

What to Expect for A First Year Kung Fu San Soo Student

Welcome to Martial Arts! More so, for choosing the Ancient Art of Kung Fu San Soo. The goal of this report is to communicate the benefits and transitions that any new Kung Fu San Soo practitioners' will experiences as a first year student.

Because many of these basic areas of new growth are not limited to a specific age group they deserve to be mentioned as a whole. It will take time for your Instructor to learn not only the needs of each student, but, also the needs of the family. There is no doubt that we all function at a higher capacity when a goal is clearly placed in front of us. The goal to get from white belt to your next belt, (*Orange if the student is under 16 years of age, or Yellow if in the Adult program*), its not about getting to Black Belt within 24 months. The Instructor will be looking for basic comprehension and ability, based on their knowledge of the art, and avoiding future failure, injury or "Quitting".

We all share the right and a responsibility of Personal Protection. Kung Fu San Soo has seen numbers of people in wheel chairs, overweight, underweight, short, tall, nuns, Autistic, severely abused, A.D.D. / A.D.H.D, drug babies, leaders of huge churches, moms, dads, teachers, world champions, students, Celebrities', law enforcement, and many generations of US Navy Seals, **EARN their Black Belts**. There are those that people operate with the thinking "*I have to be (fit, have tons of money, have a billion hours to train, get rid of an injury or ____), before I start*". The real truth is that "**You have to start to be Fit, obtain more financial freedom, make time available, reduce injuries improve quality of life and/or ____!**" There will rarely be "*Perfect Timing*". So, when should one begin? Now! Every student begins in the same fashion, slow and steady. However, they must start! **Every skill or the Art is only as good as the student that practices it.**

As with most activities we embark upon, it's nice when we feel like we are progressing easily and quickly. Most people that do not "*Feel!*" this quit. Unfortunately, Personal Protection doesn't give us that option. In our schools we have broken the skills, operate under strict Integrity and we are invested in the students success. Success in martial arts is not only earning a Black Belt, but the journey to Black Belt (*or the constant action toward a worthy goal*). The student's job is too practice the skills taught, honestly, and take responsibility in their own success. Hence there is little room for blame upon anyone else. This is critical to the student's development of personal power, physically, mentally and spiritually.

First Objective- Safety! Can the student; think, fall, roll, strike, and kick, in a way that minimizes injury to themselves and training partners. Do they have a desire to; grow their minds, eat well, hydrate properly, develop self discipline, is the student ready to learn, re-enforce those safety skills that others do not practice even if they are known? This is not demonstrated in one class or session, but, rather everyday life style. Bye no means is your Instructor expecting the student to have "*perfected*". No one is "*Perfect*". More often than not, this is a stepping stone on the journey to Black Belt, not a "*Deal Breaker*". Not too many people think of Martial Arts and not expect Personal Safety to take place. Most people do not know San Soo accomplish this not by "*chance*", by "*demanding*" by "*dictating*" it? The Instructor will inspire the desire to perform, by building the confidence in the student.

Second Objective- Confidence. Saying "*Confidence*" requires clarification. There are more Media, You Tube, "*Instant Information-age*", Mail order Black Belts then ever in the history of mankind. More people with false confidence, then ever before. By viewing a skill without proper tone, expectation, and Instruction. Can lead to a skill or mindset that can be very dangerous to our society. We are speaking to a confidence that will only provide one thing- **The ability to protect one's self, and or their loved ones life.** Is that concept too simple? Think about the limitless potential, once this

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fundamental, life need is met! How is this accomplished? Showing the student their; personal value, potential, Natural Weapons, and acknowledge the students true talents and gifts.

Third Objective- Respect. Respect for other's? Yes. Unfortunately, it is nearly impossible to give something to someone, that we do not have. In most cases the Instructor will give respect, to everyone near them, and in an abundance. Because **we should give it, to get it**, and because it is **ALWAYS the right thing to do**. This comes from an attitude of gratitude (*we are thankful for this inter-action, with THIS person*) and secondly, an attitude of expectancy (*We expect this interaction to be **profitable for all parties concerned***). The instructor will expect it in return, as well they should. **Even if the class is not in session.** An Instructor should not be an Instructor if he/she allows a student to be disrespectful at any time. There is a universal law of cause (*action*) and effect (*outcome*). The Instructors color of Belt is not the result of a "*bad attitude and/or disrespect*". There is no lesson more important in life then, respect. Those people that understand it- avoid ongoing abusive relationships, can in, a moment's notice transition through difficult choices, and nurture exceptional relationships throughout life. A great attitude is the result of perseverance, small success's built into a greater success.

