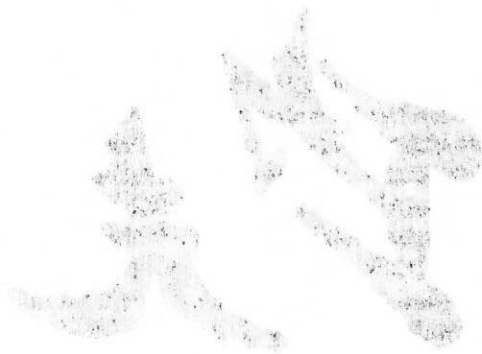


**THE KUNG FU
AND
TAI CHI
STUDENT
HANDBOOK**

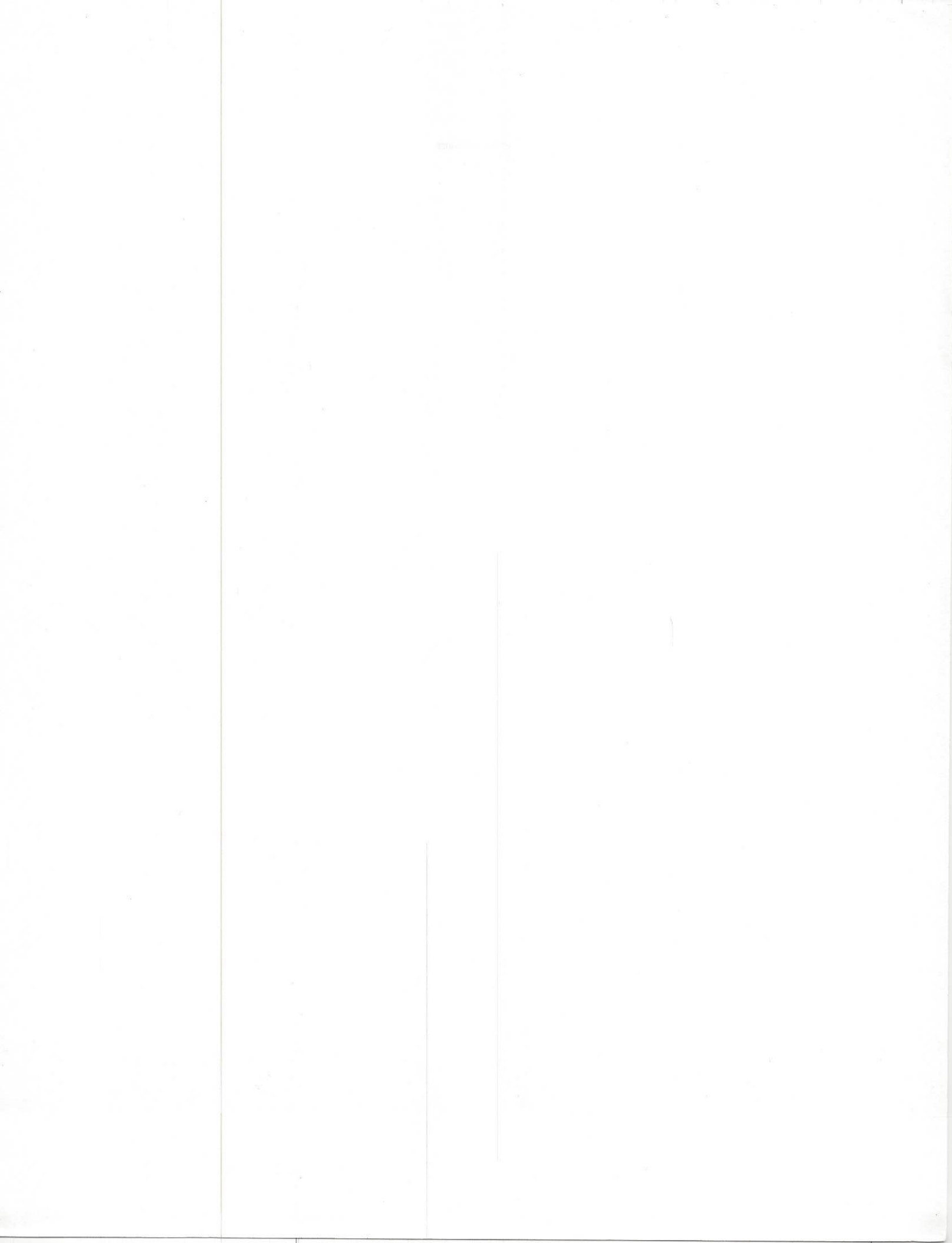


by Dr. Larry Sanders

THE KUNG FU
AND
TAI CHI
STUDENT
HANDBOOK



by Dr. Larry Sanders



DEDICATION

This handbook is dedicated to the students
and instructors of NEI WAI CHIA KUNG FU
TAI CHI CHUAN who have helped this art
prosper and grow.

