



**Canadian
International
Kuoshu
Wushu
Federation**

CIKWF - NEWSLETTER

May 1st, 2005.



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First World Traditional Wushu Festival—China

The First World Traditional Wushu Festival was held in Zhengzhou, Henan, China from October 17th to 20th. There were more than 2100 competitors from 61 countries who participated in this truly amazing event of Olympic proportions. The opening ceremonies were held in a large stadium known as the Henan Sports Centre. All companies marched onto the field of the stadium with their country's flag, waving to the tens of thousands of spectators.

The following morning we attended the Dragons Flying in Shaolin—Guest Welcoming Wushu Corridor. This was a bus tour along an 18.5km road from Dengfeng to Shaolin Temple at Songshan Mountain. There were 351 Wushu performance groups along this road. The final destination was a visit at the Shaolin Temple. This visit was of great significance to any and all martial artists from all over the globe. This was a huge motivator for all competitors, as the tournament began the following day at 8am.

The competition events took place at two locations simultaneously over 3 days. One stadium had 3 arenas while the second stadium had 2 arenas. It was very professional, with digital scoreboards for each arena displaying the competitors name, their school of association and country, the event/division, and their final score. As for the tournament results, Canada received the second highest number of medals including 11 gold medals and several silver and bronze. China was first. It was very interesting and humbling to watch and meet other Kungfu practitioners from places like Hong Kong, Vietnam, Italy, Greece, Macao, Russia, Portugal, Puerto Rico, USA, Switzerland, Denmark, Cuba and many more. It was also great to meet the other athletes on the Canadian Team from Ontario, Alberta and British Columbia. Many of us became good friends and remain in contact. I feel it is safe to say that some of the athletes on this team will become the future leaders of the Kungfu community in Canada.

The city of Zhengzhou was a fantastic location for this event. Zhengzhou is in the province of Henan, China and is the birthplace of Shaolin. The Canadian team also had the great honour of meeting with Mr. Wang Xiao Lin, President of the Chinese Wushu Association in Xian, (picture below). We also visited Beijing and Hong Kong.

Written By: Robert J. Gould, Newsletter Editor & Head Instructor of Wing Chun at the Results Fitness Centre in Fergus, Ontario.



The Great Wall of China



The 2004 Canadian Traditional Wushu Team In China



2004 Canadian Junior Kungfu Championship

On June 5th, 2004 the CIKWF hosted the Canadian Junior Kungfu Championship at St. Aloysius Gonzaga secondary school in Mississauga, Ontario. Children of various ages and experience levels from several different schools competed with one another in a positive and enthusiastic environment. This tournament was created so that each competitor had an equal chance of winning. The CIKWF strived to host a tournament that was fair and unbiased for all the participants.

The tournament consisted of three primary divisions; traditional hand forms, traditional weapon forms, and point-sparring. Each of these divisions were then broken down into age groups ranging from 5 to 17, and experience levels of novice, intermediate, and advanced. These experience levels were based upon the duration of training the competitor had received.

There were four rings, with three rings being utilized for each separate age group and each went through the different divisions within their respective age groupings. The 4th ring was made available for the competitors to

stretch, warm-up and practice. This system provided a smooth and easy transition throughout the day. Many of the competitors competed in multiple divisions. The events were well organized so that each participant could do one event after another, consecutively in the same ring. This resulted in less confusion and distractions for the competitors. I have also never experienced a competition in which such a strong effort was made to ensure that there were no unfair or unjust actions within the judges' decision. I also believe that they succeeded in their endeavour to create a high-quality tournament that everyone could enjoy.

Another interesting addition to this year's tournament was that each participant received a medal, so that even if you didn't win 1st, 2nd, or 3rd, you would still receive recognition of the hard work and training you did in preparation for this competition. I must say this was a great idea, as it boosted the confidence and determination of the students. This is especially true for the younger competitors because it gives them something to show for their efforts, something that is real and they can hold. Although this was the junior/youth tournament, most of the competitors demonstrated a real professionalism in their performance. In particular, the younger students, who acted at least twice their age and showed great maturity. It is truly a rare thing to see such enthusiasm and resolve in such young children. I believe that this is due to the fact that if students want to be in a tournament, whether young or old, they want to win. This is also true in martial arts if the student wants to improve and advance, they will strive to better themselves and work harder.



