if my singing scared them to bed or if it gently lulled them? Our original neighbour must be glad we moved!

Quieter birdlife the next morning meant a sleep in till 6.30am. An upset kangaroo thumping back and forth was entertaining and impressive to watch and nearly cleaned Damien up! After breakfast we completed our pressure point training just in time for our guest instructor to arrive.

Nigel Poulton is a good friend of mine and he is extensively skilled. I was glad he was able to make it and appreciative of the fact that he came directly from work. He took us all through a great session of stand up wrestling which is quite different to what we normally do. He followed this up with a session of boxing drills which everyone appeared to enjoy (albeit with some bruised knuckles). I will no doubt incorporate some of his drills into our own training.

Also in the morning, we did some board breaking. Last camp no-one could get through the big board with a hand strike but this time a lot of us did. Not only that but some made it through both boards together! Si Hing then entertained us attempting to eat 5 marshmallows at once.

Another swim to cool down, then lunch and sayonara to Nigel and family. Some of us played ultimate with the Frisbee and then it was time to pack up in between the showers. We had fun undoing the tarp from its high altitudes. Although less stuff gets packed up it always seems to take up more space!

After cramming it all in we made our way back to Brisbane in the rain, braving the traffic jam at Morayfield and bits of car falling off. Sifu made the Sunday class just in time only to discover a solitary student waiting - Dave. He alone had energy left to come to training.



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Sports Psychology for Training - Part 1

Heather Green

This is the first of a two-part series on sports psychology for martial artists. This article focuses on principles for training; the next one will focus on maximising performance on event days such as grading and competition.

PRACTISE WITH CORRECTION – Practising properly is crucial for skill development. That means doing both the right amount of practice and the right type of practice. You get maximum benefits from practice if you use corrective feedback. This can come either from other people or from yourself. Feedback is most useful when it is specific and acknowledges both positive and negative aspects of performance. So, instead of just doing repetitions, make each one a good one, and focus on specific aspects that you can improve.

GOALS – Defining goals for training as well as for outcomes is more rewarding, more motivating, and leads to better performance. Whenever possible, goals should be specific, measurable, achievable, and have a time-frame. For example, Fred might set a goal to be able to do 60 push ups by the end of three months. If he can currently do 40, he could break down how many he needs to do each week or each month to reach his goal. Telling other people about your goals also makes it more likely you will reach them. And have fun celebrating all those little and big wins with your training goals!

THOUGHTS – Think about the mental messages you give yourself in training. Are you a positive coach, encouraging yourself to persist and improve? Are you dragging yourself along to training because you think you need to get fitter? Do you always focus on what you do wrong instead of what you do right? Try to notice what you are thinking, and aim to use more realistic, encouraging messages. For example, instead of thinking “I’m so tired tonight”, you could change it to “That’s good that I got here when I’m feeling so tired; how about I focus more on quality this session”.

IMAGERY – Making images in your mind of you performing an action successfully is a type of “mental rehearsal” that works the same parts of your brain as actually making the moves! Visualise clearly in your mind what you are trying to do, and try to feel in your body what the moves would feel like.

Heather Green, PhD (ClinPsych) is a clinical psychologist with the Inner North Brisbane Mental Health Service.

Student Profile

Steve Crome began his Kung Fu training in August 1995 and as such is the schools oldest current student. In 1998 he left for Melbourne where he stayed for 3 years. He then lived in Europe for a year or more.

Competition highlights have included two second places at the 1995 State Titles and a State Title in 1997. There was also a memorable regional tournament in 1996 where he went home with 4 trophies from one days competition!

Before leaving for Melbourne he was almost ready to attempt his assistant instructor grading. By his own admission he is “...a bit rusty.” Steve looks forward to starting from scratch, picking up new forms and sets along the way, and learning some of the refinements made over the years.

STEVE WITH THRUST KICK TO OPPONENTS CHEST WITH GUARD UP =>





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2004 QLD STATE TITLES

A good size contingent made it along to the state titles. Not only competitors but some welcome supporters too! Virtually everyone went home with something and some good results were achieved as follows:

Simon Hu	- 1st Mens Novice Forms
Troy Johnson	- 2nd Mens Novice Forms
Troy Johnson	- 3rd Mens Point Sparring
Heather Green	- 2nd Womens Novice Forms
Heather Green	- 3rd Womens Point Sparring
Katie Drysdale	- 1st Womens Cont. Sparring-
Kate Johnson	- 1st Womens Novice forms
Sifu Jason	- 2nd Weapons Demonstration
Sifu Jason	- 2nd Mens Blackbelt Forms

Woohoo!!! Well done everybody. I'm very proud of you all. We're in a good position to do well at the Nationals (3 weeks away).

Rest your injuries, sleep and eat well, and come along to the tournament training sessions to maximise your preparation.

You may even qualify for the Australian team to compete at the world titles in July!

Don't forget - winning isn't everything. The results often don't accurately represent your ability or performance on the day. There are many factors that affect your scores/results that you have no control over. For example, your position in the field, whether you're red or white, what judges you have, how the crowd reacts and more.

In fact I (and the crowd in general) are often more impressed with how you accept a loss or bad decision than if you had one won it.

Zen Join The Dots Game



Quote

Normal is an opinion.

TEN SHAOLIN LAWS

The Ten Shaolin Laws are non-religious, and transcend all cultures and races, i.e. people of any culture and race would agree that they promote values that are worthy and desirable. Laws, in the Shaolin tradition, are not meant to be punitive or restrictive, but as practical means to help followers achieve set aims and objectives; in this case to help them attain the best possible results in practising Shaolin Kungfu for combat efficiency, joyful living, mind expansion, and spiritual fulfilment.

There is no legal bidding on the Ten Shaolin Laws; one cannot be prosecuted in a law court if he breaks these laws. The binding is moral. But they are not forced upon the follower; the follower accepts them because he chooses to, because he believes they are helpful to him in his physical, emotional, mental and spiritual cultivation. If he breaks the laws, despite sufficient warnings, he may be asked to leave the Shaolin training, not as a punishment, but because the training is not suitable for him.

THE TEN SHAOLIN LAWS

- Required to respect the master, honour the Moral Way and love fellow disciples as brothers and sisters.
- Required to train the Shaolin arts diligently, and as a pre-requisite, to be physically and mentally healthy.
- Required to be filial to parents, be respectful to the elderly, and protective of the young.
- Required to uphold righteousness, and to be both wise and courageous.
- Forbidden to be ungrateful and unscrupulous, ignoring the Laws of man and heaven.
- Forbidden to rape, molest, do evil, steal, rob, abduct or cheat.
- Forbidden to associate with wicked people; forbidden to do any sorts of wickedness.
- Forbidden to abuse power, be it official or physical; forbidden to oppress the good and bully the kind.
- Obligated to be humane, compassionate and spread love, and to realize everlasting peace and happiness for all people.
- Obligated to be chivalrous and generous, to nurture talents and pass on the Shaolin arts to deserving disciples.

WONG KIEW KIT