



CANADIAN INTERNATIONAL KUOSHU WUSHU FEDERATION

加拿大國術武總會

Articles in the Issue:

- What's in it for us.....?
- Kung Fu & Boxing, a Student's Perspective.
- Simplicity of Wing Chun

Individual Highlights:

- 1 – Youth Tournament
- 3 – USCKF Tournament
- 4 – Canadian Wushu Kungfu Challenge 2004
- 4 – China Kung Fu & Heritage Tour
- 4 – Kungfu Fan Seminar (March 25th)
- 4 – National Grading Evaluations

CIKWF Youth Tournament * May 2004 *

The 2nd annual CIKWF Youth Kung Fu Tournament will be held in May this year. Committee members are actively planning and working towards providing a fun and safe atmosphere for the younger students of various martial arts disciplines to compete with each other and gain exposure to other styles. Any student aged 17 and under may participate in

this tournament. Be on the lookout for enrollment forms in April. We encourage all participants to pre-register for all their events. This will help us to expedite entries on the day of the event so each individual can focus on preparing for their events. The Tournament will be located at the Taipei Cultural Centre in Scarborough, Ontario.



President's letter: Firstly I want to express my gratitude to the executive members and all the volunteers who contributed to the organization and facilitation of the 2003 Kungfu Wushu Challenge. Thank you for sharing your valuable time to help make the tournament a successful event. I invite anyone and everyone wishing to contribute to making the 2004 tournament even more successful, to contact me to discuss how they can support this endeavour. Also, the response to this year's China Kungfu & Heritage Tour was overwhelming. All available spaces were sold-out in less than 3 weeks. We even decided to add some more places and exceeded our capacity. Please remind and motivate your younger students to participate in the upcoming youth tournament in May. I also encourage more people to write and submit articles to our editor for future issues of our newsletter. We would like the opportunity to share your knowledge and enthusiasm for martial arts with our readers. Be sure to review the national grading requirements and submit your applications for evaluation as soon as possible. Lastly, the CIKWF is currently accepting new membership applications for voting members, non-voting members, and student members. Visit our web-site for more details and the application form.

Master Augustin Ngu, CIKWF President

Kung Fu & Boxing – A Student's Perspective <part 1 of 2>

First of all, I would like to begin by saying that this paper is based entirely on my experience in both boxing and kung fu and might not be a common opinion amongst other martial artists or boxers. I have had four years of training in boxing at a young age and a little over three years in Shaolin Kung Fu in which I continue to train in. Knowing this, you can pretty much say I am on even ground in both in terms of experience which would make for a good

comparison of the styles. I do not intend on comparing the two styles in their entirety because that could lead to quite a lengthy discussion, however, I will stick to just a few key topics. I am not here to debate over which style is better because frankly, I do not think either is superior mainly because they focus on different things and are not on even ground in any competition. I do think, however, that each is the best at what it promotes.

Even though it teaches some form of fighting, I do not consider boxing a martial art and neither did my coach. It is more of a sport, being competition oriented with all of its techniques designed for the ring. There are a few clubs that teach a few extra techniques for the street but in general everything that is taught to the boxer is meant for the ring. This does not mean that a boxer would be totally defenseless on the street. (cont. on page 2)

2004
China Kung Fu & Heritage Tour

中國之旅

Attractions:
Hong Kong, Macao, Zhuhai, Guangzhou
Xiamen, Fuzhou, Hangzhou, Suzhou
Shanghai, Wuhan, Wudang Mountain
Songshan Shaolin Monastery, Luoyang, Beijing

Date: August 1st - 22nd, 2004
Experience Culture & Traditions,
Martial Arts Training, Lion Dance, Synchrony, Travel

INFORMATION
Tel: (905) 629-1880
Fax: (905) 629-9883
Email: info@cihwushu.ca
www.kuoshuwushu.com

RESERVATIONS
Tour Operator:

1-800-268-1778

Registration Deadline:
March 31st, 2004

Organized by: All Martial Arts & Fitness Association
Sponsored by: The Canadian International Kuoshu Wushu Federation

Fully Booked !!!

March 21st, 2004.

Volume 2, Issue 1



What's in it for us, the Instructor/Teacher/Coach?