Personally I have gained a lot of experience and knowledge from this tournament and hope to compete in many more. Though, I believe that a tournament is not just about winning or losing, but is also about improving yourself and learning new things. Whether, a judge, or a spectator I sincerely hope that everyone at this year's Canadian Junior Kungfu Championship enjoyed themselves and had fun.

Congratulations to all the Competitors!

Written by: Matthew Sapiano, Student at the School of Martial Arts in Guelph, Ontario.

Movie Review: The Last Samurai

If you are someone who likes martial arts movies, *The Last Samurai* is a must see. The movie is a story that tells of the life and destruction of one of the world's greatest style of warriors. I was captured by the way the Samurai warriors worked and trained each day. Everything they did moved them closer to perfection. Not wasting anytime on laziness or things that didn't matter. It showed what superior warriors they really were. Their code of honor was such that for a warrior to die in battle was an honour. They almost looked forward to it. The film was very moving, it touched me in a way that made me appreciate the old ways. It inspired me to re-evaluate my training, and will probably motivate me to train harder. The star, Tom Cruise was a little over the top, but he usually is. I think he could have lightened up a little. The costumes and settings were realistic. The action was great and the sword scenes excellent. All in all I gave it a 9 ½ star. The lesson here is that all things will be replaced by automation no matter how good they are, so preserve and respect the old ways and crafts. Protect them like the most precious diamond. Please take the opportunity to see this great movie.

Written by: Sifu Doug George, Double Dragon Shaolin Kung fu Studio, Kitchener, ON





2004 China Kung Fu & Heritage Tour:

This is the second time that Sifu Augustin Ngu headed a team of students from different schools of the CIKWF to China. This time, in a matter of 18 days the group toured 19 different cities starting from Hong Kong in the south, to the Wudang Mountains in the interior and then ending in Beijing in the north. After a brief stay in Hong Kong, enough to have a taste of the hustle and bustle of this ultra modern and over populated island, the group headed to Macau for four days of training.

We trained mostly on the roof top of the Law Leung Athletic Association, learning more about the Hok San Lion Dance steps

and music. Training was intense under the guidance of Sifu Law. For example, those who were learning the basic Hok San routine for the first time had to take turns leading the entire class until everyone was confident that they had the routine under their belt. Another group had the opportunity to learn more technically challenging steps and have a try up on the 12 foot high Mui Fa Jong, which are an arrangement of steel beams on which the lion performs its routine. This is definitely not for those who have a fear of heights! Sifu Law also taught us an exciting group drumming routine. Again, there were more things to learn than there was time to learn

them. So fortunately the camcorders were handy to keep a record of what the group so eagerly wanted to absorb, but was too pressed for time to succeed. The last evening at Macau was celebrated with a Kung Fu Exchange Demo organized by the major Kung Fu schools in Macau and the CIKWF members. The program was very rich and there had been a concerted effort not to repeat any item that another school was performing. After the exchange demo show, a big feast was held to celebrate its success and the joy of having spent the last few days together. The group now headed for Zhu Hai in mainland China. The tour picked up its pace from here and shortly we were already at the



Southern Shaolin Temples. At Fuzhou, the head of the Fuzhou ministry of sports and athletics welcomed the entire group personally and was present at every stop during the stay in Fuzhou, Xiamen and Putien. Upon arrival that morning there was immediately an exchange kung fu wushu demo organized by the wushu training school as shown in some of the pictures below. In the afternoon, a three time championess taught us a traditional Five Ancestors' hand form. In Xiamen, at the first Southern Shaolin temple, it was certainly impressive to see the monks demonstrate their kung fu. At the very sight of the monk who did the one finger stand, an avalanche of disbelief and admiration filled every-

one for his training, determination and perseverance. This site of the Southern Shaolin temple is still under construction, but the training that took place there was amazing. We learned two further Five Ancestor's hand forms and two weapons forms.