Acknowledgment

The author wishes to thank MASTER FREDRICK
LOVRET upon whose book THE STUDENT'S
HANDBOOK is a sword and AiKi Jujitsu teacher
out of San Diego, Calif. The author considers him
his tutor in the way that Black Belts/Sashes should be.

CHINESE MARTIAL ARTS

W elcome to the CHINESE MARTIAL ARTS.

Now that you have joined (or rather been accepted by) our Kwoon, you are about to begin a new stage in your life. And a new stage it will be! As you will learn, there is a lot more to this than just techniques.

If you are at all typical, you rushed straight home after signing up and are now standing before he mirror admiring how well you look in your new uniform. Don't feel embarrassed; everyone else did the same thing. No matter how many years you study, or how many of the different arts that you master, there will only be one first time. This is a unique moment in your life, enjoy it.

This handbook will hopefully help you to overcome some of the embarrassing moments that all beginners go through. By understanding what you are supposed to do and why, you will be one step ahead of the game.

So sit down, get comfortable and make an honest effort to memorize this book. It may not turn you into the perfect student, but at least it will get you started on the proper path.

“NOW THAT I’M OFFICIALLY A MEMBER OF A KWOON, JUST WHAT IS A KWOON?” 2

FIRST STEPS

So, you've joined a Kwoon. You're probably tense, excited, and not a little uncertain about just what you've gotten yourself into. Don't you worry. You're not the first, and you won't be the last person to feel this way. New disciples have been feeling the same way for thousands of years.

CHINESE MARTIAL ARTS

WELCOME TO THE CHINESE MARTIAL ARTS

Now that you have joined the most beautiful of the Kung Fu, you are about to begin a new stage in your life. And a new stage it will be. As you will learn, there is a lot more to this than just techniques.

If you are at all nervous, you needn't be. For you are about to meet the most wonderful of people, those who have spent their lives in the study of the martial arts. They will be kind and helpful, and you will learn a great deal from them. They will also be different to you, and this is a good thing. It is a challenge to you, and you will enjoy it.

This handbook will help you to overcome some of the difficulties that all beginners go through. It is intended to be a guide to you, and you will find it a most useful one.

So do not be discouraged if you find it difficult to learn. It is a long and hard road, but you will find it a most rewarding one.

“NOW THAT I'M OFFICIALLY A MEMBER OF

A KWONG, JUST WHAT IS A KWONG?”

FIRST STEPS

So you've joined a Kwong. You've probably heard that it's a lot more than just a place where you go to learn martial arts. It's a place where you can find a lot of other things, too. It's a place where you can find a lot of other things, too. It's a place where you can find a lot of other things, too.

Actually, you are over the roughest part of the journey already: you've taken the first big step and committed yourself, an act that has set you apart from the vast majority of people. The world is full of potential students. People who are going to start training... "Someday!" We call them "Wannabees." The fact that you have made a decision and acted on it makes you a member of the select few. (The number, in case you're interested is about 1 out of every 1,000.)

The fact that you have been accepted is another big hurdle you've surmounted. Anybody can walk into a commercial studio and slap down their payment, and become a student. You however have been accepted as a **disciple of a Kwoon**. That means that the Head master has seen something worth while in you.

I won't say that it is all down hill from here but you have started. All it takes now is enough stubbornness not to quit. You don't have to be very intelligent or very athletic, but you do have to be very stubborn.

What do you have to look forward to? If you are at all typical, probably the most important learning experience of you life. Twenty years from now you will look back on the actual techniques that you have learned as being not so important: the things that you will find most rewarding are the things you learned with the techniques. These will include such priceless items as patience, assertiveness, humility, pride, manners (a new field for most Americans), an appreciation for elegance, and the ability to operate efficiently under stress. These are the abilities which will enhance ever aspect of your life.

