



CHOW GAR KUNG FU DEMONSTRATION, SEPTEMBER 2018, HONG KONG

SHAOLIN MANTIS school of KUNG FU News

NOVEMBER 2018

Chow Gar Tong Long (周家螳螂)

Welcome to the fourth edition of our Shaolin Mantis School of Kung Fu newsletter.

NEW STARTERS

During 2018 we have had a number of new starters who train either in the main class, private one on one, or both. We warmly welcome these children to our kung fu school. Children usually find it difficult at first but soon get used to the various techniques being taught.

PROGRESS IN KUNG FU

All children do well in a variety of ways considering the challenges

of learning kung fu. Typically where children's concentration and focus requires improving, our kung fu lessons help them to improve these important life skills, helping them improve in many ways.

HONG KONG TRIP

Sifu Peter and coach Richard travelled to Hong Kong in September 2018 and trained with Kung Fu Master Li Tin Loi. This experience helped Sifu Peter maintain his teaching standards and knowledge, and Richard improved various traditional kung fu forms and techniques. It was hard work training in the Hong

Kong humidity and heat but well worth it.

In October 2018 Sifu Peter went to Thailand and trained with Master Paul Whiterod, the UK representative of Chow Gar Kung Fu. Sifu Peter trained to maintain his knowledge whilst picking up new advanced kung fu training techniques and applications



Master Loi with Sifu Peter



Master Paul Whiterod

GRADINGS

Grading are now held every 3 – 4 months however children attending these gradings depends on whether the student is ready. The next grading is the 1st December 2018, 10.30am at Kennington Youth Club.



One of our more advanced students demonstrating Swimming Dragon Swiping Legs for his Green Sash

We will be holding an extra session for those grading – date to be announced.

SYLLABUS & PROGRESS

A large part of the children's syllabus has been changed from the original Chow Gar Tong Long Kung Fu system so that it is easier to learn, and more age appropriate. We want children to gain specific core skills as well as being able to defend themselves; we don't want children injuring other children. However the children's kung fu is still very effective if practiced regularly.

Please remind your children that they are learning an authentic martial arts system and not to use anything they have learnt to bully or intimidate others. Also children will get stronger including core strength. This alongside techniques is starting to embed into their muscle memory, so please discourage children from play-fighting (not always easy!)

We have broken down the children's syllabus into 15 separate stages. The first two stages are stage 1 white belt and stage 2 white belt with red tag. Please remember that as children learn techniques, they should

continue to practice techniques learnt previously.



Kung Fu students grading

For the children that have passed the 1st stage, the moves start to get a little more complex but are really fun to learn.

Children should practice kung fu at home in particular:

- Press ups (using knees to build up strength in the first instance)
- Horse stance
- Steps
- Punches
- Hammer hand
- Got Sau (*Cutting back hand*)
- Bow chong (*Smother*)
- Chit sau (*Chop*)
- 4 direction block
- Soc sau
- Pai kui
- Front and side kicks
- Forms where known

Some children are currently training for their blue sash where the moves start to get advanced.

The latest syllabus being taught is on the next page:

Stage 8 Blue sash

- Short swords (Wo Dip Do)
- 1st part Phong Long Keok (Dragon Legs)
- Plum Blossom steps



Kids plastic short swords used for training to help ensure safety

SPARRING KITS

These are available from Richard and include a kung fu duffle bag, head guard, gloves, and foot protectors. We supply these to you at trade price and the cost is approximately £60. Colours include red, blue and black. The gloves and head gear will last for years. The footwear should last about 1 year if not longer until they become too small – these can be replaced separately at trade price.

Parents should note that sparring is only allowed when there are two trainers present to split the class accordingly, or at the end of a lesson. Hits and kicks to the head are not allowed – the head gear must be worn because some children tend to misjudge or could

get a little excited so in accordance with our risk assessment we ensure appropriate protective gear.

Our risk assessment is documented and available if any parent wishes to see it.

TRAINING TIPS

We want children to get the most from their training. The following simple rules will help.

