

INSTRUCTORS.

Si Fu Ross Walters.

Started training in 1984.
Achieved Si Di rank in 1988.
Started teaching in Toowoomba in 1989.
Achieved Si Suk rank in 1992.
Achieved Si Hing rank in 1994.
Achieved Si Fu rank in 1996.

Si Suk Fred Pittorino.

Started training in 1993.
Achieved Si Di rank in 1997
Achieved Si Suk rank in 2002.

Si Di Malcolm Moore.

Started training in 1998.
Achieved Si Di rank in 2002.

Si Di Conrad Coleman.

Started training in 1996.
Achieved Si Di rank in 2003.

Si Di Ben Kruger.

Started training in 2001.
Achieved Si Di rank in 2005.

Si Di Daemon Walters

Achieved Si Di rank in 2006

Si Di David Rodgers

Achieved Si Di rank in 2006

ASSISTANT INSTRUCTORS.

Lao Shi Dan Machulka
Lao Shi Lee Hunter
Lao Shi Shane Blackledge
Lao Shi Kerry Ellem
Lao Shi Kieren Quinn



FEES.

**NO JOINING OR MEMBERSHIP FEE.
1st Lesson Obligation FREE**

Private Tuition Not Included.

	Casual	Monthly
Kung Fu Kids (8 - 12 years)	\$8	\$40
Seniors (16 years & over)	\$15	\$70
Concession (Students / Pensioners)	\$12	\$60
Tai Chi Class Only (13 years & over)	\$15	\$40
San Shou Only (16 years & over)	\$15	\$40
Full Member	N/A	\$90
Full Member Concession	N/A	\$80
Full Membership Kung Fu Kids	N/A	\$60
Private Tuition	POA	POA

Valid from 1st January 2008

Fees subject to change without notice.

Not all classes are offered at all training locations.

The Australian Shaolin Kempo Kung Fu Academy uses the services of Professional Payment Systems to collect monthly tuition fees. This gives the student several options in which to pay their monthly tuition fee. All fees are based on a 12 month period with school holidays, public holidays and special events taken into consideration.

If a student wishes to cancel their PPS contract, they must give at least 30 days notice and fill out a cancellation form. If a student wishes to suspend a monthly payment due to absence they must give at least 7 days notice and fill out a suspension of payment form.

Non attendance does not indicate cancellation of contract.

Locations:

Toowoomba: East State School Hall
Arthur St, Toowoomba

Brisbane: Anglican Church Hall
Cnr 9th & Central Ave. St Lucia.



MEMBER

AUSTRALIAN SHAOLIN KEMPO KUNG FU ACADEMY

Established since 1989



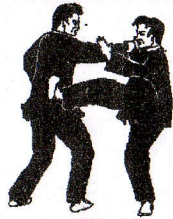
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KUNG FU.



The style that we train in is a compilation of approximately 70% Chinese Shaolin Kung Fu and 30% Indonesian Pentjak Silat. The style tries to use evasion and counter striking rather than direct bone crushing blocks. The idea is to use the opponents force against themselves.

The style is based around the fighting attributes of 5 animals, The Mantis, The Crane, The Monkey, The Tiger and The Dragon.

The Mantis is very patient. The mantis waits for its prey to be within striking range before it attacks. Once it attacks it does not let go. The mantis student never makes the first attacking move. They use their forearms like feelers and waits for the attacker to make their move. Once the first block has been made, the mantis student attacks until the opponent gives up or is out of range.

The Crane is very elegant. Its long wingspan, long legs and powerful beak are formidable weapons. The Crane student needs to be graceful, utilizing the principle of evasion and counter striking. A Crane saying is "If you evade an attack, there will be only one attack; if you block an attack, there will be ten attacks."

The Monkey style of Kung Fu is famous for its tumbling and rolling techniques. Monkey stylists are unpredictable in movement. The stylist must become a monkey to effectively perform the style.

The five basic monkey styles are The Stone Monkey, The Lost Monkey, The Tall Monkey, the Wooden Monkey and finally, The Drunken Monkey.

The Tiger is the lord of the physical realm. The Chinese believed it was the King of the animals (They did not know of Lions until about 10 centuries ago). The tigers' natural, easy fluidity hides its ferocious power and dominance. Armed with deadly claws, sharp and strong jaws, the Tiger style is one of Simplicity, Directness and Power. Very simple, honest and direct strategies valuing truth, honour and justice above all.

Common traits of the Tiger style are roundhouse kicks, including the Tiger Tail kick and the famous tiger claws which the practitioner use to rip and tear at the opponent.

Dragon Style is characterised by its hand movements and waist power. Few kicks are employed in the style, as it is a close range southern combat system that uses all parts of the arms and hands to defend against an attacker. The internal elements of *spirit, purpose, chi and gung (power)* must work in unison with the five external elements of *vision, mind, hand, waist and stance*. The hand movements comprises of jabs, grabs, open palm strikes, punches, elbows, and also makes use of the forearms. Attacking is highly aggressive, where an opponent is relentlessly pressed until he is defeated. Stances include the forward stance, bow and arrow, cat stance, etc. A zigzag like motion or slide stepping is sometimes used to describe a dragon practitioners advance, though the feet are always firmly on the ground.

TAI CHI.

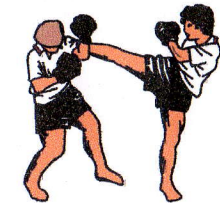


There are several main styles of Tai Chi, Chen, **Yang**, Wu and Sun to name a few. Yang style is the most popular style in the world and even within this style there are several different forms.

Within the Tai Chi curriculum, students will learn Chi Kung (Breathing Exercises), a basic form (6 Form), an intermediate form (24 Form) and an advanced form (108 Form). These forms will develop the flow of Chi (energy) around the body and help improve health and well-being.

More advanced students will also learn practical applications of the forms, Toi Shou (push hands) as well as a Sword Form.

SAN SHOU.



San Shou is loosely translated as Chinese Kickboxing. It involves some of the basic strikes and throws of kung fu and utilises the standard boxing gloves like other forms of kickboxing. One of the major differences of this form of kickboxing compared to others is the utilization of throws and takedowns. San Shou is gaining greater popularity around the world and is being heavily promoted by China leading up to the 2008 Beijing Olympics. It is a great alternative to the regular boxing and kickboxing schools and is a great for fitness for both men and women. The San Shou class is only open to persons 16 years and over and can be done independently of Kung Fu.

Senior students are welcome to attend all classes (Kung Fu, Tai Chi, San Shou) as a Full Member, however it is recommended that only one of the disciplines is trained for several months before attempting to participate in the other aspects of martial arts. This is to assist in eliminating confusion for the student due to the differences between the arts.