

Kung Fu Kids and teens news

Little, Shouting and Flying Cranes

So who is going to fill their board with stars this term??? Who is going to earn the perfect certs and badges at the end of this term???? Who is going to get more or maybe their first merit badges??? Will you graduate from stage 1 of the Kung Fu for kids program??? What's your new year's resolution??? Did you promise to work hard and practice your Kung Fu this year??? We'll see everyone make huge jumps this year if Kung Fu was a part of your New year's promise to yourself!

Kung Fu demo, a huge success

Thank you, thank you, and thank you again! We raised over €600 for the Heart Children. To all those kids who were involved; - great job you did yourselves proud. We much appreciate all the parents and kids who came to show their support and for your donations to a very worthy cause.

Fighting Cranes

There has been some fantastic progress made over the last year in the fighting abilities and the Shaolin techniques of our senior Kung Fu kids. This next term it is my intention to take everybody up to their next grade (if not up 2 grades!!!). I feel with a little more work, whether by increasing your home practice or double up your training by joining the Shaolin students for one night a week, many of you will complete stage 2 of your training by passing purple and then red sash. This will allow you too to test for your Shaolin level 1 stripe in April in front of our visiting instructors.

Black Sash Path

This quest began with you joining your very first Kung Fu class all those years ago. But once you have successfully graded for your Purple sash you are officially recognised by me to be on "THE" Path to the Black Sash. As such you will be expected to push yourself and at the very least double up your training (Every week!). Training regularly with the Shaolin students and attending your Saturday fighting cranes class is the only way any of our 6 black sashes could have reached the ultimate grade. At this stage I am very eager to see the mental and physical discipline required to earn the Black Sash before I set out my own plans to help you complete the program. I can only show you the door, you must walk through it yourself. Many people have fallen to the wayside at this stage in their training, and with so much more to learn will you reach the end of your journey??????

Black Sash Gradings this year

Aengus Boyle has already completed the Shaolin level 2 stripe and will test for his Black Sash on the 15th of March 2008. Please remember, he will be counting on all of you to push him to his limits and I expect him to push you back. I wish him luck, he is going to need it over the next few weeks in preparation for the grading, mainly because I won't be giving him a moments rest. Please note: At this point in his training he should all ready be at the Black sash level and over the final few weeks we will refine and get him thinking like a Black sash!

Other potential Black sash gradings this year: - Daniel O'Driscoll and Sean Boyd are within a hairs breath of being invited to test for their black sash grades. It's up to them to sharpen the final edges of their Shaolin 2nd level and aim to complete the grade over the next 6 months. If this can be done then we could see these two test towards to end the year.