



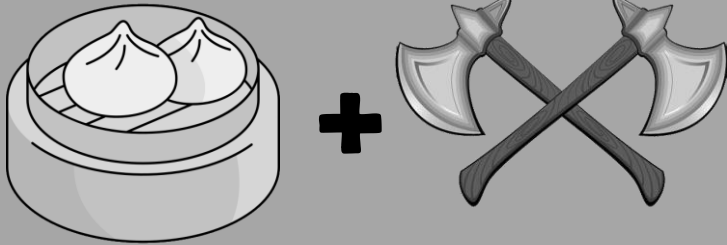
MAR-APR 2024

No Classes March 2nd after graduation
Classes Resume Monday, March 4th!

NKFA NEWS

NIAGARA KUNG FU ACADEMY
6080 MCLEOD ROAD
NIAGARA FALLS, ON
905-357-9146

DUMPLINGS & DOUBLE AXES



SATURDAY, MARCH 23RD @ 5PM

SQUAD CUP WINNER!



2ND PLACE:



AFFIRMATIONS

BLACK SASH INTEGRITY

- I AM AN HONEST PERSON.
- I DO THE RIGHT THING EVEN WHEN NO ONE IS WATCHING
- I AM A LOYAL AND TRUSTWORTHY FRIEND
- I ALWAYS KEEP MY WORD EVEN WHEN IT IS DIFFICULT
- I DO MY VERY BEST NO MATTER HOW I FEEL
- I CONDUCT MY LIFE WITH INTEGRITY AND HONOUR

BLACK SASH EXTRAVAGANZA

GRAD | DEMO | POTLUCK | DANCE PARTY

& Board Breaking!!

FRIDAY, APRIL 26TH - 6PM
AT FIREMAN'S PARK HALL
\$5/BOARD - PROCEEDS GO TO PROJECT SHARE!



DODGE PAD MANIA!

INSANE RABBIT
EDITION



Eye on the Horizon, but Thumb on the Pulse

I'm a big fan of Dan Sullivan, world class consultant and business coach, especially his Gap and the Gain philosophy, which is well known amongst entrepreneurs, but it is also something that desperately needs to be known and understood by parents. The Gap and the Gain concept is a self measurement tool, to ensure we as humans are constantly growing, thriving, and learning, instead of just staying stagnant, but it ensures we do it in a healthy way.

Dan refers to the Gap as how we see ourselves compared to our ideal future. Imagine, as an example, you are on a long journey, and as you are walking you are keeping your eye on the horizon. You know your destination is out there somewhere, but you're not exactly sure where, so you just keep your eye on the horizon and keep walking toward it. The problem is, as you walk toward the horizon, it keeps moving away from you. As many steps as you take toward it, it keeps adjusting just as many steps away from you.

Continued on Page 3

LEADERSHIP AND MASTER CLUB EXCLUSIVE



DEMO TEAM

Demo Team is looking for students who are averaging an "A+" on their form grading and show fantastic effort, attitude, and discipline in class. Select students will practice their individual and team forms for demonstration. This class is especially held for Master Club & Leadership Students dedicated to training for **BLACK SASH EXCELLENCE!**

DEMO TEAM

***SATURDAYS WEEKS 1-7 ALL LEVELS:**

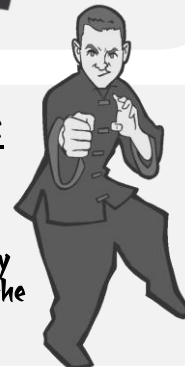
GROUP FORM CLASS: 12:30-1pm
TEAM & INDIVIDUAL FORM PRACTICE WILL BE ALLOTTED PART OF THE MAT FROM 12-12:30pm please be respectful of classes going on at that time :)

*By invite only based on testing and performance in past cycle. List to be posted in hallway.

WEAPONS CLASS EXTENSION

EXCLUSIVELY FOR MASTER CLUB & LEADERSHIP STUDENTS

Students Training to Black Sash will study the most versatile single handed weapon, the short staff. This weapon requires very mobile footwork, and practicing the Short Staff Form provides a solid foundation for one-handed weapon-wielding. Strengthens wrists, grip, and forearms.



SIFU'S CHALLENGE:

Strike First!

