

Upcoming Events

Wu Tan Winter Potluck

Sunday January 7th
2-3pm Potluck

Meditation with Master Wong

Sunday January 7th
3-4pm (zoom available)

Chinese New Year Celebration

Saturday February 10th
12pm
[Further details to come]

December Newsletter 2023



Wu Tan Alaska ☐

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Wishing everyone a safe and restful Winter Solstice and Holiday with your families and friends. ☐

Looking back:

The two-day Xingyi Linking form (Lian Huan Quan) workshop was taught by Sifu Emily. It was well attended and fun. Thank you to everyone who came and gave such a good effort to continue their learning of Xingyi and improve their kung fu practice. ☐

Q & A with Master Wong Page 5

Master Wong shares his reflections

Acknowledgements & Notices

Thank you to Shannon for covering kids' classes on Saturday and to Sifu Derek for covering Xingyi classes!!! We appreciate you both.

Wu Tan is closed Christmas Eve and Christmas, unless the instructor of the class says differently.

Pictured Left: Xingyi Linking Form Workshop from left to right – Sifu Derek, Amara, Tyson, Corbin, Paulette, Sifu Emily, Shannon, Spencer, Padraic, Monica, Jeffrey, Nick.





Wu Tan Halloween Potluck pictures below



Above: Sifu Kevin playing saber with 4 year old Xeryus, Erwin and Spencer in background. **Left:** Shannon demonstrating her Mantis in costume! **Right:** Sifu Jacob with Violet and Rae making root beer floats with dry-ice – fun!!!

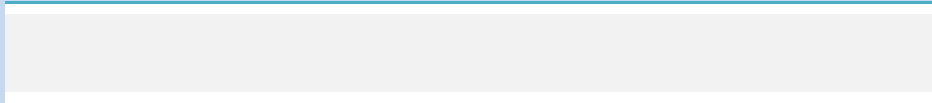


More of our amazing Wu Tan family! Sorry about the eyes being closed Krystal (it was the only one.....).



Above:
Sifu Jacob,
Violet,
Rae,
Spencer,
Padraic,
and Erwin

Right:
Monica
and
Charlene



Congratulations to Violet, Cody, and Max on their new baby, born November 3rd, 2023. We miss seeing Violet at the Kung Fu school but we can see who is keeping her busy. ☐



December 2023 – Sifu Interview – Reflections and thoughts for the New Year

Question: We're coming to the end of 2023 and beginning a new year. The holidays are filled with mixed emotions for everyone. As we approach the New Year. Do you have any reflections you would like to share or thoughts or advice for us about the coming Year of the Dragon?

Year of Dragon, a vibrant year filled with opportunities

My reflection on those with the coming **Year of Dragon**, it's exciting, because the dragon energy is vibrant. They're supposed to be full of energy, you know, myself is, I was born in the Year of the Dragon, supposed to be very vigorous and prosperous. Okay, so there are a lot of opportunities for people to grasp, to fulfil, with, it depends on attitude and aptitude of a person. You know, it has to do with what their mind would like to have in the 2024, so the most important thing is to look at one's own heart, look inside of one's



heart to see what they want to do, or what you really want to do. Okay, if our emotions or our lives are turning upside down, with our economy, with all the problems, and things that are facing us, how do we look for a heart that could be calming and peaceful? You know, this could be a challenge, but at this moment, it is also providing an opportunity. I know it is a challenge for a lot of people here, but within this challenge is always hiding an opportunity for us to become a much more useful, or we could utilize life much more meaningful way. Okay, in our future, especially in 2024 the year of Year of Dragon.

