



CHANS MARTIAL ARTS NEWS

HQ15 Lawson St. Christchurch Ph: (03) 3660791

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www.chansmartialarts.com

Hello Everyone,

The **Annual Black Belt Grading** had come and gone already. Fate was kind on the candidates that day as it was cool. It was more comfortable for everyone even though the candidates looked like they were in good enough condition to endure far worse. On the whole, they lifted the standard of technical accuracy a little more, besides a good showing of the necessary spirit, fitness and strength. Mr Philip Marshall being the only 2nd degree candidate was impressive in most areas of his grading staying very calm and stable.

It should be noted that a couple of the 1st degree candidates had to withdraw from the grading earlier due to personal reasons. We hope they will be able to see it through if they are invited again.

The successful candidates that were promoted to 1st degree are:

1st Degree:

- Deborah Tod - Auckland
- Suyi Chan - Dunedin
- Grace Leckie - Rangiora
- Victor Mc Carthy - HQ
- Richard Melvin - Invercargill
- Joshua Bucknell - Invercargill
- John Titter - Lumsden

2nd Degree:

Mr Philip Marshall - Kelburn

Our heartiest congratulations to them and the best wishes in their training and development to be even better senior martial artists.

We should appreciate the time and effort contributed by the various instructors, training partners and all assisting for the good result. The event was enhanced by the spirit of the large number of students and instructors participating. It is as much an occasion for everyone as for the candidates.

Coming Events

***Canterbury Tai Chi Ex Grading**
19th Dec Sat - HQ 10:30-12noon
TC & KF Pot luck lunch & videos 12:00 to 3:00pm

* **HQ Last day** regular training
22nd Dec Tue - HQ

***Skeleton Class** - HQ -
28th Dec Mon - 5:30 - 7:00pm

***Skeleton Class** - HQ -
30th Dec Mon - 5:30 - 7:00pm
Bar B Q 7:00pm -

***HQ -Normal training Resumes**
5th Jan

***Canterbury Tai Chi Ex Grading**
20th Jan Wed 5:30 -7:00pm

***Canterbury Region Combined Kung Fu training / Bar B Q**
30th Jan Sat 10:30 -3:00pm

***Sth. - Dunedin KF Grad / Sem**
13th Feb Sat 1:00 - 5:00pm

***Sth. TC Grading / Seminar**
14th Feb Sun 9:00 - 12:00noon

***Canterbury KF Adv. Grading**
20th Feb Sat 9:00 - 4:00pm

***Canterbury Tai Chi Ex Grading**
24th Feb Wed 5:30 -7:00pm

***Nelson KF Grad / Sem**
27th Feb Sat 2:00 - 5:00pm

***Nelson TC Grading / Seminar**
28th Feb Sun 9:00 - 12:00noon

The **Annual Dinner and Awards** was well organised and turned out to be another enjoyable night.

The effort made by members to improve HQ, its equipment and facilities recently, made a pleasant difference. Our students have a strong tradition in helping with DIY starting from the earliest days at all our training HQs. Starting from:

YMCA (1975-1976)
Heaton St (1976-1981),
Peterborough Centre (1981-1983)
Colombo St (1983-1986)
Lawson St (1986-present).

It ranged from general tidying up, hanging bags, building board holding machines, painting of structures, mural & signs, electrical wiring, repairs to several major structural constructions. There are too many loyal students that have generously put in a great deal of time and hard work to be named. We would not have enjoyed our training and development as easily or as much without this noble effort. The best part is that this tradition is still alive. As for those who are not currently training here, they still keep in touch and are very interested in our progress.

In training, we have been working on the **rules of engagement** in the speed-timing-distancing drills. It is very important that they are correctly followed to develop all the necessary striking skills for offence and defence.

The rules are designed to make **everyone** throughout the whole spectrum of age, size, rank, skill and experience, enjoy safe and yet **competitive** participation.

We use a **handicap system** that is very much like the handicap system in golf. It should not only provide a comfortable and progressive introduction to the development of striking skills for the lower ranked, weaker or less skilled but it must also continuously **challenge the more advanced**, stronger or higher skilled partner to develop precise, better timed, more challenging or strategically superior techniques instead of relying on sheer strength, power or speed to win.

