

# Authentic Kung Fu of Florida

## **STUDENT MANUAL**

### **INTRODUCTION**

Welcome to Authentic Kung Fu of Florida! Our goal at this school is to assist you in learning traditional Chinese martial arts for health and personal safety. This manual will help introduce you to some commonly asked questions and outline the guidelines for training at AKFF. Please read it carefully, and also familiarize yourself with the school website:

[www.authentickungfufloida.com](http://www.authentickungfufloida.com) . Should you have any further questions, please do not hesitate to ask.

### **COURSE INFORMATION & ATTENDANCE**

***What am I learning?*** At AKFF, we teach traditional Chinese martial arts, also known generally as “Kung Fu”. In particular, we teach one style of Kung Fu called “Northern Seven Star Praying Mantis”, in the tradition of a master named “Wong Hon-Fun”. This system dates back over 400 years to ancient China, and we can trace our roots back all the way to its very origins in the mountains of Shandong Province. For more in-depth information on the style, how it operates, and its history, we encourage you to visit the school’s website at:

[www.authentickungfufloida.com](http://www.authentickungfufloida.com) and the website of our parent school, Authentic Kung Fu in Fort Worth, Texas: [www.authentickungfu.com](http://www.authentickungfu.com)

When taking classes at AKFF, training follows a structured curriculum. Because of this, regular attendance is essential for progress. Classes are held at the **Irene H. Canova Community Center** in Indian Harbour Beach, FL. Advanced classes are held immediately following beginner classes. Check with the instructor for current class times.

Students are expected to arrive at least 5 minutes prior to class. Upon entry, be sure to sign-in to the attendance sheet. If it is not possible to attend a class, or if you know that you will be late, please inform the instructor via email, phone, or text message. However, when in doubt, it is always better to come to class late than not at all. After class is finished, beginner students should clear our promptly to make way for the advanced class to start.

Any news, announcements, or class cancellations will be posted on the school homepage at: [www.authentickungfufloida.com](http://www.authentickungfufloida.com) . Please check this site regularly to stay informed, as classes which fall on holidays are often cancelled or re-scheduled.

### **TUITION & FEES**

Tuition at AKFF is collected monthly, and test fees are collected at the time of the test . The first class is free, and there are no written contracts. However, all students are expected to commit to a minimum of three months once they begin training. Without this minimum training time, neither the student nor the instructor benefits. Contact the instructor for current tuition costs and other fees.

Students may pay with cash, credit card, or check (made out to the instructor). **Payment is expected during the first full week of the month.** If the student begins training in the

middle of a month, the first month's tuition will be pro-rated in increments of **25% per week**. Tuition will not be adjusted or pro-rated for a student's failure to attend classes. If you have advanced notice of an extended absence, arrangements can be made with the instructor for a temporary leave of absence.

## **WHAT TO BRING AND WHERE TO PUT IT**

Students are advised to bring a gym bag for their workout clothes, and to change into street clothes after class. The bag can be used to carry other items such as protective gear as well. Bags should be placed in the corner of the room between the entrance and the kitchen, or under the counter. Keep all bags and equipment against the wall so they do not pose a trip hazard.

There is a drinking fountain in class, but carrying a personal water bottle is encouraged. Be sure to put your name on it.

When you begin weapons training, the weapon you are learning should be brought to every class. Be sure to carry it in whatever protective case is appropriate and place it in the corner of the room near the door. Do not handle others' weapons without permission.

Much of the training at AKFF is done in close proximity to a partner, so students should be mindful of excessive sweat and odor. Please observe good physical and oral hygiene, and use appropriate deodorants and breath fresheners if needed. Avoid strong perfumes or colognes. Be sure to bring a towel if excessive sweat is an issue.

Finally, we have to say that neither AKFF nor the Community Center are responsible for lost, stolen, or damaged property. Please secure and look after your valuables accordingly.

## **ATTIRE**

In China, people practicing martial arts rarely wear the traditional uniform seen in performances. In the past, a martial artist trained in the clothes he wore in everyday life, or in the uniform of his profession if he was a soldier, official, or member of the clergy. AKFF maintains this tradition by not requiring members to wear the uniform when attending regular classes. Students are required to have a traditional uniform (Yifu) for rank testing and other formal events. It may also be worn to regular classes if desired, and should be kept neat and clean.

