



## Wright's Traditional Kung Fu

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### What's New?

Introducing our School Newsletter—a place where we can learn about new things, discuss the latest developments, share accomplishments, and more.

Did you know that GM/Sijo Wright has a YouTube Channel? Check it out – there are many helpful videos:

<https://www.youtube.com/@gmsijotimapachewright4088>

Our school is co-hosting a martial arts tournament on Feb. 1. GM/Sijo Wright is looking for all hands to be on deck. [Here](#) are the details.

Do you have something to share? Please email your contributions to [pamelawolf@comcast.net](mailto:pamelawolf@comcast.net).

### GM/Sijo's Corner



As most of you already know, martial arts can be a life-long practice. And whatever the type, you can enhance your practice with Tai Chi and Chi Gong. If you haven't already given it a try, think about it!

Please tell your friends and family members who are seniors that Tai Chi and Chi Gong can help them age with strength, balance, and grace. GM/Sijo Wright's Tai Chi and Chi Gong instruction also helps individuals with disabilities and those recovering from illnesses and injuries.

We would love to grow our school, so please spread the word! And if you feel so inclined, please share a testimonial to post on our website, and send it to [pamelawolf@comcast.net](mailto:pamelawolf@comcast.net).

### NEW CLASS SCHEDULE

We are implementing new, defined class sessions to make it easier for planning and billing purposes. Starting Jan 1, there will be six two-month sessions per year:

1. Jan 1 – Feb 28
2. Mar 1 – Apr 30
3. May 1 – June 30
4. July 1 – Aug 31
5. Sept 1 – Oct 31
6. Nov 1 – Dec 31

Pricing will remain the same with tuition for two months due on the first date of each session. We know this is a significant change but believe it necessary for the school's long-term success. Thank you for taking this change in stride. If you want to arrange a six-week option, please contact GM/Sijo.

Payment options will include:

- Check
- Cash
- Zelle
- Cash App

## Did You Know?

*By GM/Sijo Wright*

In September 2014 at age 45, I had the privilege to travel to China to train in Traditional Shaolin Kung Fu (also pronounced *Gong Fu*). I visited the world-famous Shaolin Temple (Shaolin Wushu Guan) in Dengfeng, Henan Province. It was a dream come true! I was able to train with former Shaolin Warrior Monk Shi Xing Sen, and lived at the orphanage where he teaches children age 17 and younger. I also visited other Shaolin training academies, where I saw thousands of students practicing and demonstrating traditional Shaolin Wushu (martial arts).

Growing up on the southside of Chicago, I never would have dreamed of leaving the United States and traveling to another country. The training in China was very strict and arduous. It was much stricter than most schools here in the U.S. Training started at 6:00 a.m. and continued until 6:00 p.m., with breaks for meals and naps. At the Shaolin Temple I saw 16-year-olds teaching and disciplining students using a bamboo stick when students were lazy or not paying attention to instructions. My teacher, Shi Xing Sen, was surprised at my advanced skill level, given that I was a foreigner and 45 years old; he was 10 years younger than me. I worked and trained really hard. I was there for a month.

Unfortunately, I got really sick for a few days from something I ate or drank. My teacher showed me compassion that I had never experienced from my teachers in America. He took care of me and helped nurse me back to health as if I was his own child. By the end of my visit, I had proven to my teacher that I was worthy of being ordained as an official Shaolin Warrior Secular Disciple. I was given two Chinese names (like a confirmation for Catholics). The first was Shi Yong Bin, translated: 33<sup>rd</sup> generation Shaolin Disciple Secular Warrior. The second was Ye Lung Bin (Ye Yip), family name, because he witnessed my Wing Chun prowess: Lung (Dragon) and Bin (Secular Warrior).

Overall, I'm happy that I was able to bring this experience back to America to help and to teach others here, and possibly abroad.

## Student Profile

*By Pamela Wolf*

Is there a typical martial arts student? Probably not. But there are some characteristics that may be common to many students. Using GM/Sijo Wright's personal experience as an example, some students initially are drawn to martial arts to develop self-defense skills, tired of feeling bullied or intimidated. Some students have either been physically assaulted or have faced the threat of physical assault. Other students want to be proactive and prepared for potential threats of assault. Some students are attracted to the discipline, agility, strength-building, and strategic aspects of martial arts. Other students are looking for stress relief and the confidence and overall fitness that martial arts classes help develop.

Parents may want to help their children develop body awareness, coordination, and social skills that participating in martial arts classes can engender. As they learn and master each technique, children gain a sense of accomplishment and establish faith in their ability to meet challenges.

Seniors are often interested in martial arts—especially Tai Chi—to help develop the strength and balance they need as they age to avoid falls and potential injury, and to foster a greater sense of health and wellbeing. Seniors also know that staying active and learning new skills will stimulate them mentally and enhance their general quality of life.

Students with disabilities also enjoy martial arts and can gain the same skills, abilities, and confidence their fellow students seek. Individuals recovering from illnesses and injuries can particularly benefit from Tai Chi and Chi Gong.

What is most important for student progress? Consistent class attendance and practice, practice, practice! Students learn at different paces, with some catching on very quickly. Others may need more time to absorb and internalize what they learn in class. Some students opt for private or semi-private sessions so they can more individually identify and target the particular skills they need to focus on in order to progress.

**Demographics.** Forty percent of martial arts students are 5-17 years old, according to gym management software company Wellyx. Another 30% are 18-34 years old; 20% are 35-54; and 10% are 55 and older. Although men and women both enjoy martial arts classes, men make up 60% of students, with women's participation growing rapidly.