THE KWOON

The Chinese word Kwoon may literally be translated as TEMPLE. It indicates a place where the "Way" (Tao in Chinese) is followed. Note the use of the word "followed". In a school you study the martial arts; in a Kwoon you live the martial arts (and yes, regardless of what any one else may tell you, Tai Chi is a martial art). As you will learn there is a major difference between the two philosophies.

A Kwoon is much, much more than just a school. A school is merely a place where the staff impart knowledge and physical skills. A Kwoon however, is more a state of mind than a place,. A traditional Kwoon doesn't just teach; it makes a concerted effort to create an entirely new being out of the raw materials that you provide. Yes it will change you! It will change your values, it will change your goals, and it will change you attitude about everything that you do.

Think of the Kwoon as a factory,. You provide it with the raw materials (your body, mind, and spirit) and it transforms them into a polished product (namely YOU!). Just about every form of adjective you can think of can be used to describe the process you will go through. It will be fascinating, boring, exhilarating, terrifying, fun, painful, exhausting, challenging, ugly, and beautiful. And it will never be forgotten.

THE PAI

Your Kwoon is a member of a traditional Chinese PAI (style). You should be aware of what that means. Although the term PAI can be translated as style, a much better translation would be Tradition. What that means is that the art has been passed down.

To be a member of a PAI automatically place you under certain obligations. As you will soon discover, there are a great many of these obligations (they accumulate with seniority), but the two most important involve honor and flexibility.

As a member of a PAI you are one of its official representatives, even though you are only a beginner and don't have the slightest idea of what you are representing. If therefore you should do anything of such a nature as to bring discredit upon your Kwoon, you not only dishonor you fellow students, but you dishonor everyone who has ever been a member of your Kwoon literally. Three months from now you will go to take a shower and find a bruise that you can't for the life of you figure out where it came from.

In addition to the constant minor injuries, you must be prepared for a lot of pain from your first tow or three classes it is not at all unusual for a beginner to have a little trouble getting out of bed the morning after his or her first class. You won't die but it may seem like it. You're just not used to it, the worst should be over by your fourth class so hang in there.

You may also be afraid that you will be beat up by the Black Belts (Sash), actually the exact reverse is usually the case. Beginners will hit you far more often than a Black Sash will. Black Sashes have control, beginners don't.

FEELING STUPID

Finally what about your fear of looking stupid? Sorry there's no way around this one. Everybody feels stupid as a beginner. The first time you take class you'll feel like a complete idiot. The things everybody else does with ease, you'll find impossible. Again, don't worry about it.

This is just a part of the learning experience and every single member of the class, including the Grand Master went through it. It's going to take you a couple of weeks to get over this, so in the mean time just try and laugh at your mistakes.

LADIES

If there are several women in the class you may not feel too out of place, but what if you are the only woman in a class with all men. What if all of those men are rough and big looking?

Well to be perfectly honest, you have your work cut out. At the best the men will probably think that you look cute in your little uniform and go out of their way not to hurt you. At the worst they will simply ignore you. Either case is not beneficial to you.

The only solution, if you really want to learn is to "Slam-Dunk" the biggest guy in the class and get their attention. This won't be too hard. The men won't be taking you serious so any technique that you do even half way right should have devastating results. You won't hurt them but you will definitely get a little respect!

By the way, in being accepted as an equal you need to realize that you will also have to rain as an equal. So please don't fight for equality and then be afraid to collect your fair share of bumps and bruises.

As a woman you do have one big advantage. Because the other students may out weigh you by a hundred pounds or more, you're going to have to use good technique instead of brute strength. As the smallest person in the class you will be forced to do everything perfectly: If your form is even slightly flawed it won't work at all. Large men, on the other hand tend to compensate for bad technique with brute force.

You must accept that you will never develop the power of a 240 pound man, so instead learn to execute your techniques with surgical precision. Oh yes, one other thing, get very quick and mean!

Finally

Things will get better. You won't die of sore muscles or embarrassment.

