



# The Lion's Roar

## GOLDEN LION ACADEMY NEWSLETTER

Autumn 2015

TAI CHI • KUNG FU  
DIM MAK • ACUPUNCTURE  
HERBAL MEDICINE

[www.goldenlion.com.au](http://www.goldenlion.com.au)

### Berwick Centre

29 Intrepid Street, Berwick 3806

### Rowville Centre

2 Laser Drive, Rowville 3178

### Murrumbene Centre

98B Murrumbene Road, Murrumbene 3163.

Central phone: 9796 1066

Newsletter design and artwork by  
Richard Howell [www.tmlc.com.au](http://www.tmlc.com.au)

## Specialised Kung Fu bare hands and weaponry forms class

The practice of forms in kung fu originated in China around 525 CE when an Indian monk named Bodhidharma taught Shaolin monks a series of exercises to increase their physical fitness and overall health to improve their ability to remain awake during deep meditation. These forms were revised and improved over time, resulting in five animal-based styles, dragon, tiger, leopard, crane and snake, which are directly related to the forms taught at Golden Lion today. Each different animal style is designed for a specific purpose:

- **dragon**, to improve spirit, flexibility and graceful movements;
- **tiger**, to strengthen bones;
- **leopard**, for increasing strength, power and speed;
- **crane**, for improving vitality, balance and stronger tendons; and
- **snake**, to cultivate chi and striking accuracy.

There are obvious differences between the practice of kung fu forms and self defence applications. While self defence applications represent the practical application of kung fu, the various forms are the foundations upon which all further practice is based and therefore the regular practice of forms is critical to improving as a kung fu student.

In self defence, the ability to move quickly is important, so stances are higher to allow for smooth and free footwork. In contrast, stances in forms need to show strength, flexibility and balance, depending on the stance. For example, one leg stances in the 32 and Elementary barehands forms, or the Southern Broadsword form, show balance. The horse and dragon stances in all forms demonstrate strength and flexibility by keeping low and strong.

When practicing forms, an important aspect of learning routines is remembering the various individual moves and then combining them together into a complete routine. The first rule is a simple one: practice, practice and practice more. As kung fu can be translated to mean time spent in hard work, repeating the lessons learned in class

over and over is one way to cement the routine in your mind.

Another technique for remembering routines is breaking the routine down into three-technique groups that help embed the routine into our minds. This is a similar memorisation technique to chunking, where a complex set of information is broken into smaller chunks that are more easily recalled. Grouping the steps together not only helps with learning the whole routine, but also helps to apply the right tempo, by deciding when to move quickly and when to pause to show stances and strikes clearly. For example, the three-move combination tiger cross steps and tiger claw strike at the end of the Elementary Form can be performed with two quick cross steps before a slight pause and then the tiger claw strike (step, step, pause, 3).

A new form, whether it is the 16 form learnt as part of Level 1 or the longer Southern Fist form, tends to feel foreign and long when you first begin to learn it. However, with regular practice there will come a time when all of the separate moves come together and you can perform the routine without the need to think through every individual technique. Suddenly, what originally felt like a long and complicated routine becomes second nature and it is over before you know it. This is when further improvement becomes the focus.

Once a routine is memorised, students can begin to apply to concepts of "smooth as silk, hard as iron, fast as lightning". To demonstrate knowledge and understanding of a routine, it's not enough to just know the moves; you need to understand the intent of the different moves and be able to show this. For example, during a transition move it's more important to move quickly and lightly, rather than low and strong, to get to the next strike technique where you can show a strong stance and clear and accurate strike.

The first focus should be smoothness, which means to complete each move completely and show its intent accurately. Once this is achieved, the power should be focussed on; this adds spirit

into the routine and shows the intent of the moves as kung fu techniques- kicks, punches, blocks, grabs and so on. Once "smooth as silk, hard as iron" are incorporated together into the routine, speed can be added. It's important to focus on speed as a third element, as it is easy to lose clarity and power demonstrated when moving faster as there is a tendency to rush from one move to the next without completing it, which impacts on the quality and power of each move. "Fast as lightning" doesn't necessarily mean completing the routine as fast as possible- there are times when a pause is very effective, for example to show balance or strength in a stance, or highlight the strength of a strike.

So when it comes to learning routines, whether barehands or weapons, it pays to remember what the masters and instructors teach us: "smooth as silk, hard as iron, fast as lightning." Keeping these concepts in mind will help to improve learning and demonstrating kung fu forms to the high Golden Lion standard.