At Putian, the Southern Shaolin temple there was very nicely rebuilt by the government and is now one of the more popular tourist areas. Here we were treated with the kung fu demonstration of a 94 year old kung fu practitioner. If only we could be as strong and steady at his age!

After a wonderful meal of Fuzhou specialties, the group headed for Hangzhou. Xi Wu (the West Lake) is one of the most beautiful tourist highlights of Hangzhou and the boat ride across the lake filled our eyes with its many fascinating scenes. As beautiful and famous as Xi Wu can be, it is only about 3 to 5 meters deep! We went from one famous lake to another. At Wuxi, the Tai Wu is another breath taking spot. Again like the Xi Wu, it is only about 3 to 5 meters deep.

The tour now headed for Shanghai. We just made it in time to reach Shanghai for a night tour of the city by boat. Shanghai definitely lived up to its claim as the most modern and largest city in China. From Shanghai, we flew to Wu Han, also known as the "oven" city. Thankfully the weather was much cooler

when we arrived due to the recent typhoons (South east Asian hurricanes) that passed close by. We had the greatest time with our tour guide Tony who cracked jokes with us every five minutes. His English was superb. We visited a famous warlord's burial site that dated before the unification of China under the Qin dynasty's First Emperor. We were all amazed to see the precious metal artifacts made with tremendous dexterity and technique for the era. What was even more amazing was to see the bell chimes that bore testimony that even at that era there were the entire twelve and a half tones in existence in China.

It was time to board the train and head for the Wudang Mountains in the interior. After the night's ride, we got off the train to a much cooler part of China. It had been raining for a while and along the winding way up to the hotel that was situated at a certain height in the mountains, there was a lot of fog covering much of the mountain sides. We immediately went to the most famous peak of the Wudang Mountains (where the last scenes of Crouching Tiger and Hidden Dragon were shot). We took the bus that brought us further up for a steep cable car ride and when we got off the cable car, we started the ascent passing very steep steps and Taoist temples on the way. Some of us were quite breathless by the time we reached the top as it was a good 9000 ft. from sea

level. This is the Taoist's "Holy Land" and at the very top of the mountain was a small temple surrounded with stone pillars. How they ever transported those stone pillars up there in the past is surely another mystery for us all. The Wudang Mountains really are one of the most beautiful places we have seen so far, untouched by tourism and preserved so much history and fascination. We also had the privilege of visiting one of its famous martial arts schools. The students performed the traditional Wudang Kung fu and wushu routines all in the open on bare grounds. We soon came to know that they train at least six hours a day, six days a week. On their day of rest, they clean the entire school building. Some of us expressed the desire to go back for a



Southern Shaolin Temple welcomes CIKWF.



CIKWF at Wudang Mountain.

2004 China Kung Fu & Heritage Tour: Continued From Pg 3

longer period of real training there next time.

After two days at the Wudang Mountains, we boarded the train again for Luo Yang. This is one of the seven ancient cities of China and was the twin capital of Xian for thirteen dynasties. The very first Shaolin Temple ever built was located not far from there and obviously this was our first destination upon arrival. The next stop was at the Longmen Grottoes which means Dragon Gates located 12 km south of Luo Yang. The most fascinating sight was the entire side of the mountain

was carved with statues big and small of Buddha and his followers. From Luo Yang, we took another overnight train ride to Beijing. By the time we arrived in Beijing the next morning, we were dead tired. After a short rest, we went to visit the Tien An Men and the Forbidden City. The following day, we left for the Great Wall.

