

## SEQUOIA KUNG FU NEW STUDENT INFO

At Sequoia Kung Fu & Yoga we teach “Peace Time” martial arts. Our focus is on self-development, health and the ability to protect ourselves and those we care about. Proper movement, principles and the study of combative technique guide our practice towards becoming more capable individuals. We do not train for ‘fights’ or tournaments where the purpose is victory through aggression or harm inflicted on an opponent.

The Sequoia Kung Fu Traditional Chinese Martial Arts (TCMA) program is based off of these core principles:

- the joy of practice
- principles over aesthetics
- function over form

The term Kung Fu in Chinese means “skill gained through hard work over time”. For this reason we believe that first and foremost should be the joy of practice. Practicing any martial art takes time, and to be successful you must enjoy that practice. Of course there will be times when you do not feel like training, but if at the core of your practice you have fun, then that feeling will always come back.

Much of the modern interpretations of traditional martial arts are guided by what we see in the movies or what we think looks cool. We believe that everyone’s body is different and our movement and training should be based upon principles and not what we think looks good. Through proper training and adherence to the principles everyone can progress and gain skill.

Our practice and community is guided by our ‘Wu De’, which is translated as martial virtue. In TCMA we say, “Development of your character supersedes the developing of your martial ability.” Our guiding principles:

- Respect
  - We show respect to our school, teachers, classmates and community by being to class on time, listening to instruction, giving our all at practice and staying on task.
- Humility
  - We show humility by keeping an open mind to new things, not showing off, and realizing that there is always more to learn.
- Perseverance
  - Understanding that not everything will be easy and it is how we handle difficulty which is most important
- Community
  - We develop ourselves to help those around us. During practice we work not only for our own progress, but to help everyone in class improve.

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## Curriculum

At Sequoia Kung Fu & Yoga we follow the traditional practice of not assigning belts or ranking students. Instead we have divided our curriculum into 7 levels of study. At each level there is different material to practice and as students progress, their understanding of kung fu and its practice will deepen. The levels are not analogous to belts and only serve the purpose of organizing the curriculum, focusing our learning, and rewarding effort. The practice of kung fu can last a lifetime, so there is not a set period of time for study for each level. Those trying to learn faster are seldom rewarded. It is like trying to carry water in a sieve, the faster you put it in the faster it pores out. Patience, consistency and mindfulness in training, as in all things, is the better course.

All Chinese Martial Arts are made up of 5 areas; striking and kicking, blocking, throwing techniques, joint locks, and weapons training. As students progress through the curriculum they will be exposed to and train in all 5 areas.

There are many different aspects to our curriculum, but it can be divided into a few general areas.

### Basics

Foundation exercises teaching striking, blocking, kicking, and stances. We also cover how to fall properly and general physical conditioning.

### Traditional Forms and Weapons

Solo forms teach focus, coordination, discipline, and technique. Each form teaches us new skills or shows us variations on previous movement. Form practice lays the foundation for all kung fu systems.

### Partner Drills & Applications

Through systematic, and controlled partner practice we learn how to bring the movements from the forms to life.

### Self-Defense

Our focus is on practical self-defense through training, consistency, and simplicity. In Kung Fu we learn how to deal with aggression with a calm, focused response. By staying in more control of our emotions we can make better choices in stressful situations.

What you will not find at our school is ego or aggression driven practice. We do not train solely to defeat an opponent or to attend competitions, but to grow as individuals. We train to challenge ourselves, not others.

For more information on our curriculum please feel free to ask Laoshi Sonny.

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**New Student Information**

Come prepared and open to learn new things. Get ready to fill your cup! When beginning anything new there will be an adjustment period. Those students who come consistently in the beginning get through that period the quickest. Make yourself and your well-being a priority.

*What to wear?* All students are required to wear a Sequoia Kung Fu uniform consisting of shoes, pants, and shirt. Uniform sets can be purchased from the school for \$50. Students signing up for autopay or for multi-month contracts will have the fee waived. Until your uniform arrives please wear loose workout pants, t-shirt, and comfortable athletic shoes.

*What to bring?* Water is usually available at school, but students should bring their own bottle. A towel is also recommended.

*When to arrive?* It is best to arrive at least 5 minutes before class starts. If you have to arrive late please join the class quietly to minimize disruption.

Class etiquette.

- We bow when entering and leaving the room, and at the beginning and end of class.
- Teacher is addressed as Lao Shi (lao-sure)
- Be respectful of all students during class.
- Class time is not for conversation
- Aggressive behavior will not be tolerated
- Fighting outside of class, except for self-defense purposes is unacceptable
- Cell-phones should be on silent during class