



YMAA Ireland, 28 The Lawn, Woodbrook Glen, Bray, Co. Wicklow
www.ymaa.ie kfkids@ymaa.ie 01 281 4901

Another successful year

The 2006 – 2007 Kung Fu for Kids year will soon come to an end! This year we have seen a great deal of progress both in the growth and popularity of our classes and in the abilities and development of our young members.

The 2007 – 2008 year promises to be even better for our Kung Fu school. I anticipate our Kids membership to grow to a 'whopping' 220 between our Blackrock and Bray classes in September. The addition of our 'Little cranes' classes for those 5 years and up has been a great success, and as a result I will be adding another midweek class, incorporating a mix of Little cranes and Shouting Cranes, this will allow me to cater for the increased demand and to offer a more flexible class schedule.

Unfortunately this class will replace the current Wrestling class held each Wednesday afternoon.

Teenage Fighting Cranes – What's next?

Since the restructuring of the Kung Fu for Kids classes in September of 2006 I have had a number of concerns about how our young members are responding to the changes. This has left me to ponder how best to proceed with their training in the most interesting, challenging and fun way.

The 4.30 – 6.30 class is the largest class of our whole program! There is a vast differential in age, size, ability and attitude. I have thought long and hard about how to proceed with our Fighting

INSIDE THIS ISSUE

Another successful year	1
Teenage Fighting Cranes - What's next?	1
Kung Fu Kid of the year	2
Training aids for homework	2
Time (and effort) is of the essence	2
Chinese Martial Arts for Everyone	3
Kung Fu Camp and Autumn term of classes	4

Hopefully we can offer this element of Martial Arts training once again in the near future and will continue to offer it as part of our kung fu camps.

You will find the relevant information about enrolling your Child for next year's program and about our Kung Fu for Kids on page 4. Lookout for Halloween camp to be held in October too!

Remember to please meet the enrolments deadlines for both the summer camps and the 2007 terms!

Cranes training program and have come up with the following options.

Our Kung Fu kids must be able to fight at a reasonable level to earn their Black sash. Not all of our members like to spar but would like to progress in with their Kung Fu in some other way.

The two options are as follows. Once our members have completed stage 1 (green sash) of the junior program, they can choose to take the

[Continued on page 3](#)

Kung Fu Kid of the Year!

This year we will be presenting an award for the most outstanding student of the Year!

We will award trophies to the best students in each of our 9 classes. From these winners we will choose the “Outstanding student” of the year.

Many criteria will be examined such as dedication, commitment, focus, leadership, diligence and etiquette. This award ceremony will take place at the beginning of the Autumn Term.

See our website for dates and times.

Time (and effort) is of the essence!

By Paul Moran

Kung Fu means “Time and effort”. This can be applied to any skill gained through constant practice, such as mastering the Piano or violin.

When the Chinese Martial Arts were brought to the Europe and America they were referred to as Kung Fu because of all the hard work and time involved in becoming good at the Martial arts.

For all of us to reach our full potential we must put our time and effort into all of our endeavors.



Reach your full potential with time and effort!

Training aids for homework

Does your child find it difficult to practice at home?

Did you know that we have a new online Martial Arts store on our website??

Currently available are a range of DVD's which will help home practice immensely! Our recommendations are below

- The Fundamentals of Shaolin Kung Fu DVD, teaches all the basic stances, kicks, punches, stretching etc (all taught by Master Yang himself)
- The Shaolin Longfist Forms DVD, teaches the 12 basic Tan Tui and the forms required up to the Black sash level. Visit www.ymaa.ie for info.

When it comes reaching our potential in our Kung Fu training we must attend class on a regular basis, practice at home and also put an effort of 100% while at class, concentrating and listening to the lessons of the day.

I would like to ask all of Kung Fu kids to do 3 things for me when they return after the summer break. Firstly, switch their “Kung Fu brain on” to listen and focus at class, secondly at home practice what you learned at class, and finally please come to all of the scheduled classes and earn you Perfect attendance badges!

Focusing on these 3 points will allow you to put the “TIME” and the “EFFORT” and to reach your full potential.