It would be an endless article if all the market bargaining and great deals we found are discussed here. Like all tourists, we had our share of shopping and bargaining and feeling the rush of excitement at what seemed to us a tremendous bargain (at times one tenth of the asking price). All in all, we had lots of fun and at the same time seen lots of places that probably a normal tourist would not have had the opportunity to see or experience. For this we thank Sifu Augustin Ngu greatly for organizing the entire trip and for his connections with wushu and martial arts leaders in China that made it possible for us to be trained there. For many, it was the first time we ever left home for such a distant country. One of us

A Few Words From Our President:

Firstly I want to express my sincere appreciation to the executive members and all the volunteers for their efforts and support throughout 2004. Thank you for sharing your valuable time to help make our tournaments successful. I invite anyone and everyone wishing to contribute to making the 2005 tournaments even more successful, to contact me to discuss how they can support these endeavours. I look forward to seeing all our younger students, aged 17 & under, participating in our annual Canadian Junior Kung Fu Championship.

I also want to encourage more people to write and submit articles to our editor for future issues of our newsletter. Each and every issue of the CIKWF Newsletter is another opportunity for you to share your knowledge and enthusiasm for martial arts with our readers. 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

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(now 18 years old) said she would appreciate all that she has at home and even her mom's cooking upon her return to Canada. We have been blessed with many things and certainly this trip was one of them.

**Written by: Ms. Veronica Hsueh,
student of the All Masters Martial Arts
Centre in Mississauga, ON.**

2005 USCKF Tournament - Baltimore, Maryland

The 2004 U.S. Kuoshu Championship will be held at the Marriott Hunt Valley Inn located in Baltimore, Maryland on the weekend of July 22nd to 24th.

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

<http://www.tienshanpai.org/usckf/events/tourn-registration.shtml>

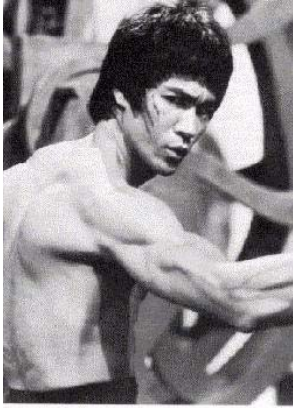


Wushu World Championship—Vietnam—December 2005.

Canadian Team selection will be held in Calgary, AB – July 9 & 10.

2005 Canadian Junior Kungfu Champlonship - Saturday, May 7th

The CIKWF is proud to be able to offer this special event, dedicated to the young martial artists aged 17 and under. It will be held once again at the St. Aloysius Gonzaga school in Mississauga, ON. This year's event will also include a Wushu division. Come out and take part in the fun.



What's A Legend?

Bruce Lee: the man, the hero, the Legend.

Many people still ask me just to test my reaction. Do you think Bruce Lee could have beaten Mohammed Ali or Rocky Marciano when they were in their prime? Was Bruce Lee the fastest or could he have handled the grapplers of today like the Gracie brothers? I give them the same answer every time. "None of the above even matters." What Bruce did for martial arts compares to what Bobby Orr did for hockey. He took hockey to a whole different level by making the defenseman a totally new offensive weapon and creating a new dimension on ice. He changed the way hockey would be played and thought of for good.

The same applies to basketball legend, Michael Jordan. They called him "The scoring machine." He also brought the game to a new level by the way he delivered the ball to the net, by changing hands in the air and by creating the Slam Dunk. Mohammed Ali: Boxing's icon. Incredible footwork, amazing ability to measure the other fighter, the Ali shuffle, Rope-A-Dope, hands dangling at his sides, taunting the other fighter, doing what he wanted at will and predicting what rounds he would knock them out, unbelievable. Bruce Lee had something in common with all of these amazing sports figures. They all took their sport to a new level. Bruce's thoughts were "open your eyes and think for yourself". The idea was to become a complete martial artist. He believed in long, medium, short and ground range fighting; to work at all these levels and not to be content at just being a good kicker or only good with your hands or just good at grappling. Balance in your art to flow from one range into the next. Kicking to punching, grabs and locks and ground range.