“ARE THESE STRANGE CLOTHES REALLY NECESSARY” 3

THE UNIFORM

We require you to wear the traditional Chinese Kung Fu uniform as soon as you can get it. This uniform consists of a coat (Shang I), pants (K'u), shoes (hsieh), and a sash (tai) once you earn it. The color of the uniform for students is black. Once you reach green sash you may wear either black or white. As a Black Sash you may wear whatever color of uniform you choose as long as it is not outlandish and meets with your teachers approval. If you come into class in a satin coat and expect to leave with it intact you better be at least a Master Teacher. Your teacher will supply you with the proper uniform. Ask him before or after class.

Actually the concept of wearing a uniform in martial arts training is utilitarian. The uniform that we use is heavy and will withstand a lot of abuse. Often times more than you will withstand. Some Tai Chi students wonder why they have to wear a heavy uniform just to do a form. Well if all you were doing was a form you wouldn't, but many of the self defense moves and push hand moves can rip the average T shirt right off of you.

Also a second major advantage to wearing a uniform is that it sets you apart. You are now wearing unique clothes to practice a unique art. It is special, and it makes you feel special every time that you put it on. You may be tense and exhausted after a hard days work but as soon as you put on your Hifu (that's what it is called), you will feel a rush of new energy.

SASH

Basically the sash is wrapped around your waist (twice if green or over) and tied in a square knot. The portion hanging down is on the left side for men, the right side of women, and in the center for Black Sash.

PADS and STUFF

Male students who do not wear a groin cup to every class are in constant danger of singing in the Vienna Boys Choir.

Female students can wear a good sports bra, there are specific martial arts bras with

plastic cups, but most female students tell me that it hurts more to get hit with it, than without it.

There is an unwritten agreement in most martial arts schools, women won't kick men in the groin if men won't punch them in the chest.

Jewelry in class is prohibited. It can and has caused injury. Earrings can be ripped out, and the one student who forgot his shoes always finds them.

A gym bag is a good idea. Yours should include: a uniform (2 if you are going to an all day clinic).

Cup

arm pad

elastic bandage

dit da jow (Chinese muscle liniment)

aspirin

small towel

notebook and pen

a well worn copy of this handbook

Shoes

Your choice of shoes is important. They must be comfortable and give good support. Also the little thin kung fu shoes often fly off you feet.

“SAY WHAT?” 4

Most areas of human endeavor have a trade-language, it doesn't matter whether you study physics or philosophy, there will be certain terms commonly used by professionals in the field that are never heard in normal conversation. The martial arts are no exception to this rule.

How much Chinese do you need to learn? Well that depends on your rank. As a beginner not too much. There are some words you will have to know and we will get to them shortly. But first:

PRONUNCIATION

The following are some simple rules of Chinese.

1. **P** is pronounced **B** as in Pakua
2. **K** is pronounced **G** as in Pakua and Kung Fu
3. The last name is given first as Hung Gar

Now here are a few of the words that you must know.

NUMBERS

1. E	6. Liu (loo)	11. Shi E
2. Erh	7. Qi (chi)	20. Erh Shi
3. Sahn	8. Bah	53. Wu Shi Sahn
4. Si	9. Jiu	100. E Pai
5. Wu	10. Shi	1000. E ch'ien

WORDS

1. Ting.....stop	6. Hifu (HEEFOO).....uniform
2. Kwoon.....temple	7. Sifu (C FOO).....teacher
3. Dung Gee.....class	8. Sibok (C BOK).....master
4. Jiu Yee (Jew YE).....attention	9. Sijo (C JOE).....founder
5. Shr.....yes sir	10. Ching.....quiet

MORE WORDS

hit.....chi chung	begin.....kowshe	shoulder.....chien
strike.....ta	Forward.....xiang	arm.....pei
kick.....tue	backward.....h'ou	elbow.....chou
cut.....chieh k'ou	right.....you	Hand.....shou
thrust.....tui chin	left.....zuo	chest.....hsiung
choke.....tui chin	bow.....chu	stomach.....wei
pin.....chen chu	high.....kao	groin.....fu ku kou
push.....ts'ui ts'u	middle.....chung	thigh.....ku
Pull.....t'o la	low.....ti	Knee.....hsi
throw.....t'ou	head.....t'ou	shin.....ching
stand.....chan chi	neck.....ching	foot.....tsu
sit.....tso	stop.....ting	

