



## Sifu's Corner

### What can I do with the skills that I learn?

You are learning a unique set of arts that are all guided by the philosophy of Jeet Kune Do. Train with an open mind. Every technique can be applied in different scenarios. For example you can take an ABC drill and make it a great cardio workout, use it in a competitive environment or in a self defence situation. You are only limited by your own thinking and mind. Your instructors give you tools for your toolbox. You decide which tools you use for the task you are faced with.

## Did you know?

**Guro Dan Inosanto** began training in martial arts at the age of 11 receiving instruction from his uncle who first taught him traditional Okinawan Karate and later also Judo and Jujutsu. He was a student of Ed Parker, from whom he received a shodan rank in American Kenpo. **Guro Dan Inosanto** is one of three people who have been appointed to teach at one of the three Jun Fan Gung Fu Institutes under Bruce Lee; Taky Kimura and James Yimm Lee are the other two people. Inosanto studied with different martial arts masters elsewhere in the United States, Southeast Asia, and Europe, including Johnny Lacoste, and Chai Sirisute. After Bruce Lee's death, Inosanto became the principal spokesperson and historian for Jeet Kune Do (JKD). He has had minor roles in a number of films, including Bruce Lee's uncompleted last film *Game of Death* (1972).

## Health, Wellness and Hygiene

Being aware of personal hygiene and the condition of your training equipment is more than just beneficial to your health and those around you. It is beneficial for personal development too. *Good hygiene teaches self-discipline, self-awareness, respect and dedication.* Teaching good hygiene also teaches one to care about themselves, their property and to have etiquette towards those around them. Being a martial artist instill to all parts of someone's life, not just physical ones. Training martial arts becomes a lifestyle and teaches lessons outside of self-defense and fitness. Making sure you are aware of yourself and aware of how your actions affect others, is needed to succeed.



## Student of the Month

**Victor Young** has been with WCMAA for just over a year. He has shown willingness to pay attention and practice the skills being taught to the best of his ability. Victor has learned patience is the key to learning. Special thanks to his parents and instructors for their dedication and support. He has shown great improvement and has come a long way!

Congratulations and keep up the good work!

## Important Notice

### Fee payments and absences

Parents and students. Following is the policy on fee payments. Payments are to be made on or before the due date. There will be a 5 day grace period after which, a \$10 penalty per student applies. If you plan on discontinuing training, you are required to provide written notice via email no less than 2 weeks before your next payment date. Failure to do so will result in a full payment for the next month. If you plan on taking a hiatus or break, you are required to pay \$50 per month per student. Failure to do so will result in a potential loss of your spot and a mandatory \$100 re registration fee at the time of return.

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