Wake up at least 15 minutes early and practice kung fu outside in the morning

Sparring is March 30th – 2:30 - 4pm

Gear is available if you want a set, talk to an instructor before March 20th. Gear is NOT required for first 45 minutes. Also, if this is your first session, it is HIGHLY recommended you only participate in the first 45 minutes



INSTRUCTOR TRAINING
Exclusively for LEADERSHIP STUDENTS

HELD BEFORE CLASSES:

Mon & Wed at 4pm
Tues & Thurs at 4:30pm
HELD AFTER CLASSES on Saturdays from 2-2:15pm:

Always wear full uniform and bring your binder!



SHAOLIN CHALLENGE

Cartwheel Progression

Stage 1: Cartwheel
Stage 2: Continuous Cartwheel
Stage 3: 1 Handed Cartwheel
Stage 4: No Handed Cartwheel



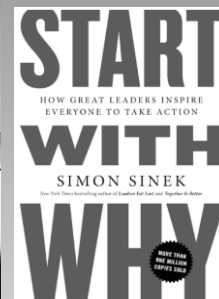
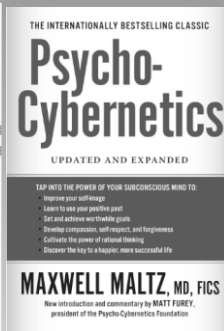
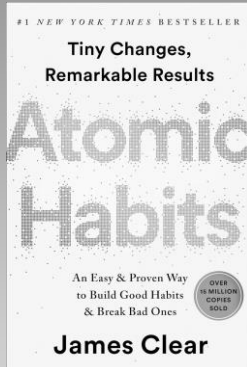
HOUSE KEEPING ITEMS

STUDENTS: PLEASE FREE UP THE SEATS! PLEASE KEEP YOUR BELONGINGS IN A BAG AND UNDER A CHAIR DURING YOUR CLASS.

SOPPY BOOT SEASON IS HERE! Please use the New Shoe Racks to neatly store your outdoor shoes while you're in class and avoid wearing your clean kung fu shoes outside

If you're staying to watch class, when you park, please leave storefront spaces open for people seeking help from our nurses next door

FULL UNIFORM JACKETS NOW REQUIRED FOR ALL CLASSES



WK	1 ST CH/LVL 3 Atomic Habits	2 ND CH/LVL 4 Psycho Cybernetics	3 RD CH Big Leap	2 ND DEGREE+ Start with Why
1	10, 11	10	Finish ch 3	Ch 8
2	12, 13	11	Up to page 125	Ch 9, 10
3	14, 15	12	Finish ch 4	Ch 11
4	16, 17	13	Ch 5	Ch 12
5	18, 19	14	Ch 6	Ch 13
6	Wrap up	15 & afterword	Ch 7	Ch 14, and afterword
7	-	-	-	-

Continued

This, unfortunately, is how many of us act on our journey of life, we continue to measure ourselves against the horizon, an ever-moving target with which we use to measure our self worth. The problem is, no matter how much we accomplish along the way, we might not ever seem content or fulfilled, because as we grow and expand our capabilities, it is never enough for our ever moving ideal of where we ought to be.

Alternatively, the Gain is where we occasionally glance back to compare. Measuring backward against our previous self has a much different effect on our mind, body, and spirit. If we measure backward, comparing where we started to where we are, instead of forward to the ever-moving horizon, we can see how far we've come. Seeing our accomplishments lets us grow more confident and grateful for how far we've come, whereas only looking forward ignores them.

This doesn't mean that we don't look to the horizon and keep enjoying our journey through life, it just means we don't measure ourselves by it.

I think every entrepreneur and business owner needs to understand this, but even more so, every parent.

As parents and educators, we often hold our kids and students to the same horizon. Rather than looking where they are now, compared to where they were a year ago (the Gain), we often hold them to an impossible standard set by another sibling or friend (the Gap). While another sibling might be better behaved or more academically inclined, if we use their example as a yard-stick to motive a child, by the time they improve to that level in any given area, the sibling we are using as a yard-stick will have also improved, creating an ever-moving horizon.

I myself went through this when I was young. My older brother was the hockey star of the family. Myself not being very athletically inclined, was always measured against his success.

This left very big gaps in my confidence growing up, and led to a "why bother?" attitude when it came to being active. As a result, I became overweight and retreated into more video games, which further exacerbated my lack of fitness.