It is understood that strength, power and speed are important assets that we must always try to improve. However, we must use it as sparingly as possible in application. Such as, in breaching



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the opponents defences, striking or neutralising an attack. This concept can be compared to accumulation of assets/capital but winning with **bargain bids** at an **auction**.

In training, **self-discipline** is required to set and abide by the appropriate handicap. One must not be tempted to win the encounter by lowering or disregarding the handicap because of **ego**.

'Winning' at training is not necessarily beneficial to development and **'losing'** at drills can often provide the best clues to the crucial things to work on. It is therefore important to remember that training is for the longer term result. It is in serious encounters, where there are no rules, let alone handicaps, that winning really counts.

The speed-timing-distancing drills should also challenge and provide training for the student's level of spirit, humility, respect and honourable behaviour. These values are as vital to us as fighting ability, hence our motto: **"Loyalty & Honour"**. Throughout history the ones who were dishonourable were condemned as the renegades in kung fu and society at large.

In these drills the instructors can see who has the right qualities and values besides the technical issues and take the appropriate measures to help them.

Throughout the country, there has been an increasing number of violent attacks on people in the city streets at night. Car loads of young thugs seem to just do it for the thrill, other than with any other motive. The modus operandi is: 1) to provoke an argument, 2) which they then quickly escalate and, 3) use as an excuse for them to settle it violently in an all out gang attack often with weapons.

In a recent incident, one of our senior member said that he and his friend were set up by three females who pretended to have a fierce argument. When he tried to defuse it, they were set upon by all three girls with a car load of males

waiting to pounce. Luckily they escaped without too much damage.

His question was what do we do in a situation like this? Being trained martial artists and responsible citizens we are obliged to help. The advice is, the 'good samaritan' can limit the risk by doing the following: 1) Staying **calm** and **noting**: a) the position of everyone, b) terrain, c) back-stop, d) gateways, e) escape routes or refuge, 2) working out a strategic defence and evacuation plan, 3) calling the police, 4) shouting at them to stop, 5) keeping distance with palms facing out at chest level as first line of defence and to pacify, 6) maintaining periferal awareness / watching for weapons, 7) engaging physical only when the victim is badly hurt, elderly, the police or to defend ourselves, 8) do not just pull attackers away, 9) using Knock-Outs or Chin Na with human shield techniques as first choice, 10) neutralising, securing or safe evacuation if not possible.

Hopefully, we will succeed in halting or reducing the violence without anyone suffering any serious injury. Ideally, the police will arrest and prosecute the offenders and deter this kind of behaviour.

Why is our society getting more violent? It is very likely that the old imperfect social values are often being replaced by new ones which have other weaknesses in many respects. There seems to be a general move towards the belief that absolute individual freedom takes precedence over the welfare of society as a whole. If everyone are just out for themselves, just as the ancient Athenians were after the demise of Pericles, we will end up with the same useless populist leaders that will bring about a similar total social, administrative and economical collapse. The steady decline of formal religion, family or strong social groups have been replaced by pop philosophy and individualism which have severely weakened the traditional bonds and values in society. The old values,

flawed as they may be, have been continually under attack by writers, commentators, journalist and filmmakers who are usually only interested in popularity and revenue. Their alternative suggestions, often do not consider the implications on the greater needs of society as a whole. We must see that individual freedom does not become selfish individualism.

We all have to train for our own improvement in kung fu and are totally responsible for our own success or failure. However, if we work as a team with good leadership, mutual respect and real consideration for the welfare of everyone, it will be easier to reach our individual goals and at no one's expense. This is the concept that society needs, to work together in harmony.

We have often discussed the difference between martial arts and martial sports. It is obvious there is an alarming difference in the conduct of the participants. There were a disturbing number of fights in the hotels and streets on the nights of the cage fighting / mixed martial arts events, both in Wellington and Christchurch recently. Some of those involved were wearing apparel with their club insignia! This disgraceful behaviour must be whipped up by these events and also mean that self control and ethical values are not taught at these clubs/schools.

We must conduct ourselves with proper values, dignity and distance ourselves from the mentioned events. Besides being highly trained in our fighting skills to be prepared for any eventuality, we should endeavour to spread our influence to improve society.

I hope you all have a very Merry Christmas and a Safe, Healthy, Happy & Prosperous New Year and may qi be with you.

S C Chan