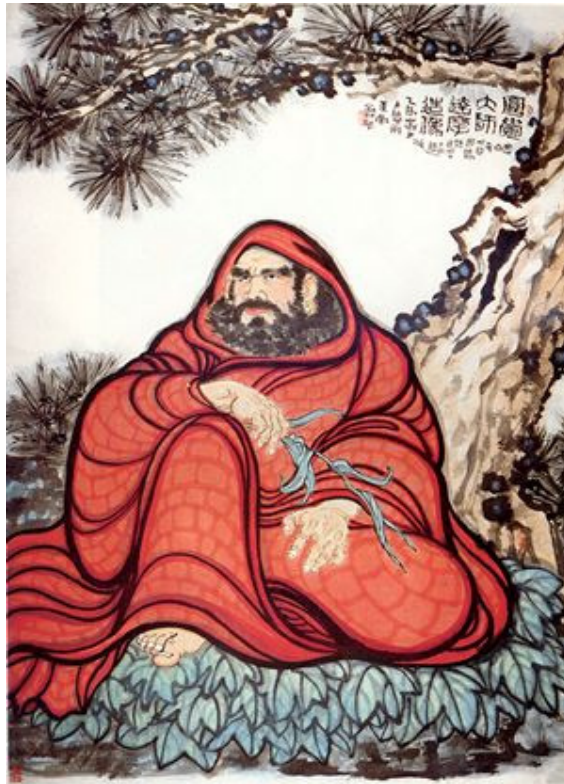




少林功夫學院
Shaolin Kung Fu Academy

Things you should know about the style you Teach & Train



Introduction

To achieve a measure of quality, a Quality Process needs to be employed. Although this may seem a bit of overkill for most martial art clubs, this is changing!

The Kung Fu aspect of our style, the Shaolin Kung Fu is well mature and defined through 1500 years of development. Although we may choose to swap some techniques around or fine tune forms and drills, Shaolin Kung Fu has progressed through many improvement cycles so that we can leave that alone. So what do we wish to improve? Us!

This exam fulfils a number of functions;

1. Benchmarks what we consider to be important to our Growth and Operations both as Individuals and as the Shaolin Kung Fu team. This is the basic foundation of Quality Management (Consistency)
2. Allows us to measure where we are at on the above Benchmarks and what we need to cover.
3. Allows us to improve based on the Benchmark we set, again both as a group and as Individuals
4. Ensures that we are a group of professionals approaching the task of teaching, mentoring, health, fitness and Self Defence in a professional, safe, effective, efficient and fun way.
5. Protects us, by adherence to these guides and process from mishaps; and even if a mishap occurs, shows that we have done everything reasonable and more to prevent accidents, problems and hurt.
6. Teaches you, the current and future Shaolin Kung Fu Instructor to be the best at what you do both in Training & Teaching.

You will see that the Shaolin Kung Fu Academy Training Program is ahead of many if not most 'Staff Development' programs, well in advance of Martial Arts Best Practices in Australia and well in advance of any martial art that we know of.

By participating on this program and putting an effort into achieving full competency, you will learn many skills that will serve you well in all aspects of your life not just Kung Fu and your job. And as Sifu Sarah once said, "You will get out of it, what you put into it"! We hope you get a lot out of it

About Martial Arts

We need to be appreciative of the Environment we are training and working in; we need to look beyond just our style. The following questions gauge where you are at.

Q1 - How many different martial art styles (not clubs, venues or such) can you name?

Q2 - Considering the above choose 3 to 5 that you feel are very much different to each other and explain what the key difference is in your view.

Q3 - Now list three styles that you feel have a lot in common and what;

Q4 - A student comes in and states that he/she is looking for a specific aspect of training. Looking at the following, what would you recommend (if possible, list more than one suggestion)?

Quick Hands _____

Superior Kicking _____

Sparring _____

Fighting _____

Moving up the ranks _____

Teaching _____

Grappling _____

Weaponry _____

Meditation _____

Quick & Hard _____

Q5 - Name a few countries and their originating Martial Art Style, 5 at least if you can.

About Kung Fu

Having a general knowledge about Martial Art is essential and knowing how we fit in. It is even more important to know about Kung Fu, our speciality.

Q6 - Name a few (5) Kung Fu Styles and something about each one (speciality, origination, some historical aspect)

Q7 - Now choose 2 styles (other than the obvious) and tell us a bit more about them;

Q8 - According to your knowledge, what are the 5 most popular Kung Fu styles in the World, Australia and/or in peoples minds and why?

Q9 - History is important to a country that has a lot of it as China does. It gives us clues to they why, what and even how of kung fu. Can you tell of a few significant events in Chinese History that may have had an impact on Kung Fu (3)?

1 _____

2 _____

3 _____

Q10 - There have been a number or notable martial art practitioners that have become well know through media and others, such a Norris, van Damm, Kosugi and others. Can you name Chinese Martial Artists and what they practiced?

1 _____

2 _____

3 _____

4 _____

5 _____

Q11 - Can you speculate on the differences (in your opinion) of Wushu and Kung Fu?

Shaolin Kung Fu

Q11 - There are a number of key events in Shaolin History. Below are a number of dates that need some description (all dates can vary in a few years due to translation and approximation);

68 CE _____

495/97 CE _____

527 CE _____

539 CE _____

570 CE _____

600 CE _____

668 CE _____

11/12 Century _____

1312 CE _____

1645 CE _____

1927 CE _____

1980 CE _____

1992 CE _____

1999 CE _____

Q12 - In which way is Shaolin Kung Fu different to most other Martial Art Styles?

Q13 - Explain please Northern and Southern Shaolin

Q14 - Explain Please Internal and External Kung Fu

Q15 - List and give a brief account of the Development of Shaolin Kung Fu

- 1

- 2

- 3

- 4

- 5

- 6

- 7

Shaolin Kung Fu Academy

Q16 - What are the 5 Fundamental Rules of the Academy?

1 _____

2 _____

3 _____

4 _____

5 _____

Q17 - Speculate on the meaning of the following dates (some can have more than one event)!

1992 _____

1995 _____

1996 _____

1999 _____

2001 _____

2007 _____

2011 _____

Q18 - To be a Shaolin Academy Instructor, what are the 5 Qualifications that a member must achieve/obtain/pass?

Q17 - Please list the students who have achieved a Black Sash with the Academy!

Q18 - Please list the students who have achieved 1000 classes with the academy

Q19 - Please list the students who are currently L5 certified (or senior) instructors.

Q20 - Please list the students who are currently certified L4 instructors.

Q21 - Please list the students who are currently certified Level 3 assistant instructors.

Q22 - Please list the Shaolin Academy Mission

Q23 - Please list the Shaolin Academy Vision

Q24 - Please list the Shaolin Academy Values

Q25 - Please list the Governing Body for the Shaolin Academy

Q26 - Please List the 6 Governing Policies, documented by the above Organization, and what they cover;

1

2

3

4

5

6