Look deep inside of your heart and ask how to energize yourself

So one thing is: one should be sitting down quietly, you know, quiet down yourself and look inside your heart to see what you want. This afternoon I spoke with Jacob earlier, was that the energy has a lot to do with it. The energy we carry would affect what we do in life, okay, because if our energy level is too low, then it is really difficult to motivate us to become energetic. So the energy is something that we need to look into and see, alright, if in 2024, we want to have a better energy, how do we energize ourselves? How do we cheer us up? How do we make a better, you know, and more exciting life? You know, every time I wake up in the morning I feel excited, and I feel I have something meaningful to do even till today. Okay, we want to become something like that, right? This has to do with the energy, so if our energy isn't in balance, meaning that we might feel disappointed, feel disturbed, you know, we are not comfortable with our situation, we're disturbed by the economy, our finances, and other

conflicts and what might have. This is not something that we would like to deal with, but because of our energy level is not balanced so it's always tend to force us toward that direction of negativity.

Balance our Life with Chi (Energy) Cultivation

Okay, so I think as a result that people normally don't get what they wanted, and because the energy is not balanced, so we need to really look deep down into that and ask ourselves: how do we balance our energy? To balance our energy I think the easiest way is to do our cultivation of chi, yeah that would be a quick way to re-energize yourself. And I spoke with Jacob, he is going to do some new classes starting in February, he's going to take January off. I already showed him a couple of new techniques, there is a quick way to learn how to connect to the Heaven and Earth energy (Chi) to get a balance in one's heart.

And those energies (Chi) also provide some healing effects. What I am suggesting is that people should consider taking that class, **the Cultivation Chi class, starting February 2nd, every Friday night.** This will be an opportunity to re-energize yourself. I believe to vitalize one's energy and also balance one's chi so that a person's emotions could be more stable and in control. You know, if that's what you want, okay, and then you may go from there. I think it's important to get the energy going, to get excited about your life, you know, if something negative is bothering us, we need to do something to balance it, not to fight it, but try to find the balance point to get the energy channelled to the right place. I believe developing a good cultivation of chi in a quiet place will be a good way to start.

I feel January everybody will be busy, people need some time to rethink life, you know, refocus your direction, everyone should look deep down to your own heart to find out what you really want, to improve your life? Or make a change for a healthier life style? Change to be more positive thinking? Or need to do more exercises, but I suggest a more direct approach, is to get into the cultivation of chi, allowing the energy of Heaven and Earth and yourself working together with the nature. I feel that will be a more direct approach, if you want to get a more balanced, peaceful and positive energy, you're going to look at your life for a change. Taking classes and practice on your own on a continuing basis will be also beneficial.

Finding out the source of the problem

What do you want to improve, do you want to be a better active person, and how do I change? So there is a lot of different ways of looking at that, but first of all, one need to find one's heart, honestly face your true problem and deal with that issue. To begin with that, first of all, one need to calm your heart. Secondly, to revitalize one's energy, okay, try not to focus on the negatives. Cultivation of Chi will help to redirect the negative energies to somewhere else, so

that the life could provide some meaning to you, otherwise we'll all be in chaotic status. As you know, 2024 is going to be a challenge year, but you know what, it also provides some opportunities, it is all up to you to decide.

Start to exercise and refocus

Okay, but we need to get ready for it. How do we get ready for it? Try to reenergize ourselves, to balance our life and revitalize our energy. How do you do it? Once again, take the Cultivation of Chi class to start with, you know, that will be a good supplement to your own practice in your Kung Fu practice, daily exercises or whatever that you do. If you work active in conjunction with those practices, and becoming more in tune with your mind and body, this will help to better communicate with people you deal with, so you'll be in control of your own life.

Calm your mind clarify thoughts, and charge forward

'Calm the mind, clarify the thoughts', just like Grandmaster Liu used to say, you may clarify your mind so you will know and see a better picture ahead. A calm mind will help you to see more clearly where you are going, and that will also provide you with a good direction, a good path for your future. A calm mind should also provide a good energy for you to keep going in life, since it is already full of challenges and surprises ahead.

Best wishes to everybody! May everyone be successful in life and wish everybody recharge your energy in 2024. Stay positive in your daily routine, do something good for ourselves, for the family and for the community, so that when we wake up in the morning, we can say to ourselves: "thank you, I am still alive and working with life!" I want to charge toward to a path of a bright future!

I am very happy to share my thoughts with everybody and wish everybody have a great holiday season and Happy, Prosperous, Safe and Healthy New Year!