Luckily, I found martial arts, where I did not need to compare myself to others. Martial Arts, being a personal journey instead of a team sport, let me measure my own progress. Each new belt I earned I could look back at where I started. Eventually, I attained a high level of fitness and proficiency, even competing internationally.

I wish more parents knew this. Often, I see kids get discouraged because parents are measuring them against an ever-moving ideal, and drawing little to no attention to their progress.

On the flip side of that, if parents went through this themselves when they were young, they will swing the pendulum with their kids and not encourage them to have any goals at all. This too is unfortunate. We need goals to keep growing, expanding and learning, much like we need a horizon to walk toward. We just need to make sure we look back to measure.

Perhaps this is why martial arts is such a good tool for building confidence in kids, because it lets them measure the Gain, not the Gap. Each new challenge is personal, and the student's progress is not measured against anyone else, just themselves.

Action Step: Make sure your child has a "success journal". Help them write out their accomplishments in it as they achieve them, so they can also look back when they feel discouraged. Make sure this is NOT a scrapbook of things that would have happened anyway (first haircut, first tooth to fall out, etc). Put in only things they achieved through their efforts. You may want to even make one for yourself, as we all occasionally fall victim to measuring ourselves against the Gap instead of the Gain.

Sifu Atalick

9th Generation Master of Seven Star Praying
Mantis Kung Fu

Administrative Close on Saturday, March 2nd, CLASS STARTS ON MONDAY, MARCH 4TH, YAAAY!

Introduction to Homeopathy – part 2 – Friday, March 8th 6-9pm - Mrs. Atalick, a practicing 2nd generation homeopath of 15 years is teaching an introductory course on this holistic therapeutic method of healing and wellness for anyone interested – Friends and Family welcome, tea and snacks will be served too! Bring your notebook!

BRING A FRIEND WEEK! - Ages 6+ Week of March 11th to 16th

Friends don't let Friends sit at home bored over the March Break! Bring them with you to Kung Fu! All week, friends are welcome to join you for class. Classes will be slightly modified to accommodate newbs in a fun and friendly way. Permission forms will be available and are required to be signed by a parent for guests under 18.



DODGEPAD MANIA! - Saturday, March 16th – 3-5pm
Ages 4-7 – 3:00pm to 3:45pm / Ages 8+ - 4pm to 5pm

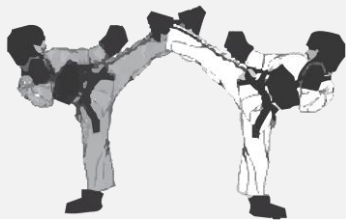
NOVICE HONOR ROLL PARTY! – Saturday, March 23rd 2:30-4pm

A chance for our novice students to celebrate their New Belts. Bring a friend (or 2), Join us for a Kung Fu Pizza Party, show off your 4 laws of concentration to guests, play kung fu games, break a board. Parents are welcome and encouraged to stay and watch and take some photos - Leadership students are welcome to come and help in a Leadership Capacity

Dumplings and Double Axes – Ages 12+ - Saturday, March 23rd, 5-7pm

For Master Club and Leadership Students (*who have their homework competed!*)

Join us for some food while Sifu teaches us the Very Rare Traditional Double Axe Form



Sparring – Exclusive for Master Club & Leadership

Saturday, March 30th – 2:30pm to 4pm

If it's your first time or you're in your first year of training, attend from 2:30pm to 3:15 for technique and controlled contact training

If you're a second year student and you have gear, attend from 2:30 to 4pm for technique training, controlled contact, advanced technique, and free sparring

NO CLASSES HELD ON SATURDAY, APRIL 20th – Closed for Private Black Sash Testing

TEST WEEK!

Monday, April 22nd, Tuesday, April 23rd, and Wed, April 24th during regular class times

POTLUCK GRADUATION FOR ALL STUDENTS – Friday, April 26th – 6pm
at the Fireman's Park Hall -2275 Dorchester Rd, Niagara Falls | Parents, grandparents, siblings, aunts, and uncles are all welcome to join and witness ALL of our students get their new belts...

...but ESPECIALLY OUR NEWEST BLACK SASHES!

NO CLASSES HELD ON SATURDAY, APRIL 27TH – NEW CYCLE STARTS MONDAY, APRIL 29TH