Each Tuesday night at Rowville, Sifu Steeve runs a specialised class focussed on kung fu forms. This class was originally aimed at establishing a program in addition to the standard kung fu syllabus to develop an entry for Golden Lion students into local and national competitions. Where the traditional kung fu classes teach the basic elements of kung fu and aim to develop students' skills and progress them towards their next grading, the specialised bare hands and weaponry class focuses solely on forms.

This provides the opportunity to spend a couple of hours breaking down forms into their parts and perfecting their execution, then combining the sections into a seamless fabric.

To join in this class you can contact Sifu Steeve on 9796 1066.

**Adam Swanwick**  
Rowville Kung Fu



## Tai Chi Flash Mob – a great experience



**We** woke to a bright and sunny morning. It was the first day of autumn (Sunday 1st March), following a dark, stormy night with lots of rain. Approximately 25 students of Tai Chi and several instructors gathered at Akoonah Park on a Sunday morning market day, supported by friends and relatives. Si Gung Charles mingled in the crowd, enjoying both his coffee and our execution of a Flash Mob. For those who do not know what a Flash Mob consists of, it is an organised and coordinated gathering of people who perform in a seemingly random act and then disperse into the crowd.

On the 28th February we gathered at the Berwick Centre to practice the 24 Form and how we could join in the flash mob, making it look as though it was a random, on the spot appearance to the public. Si Je Sandra was able to help out with her portable DVD player for our music.

As we casually gathered at the market you could feel our energy and enthusiasm, with a slight touch of nervousness as this was our first performance.

Sifu Di started the 24 and we began to join in a few at a time and it was not long before we were all engrossed in the form. What a thrilling and satisfying experience this turned out to be. Many photos and videos were taken by our support crew and before long our conversation turned to “when can we do this again” and Sigung Charles had a smile on his face.

Many thanks to Norma Edge (Berwick Centre) for her idea and enthusiasm to get this event to actually happen, students who participated from a number of sites, Sifu Di for her enthusiasm and support together with Si Gung Charles for his encouragement for us “to give it a go”

For myself, it was a great experience and I hope all at Golden Lion enjoy watching us on YouTube:

<https://www.youtube.com/watch?v=CwXL4uMr8Mk>

**Yvonne den Hertog**  
Berwick Tai Chi



## I declare

**Watching** the recent gradings and listening to the students make their declaration at the end of it made me think about the words of the declaration.

When we are reading this declaration it would be so easy in the excitement of the moment to not fully take on board what it means.

It's about **Wude**

**Wu** = Martial Art, **de** = Integrity

Wude can be defined as martial morals or a code of conduct and is practiced by showing respect for the Masters, the Art and our fellow students.

When a new student enters the Golden Lion Academy generally they have not heard of Wude. We learn over time that Wude is bound up in the principles that are listed and displayed on the wall as the Eight Qualities of the Golden Lion Academy:

**Respect • Loyalty • Tolerance • Perseverance**

**Patience • Dignity • Humility • Honour**

Wude is demonstrated by the practice of these Eight Qualities.

Other examples of how we put Wude into practice include addressing the instructors by their title, saluting when entering or leaving the training floor and at the start and end of class or if leaving class unexpectedly. Wude is also about having respect for class rules.

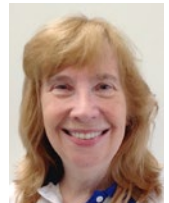
For grading students, the declaration we make after a grading exam is a reminder and confirmation of our understanding of Wude and a declaration that we will put it in to practice.

In the tradition of excellence of the Golden Lion I will endeavour to attain and uphold the moral and spiritual qualities required to the highest expression of my martial art.  
In my heart I will practice loyalty and respect to the Academy to my masters and my fellow students.  
In my training I will practice willpower, patience and perseverance.  
In my actions I will seek dignity, honour and humility.  
I will honour the style and practice respect and tolerance

We declare that we will endeavour to attain and uphold the moral and spiritual qualities required to the highest expression of our martial art. We also declare that we will practice loyalty and respect to the Academy, the masters and fellow students. Our declaration confirms that we will seek dignity, honour and humility and be respectful and tolerant toward other martial arts and martial artists.

Wude is expressed in the Code of Conduct of the Golden Lion Academy by encouraging students to cultivate character, tolerance and honesty. We are also encouraged to conduct ourselves in a righteous and honourable way. The respect of others is earned through our Wude not our Tai Chi. It is a fundamental attitude that we should maintain at all times. It is not something we leave behind each time we leave the training floor. We take it with us.