PHRASES

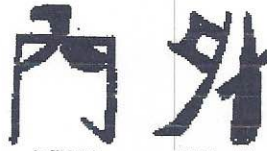
nin how mah	how are you
hao, shey shey	good thank you
Boo hao, shey shey	not so good thank you
Shey Shey Ni	thank you very much (to a senior)
Shey Shey	thanks (to a junior)
Shihchial wo	please teach me
Zaikene Shey Shey	class dismissed thank you
Sahgien	good bye

Characters

Chinese is written in characters that we call ideographs. That means that each character indicates an idea. There are thousands, but you only need to recognize a few. Such as:



KUNG FU



NEI

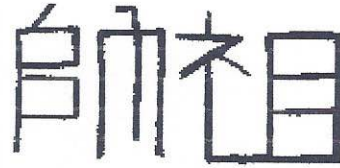
WAI



CHIA



SIFU



SIJO

“WHO’S IN CHARGE

HERE?”

5

HIERARCHY

When you first join a class you will probably be confused by the profusion of different colored sashes. Don't worry. It's not nearly as complex as it seems at first glance.

There is a definite hierarchy within our Kwoon and the colored belts are used to designate the different grades of students.

You will notice that a great degree of respect is shown toward those people at the top of the pecking order. The important thing to remember is that those ranks were earned and should be respected for the time and effort involved, even if you don't like the person.

RANKS	TITLE	SASH COLOR
Founder	Slio	BLACK AND GOLD
Rank 7-8-9-10	Sigung/Si Di Poo	GOLD AND BLACK
Rank 4-5-6	Sibok/Si Di Goo	GOLD
Rank 1-2-3	Sifu	BLACK
Assistant rank	Sisook Erh	RED/BLACK
Instructor	Sisook (M) Si-GooMui	RED
Advanced	Sihing (M) Si-Je (F)	GREEN
Intermediate	Sidai (M) Simui (F)	BLUE
Beginner	Todai San	ORANGE
	Todai ERH	YELLOW
	Todai	WHITE

All students below Black Sash are called Todai which is a generic term which means all students. You are not considered a disciple until you reach blue sash rank. Today's colored system was begun in 1972 when Dr. Larry Sanders instituted it for tournament purposes.

There is a definite purpose in this hierarchy, and the symbols of rank that accompany it. First, a ranking system allow a beginner to instantly distinguish the instructors from the junior students. That means that, at a glance, he will know who to go to when he has a problem. A rigidly enforced hierarchy also enhances learning. You have from childhood, been conditioned to accept statements from authority figures as being the truth. The Kwoon makes use of this conditioning by establishing the Sijo as the ultimate authority figure, so you accept all that he says as gospel and don't waste time examining each statement. This mental attitude of spiritual pliability and

intellectual reception is called xinren (trust) and without it you will never master a martial art.

“IS ALL THIS BOWING REALLY NECESSARY?”

6

FORMALITY

Many people wonder about all of the formality ceremony they see in a Kung Fu class. It can, to the uninitiated seem like a great waste of time.

There are three primary reason for ceremony in a Kwoon; safety, learning enhancement, and power.

The safety factor is the most important reason for Ceremony. Remember that this art is a ball field art. That means even though you may practice it for fun, there is still a potential for injury. Propriety serves as a control to keep injuries to an absolute minimum. By that we mean that in one instance your partner won't begin a self defense attack until you bow to him letting him know that you are ready.

As for the learning enhancement, the bow indicated that you have stopped thinking and are now concentrating totally on the task at hand.

Closely related to the enhancement of learning is power. When you fully concentrate on what you are doing then you can apply all of your energy to it. This was initiated by your bow.

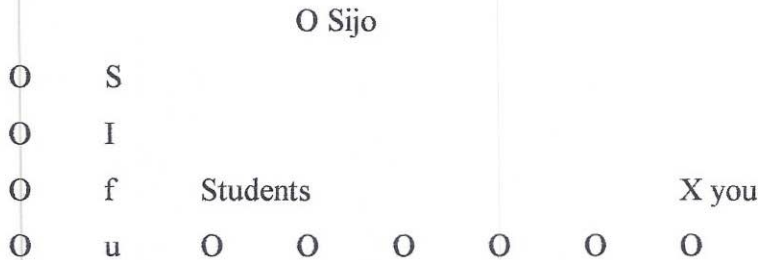
BOWING

There are four types of bows that are common in Kung Fu. They include the greeting bow where the right fist is covered by the left hand and pushed out at chest height, the formal kneeling bow where you kneel and place your hands in a triangle shape on the floor and then bow inside the triangle (this is used on formal occasions), the start bow when you are ready.