He made us see that sharing your art with others is taking the high road because you will open others minds to giving back to you. He taught us not to close your mind to just one system and to study other styles, to understand and practice, to see what works and what doesn't. He stepped outside of the martial arts box and tried to show people how much beauty could be seen in the Chinese culture through his art. He dragged the art of Kung Fu out into the open to be showcased and enjoyed by all.

Everyone knows back in the 60's Kung Fu was still very secretive and forbidden to be taught to those who were not Chinese. So for that, not only was he a martial arts icon, but this to me made him a hero for having the bravery to make this courageous act. Bruce's brand trademark was his patented scream as he launched an explosive attack on his opponent that would always send a chill through anyone watching him. Also, his incredible footwork, the way he fought with his strong side using it as his lead hand and foot, and his amazing speed. The most memorable thing above all was his emotional content in each technique. Under fire he was so cool, so focused. I couldn't take my eyes off him in any of his fight scenes. Bruce made people see so much in so little time. He's been gone for over 30 years now and he still hits the cover of "Inside Kung Fu" at least twice a year. I guess we'll never really forget him. I know I won't. Now that's impact.

All of these qualities add up to the status of Legend. The great Bobby Orr, Michael Jordan, Mohammed Ali, and Bruce Lee. These people made ground-breaking advances in their sports, brought a new excitement to their sport, all deserve the title of "Legend," and should rightfully be written into the history books.

Written by: Sifu Douglas George – Double Dragon Kung Fu Studio, Kitchener, ON

PHILISOPHICAL VIGNETTE

When making the final assessment of that one person, we should measure the depth of his life rather than the length.

"Balance is not only the Key to Standing. It is the Key to Life and to good Kung Fu."

2005 Canadian Wushu Kung Fu Challenge - Coming October 22 & 23

The CIKWF and CCWO will once again be hosting the annual Canadian Wushu Kungfu Challenge in September. 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

More details will be available soon. Individuals wanting to take part in the organization of this event please contact the CIKWF President, Master Augustin Ngu at (905) 629-1880.





Kungfu & Boxing—A Student's Perspective

(Continued from our previous issue)

Boxing pretty much had to go through the same type of adjustments and it took 6000 years to get what you see it as today in amateur boxing, which is the safest sport in the world right now. There's a lot of protection worn and the points are counted with a computer. There is no reward for the power of your hits, but just for landing them and no bonus either for knockdowns. A knockdown does not automatically win the fight or the current round, it just counts for the landed punch on the opponent and the round continues. This is a great achievement from the brutal sport it once was where fighters would fight until one man was left standing but there was not a lot to change when you compare to the amount of material there is in kung fu. Most of the changes occurred with the rules and not the actual techniques. The only thing that has been changed technically is the grappling, even though it was only allowed above the waist. Judging from this, with such few technical changes in boxing over such a long period with it already being a sport in the beginning, you can pretty much say kung fu's competition sparring is doing more than exceptionally well with so much technical adjustments to consider, both upper and lower body along with grappling and breaking techniques. Another major part of competition in kung fu that I have not mentioned yet up until now is "forms" or katas. This competition element of kung fu is right up there with boxing and maybe even better. Boxing has no forms or flashy moves strung together. Boxing does have one advantage over forms competition and that is world recognition. However, that could change in the near future if Wushu makes it into the Olympics. This would be a very big step for kung fu in competitions and could possibly be the turning point in terms of its competition value. When it comes to self-defense and fighting, everything is in the reverse with kung fu ahead and boxing following. The main reason being that kung fu has a lot more techniques that involve the entire body rather than just the upper body, as in boxing. Another reason, as I said before, is that boxing is a sport and it is not interested in promoting or developing any techniques that would not be useful in the ring. So, judging from this, it is pretty much safe to say that this is one area that kung fu will always be a leader in.

