



The Traditional School of Chinese Martial Arts

SUMMER 2004

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CMA NEWS

2003

Banquet Awards

A great night was had by all who were able to attend our largest yet annual end-of-year banquet / Xmas party. Over 40 people made it which was a great effort and students from both schools were able to meet and chat to familiar faces and some new ones. The buffet catered to some large appetites and also kept the vegetarians and seafood lovers happy! It was also a farewell to Paul Sweetnam who has moved to Sydney. Best of luck to you Paul. Some of the awards were particularly well deserved. The results are detailed below.

Best Attendance

- Luke Marshall

Runner Up

- Peter Natalier

Best Tournament Participation

- Simon Hu

Runner Up

- Peter Natalier

Best Demo Participation

- Ian Taggart

Honour Roll

- Damian Williams
- David Fawcett

Most Improved

- Emanouel Hatzisavvas

Student of the Year Award for 2003

Luke Marshall

STUDENT PROFILE

Emanouel Hatzisavvas

Emanouel began Shaolin training at Macgregor classes back in May 2001. A break of almost a year was had due to work commitments but he started up again a few months ago with private lessons. He is now level 3 and last year was awarded Most Improved student - a result of much hard work in between lessons. He is enjoying a variety of weaponry including his recently acquired Guan Dao. Emanouel looks forward to the opportunity to resume competitions this year; his favourite event is Continuous Sparring but he's keen to put Gong Li Chuan on the mat as well.

\$\$\$ Reminder

For those that haven't yet paid, remember that your yearly membership is due by the end of January. If you have trouble paying let Sifu Jason know. The annual fee is \$30. Until membership is paid, you are not covered by insurance and you won't have access to the Members Section on the Brisbane Kung Fu website.

Tournaments

Our first tournament for the year is on Sunday 7th March at the Runaway Bay Sports Stadium. Round 2 will be here in Brisbane. For those who are unsure about competing, consider coming along to watch or ask others what it is like. You may choose to only do forms or demonstrations. Or you can do the sparring events if that is your thing. Just remember, it is only a tournament - you are bound by many rules and regulations and in no way represents real self defence or combat skills. It is however one of the few opportunities we have to perform our skills in a pressure environment. Personally, I find it very rewarding to go up against other styles and even just to analyse them.

This year we have a bonus. The National titles will be held here in Queensland. Home ground advantage. No travelling and accommodation expenses. We can bring families, friends and cheer squads. I'd like to put together some demonstrations and weapons so if you're interested in doing anything solo or as a group, let Sifu Jason know. We have lots of time to prepare but the sooner the better.

CALENDAR OF EVENTS

Annual Membership Due	31/01/04
NAS Toumament - Round 1	07/03/04
Grading Days	14/03/04 20/03/04
Video Night	02/04/04
Martial Art Camp	23-6/4/04
NAS Toumament - Round 2	09/05/04
Grading	06/06/04
NAS Toumament - Round 3	04/07/04
Social Event	31/07/04
NAS Toumament - Round 4	29/08/04
Grading	12/09/04
Social Outing	25/09/04
NAS State Titles	10/10/04
Grading	28/11/04
NAS Nationalk	4-5/12/04
Banquet	12/12/03



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Summer 2004

CMA NEWS

GRADING

Gradings shall be held on the 14th and 20th of March. If you're not sure what is required for your level grading check with Sifu Jason ASAP.

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 (when) 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 from level 2 onwards, includes being able to do your previous level to a high standard!

New Classes

The Paddington class will be split starting from the 7th March. We have simply grown too large to hold both Shaolin and Tai Chi in the same hall. Tai Chi will remain where they are and the Shaolin class are relocating to what used to be the Milton State School on Given Terrace. The entrance is via Central Avenue and you can park inside the premises.

I'm having an inordinate amount of trouble trying to find a location for my Wednesday night class but will keep trying. If anyone has any suggestions please let me know.

BIRTHDAYS

Owen Moss	31/01
Simon Hu	14/02
Luke Marshall	14/02
Clifford Kovacs	14/02
Troy Johnson	18/02
Brenton Phillips	20/02
Steven Chang	24/02
Glen McGoldrick	27/02
Cindy Chapman	13/03
Ian Taggart	14/03
Terry Kennett	11/04
Caine Hassan	15/04

SOCCER/VIDEO NIGHT

On Friday 2nd April we will have a social evening after class. A game of soccer to warm down followed by some martial arts videos/DVD's. There is no cost to participate – just bring something to snack on and share with the group and something comfortable to sit/lie on. Students that don't or can't make Friday classes are welcome to attend. Venue will be Macgregor High School and will be on till late.

KUNG FU FILMING

My web site is kindly hosted by an individual and unfortunately has a limited capacity for material. This only really affects my ability to add lots of videos and photos. My plan therefore (already underway) is to only have material posted on the site for the first 2 or 3 grading levels. The remainder forms etc. I am having put onto a DVD which can be purchased for a nominal fee. Let Sifu know if there are particular things you would like to see on this DVD/VCD. I have a digital camera being sent to me and will be recording soon. If you would like to be involved in the recording (either behind or in front of the camera) particularly if you filming experience, please let Sifu Jason know.

NAS - ROUND 1

We had a very good turn out at the Round 1 NAS tournament. Most were only spectating but their support from the sidelines was certainly appreciated. We had 2 officials, 2 competitors plus myself, and 5 or 6 students cheering from the crowd. Congratulations to Peter and Simon for their 2nd place results in Mens Intermediate and Mens Novice forms respectively. Several 4th places were also gained. Special mention to Peter who has graduated to the open ranks of the Continuous Sparring. It's a big step up to the black-belts and he acquitted himself well!

SIFU SAYS

Welcome to all the new students who started with us. The year has moved on so quick that some of these students are ready for their first grading!

Wednesday nights are now free for Sifu Jason to begin teaching another class on the North side. Unfortunately, no suitable premises has been found as yet. We may start with a small place within a few weeks and continue to search for a more long term location.

Camp will be held on the ANZAC long weekend. We shall spend three days on the Sunshine Coast training and playing. Plan early to keep that weekend free. Details to follow soon.

Etiquette - I believe that apologies should be used to indicate regret over something you meant to do or for something that had an undesired result. As such, don't apologise for forgetting a move, doing something poorly or being unable to do a move. Time spent apologising should be spent trying again, improving or fixing the problem.

Body Language - I don't like seeing hands on hips or arms crossed during class. They usually indicate to me a subconscious attitude detrimental to learning. (having arms crossed is a defensive posture while hands on hips can indicate negativity, ego and/or disagreement.

Perseverance - Training in Chinese Martial Arts is not easy, if it were, many more people would be doing it outside of Asia. However, the rewards are there for those that persevere. It's my opinion that Kung Fu is indeed a longer journey to take but one that provides a better destination and more benefits and experiences along the way.