Shaolin Kung Fu Students
The School of Martial Arts
(Instructed by Robert J. Gould)
Visit: robertgould.4t.com

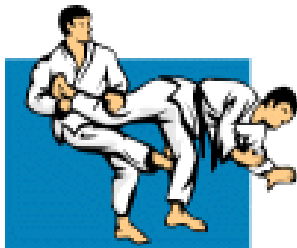
I would like to take this opportunity to express why many instructors like myself enjoy teaching Kung Fu to others, so that our students can better understand what's in it for us. I am a Credit Analyst by profession, so I don't do it for the income. I have no ambitions to become an action movie star or choreographer either. So why spend my time teaching others and/or participating in tournaments? It is

personally fulfilling, that's why. I find great satisfaction in watching a student learn something new. The eagerness they have to constantly want to learn more and improve their skills, to get faster, stronger, more agile, etc. Witnessing a student's first level grading/test is a wonderful experience for an instructor, to see the effort being put into every technique. Then comes the time for the promotion ceremony and we get to

see their relief and excitement as they each receive their first sash for passing the test. What's more than this is that we have passed on our knowledge and skills to another, thus making it live on. It is through the act of teaching others that will ensure that our Kung Fu styles/systems will never fade away and last forever.

Author: Robert J. Gould
4th Level Wu Ying.

"Kungfu, on the other hand, is a much better means of self defense."



His techniques would still be effective but he would have to adjust to the fact that the opponent might throw more than just punches at him and that there are no confinements or rules. Another adjustment that most people might not be aware of would be the size of the opponent, since boxers very rarely train with someone outside of their weight class. A good example of a similar situation would be a baseball bat. It is designed for batting in a sport but can turn into quite an effective weapon on the streets, which is something it was never designed for.

Kung fu, on the other hand, is a much better means of self defense because the fighters are much better equipped to fight in a random environment as opposed

to one. This is because martial artists train with the idea that they are always fighting more than one opponent, a larger/smaller opponent or an opponent with a weapon in various situations. However, when it comes to competition, which is something it is not designed for, it does not fare as well as boxing. There has to be slight adjustments made just as in boxing when it comes to street fighting. Obviously, the first adjustment would have to be the omission of all the techniques that can cause serious bodily harm. The next would have to be an adjustment in training, which some fighters might not want to undergo since it could hinder their self defense training in making them focus more on competition-safe techniques or not

practicing self defense techniques as often. This would be the hardest change to fully implement within the school because the school could end up losing its martial value and end up becoming like a boxing gym with only competition and fitness to offer to the public. The last adjustment would be to standardize the rules in the competition so that all organizations/other martial art styles can compete under them. All of these are already in effect but it is not yet perfect. There are still minor adjustments to be made in the sparring competitions and this I am sure will happen over the years to come.

Written by: Salim Ahamad
in association with
Can-Tai Kungfu & Martial Arts

(part 2 will be printed in our next newsletter)



Upcoming Competitive Events

USCKF Tournament – Baltimore, Maryland – July 2004

The 2004 U.S. Kuoshu Championship will be held at the Marriott Hunt Valley Inn located in Baltimore, Maryland on the weekend of July 23rd to 25th. The international referee certification training runs from July 20th through to the 23rd. The seminar fee is \$180 (U.S.)

Competitors may find the registration forms at the following website address:

<http://www.tianshanpai.org/usckf/events/tournament-registration.shtml>



美國中華國術總會
United States Chinese Kuoshu Federation



Canadian Wushu Kung Fu Challenge – September 25th and 26th, 2004

The CIKWF and CCWO will be hosting the annual Canadian Wushu Kungfu Challenge on the weekend of September 25th & 26th this year. This event seeks to promote growth in the Kung Fu community. It presents a positive and enthusiastic atmosphere where students from various martial arts disciplines can gather together for some friendly competition. Members of the CIKWF have already begun meeting and planning the organization of this event. We always aspire to arrange a better event than the previous years. Many ideas have been shared and our membership base is growing. This year's tournament should prove to be our largest and most successful one yet. The venue for this year's

event will be the Del Gym at Centennial College in Scarborough, Ontario.