Since kung fu has a lot more technical material than boxing, it would be pointless to compare kicking or grappling techniques when boxing has none. Instead, I will just focus on simple common elements in both styles. The first would be the gym, which both styles have but the structure in each is entirely different. In boxing, there is no class structure as in kung fu but more of a one on one pupil-coach relationship. The only time when this would be different is if you are training to be part of a team like the Olympics. The one on one approach works better for boxing because each boxer will undergo a different training based on his weight class, if he is under or over the weight class, the next opponent he is due to fight, his strengths and what he is lacking. Also this allows the coach to have a better understanding of his fighter and his limits so he can know exactly when to throw in the towel. The class approach works well in kung fu because everyone needs to learn certain basics or common elements in the style in order to move on to other things. It is at this point, after undergoing the basic training, where they may split up into smaller groups or take on a one on one approach as in boxing.



This leads to the next topic of discussion, which would be the workout in each style. The workouts are similar in the muscles that they focus on. There are lots of push-ups, sit-ups, running or skipping and bag work. There is a lot more bag work and sparring in boxing, and a lot more stretching and leg work in kung fu but this is because of the different focus of each style. They both try to develop strong shoulders, back, mid section and hip muscles. As you have probably noticed these muscles are all pretty much in the upper body but these are only the ones they have in common since boxing is predominantly involved with the upper body even though there is some leg work done when skipping and running. Kung fu offers a better workout in terms of muscle groups covered since it deals with the entire body and not just the upper body. Both styles do share some form of stance and footwork. There are many different stances in kung fu but only one in boxing that just changes in height. This one stance would be the equivalent to a very narrow and high horse stance that would change in height depending on where the boxer is going to strike or what he is going to dodge. In terms of footwork, boxing has a very simple and easy to follow footwork, which is simply stepping with the foot closest to the direction you wish to go. This is a very short and quick footwork and is effective on the basis that there is some bobbing and weaving going along with it because it does not take you completely out of the opponents range. Without the bobbing and weaving, you could get hit but this also is one of the key techniques in boxing in which you want your opponent to just miss you by an inch rather than a mile so you can still be in range to deliver an effective counter. This footwork is also used by martial artists but there is also crossing evasive footwork and it is not always necessarily the foot closest to the direction you want to step in. This footwork might seem complicated at first but it does not require any bobbing and weaving, and it does take into consideration the range of kicks also, which would make it superior.

The last common element in discussion between the two styles would be that of punching and countering. This is pretty much the foundation on which boxing was built on. There is no grappling in boxing so it makes up for it by slipping, as I explained before, just out of range and countering or parrying the opponent's punch and countering with a suitable attack. In kung fu, these techniques are also used but there is also grappling, simultaneous blocking and attacking, and attacking whilst the opponent attacks. In boxing, there are various punches like the jab, cross, hook, overhead and uppercut. These punches and variations of them are all utilized in kung fu also. There are also spinning punches and back fist/reverse punches in kung fu and then there are the various animal-like attacks. The punches are not so different in the styles, but the angle at which the attack comes from is. The punches thrown in boxing are mostly at a horizontal or vertical angle. Some boxers, however, will slant the angle of their attacks slightly. This will tend to make the attacks of boxers a bit predictable after a while which is not the case when it comes to the attacks of martial artists which are not only straight but circular and angled at 45 degrees as well, which is a direct cut into the horizontal and vertical planes. Both styles have a lot to offer in terms of fitness and competition. However, kung fu has a lot more to offer than just these two elements. Boxing offers the best in terms of competition at the moment with world recognition and fame. The only real famous martial artists are either movie stars or founders of particular styles. Kung fu offers a much better self-defense and fighting system with a lot more offensive and defensive tools. Boxing only provides a limited and very small amount of techniques for self-defense. Boxing does not focus much on tradition or culture, which is something that kung fu is very rich in. You will, in more ways than one, find yourself doing something that does not involve your regular training if you do kung fu, because it is something that was practiced as a tradition. So if you are looking to do either style, think of what you want from each before you make your decision because as you can see they each have a different focus. **Written by: Salim Ahamad, in association with Can-Tai Kungfu & Martial Arts.**