



7 Elements of Kung Fu

1. Respect.

For the training space, for myself, my Instructors, my kung fu Brothers & Sisters. Use the words "please, thank you, excuse me, yes sir, yes maam." Raise your hand to get the Instructors attention. Salute your Instructors and your class mates.

2. Focus.

On what you hear, see and feel. Be alert with your attention. Do not speak when the instructors are speaking so that you can focus on the meaning of their words.

3. Balance.

Of your breathing, your body's muscles and your emotions. Train both sides of your body equally, and use balanced breathing to keep your emotions calm.

4. Control.

Control your strength and your speed. Use only the right amount of each. Going slow at first is the best way to learn control.

5. Trust.

Trust your instructors and their guidance. Trust in your skill and ability. Trust that with time and practice you will learn what you want to know.

6. Practice.

Repeat until you understand. Keep practicing whatever you want to get good at.

7. Positive Attitude.

Smile and keep a positive attitude. Enjoy your kung fu practice.