Should you have any ideas or suggestions for how we may enhance or improve the tournament, please email us at cikwf@kuoshuwushu.com

Remember, students aged 17 and under are also eligible to participate in the Youth tournament in May.

More details will be provided in our next newsletter. However, individuals wanting to take part in the organization of this event please contact the CIKWF President, Master Augustin Ngu at (905) 629-1880.



2003 Grand-Champions

Gary Senderovich, Robert Gould, and Calvin Chung with the CIKWF President, Master Augustin Ngu



Simplicity of Wing Chun

The simplicity of Wing Chun's principles & techniques are what make it so effective. There are no sophisticated or complex jumps, high kicks, low stances or sweeps like in some other martial arts. Wing Chun is simple, economical, efficient, and practical. Less is more in Wing Chun. There is nothing impractical about this style. Unknowing spectators may find it difficult to understand and appreciate the Wing Chun hand forms, especially the 1st form, Siu Lim Tao. In fact the Wing Chun staff form, Lok Dim Boon Gwun has just 6 ½ sets in it. However, try lifting and maneuvering the staff. It's just over 9 feet long. Upper body strength and power are enhanced greatly with consistent staff training. Also, once they witness an advanced student training on the Mook Jong (Wooden Dummy), or practicing blindfolded Chi-Sao (sticking hands), they are filled with a whole new appreciation and

respect for the Wing Chun system of Kung Fu. Because Wing Chun is based on fundamental principles and not just techniques, the applications and results are endless. The beginner/novice student can become an efficient and effective fighter rather quickly, once they grasp the fundamental principles and develop their sensitivity through Chi-Sao training. It is a systematic and no-nonsense system of self-defense. Each angle and position is explicitly designed for maximum speed, leverage and control in defense and/or attack. Wing Chun was specifically designed to dominate other fighting styles by being a more efficient and effective self-defense system for men or women against any attacker regardless of size, gender, or strength.

To top it all off, this style was developed by females. Ng Mui from Shaolin and her devoted student, Yim Wing Chun discovered how to apply these fundamental principles and theories in confrontations with opponents who were often larger and/or stronger. I will elaborate on the principles and theories in a future article, (i.e. Straight-line, Centre-line, Economy of movement, and Stance Rooting) There's nothing complicated here, although some practitioners can make it complicated by thinking too much about what to do next. My advice is to just learn to relax and keep it simple. If the situation calls for a simple palm strike to the face or a front kick to the knee, don't waste your time and energy trying to grapple with the opponent or resisting their force. Keep it simple and keep moving.



Go wherever the energy is flowing, stay relaxed, penetrate the centre-line, trap your opponent and stick to them.

Author: Robert J. Gould
Black Sash Wing Chun Instructor

*Thank for taking an interest in the CIKWF. Please submit articles and pictures for future publications to
The Editor, Robert Gould at:
webmaster@robertgould.4t.com
For more information about the CIKWF, please contact
Augustin Ngu, President
(905) 629-1880*

Upcoming Seminars and Events:

"Can-Tai Kung Fu Fan Seminar"
REGISTRATION DEADLINE:
TUESDAY
MARCH 23rd, 2004.

Date: Thursday
March 25th, 2004.
Time: 8:00pm - 10:00pm
Location: 966 Dundas Street East, Mississauga.
Seminar Admission: \$30.00 per person
Registration Deadline: Tuesday, March 23, 2004.

Contact: Shifu Steven George at 416-803-9680 for registration or questions!



2004 National Grading Evaluations

The 2004 national grading evaluation applications are currently being received and reviewed. Successful applicants will be invited to attend the 2004 Martial Artist Achievement Awards Banquet and their name is listed on the CCWO website. For more information including the application form, visit:
www.canadawushu.com/grading_system.html



Tour of China

All available spots for the China Kung Fu and Heritage Tour in August 2004 have been taken. The excitement and anticipation surrounding this event is overwhelming.

Canadian International Kuoshu Wushu Federation

1590 Matheson Blvd. Unit #3
Mississauga, Ontario
Canada, L4W 1J1

Tel: (905) 629 - 1880
Fax: (905) 629 - 9883

e-mail address cikwf@kuoshuwushu.com