**Norma Edge**  
Berwick Tai Chi





## 2015 Chinese Year of the Wood Goat

**This** year, the Chinese Lunar New Year or Spring Festival, began on the 19th of February 2015. That date coincides with the second new moon after the Chinese winter solstice and celebrations for the year of the Wood Goat have begun in earnest. On the other hand, for feng shui treatment for example, the Chinese Solar year is used and that began on the 4th of February 2015.

In China, the same word is applied to both goats and sheep but the Goat is the preferred translation due to many myths and legends, including the legendary unicorn-goats, or Xiezhi.

Following hot on the galloping heels of 2014's Yang Wood Horse comes the Horse's best friend, **the Goat**, who would not be galloping, but rather, jumping and prancing in a deft and graceful manner. The Yin and feminine qualities prevail in 2015.

The **Horse** and the **Goat** pair are referred to as the **Sun** (Yang and masculinity) and the **Moon** (Yin and femininity). The Goat's two other best companions are the **Pig** and the **Rabbit**. These three signs combine in the triangle of the **'Wood Structure'** or **'Earthy Branches Three Combinations'**.

The Goat, who is one of six Yin animal signs, has the heavenly stem of Yin Wood this year. The elements or 10 Heavenly Stems always follow two years in a row, one Yang and one Yin. It was 60 years ago when the Wood element or stem last joined with the Goat in 1955.

In Chinese Astrology the planet Jupiter is associated with the Wood Element and all things creative, feminine, and all forms of plant life. The Goat's natural element is Yin Earth (and also Yin Fire). Wood controls Earth, so for direction and stability in 2015 we have Yin Wood controlling Yin Earth, with Yin Fire smouldering in the background.

### Wood Goat People

This Chinese New Year 2015, Wood Goat people are extremely creative and artistic. Generally, unmotivated by money or fame, they spend all their time on creative and artistic pursuits. Generous to a fault, Wood Goats are compassionate and caring. The Wood Goat is said to be a 'serious Goat' because career and business are such weighty matters. Through hard work and determined effort they can obtain wealth.

According to Chinese tradition, the principal qualities of a person born in a Goat year are peaceful and adaptable with an easy-going and gentle character. They are very creative, artistic, imaginative, ingenious, passionate, ardent, elegant and very family-orientated. Sensitive, sincere, cautious, refined, optimistic, romantic, friendly, sympathetic, pleasant and honest, are many of their virtues.

Ideal occupations for a Goat are Artist, Martial Artist, Actor/Actress, Architect, Musician, Poet, Professional Dancer, Writer, Entrepreneur, Landscaper, Interior Designer, Fashion Designer, Therapist, etc. Chinese tradition says that if they are to blossom and give the best of themselves, Goats need a patron to take charge of administration, leaving the Goat to develop his creative talents.

In our Golden Lion Tai Chi community we have two lovely ladies who are preparing to celebrate their 60th birthdays, making them 'Golden Goats', during this year of the Wood Goat.

Firstly, we have **Sifu Arlene McLeod**, who says:

*"Over 22 years ago, when I started Tai Chi, I had the view, like many of my students, that I would never learn it all. To those students I say, "It is all about the journey."*

*Not only has Tai Chi taught me about leading a healthy lifestyle which includes my martial art, but also a calming of the mind and finding my spirit. It is the internal and external components that make it so interesting to learn. Just when you think you might have learnt a move, there are so many aspects to think about. So you can call me a sheep, goat or ram, I will answer to them all! Looking forward to this exciting year ahead, hopefully sharing it with you."*

Secondly, we have **Si Jie Sandra Neal**:

*"20 years ago, as a 'nervous Nellie' I entered the door at the Rowville Academy. I wasn't sure what to expect when invited to watch a class of seniors practising the Beijing 24 Form. I was amazed to see the beauty, co-ordination and grace of their movements.*

*I had always been fascinated by martial arts and was looking for a discipline that would enable my busy mind to relax, whilst conditioning my body. I soon learned that Tai Chi comprised both these elements, requiring mindfulness and perseverance; that it wasn't about the 'big picture', rather, it was about being in the moment; following one small step after another in a safe and welcoming, encouraging, environment."* says Si Jie Sandra.