Fourth Objective- Perseverance. Perseverance in **Kung Fu San Soo** means; **TO NEVER GIVE UP!** A child of Four years old understands this concept. Although they are challenged with the application outside of Kung Fu training. Most 74 year old adults need to be reminded to "*Never give up!*" When "*Life*" teaches us lesson's we get in our "*Comfort zone*", Which limits our willingness to *persevere* in new experiences. The result is we wrap up in a cocoon and lose the zest for life, that, the four year old has for life. In essence we are closing down, and beginning to die. The concept of *perseverance* does not mean we tackle everything, at the moment the thought is unveiled. But rather, we make constant, conscious steps toward obtaining a goal. Of course we make corrections along the way. After all, a Black Belt is just a White Belt, that never gave up. Most people have amazing *perseverance* in areas that they are passionate about. Science tells us that it takes 5,000 repetitions of a certain skill to be able to execute it in a crises situation, effectively. For the young students, we disguise these repetitions in many different activities that we do in class. In the adult classes we revisit them in cycles and expect them to practice. Often times the question comes up; Can I do this? Am I; too old to fat, to uncoordinated, to short, to set in my ways? If you have any such question, the answer is YES! The truth is always simple. Just as the system of **Kung Fu San Soo** is simple- 2 blocks, 8 stances, 4 kicks, anything you do with your hands counts = Black Belt. Sequence, timing, commitment, power = **San Soo**.

The first 90 days what to expect;

#1 Unfortunately everything in your world will try to keep you from attending classes. Expect it! Laugh when it happens, because, a "*we told you so*" is coming. This will be your first test. Overcoming time management, Saying "*No*" and so forth. Saying "*No*" or "*No thank you*" is **True Self Defense (TM)**. Attend and FOCUS as much of each class as possible, even if the student is late, the student will learn. You will learn and you will feel good about yourself for keeping the commitment that YOU made. Caution the Instructor may or may not be able to include you in the class do to the timing or rhythm of the class. Be kind, respectful, patient. You do not know what a gift that your presence has given to the Instructor, a fellow student and yourself.

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#2 Attitude shift. Being physical releases endorphins, that scientifically have been proven to contribute: to better sleep, more joy, reduce depression, reduce stress, increase optimism, a desire to try harder at things that normally one might be apprehensive about. For example; homework, the honey do list, and work task, become more do-able!

#3 Fitness; There will be basic endurance, strength challenges put out for you. This is not to establish if the student is in good or bad- pass or fail. But rather, as a base line. On this note; most martial artist do not concern ourselves with bulky muscle tone and appearances. Being able to lift 400 pounds is okay, but, moving my body with grace, explosive power, and not risking muscle tears, is far more important to quality of life. Our focus is in explosive strength, high function, and excellent conditioning.

#4 BALANCE through STANCES- The key to the castle! You will learn the 8 stances how to transition between them gracefully. The strongest structure known to man is??? The pyramids. Why? Because the base is strong! We do not want to build our new house of "**Personal Protection**" on sand. We will work them! The student will own them quickly, usually forgets the value (*Unconsciously create short cuts*), the Instructor will re-teach them, this time the student is a believer, and the cycle is ongoing. Usually, if a skill is difficult or "*Not working*" the student is not using the stance properly. Easy fix!

#5 Introduction to Kicks; Snap kick, Side Kick, Hook Kick, Round House Kick, Crescent Kick. There are many more kicks. These are the most common for Personal Protection, also they allow for competence/confidence and start developing balance, coordination and timing. Kicking is fun! Most people are attracted to martial arts because they recognize the legs as strong weapons of self defense and they are right! They are the biggest muscles in or body! When they are used with balance, for the right reason they can end a potential life threatening conflict, in a single blow! In combat 95% of the kicks will not be delivered above the belt. This does not mean that it is not encouraged the students to practice kicking higher and develop flexibility, balance, strength/power in lower combat kick.