YOUR FIRST CLASS

At this point you should feel well prepared to begin your martial arts education. You know enough language to get by, you can bow, so why are you still nervous? Well , to make it an enjoyable experience we are going to lead you through a normal class.

First arrive about 10 minutes early. This will allow you time to do a little quiet sitting to get the traffic, school, work, wife husband, boyfriend, girlfriend out of your mind and prepare yourself for what is abut to happen. Your position in class as a new person is at the end of the back line.



When Sijo steps to the front of the class and says “Dung Gee” stand up. When he says “Jiu Yee” come to a position of attention with your feet together. He will then say “Nin how Mah, today”. You will say back to him, “Nin how mah, Sijo” At this point the exercise portion will begin. It will be led by a Sifu and will last thirty minutes. One warning , beginners should go at there own pace. To try and keep up with a well trained Sifu could prove very painful in the morning. Only do what you can do.

Just when you think that you are going to die the exercises end and the instruction portion begins. Pay close attention to what you are bing told and shown when Sijo say work with a partner reply with a hand bow and a loud “SHIR”. A partner will be appointed to work with you. It will usually be an advanced student that can help you a lot, listen to them and bow to them a lot. When Sijo give you instruction make sure that you bow to him as if you don’t the senior that

you are working with will get very upset and you don't want that to happen.

There is a very good reason why this is so . You see the man teaching this particular class is not just a senior or a Sifu (teacher) he is a Sijo a master of master. His was the creative mind that brought forth this art that you are doing. To show him any disrespect in day of old would very likely result in a minimum of you being thrown out of the school naked be the Black Sashes, often with broken bones. While Sijo does not condone this sort of behavior you have to understand that some of these senior students lives have been completely changed by this man and his art and they view him as much more than just another man and as you grow in this art so will you. Incidentally on other thing about Sifus they usually teach only grand masters, not Sifus, and certainly not todais. You are very very lucky indeed.

You will be shown a series of techniques to practice and you will do thousands of repetitions, so get used to the idea. When class is about to end Sijo will call the class to attention and form the Shaolin hand position, left hand cupped under right hand fingers pointing up. You will then repeat with him, "We will honor the masters who came before us and seek to follow their examples." He and you will then make the regular had sign and you will say with him, " We will follow the five virtues; honesty, humility, patience, sincerity, and loyalty". Sijo will turn to the Sifus and say, " Sahgien Sijo." They will say, "Sahgien Sijo". He will then say, "Sahgien todais." You will say " Sahgien Sijo". He will say "Zikenay shey shey." Class is dismissed thank you.

As you leave the Kwoon be sure to back out and bow to the Kwoon.

“ A FEW HINTS”

SUGGESTIONS 8

The following are a few suggestions that can help you in this new class.

1. Don't worry how long it will take to make Black Sash.
2. Train as much as possible. Make all classes.
3. Train some at home.
4. Practice movements very slowly at first.
5. Practice movements repeatedly.
6. Men pay attention to detail.
7. Women pay attention to power.
8. Get a notebook and take notes. You wouldn't fail to take notes in college.
9. Keep your mouth shut. The teacher should do the talking.
10. Pay attention.
11. Practice with seniors as much as possible.
12. Don't underestimate basics.
13. Watch for details.
14. Before class is a good time to practice.
15. Make all seminars and clinics, you will learn a lot.
16. Stretch everyday.
17. Lift weights.
18. Read everything you can on Kung Fu.
19. You are entering a new family, act like it.
20. Work toward promotion it is important.
21. Don't forget you teacher on birthdays and Christmas.
22. Be on time.
23. Call if you can't attend class (to not call will cost you \$5.00 and make your teacher forget who you are).
24. Show proper respect to your teacher at all times.
25. Never address your teacher by anything but Sijo (Anytime).
26. Don't address senior or Sifus by their first name unless invited to do so.

**“I DON’T CARE ABOUT PROMOTIONS.
I’M HAPPY JUST LEARNING.”**

9

PROMOTIONS

Some people say that rank isn’t important, and I concur. The promotion exams required to get rank however, are very important. It is easy to hide on the back row and pretend that you are learning but, when you step up to take a test, all pretenses must cease.

