



AMERICAN TIGER
MARTIAL ARTS & FITNESS
Kyin Kung Fu Center

www.AmericanTiger.org

Demo Team at the Aquarium of the Pacific!

The International Children's Festival is happening again at the Aquarium of the Pacific in Long Beach, and our Demo Team will be performing at the event as we have done for the last few years. We'll be performing Sunday, March 29th at 12:20pm, near the Blue Cavern of the main hall. It's sure to be a lot of fun, so come in and show your support to both us and the Aquarium by coming to see us!

For Demo Team members, practices for this will be held on the 11th from 7 to 8 pm and the 25th, also from 7 to 8pm. If you are performing, you and your family will receive complimentary passes to the Aquarium that day.

Wear Green Day

Monday the 16th and Tuesday the 17th (St. Patrick's Day) will be a little more green than usual. Students are invited to wear something green with their uniform (like a shirt, hat, headband, etc.) during those classes—and yes, if you have a Green Belt you're already covered, but you can add more!

Black Belt Test Postponed

We previously mentioned in January that there was going to be a Black Belt Test this month. That test had been postponed, and we are considering when to schedule the next one. Please keep an eye on this newsletter in the future for details, and if you're getting close to that Black Belt yourself, start training now so that you're prepared!

Brown Belt & Up Class

March 23rd's Black Belt class is open to all students Brown Belt rank and above. Come to fine-tune your skills with others at your skill level. We encourage ALL our Brown Belts & up to attend!

History of the Staff

This month's Weapon Days has us working with the staff, a weapon that has been in use since before recorded history in some way, shape or form. As long as someone has been able to pick up a long branch or stick of wood or iron, it's likewise been used for attack and defense.

The staff that we use in martial arts today is very akin to the quarterstaff used in early Europe, or the *bo* which also has a long and varied history all across martial arts. The title of *bo* comes from Okinawa, Japan (the same place where the nunchaku got its start as well) and was the centerpiece of the style of martial arts called *kobudo*. Also like the kama, the *bo* staff was an unassuming weapon that was not confiscated by the feudal warlords who wanted to see the peasants and farmers unarmed to prevent revolt. Since many farmers utilized long poles balanced across the shoulders to help carry supplies, it was easy to convert these into weapons without the samurai thinking twice.

Keep that in mind when using the staff over the next few Weapon Days: its humble origins betray a unique and ancient ingenuity that has carried through many martial arts for centuries. It might be considered one of humankind's oldest weapons!

GOLD Team

Requirements to apply and after joining

Do you want to learn how to teach, assist in classes and be part of our team encouraging our students to do their best? Consider applying to be part of our GOLD Team. GOLD stands for Guidance On Leadership Development. If selected, you will be trained in ways to help our instructors on the mat and this can possibly lead to employment later down the line.

We are looking for focused and enthusiastic people who are Yellow Belt or higher, at least nine years old and know an entire hand form. If you meet these qualifications and are interested, please ask for a GOLD Team application, fill it out and turn it into the office.

If chosen, you will need to commit to a once a month GOLD Team meeting and assist at least one class per month with more often being better. There is an initial cost of \$35 for the new custom pants, patch and notebook then an extra \$10 per month. It's a lot of fun!!!!