Sandra Neal goes on to add *"I felt the calming effect of Tai Chi and developed clarity of mind that I had not experienced before. The sense of achievement gained, enhanced self-confidence, self-esteem and sense of awareness. It didn't take long before I was hooked.*

*Over the years, through life's highs and lows, Tai Chi has always remained constant. I feel most privileged to have been taught by wonderful Masters and look forward to many more years of studying this wonderful Art together with my Tai Chi family."*

From our Golden Lion Kung Fu community, we have **Sifu Steven Orloff** who is a 1979 Earth Goat. Sifu Steven, who just last year at the Golden Lion Show, was bestowed with the honour of reaching the pinnacle of Master/Sifu in Kung Fu and at a young age, so he must be very talented in his discipline. A great achievement!

Some famous (and not so famous) Goats are:-

**1931 Metal Goat:** James Dean, Rupert Murdoch, William Shatner, Leonard Nimoy, Anne Bancroft, Shirley Short

**1943 Water Goat:** George Harrison, Mick Jagger, Robert de Niro, Paul Keating

**1955 Wood Goat:** Sifu Arlene McLeod, Si Jie Sandra Neal, Steve Jobs, Bruce Willis, Chow Yun-Fat, Bill Gates, Whoopi Goldberg, Mel Gibson

**1967 Fire Goat:** Jamie Foxx, Nicole Kidman, Keith Urban, Julia Roberts, Mark Ruffalo

**1979 Earth Goat:** Sifu Steven Orloff, Zhang Ziyi, Claire Danes

**1991 Metal Goat:** Ed Sheeran, Shailene Woodley, Louis Tomlinson

In Chinese Astrology one year is a Yang year and the next year, is a Yin year. Let us enjoy the Yin and feminine qualities of 2015 and hope that the Year of the gentle **Wood Goat** will bring a happy, healthy, harmonious and peaceful year to all members of the Golden Lion Community, their families and friends.

**Dagmar Trewin**

Berwick Tai Chi



**Happy Chinese New Year of the Wood Goat!**

Xīn nián kuàilè (Happy new year)

Gǒng xī fā cái (Happiness and prosperity)

## Kung Fu black belt gradings



Congratulations to Si Hing Troy Dawes, Si Hing Bruce Ryan for successfully completing their 2nd Degree Black Belt and Dave Hermans and James Klaic for successfully completing their 1st Degree Black Belt examination, February 2015.

## An amazing workshop

*A student's experience at the Dao Yin Workshop, Sunday 22nd February, 2015.*

**Our** day commenced with a warm welcome from Sifu Di and a cool venue in anticipation of a hot and humid day ahead. About 20 participants attended the four hour Dao Yin workshop at Berwick. Participant's experience ranged from those who were unfamiliar with the Dao Yin exercises to those with previous Dao Yin workshop experience, from new tai chi students through to those with many years of tai chi experience. As a Warragul student, and like the majority of those present at the workshop, I had experienced many of the Dao Yin moves as a cool down at the end of our regular tai chi lessons. This was what motivated my curiosity to attend the workshop.

The first skill, *Adjust the Breathing*, allowed us to concentrate on our breathing in time to the counting prompts (1-8), as we felt a sense of familiarity to the flowing movements. Then the imagery component had us *Pushing the Boat Downstream*, while focusing on our smooth abdominal breathing. As we progressed to each new movement, of which there are eight, the level of concentration required also increased. The counting prompts were an essential reminder to pace our breathing rate and prevent us from rushing the movements. Some of the exercises, such as *A Roc Spreads it's Wings*, seemed to naturally reinforce and settle our breathing pattern and allow the mind to relax into the movement.

*Push the Window Open to Look at the Moon*, like all the Dao Yin movements, is so lovely to watch. However it was at about this point that my mind and body were feeling very challenged, and my breathing rate was not conforming to the counting prompts which I was suddenly aware that I was no longer listening to. Time to regroup and focus! The morning was fast disappearing and it was the



perfect time to have a mini break, refuel the body and an opportunity to socialise and resettle.

I was amazed at how many Dao Yin movements we had practised. With the eighth exercise complete, and as our minds started to tire with so much new information, it felt reassuring to rehearse our new skills as a sequence, following the lead of Sifu's Chris and Darlene, and Si Jie Sandra in front of us, and led by Sifu Di's gentle commentary.