For regular classes, loose athletic pants that allow for freedom of movement and a plain or school t-shirt are recommended. Footwear should be sneakers with non-marking soles. Having said that, there are some guidelines:

1. Have separate workout shoes and street shoes, to avoid tracking dirt and debris onto the floor.
2. Training in bare feet is not permitted.
3. School T-shirts are available, and are encouraged (but not required) for use in regular classes. When worn outside of class, keep in mind that by wearing the school shirt, you are representing the school. Conduct yourself accordingly.

4. Clothing should be respectable. Keep your workout clothes clean and free from stains, dirt, odor, and unsightly rips. Do not wear clothing with offensive slogans or graphics.
5. Unacceptable clothing items include: Jackets, tank tops, midriff tops, mesh or fishnet, spandex, skirts, short-shorts, sandals, flip-flops, cleats, dress shoes, boots or other heavy-duty footwear.
6. Clothing from other martial arts styles or schools may be worn, but are considered in poor taste.
7. All jewelry, including exposed piercings, must be removed for class. If you require an exception, please speak with the instructor.
8. If not worn, men should have a groin protector readily available.
9. Students engaging in free sticking-hands or sparring must have:
  - a. Headgear
  - b. Safety goggles (for those with prescription lenses)
  - c. Gloves
  - d. Footgear
  - e. Mouthpiece
  - f. Groin protector (for men)
  - g. Chest protector (for women)

## **CLASS ETIQUETTE**

Kung-Fu is a Chinese art and has many Chinese cultural traditions. When taught to groups, the teaching took on a near-military atmosphere and discipline. At AKFF, we maintain many of these traditions, but do so in a more relaxed atmosphere that is more conducive to learning for Western students in the modern day. Some important traditions practiced at AKFF are:

1. **The Salute.** The right fist against the left palm is a symbol of moral virtue. In ancient times, the Kung Fu master was a figure similar to the legendary knights of Europe. The salute identifies the practitioner as a participant in this tradition. An alternative salute which may be used if one hand is occupied, is a single open hand placed vertically, edge-forward, on the sternum.

The salute should be performed:

- a. When entering the building and when leaving for the day. This is a sign of respect for the past generations of masters who developed the art.
- b. At the beginning and end of class.
- c. When meeting a senior student or instructor.
- d. When commencing or finishing practice or sparring with a partner.
- e. To acknowledge and thank an instructor for teaching new material.
- f. If coming in late. Be sure to salute the instructor and receive his acknowledgment before commencing warm-up exercises.

It is NOT necessary to salute:

- a. When going from room to room within the school
  - b. When engaged in activities that require several entrances and exits from the school in a short period.
2. **Bowing.** Bows from the waist are often incorrectly associated with Chinese martial tradition. To be certain, bowing is a part of traditional Chinese culture, and it was done in similar situations as in Medieval Europe. However, it is not often done in the Kung-Fu school. To bow and salute together is considered redundant in most situations. If bowing to show respect, a salute with a simple bow of the head while maintaining eye contact will suffice.
3. **Titles.**
- a. The Instructor: There are few formalities in the school. The instructor is usually referred to as “**Sifu.**” This title is used for any master of a non-academic discipline. For example, in Chinese, a master chef would be called Sifu, as would a master carpenter. It is not required that the instructor be referred to as Sifu if this makes the student uncomfortable; however, as with other professionals in our culture, such as coaches, professors and doctors, being referred to by the appropriate professional title is appreciated. Sifu’s Sifu is referred to as “**Si-gung**”.
  - b. Senior Students: In the Chinese tradition, the school was organized based on a family structure, following the Confucian tradition of honoring your seniors. Accordingly, anyone joining the Kung-Fu school after a given student would be junior to that person, regardless of rank, and anyone joining before that student would be considered senior to them, like an older brother or sister. When assembling, the senior students line up first and the most junior last. At AKFF, we maintain this tradition, but in a less strict manner. Assistant instructors should be referred to as **Si-hing** (male, “older brother”) or **Si-jie** (female, “older sister”). This convention is not required if the student feels uncomfortable with it, but it is appreciated when observed.
4. **Ranks and Testing.** There has always been testing in Kung-Fu schools; however, traditionally there was no rank in Kung-Fu schools as we know it today, although there was civil testing in martial artists for proficiency and certification as instructors. In the schools themselves, the senior/junior structure prevailed. At AKFF, along with the senior/junior ranking, we have instituted the ranking system of our parent school, Authentic Kung-Fu, located in Ft. Worth, TX. This system follows the proficiency testing used in Hong Kong, and a series of colored sashes that reflect the Qing Dynasty military society of China. Sashes are not typically worn in class, but are used to partition the curriculum and to mark milestones in a student’s Kung Fu training. The ranks at AKFF are as follows:

- No sash: New Student.
- Black Sash (3 levels): Basic Student.
- Grey Sash (3 levels): Intermediate Student.
- Blue Sash (3 levels): Advanced Student.
- Green Sash (3 levels): Advanced Student / Assistant Instructor.
- Red Sash (3 levels): Master / Instructor.
- Gold Sash: Graduate of the system.

Advancement: Successfully completing a course at AKFF carries with it an award of standing or rank (certification) denoting this achievement. This standing in the school enables a student to study new material just as completing courses at a University gives one the pre-requisites to take more advanced courses. Testing is required at Authentic Kung Fu for all students, and is conducted upon invitation from the instructor. Tests below Red Sash level are open to the school as well as family and friends. Fees should be paid prior to the test, and include a certificate and sash (if a new color is to be conveyed). Students with advanced rank from other associations but in the same style as that taught at AKFF will be given consideration for their achievement in the assessment of testing requirements.

Standing at AKFF and in the martial community: Ranking at AKFF is directly transferrable to other AKF schools (Authentic Kung Fu, AKF of Dallas, AKF of Burleson, etc), but differs from association to association within the wider Kung Fu community. However, because AKFF uses traditional training methods, other associations recognize the technical level of skill achieved. Traditional Kung-Fu styles are taught in a sequence that is recognized by all other traditional schools of the same style. Because of this, there are metrics that are shared concerning skill-level, even among different associations.

Returning Students: The curriculum at Authentic Kung Fu evolves from year to year as further research is done and teaching methods are modified. Also, students not participating in the weekly discipline of training can forget techniques or drift in the precision of their skill. Because of these reasons, if a student is gone for more than six months, though he retains his rank in the school, he must refresh material from the fundamental level up to the level achieved before departure. No tests are required; the Sifu will determine when sufficient study of past material has been accomplished and when that student may progress further.

5. **Care of the School.** All students are expected to help look after the school facilities and equipment. Keep in mind that other classes utilize the facility as well. Senior students may delegate tasks to junior students, but only to instruct or speed the cleanup process. Junior students are encouraged to not wait for a request to clean the school. Tasks include:

- Sweep the floor before every class
- Clean any major spills or stains before and after class
- Setup circulation fans before class and put them away afterwards
- Setup and teardown for rank tests and other school events
- Report any damaged, leaky, or dangerous facility conditions to the instructor
- Care for the pads, mats, and other training gear and put them away properly
- Care for any weapons stored at the school

## **CONDUCT OF TRAINING**

1. **Training Partners:** As much as possible, in the beginning stages of training, a junior student is paired with a senior student to guide learning one-on-one. This may not always be possible. When it is not possible, the instructor will endeavor to supervise closely to ensure good training. When working with a senior student, try to follow the directions of the student as accurately as possible. When working with a junior student, try to help convey and practice the material as directed by the instructor.
2. **Technical Differences:** Over time, a student will train with many senior students. Occasionally there will be small differences in approaches to a technique between senior students. If confusion arises from these differences, please call on the Sifu or one of the Si-hing/Si-jie to resolve differences of opinion.
3. **Style Differences:** For those with prior martial arts experience, there will always be questions of method and approach that arise. Please hold these questions until after class so that adequate time can be given to training in order to complete course material during class time.
4. **Questions:** For any questions, difficulties or other issues that arise, please contact one of the Si-hing/Si-jie or the Sifu.
5. **Training Outside of Class:** Training with other AKFF students outside of class on course material is encouraged. Attempting to teach others, without being cleared to do so by the Sifu, is not.
6. **Getting Ahead of Yourself:** Studying material that is not in the student's current course level is not permitted. It undermines the carefully developed structure of the course, which lays the foundation for training the student for the next level.
7. **Multitasking:** For effective use of a student's time, studying at other schools while enrolled at AKFF is not permitted. Students should complete the course they are taking and then attend another school, if they wish. The instructors at both schools will appreciate the undivided focus of the student and the student will learn that school's course material faster.
8. **Been There:** Some students attending AKFF have trained in other styles of martial arts. It is not considered proper to practice these arts while in the school facility.