You will be performing under pressure if you can’t handle a simulated battle in front of your teacher you’ll never be able to handle a real battle with your enemies.

TRAINING PARTNER

The single greatest aid to rapid advancement in any art is a regular training partner. People who have a partner usually progress twice as fast as those who don’t.

PREPARATION

Begin practicing for rank exam as soon as you know when you will have to take it.

PRE TEST

When you think you are ready ask a student to pretest you. If you pass him, ask a Sifu to pretest you. Only when the senior Sifu feels that you are ready should you be presented to Sijo.

TEST TIME

The Senior Sifu will take you before Sijo. You will be accompanied by a partner whom you have chosen and practice with.

Sijo will have your test before him and the Black Sash will introduce you. “Sijo, today”. Who ever wishes to test for what ever rank. Bow to Sijo. Sijo will tell you to bow to the Sifu, who will leave. You will then be given a written test to take. When you are finished place it on Sijos desk and stand at attention where you were given the test. If you pass the written part

(beginners must make a 75%) you will be given the physical portion. Perform each movement with grace and power. If you forget simply ask "next". On techniques requiring you partner bow to him/her and begin when told to do so. Both of you should have devoted hours to this so make sure that he makes you look good.

Once the test is over you will be told if you have passed or failed., If you have passed congratulations, go out and celebrate. If you have failed go out and work. You can test as many times as is needed.

“SOME OF THE BEST THINGS IN LIFE AREN'T FREE!”

10

There is a tradition in China that money is vulgar but, just because you instructor shares that philosophy doesn't mean that he doesn't need you tuition.

Our school works on a very low profit margin, so think of tuition as you share of the Kwoon rent, not as profit for the instructor. If you don't pay your share of the Kwoon rent on time Sijo has to pay it anyway. He probably won't say anything about this , there is an old saying, that a warrior will use a toothpick even if he is starving, so it is up to your personal sense of honor to do your part.

HOW TO PAY

All tuition should be placed in an envelope (preferably red) with the following character on it.



and your name.

IF YOU CAN'T PAY

If you have unexpected financial difficulties and can't pay your tuition, don't ask your instructor for permission to pay later. Simply tell him the facts and tell him that you will be back when you can afford to pay your share of the Kwoon expenses.

If he asks you to stay treat it as what it is: a personal gift from him to you (he will be paying your share of the expenses out of his pocket.

If he doesn't ask you to stay , it probably means that you haven't made too good an impression on him and should therefore plan on trying much harder when you get back. In the meantime continue a normal training schedule at home.

LEAVES OF ABSENCE

We have several college students in our class that each summer must go home to see mom and dad. This is understood. When such is necessary you should ask for a leave of absence in writing and present it to Sijo in private. You will be expected to send \$10.00 a month during those months that you are away to maintain your status as a student. To not do so will result in loss of rank upon return. (one rank per month that Sijo is not contacted).

HOW TO PAY

All tuition should be placed in an envelope (with check) and in the following envelope or

11

and your name



IF YOU CANNOT PAY

If you have unexpected financial difficulties, please contact your advisor for assistance. We will do our best to help you. Simply let him know the facts and how long you will be unable to pay. You may be able to get your share of the financial assistance.

If he asks you to give him a check, it is a personal check. Don't give him a check that will be

paying your share of the expenses out of his pocket.

If he doesn't ask you to give a check, it probably means that your advisor would not need an impression on his end should the situation change. When you get back, he will measure against a certain financial schedule at home.

LEAVES OF ABSENCE

We have several college students in our area that each summer must go home to see their parents and that is understood. When such is necessary, you should let us know of absence in writing and make it to the university. You will be expected to read 200-250 a month during those months that you are away to maintain your status as a student. It is not to be used in lieu of that upon return (and you must not give a receipt for it).

“WHERE DID ALL OF THIS COME FROM ANY WAYS?”

HISTORY

It is necessary for you to know where you came from so that you can understand where you are going.

In the far reaches of the past in the ancient world that was China there were warriors and wise men who watched the ways of nature and created what we now call KUNG FU. For over 8,000 years we have evolved the techniques of this art and at the turn of the twentieth century a group of masters gathered to combine the best techniques from many arts in to one way that could bring spirit and power back to the youth of their country.