What an amazing workshop. I, like so many other participants I spoke to, found the instructions to be clear and easy to follow, with a very manageable amount of theory. Now, and as always, the challenge is to reinforce what we have been taught, by practising and processing the information provided by our teachers. As I reflect on my body's level of fatigue after the workshop, I also feel motivated to learn more and to focus on better breathing control during my tai chi practise. I especially found it challenging to maintain a steady breathing pattern during the 6th and 8th Dao Yin exercises.

On behalf of all the participants present at the Dao Yin workshop, many thanks to Sifu Di for a meaningful and motivational tai chi training experience.

**Kate Golightly**  
Warragul Tai Chi



## Get rid of Pain & Prevent illness

Acupuncture and Chinese herbal medicine are a drug-free holistic approach to medicine, treating mind, body and emotions to enhance your own natural and powerful healing processes.

The Dai Sifu, Pier Tsui-Po has obtained good results with stubborn and difficult-to-treat conditions. He creates a personalised therapy for you, treating the underlying causes of illness as well as the symptoms while assisting you with pain relief, illness prevention and the maintenance of well being.

**Clinic located at:**  
Berwick Specialist Suites,  
1st Floor, 50 Kangan Drive, Berwick.

**Phone**  
**9796 2388**

## Tai Chi & Kung Fu jackets



### Order now before the cold hits!

Perfect for those colder trips to and from training, these lightweight microfibre longline jackets, have elasticized wrists, drawcord at the bottom, polycotton lined for added warmth and are zippered all the way through, making them versatile for all weather conditions, from those cooler autumn nights, to the cold days and evenings of winter. Available in sizes from small through to extra large, there is one to fit every student.



Jackets for Kung Fu students are gold and black, while Tai Chi jackets are in the academy colours of white and blue, both have the appropriate logo beautifully embroidered on the upper left side, and match the training uniforms perfectly.

These jackets are only ordered once a year, so don't miss out, order now and have your jacket before the cold hits!

**Cost:** \$140 Delivery: approx. 4-6 weeks from ordering.

To order fill in the form below and return it to your instructor with your payment **no later than Friday 24th April 2015.**

### Order form: Tai Chi & Kung Fu Jackets

Name: ..... Size:.....

Please circle the jacket required: | Kung Fu | Tai Chi |

Training Centre: ..... Amount Paid: \$.....

## Children's classes school holiday timetable Kung Fu (6–12 years old) 2015 term 1

Berwick centre	Last class	Class resumes
Monday 5.00 pm class	Monday 23 March 2015	Monday 13 April 2015
Monday 5.15 pm class	Monday 23 March 2015	Monday 13 April 2015
Wednesday 4.30 pm class	Wednesday 25 March 2015	Wednesday 15 April 2015
Saturday 8.45 am class	Saturday 28 March 2015	Saturday 18 April 2015
Murrumbeena centre	Last class	Class resumes
Wednesday 5.30 pm class	Wednesday 25 March 2015	Wednesday 15 April 2015
Saturday 9.00 am class	Saturday 28 March 2015	Saturday 18 April 2015
Rowville centre	Last class	Class resumes
Tuesday 5.30 pm class	Tuesday 24 March 2015	Tuesday 14 April 2015
Saturday 9.00 am class	Saturday 28 March 2015	Saturday 18 April 2015

## EASTER:

Tai Chi and Kung Fu classes will not be held on:  
Friday 3 April, Saturday 4 April & Monday 6 April 2015

## Mother's day

Do you need a fresh new idea for a Mother's day gift?  
How does the promise of:

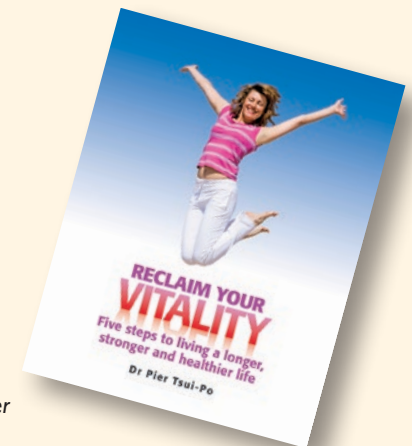
- ✿ Better health
- ✿ Increased vitality
- ✿ Better flexibility, coordination and balance
- ✿ Reduced stress and improved energy .....

sound?

Suggestions – give your Mum a gift voucher from the Golden Lion for:

“Reclaim Your Vitality, Five Steps to Living Longer, Stronger and Healthier Life” by Dr Pier Tsui-Po

or – A Tai Chi Membership



**Ask your instructor for more information!**