

# Shaolin Update



June/July 2009

## Upcoming Events

- June 1<sup>st</sup> – 5<sup>th</sup> – Sifu on vacation. School will be OPEN. (See article.)
- June 6<sup>th</sup> – Tournament in White House, TN
- June 11<sup>th</sup> - 13<sup>th</sup> - Tournament in Louisville
- June 23<sup>rd</sup> – Bring a buddy; Break a board! If your friend signs up for classes, you will receive a FREE school T-shirt.
- July 11<sup>th</sup> – Tournament in Nashville, TN
- July 25<sup>th</sup> – Tournament in Dayton, OH

## Quick Hits

- Private classes available. Please see Sifu Bobby for details.
- Be sure and check our website often for updates @ [www.bgkungfu.com](http://www.bgkungfu.com)

513 State St.  
Bowling Green, KY  
42101

PHONE:  
(270) 779-5933

WEB:  
[www.bgkungfu.com](http://www.bgkungfu.com)

## Theme for June - Excellence

Do you remember the fable of the lion and the mouse? The lion caught the mouse and was ready to eat it. The mouse asked for mercy, saying that he could help the lion one day. Because this amused the lion, he let the mouse go free. Later the lion was trapped in a net. The mouse helped the lion out, by chewing the ropes of the net and releasing the lion. The mouse couldn't do big things, but what he could do he did with EXCELLENCE!

In Future Kidz we begin and end each class with "Do My Best!!" This is to remind us to always keep trying, always keep improving, and always keep doing our best. An older student should be constantly aware of his performance.

Rate yourself on a scale of 1 (just learning) to 10 (my best) for each technique. Next time try to get a higher number. Put a little more technique, finesse, or

power into what you are doing. For these students a good motto is "keep improving." Whether you are doing a form for the first time or the one hundredth, always keep improving. Always be excellent.

You can use the rating scale for anything you are doing. Whether you are learning in school or playing sports, always strive for excellence.

## Sigung Seng Jeorng Au visits our school

If you missed meeting Sigung Au, you missed meeting a Kung Fu Master! He has been studying for over 40 years, specializing in Hung Gar and the Lee Koon Hung lineage of Choy Lay Fu since 1974.

Sifu Bobby began to study with Master Au in 1990. Each year during Chinese New Year, Sifu continues his training with Sigung in Hawaii. For two weeks they perform about 50 Lion Dances, continue to refine techniques, and learn new forms. In turn

Master Au makes yearly visits our school in Kentucky. (See? Even Sifu practices excellence!)

While Sigung Au was here, he taught a seminar in Siu Mui Fah Doy Dar and refined the techniques used in Lau Gar Gwun. Both seminars were lessons in excellence and perseverance. Those able to attend were well schooled in the finer points of kung fu.

At the Shaolin Showdown, Sigung Au served as a judge in the Chinese

Martial Arts division. He was also honored with the presentation of a plaque for "Outstanding Contribution" recognizing his influence on the tournament and our school.

We are thankful that Sigung Au came to share his time and talent with us. He continues to exhibit and teach kung fu excellence.

## Pro-Shop Items

- Uniform – Make sure your uniform is clean and sized correctly. If you need a new pair of pants or a new shirt, let Sifu Bobby know.
- Weapons – Start a weapons collection based on the forms you learn. It is a great memento of all your hard work and makes it easier to practice at home!
- Sparring Gear – Everyone should try to own your own sparring gear. Not only is this more sanitary, but it keeps the class running smoother when you don't have to find the pieces that fit you.
- Sashes - The cost for a new sash is \$10. You may pay Sifu Bobby on the day you earn it or make other arrangements with him.
- If you have any questions about any of these items and how they can benefit you, talk to Sifu.

513 State St.  
Bowling Green, KY  
42101

PHONE:  
(270) 779-5933

WEB:  
www.bgkungfu.com

## Shaolin Showdown was a success

How do you organize 150 divisions of martial arts competitions into one day? Certainly not without a lot of help. The third annual Shaolin Showdown saw 20 different schools compete ranging from as far away as Ohio and Mississippi to several local schools. This year we were able to run TWO Chinese Martial Arts rings!

A Big Thank You to everyone who helped. Whether you working the concession stand or the gate, you were an integral

part of the success of the day. If you competed or watched the completion, we couldn't have done it without you there. If you picked up even one piece of trash or handed out trophies, we needed you there to make everything run smoothly.

We especially want to thank Sigung Au and his wife Sipaw Au for coming to make our tournament special. Lots of competitors made a point to meet our teacher's

teacher and get pictures with him. We thank him for adding his wisdom and presence to our day.

If you helped out with the Shaolin Showdown, **Thank You!!** If you know someone who helped, thank them!

## Sifu on Vacation

Sifu Bobby will be taking off the week of June 1<sup>st</sup> through 5<sup>th</sup>, but the school will be open! On Monday, Siheng Jesse will work with students on refinements and competition forms. Tuesday and Thursday classes will be supervised by Sije Cari. Classes will be at the usual time. Come and continue training while Sifu is away.

### Rising Star

This month's Rising Star is **Isaiah Thompson**. Isaiah just turned 7 years old, but he practices Excellence in class already! He comes to class ready to learn. He shows focus, dedication

and determination in everything he does. He even practices with the adults when they review forms he knows, while he is waiting for his dad's class to finish. Isaiah is an excellent example for others to follow!

**Congratulations to Rising Star, Isaiah Thompson!!** Keep up the first class attitude!

### Way to Go!!

If you see Patrick Carter or Allison Small, you may notice that they have now achieved the level of RED SASH! While Sigung Au was here, Patrick and

Allison tested for Red. They had to pass a cardio test, show two empty hand forms and one weapons form. After that they sparred Sifu Bobby and Siheng Jesse. They did all of that with three black sashes and their families watching. Talk about Excellence!!

Both students did a top notch job!! We are PROUD of Patrick Carter and Allison Small!! Your hard work and consistency have paid off. You are great leaders in our school. Look for a couple of new BLACK SASHES next summer!! Awesome job, both of you.