They were HOU YUAN CHIA, KU YOU CHEONG, SUN LU TANG, and CHAN WAH SHUN. Together they represented the great fighting arts of China. After combining very carefully the arts of WING CHUN, HSINGI, PAKUA, IRON PALM, MITSUNG, TAI CHI, SHAOLIN, 5 ANIMAL, MANTIS MONKEY, EAGLE, SHUAI CHIAO, SHIN NA, and MO HAY they taught it to 4 test students. One of those students was CHAO CHEN KUN.

By 1962 all save CHAO had died in war, accidents, etc. CHAO chose another to pass his knowledge onto, a young boy named LARRY SANDERS. In 1980 after having learned all of the arts of MASTER CHAO as well as Karate, Savate, Jiu Jitsu, Judo, Aiki Jujitsu, Kali, Boxing, Wrestling, and may other arts Dr. Larry Sanders was appointed Sijo (Founder) of NEI WAI CHIA KUNG FU-TAI CHI CHUAN.

“WHAT ARE THE RULES AROUND HERE ANYWAY?”

12

KWOON RULES

1. Attend as many classes as possible.
2. Call if you can not attend.
3. Bow upon entering or leaving the Kwoon.
4. Bow upon greeting Sijo, or Sifus.
5. Bow when you receive instructions.
6. Show proper respect to whoever is teaching.
7. No sitting down in class without instructors permission.
8. No profanity.
9. No malicious contact.
10. Be on time for classes.
11. Practice outside of class.
12. Do not speak ill of other styles.
13. Maintain uniform.
14. Give 100% effort.
15. No shoes on mats.
16. Know Chinese commands.
17. Pay dues on time. (After 3 day a \$5.00 late fee)
18. Meditate before class.
19. Attend as many clinics as possible.
20. No jewelry in class.
21. Line up according to rank.
22. Call class to attention when Sijo arrives.
23. Love your art.

“BUT I DIDN’T KNOW!”

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PROMOTION REQUIREMENTS

The following promotion requirements are for all ranks.

1. Must attend most classes.
2. Must attend most clinics.
3. Must show loyalty.
4. Must pass rank test.
5. Must pay rank fee.
6. Must show good attitude.

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CONCLUSION

As I went through this manuscript for the last time, I thought of quite a few dozen important things that I had left out. The problem is that I could go back and add these new points, but undoubtedly I would think of a few dozen more in the process.

Enough is enough. This booklet can't contain every single thing that you need to know, but I hope that it does contain quite a bit that you didn't know.

I would like to leave you with a thought.....

Treasure each and every day as a student of this art. It may seem like a lot of work right now, but twenty years from now you will look back on your days as a beginner as the most enjoyable part of your martial arts training. You may be totally confused and every muscle in your body will ache, but you are building memories. You may be even creating a few legends. True the senior may be getting a lot of respect, but they also have a lot of responsibility and probably envy you because of it.

I hope that you will always look back on KUNG FU as one of the most important things that you ever did.

**STYLES
OF
KUNG FU AND TAI CHI
TAUGHT AT THE TAOIST RETREAT**

KUNG FU

1. Wing Chun
2. Hsingi
3. Iron Palm
4. Pakua
5. Tai Chi
6. Shaolin (Bok Pai)
7. Mitsung
8. 5 Animal
9. Chin Na
10. Shuai Chial
11. Mantis
12. Eagle Claw
13. Monkey
14. Wu Tsu Tsung (5 Ancestor)
15. Chao Gar

TAI CHI CHUAN

1. Universal
2. Sun
3. Yang
4. Wu
5. Simplified
6. Combined
7. 88
8. 26
9. Wutang
10. Taoist
11. Omei
12. Kwan Yin
13. Emperors
14. Cheng
15. Chao
16. Pakua
17. Hsingi
18. Liou Ho Ba Fa
19. Wu Wei
20. Kan @ Li

We also teach the basics of the following arts:

- | | |
|-------------------|-----------------|
| 1. Karate | 6. Serak Silat |
| 2. Kali | 7. Jiu Jitsu |
| 3. Aiki Jiujiitsu | 8. Ko Bu Jutsu |
| 4. Kum Na | 9. Taiho Jutsu |
| 5. Savate | 10. Ho Jo Jutsu |