## **ADVICE TO NEW STUDENTS**

- 1. Learn details but don't worry over them.** There is a great deal of information given to you when you begin learning Kung-Fu. Practice the details. But don't let your focus on details prevent you from performing the entire technique many times. Getting the body used to new things takes time and repetition. If you remain mindful of the details while you practice you will get better. If you allow your focus on the details prevent you from practicing the technique being taught, you will not progress.
- 2. Let yourself learn at your own pace.** All of us learn at different speeds. Some learn faster than others. This does not mean that the one who progress more slowly does not have good Kung Fu. It means that they simply need more time to learn. Over time, both the fast learner and the average learner arrive at the same place. The question is, did you let your competition with others to be the fastest learner keep you from enjoying your training? Or, did you let the fact that others learn faster diminish your enjoyment? Both are wrong-headed approaches to learning Kung-Fu.
- 3. Fast and wrong is still wrong.** Doing a technique faster or harder simply makes it more strenuous to perform, it does not make it correct. The time when one is first learning a technique is not the time to see how much effort one can put into it. Learn the technique first, slowly and carefully. Add force as you gain proficiency in doing it. In this way you will not ingrain bad habits that will harm your progress in the long run.
- 4. Remember that you are learning Kung-Fu.** A "Kung" is a specialized ability not possessed by average people. Your chosen style of Kung-Fu has a specific collection of "Kungs" that are essential for mastering the system. Without a thorough grasp of the Kung of the system you will never develop the skills you desire to have. If you don't know what they are, ask! If you have questions as to why you are practicing a certain technique or exercise, ask! We are happy to answer whatever questions you have. Your training initially will be very much more concerned with helping you develop the Kung of your system than teaching you self-defense or improving your cardiovascular fitness. You will, without question, learn to defend yourself effectively, and will be able to do so far better than you now probably imagine. You will also get in better shape and strengthen your body through your study of Kung-Fu. There is a definite plan. We understand that Kung-Fu is very different from other martial arts and takes time, patience, and dedication to master. If you have requests or specific questions about any aspect of your training, please make them.

## **Authentic Kung Fu of Florida** ***IMPORTANT CONTACT INFORMATION***

### Instructor (Sifu):

Lee Frey

Phone/Text: 321.917.1624

Email: [info@authentickungfufloida.com](mailto:info@authentickungfufloida.com)

School Website: [www.authentickungfufloida.com](http://www.authentickungfufloida.com)

### Assistant Instructor (Si-Hing):

Kyle Johnston

Phone/Text: 301.606.6567

Email: [info@authentickungfufloida.com](mailto:info@authentickungfufloida.com) (be sure to put "ATTN: Si-Hing Kyle" in the subject)

School Website: [www.authentickungfufloida.com](http://www.authentickungfufloida.com)

### Class Location:

Irene H. Canova Community Center

2289 Hwy A1A

Indian Harbour Beach, FL. 32937

Website: [www.brevardcounty.us/parksrecreation/south/ireneanova/home](http://www.brevardcounty.us/parksrecreation/south/ireneanova/home)

**\*NOTE:** As there is no full-time staff at the Canova Center, the South Beach Community Center serves as our parent facility. Please contact SBCC or the Brevard County Parks & Recreation Office for questions or issues with the facilities or the instructor:

### South Beach Community Center

500 Old Florida Trail

Melbourne Beach, FL. 32951

Phone: 321.952.3210

Website: [www.brevardcounty.us/parksrecreation/south/southbeach](http://www.brevardcounty.us/parksrecreation/south/southbeach)

### Brevard County Parks & Recreation:

South Area Operations Office

1515 Sarno Rd., Building A

Melbourne, FL. 32904

Phone: 321.255.4400 (ask for Bernice Carter)

Website: [www.brevardcounty.us/parksrecreation](http://www.brevardcounty.us/parksrecreation)

Email: [bernice.carter@brevardfl.gov](mailto:bernice.carter@brevardfl.gov)