- **Turn up on time.** Usually at the start of the lessons we need to warm up and stretch. Being late children miss this important process which may lead to a higher risk of injury. If children do turn up late please ask them to warm up at the side and stretch before they join in.
- **Practice in front of a mirror at home.** This will help place the hands or feet into the correct striking or blocking level, using our training videos as a reference.
- **Practice slowly at first.** Speed will come naturally.
- **Repeat and practice regularly.** This is the best way to get good at kung fu.
- **Use focus pads at home.** Holding these whilst your child punches them helps with

judging distances, striking properly etc. These can be bought from any good martial arts supplier including used one from Ebay. New costs range from £18 - £30 on average.



UNIFORMS

If your children's kung fu uniforms are getting a little small, we can provide replacement kung fu uniform for a price of £20 for black top and bottoms, £10 bottoms only, and £10 for a white kung fu t-shirt. Please ensure you read the washing instructions to keep the uniform in good condition.

SCHOOL HOLIDAYS

Our prices are based on 4 training sessions per month. However, some months there are 5 training days (Sunday or Thursday). We do not charge extra for these additional days.

Please note that during school and bank holidays we still provide classes, though there will be the odd occasion when the halls are not

available. We will let you know in advance.

MORE ABOUT THE KUNG FU WE TEACH

Our system is very effective and includes forms (a set of moves with each one having up to three applications), drills, pressure points, fighting skills, applications and more.

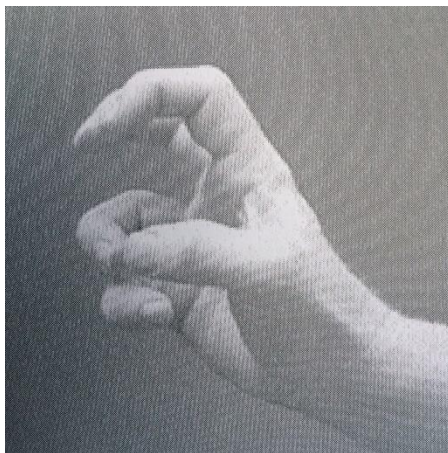
Do you know there are over 700 pressure points on the human body? 360 of them are commonly used within traditional medicine and massage. In Chow Gar kung fu we use 108 pressure points to subdue the attacker. These pressure points are known as "Dim Mak". Once children reach adulthood they will be taught this Dim Mak system which they can add into the existing kung fu knowledge, vastly improving the effectiveness of what they have learnt.

FORMS

Forms are taught to stimulate self-defence actions alongside breath control exercises, working the students mind and body to channel them into a reflex action. Where a form is learnt well and practices properly, it reveals the essence of its values. Practicing them again and again results in the body internal memories and neural pathways

making the movements natural and automatic. Encourage your child to practice forms (where known) so they become second nature.

EAGLE CLAW



This "Eagle claw" photo is from a book called "Close-in fighting skills of Chow Gar Southern Praying Mantis Kung Fu" by Paul Whitrod, 2004.

This eagle claw is one of the original hand clawing techniques "Kum La Ja Jook" (meaning seizing) from the Chow Gar system and is used in a variety of situations. For example, adults use eagle claw to apply a Dik Mak (pressure point) technique to subdue the attacker, causing instant discomfort and an inability to continue attacking. Please note some of these techniques are not taught to children in their original form and application including

Eagle claw. Instead we amend to be age appropriate. In any case children still love learning about such techniques, practicing to help build hand and arm strength.

AND FINALLY.....

If any adults are interested in learning Kung Fu, early 2019 Sifu Peter will be providing an adult only session, once weekly, early evening for 1.5 hours, to adults who have little or no experience of martial arts.

This is adult kung fu so no jumping around, no high kicks, and fitness as a beginner is irrelevant, just safe, effective martial arts for adults in a relaxed friendly atmosphere. Kung fu is also excellent in helping to reduce stress and help the body improve mobility – something we all need as we get older. Also being taught are locks, chi kung, and various other beneficial kung fu exercises and techniques

If you are interested let us know so we can keep you updated with developments.