#6 Induction to Punches; Straight Punch, Roundhouse Punch, Upper-cut Punch, and the Backhand Strike. These are the very minimal hand weapons we need in **Kung Fu San Soo**. The potential skills and devastation in combat, that the hands can deliver is amazing! Due to the amount of power that will be developing in **San Soo**, it is imperative that we minimalis self inflicted injuries. Being taught correctly and not practicing correctly is dangerous.

#7 Speed is a young students enemy. Speeding though a skill, or executing to accomplish a skill is a preconceived time line, working faster than one's ability. "*Speed, is a crouch for great technique*" Jimmy H Woo. We all know of a skill (*dance move, communication or brushing our teeth*) that we can execute quickly. If we slow it down we find our need to continue training, do to our balance, coordination, or proper placement on a targeted goal.

#8 Familiararity. Becoming familure with location, staff, peers and Instructor. Takes time! We should allow the student time to get in routine and feel comfortable! Soon, there will be great pride in being a part of community of people dedicated to helping others develop their own experience, talents, gifts, and courage.

#9 Language- Skills have titles, the instructor teaches the students words and meanings. In the beginning the vocabulary is limited and challenging. This shifts quickly, never the less, there should be an allotted time and understanding that this takes place.

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#10 Fun! The amount of fun in a single class is amazing. The dreaded "Push up" becomes fun when the student stands up and gets the "atta-boy/girl". Human nature is that we seek, crave human interaction and approval. If this were not true we would not have "Gangs" of children bonding together. When it is up-lifting, encouraging and for good... How can it be anything but great?!

The Learning Process-

First we have to acknowledge that everyone learns differently! Although we are either learning/growing or dying. Our objective is to make learning fun and to inspire students and their families to actively be on the quest for learning!

Skills are demonstrated (*Visual story telling*), taught (*audio processing*), corrected (*constructive criticism*), encouraged for home practice then acknowledged as accomplished (*Praise and accomplishment*). Many have written notes, available, Photo's, and or videos for our students.

What group Class should my child be in? Actual age is NOT how we define the appropriate class. Age is a gauge to start the search for the ideal class. There is no point in putting a 9 year old in an faster paced group if he/she is shy or challenged. Nor is it appropriate to put a 16 year old with adults that is aggressive and having challenges with following directions from authority. In other words, we will figure it out together, most often it is a simple enter-action. We know it is easier to move a student up, than it is to move one down. So, we may try a few classes and adjust!

Home Practice (*A Basic rule of 1 minute per year old of the student*)

There is no doubt that those who do home practice, get better, faster. It is recognizable at a glance! This is difficult to do with life as busy as it is. Students are required to do much more homework than in the past. Adults work hard for their income. Black Belts are respected because they were dedicated in spite of life's challenges.

Martial Arts is not; about violence, a seasonal sport, always exciting.

Martial Arts is; Liberating from the basic fear of being able to protect one's self and or loved ones. It is a discipline that effects everyone different in many ways. It is easy; a Black Belt is a White Belt that never gave up. It is a family commitment and therefore priceless in its value to practitioners of all ages. At **PhD Martial Arts** we strive to create a family atmosphere so we are striving for a common goal, to be better at a skill than WE where the last time we performed it. Political, religious have no place in our school only to do our best, not at the cost of hurting someone else.

Consider this thought.

Ivy league schools are so competitive to get into now that administrators' are going as far back as 7th grade transcripts to gain entrance to their schools.

The military is no longer a place to go if you don't know what to do with your life, They get the best of the best. With the transition to automation, man power is not as needed. Great man power is. People have not been able to stay because they used acne medicine in their youth.

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Human resources people have a large selection of people to choose from. Yet we have highly educated people working at Wal-Mart and very happy to be employed.

The last thing intended is to speak doom and gloom. Here is the point. You are bringing on a new person, there is a pool of people, similar life experiences, Grade point averages, athletics, extracurricular efforts. But, one is a Black Belt. Which would you take? Most would take the Black Belt.

Not because they can punch and kick. Because it is not a seasonal sport, the younger the person starts the more time with a parent/grandparent. Character is developed, perseverance, patience, respect for one's self and others. Can you teach this trait? Do you want to? Or would you rather tip the scales of chance and choose the Black Belt?

Martial Arts is an investment in yourself and or a young person!

There is a great saying "*When preparation meets Opportunity you have great LUCK!*"

Welcome to our program and Good Luck,

Master James Matthews Ogg

8th Degree Black Belt