Chinese Martial Arts are for everyone

So you've been bringing your child to our Kung Fu classes for while now, some since the time your child had difficulty tying their own shoe-laces. You have seen the benefits Chinese Martial arts has offered them...

...have you ever wondered if you too could also avail of the same benefits?

YMAA Ireland offer classes suitable for all ages and fitness levels. You may be tired of the gym or the latest aerobics/Pilates classes. Maybe the gym doesn't suit you. Why not try our classes?

I invite you and anyone you know who may be interested in coming along to a free week of classes. If you like what we do then you can join us on the path to a healthier lifestyle in a fun and interesting way!

"Perhaps you would like to have something extra which will allow you to relate to them more as they grow up."



Tai Chi Chuan can be a great escape from the stresses of the day!

Each evening Monday – Thursday we run either Shaolin Kung Fu classes or Tai Chi Chuan classes.

Join us if you are interested in losing weight, increasing strength, stamina and flexibility, strengthening your core (spine and joints) reducing blood pressure and anxiety, learning an effective martial arts style in a fun and friendly environment. Perhaps you are curious what your children are learning and would like to have something extra which will allow you to relate to them more as they grow up.

Both our Tai Chi classes and Kung Fu classes offer different intensity levels of training but we allow every individual to train at their own levels and pace.

Classes are taught by instructors Paul Moran and Damian Fox under the guidance of Dr. Yang, Jwing Ming. Kung Fu classes are held all year round and the Tai Chi Chuan classes are held annually from September to June.

Teenage Fighting Cranes – What's next?? from page 1

Black Sash path or switch to the YMAA International program.

If they choose the Black Sash path they will be obliged to join the Black Sash club whereby they will commit to train at least twice per week and to attend the sparring classes held each Monday at 6pm – 7.20pm. Consideration will be given to those in their exam years.

The YMAA International path will consist of the same training as offered to the Black Sash club but no further sashes will be awarded and no fighting is required for progression. Students will advance by testing for the International Shaolin Kung Fu stripes at our annual YMAA Ireland grading. Students can change to the Black belt path by discussing this option with the school Director at a later stage if they wish.

The information about the Black Sash club will be available on our Website over the summer months.

Kung Fu for Kids camps and autumn classes

Now Re– enrolling for our Autumn Term 2007

We are currently re–enrolling for our next Kung fu for Kids Term. The Autumn term will consist of 12 weekend classes and 15 midweek classes, beginning the 1st of September 2007 and concluding on the 19th of December 2007.

Our website contains all the dates and times of classes: Visit www.ymaa.ie/future_term.html for all the relevant information. You can pick an information sheet at class if you cannot gain access to the website. Enrolment forms are attached and should be returned with full payment by the deadline of 25th of June 2007.

Please do not miss the deadline otherwise they may miss out on their place in the next term.

You will find that we have an even more flexible schedule, with classes available both at the weekend and midweek. This gives all of our kids the chance to fit a Kung Fu class (or two) into their hectic schedules 😊.

Extra training is also available to those kids who would enjoy an extra class each week. This will allow an even faster progression through the grades as evidenced by those kids who double up their training during the last year.



We will resume our Kung Fu training in September

**Online enrolments
for the Autumn
term & camps will
be available soon
www.ymaa.ie**



Wrestling at last years camp

Kung Fu for Kids Summer camps

Allow us to help transform a normal summer holiday into an experience they will always remember. Give your child the experience of a world of sport, activity and fun through martial arts.

The camp will be run and overseen by YMAA Ireland President, Paul Moran. Paul is a full time martial arts instructor who teaches over 200 children each week throughout the year. He has been training under the guidance of the world famous Master Yang, Jwing Ming and is a certified Coach Instructor with YMAA International. Paul will be helped by a team of teaching assistants to give the children the best learning environment and the most fun possible.

What will we do and learn at Kids camps 2007

Apart from Shaolin Kung Fu , Longfist Kung Fu, Whitecrane Kungfu, Wrestling, Weapons training such as the bo staff & sword, kicking, punching, locking and throwing we will have 5 days of great Kung Fu fun with lots of Martial arts games. Games such as 'Murder ball', 'Protection', 'Samurai', 'Sock attack' and many more. See www.ymaa.ie/kids_camps.html for more information.



"Murderball" at this years Easter camp!

