



shaolin kempo karate 勤補工夫

of Southeastern Pennsylvania

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November '09 Newsletter

Hello everyone!

Our last newsletter started out mentioning how busy it's been and how busy it was going to be in the coming months, and it has lived up to that!

On Nov 13th, in Sturbridge, Mass, Grandmaster Villari held a clinic for any Villari's students and instructors who were able to attend. Take it from me, he taught SO much information and material, that most people who only remember a small percentage of what he showed us will STILL feel like they got a lot!

We had a small number of students who attended the clinic, and who also competed in the Sturbridge classic tournament the next day.

I'm very proud of how our students acted and performed. There are several youtube videos up. One video posted by Brian Kissig is here.

<http://www.youtube.com/watch?v=cTAWtJl0iP4>

He made it into a music video!

I was personally invited up to this event by Master Shirley, one of the Villari's Seven Dragons. He asked that I perform the break I did at the kickathon (he saw it on youtube and was sent the link by several of my students, thank you for that!)

He wanted the break to pay a tribute to the longevity of the Villari's organization and to Master Boise, another of the Seven Dragons, who originally performed this break more than 15 years ago.

It was my honor and privilege to perform this break but I added a small twist. I made the last stack of bricks SIX, instead of the original five. As a result, I was attempting to break 51 bricks for a crowd that might have been somewhere between 1000-1500 people!

After looking at the video, I found that I had actually beaten my previous record by 2 full seconds! I had 23 seconds to break 51 bricks!

In January, we will be having a FAMILY CLASS for a few weeks. Kids and Adults can take class together. Kids can teach their parents, parents can teach their kids, etc. It'll be a lot of fun! Details and dates to follow soon!

Upcoming events:

Turkey Day Workout

Weds Nov 25th. 6:30-7:30ish

I will be running the Turkey Day Workout on my birthday this year, so be ready for a fun and sweaty workout! All adults and teens are invited to attend (which means required), bring a towel and a drink! (Any Leadership Program students should also attend)

You will not feel at ALL guilty for eating everything in sight on Thanksgiving after this workout!

Breaking, Bo Staff Form and Sai Form clinic

Saturday, January 9th (Some of this information has changed from the last newsletter)

From 1:30-2:30 PM at the Chalfont studio, Master Madore will be having a BREAKING CLINIC. All ADULTS AND TEENS OF ANY RANK, or Juniors who are of Brown or Black belt may attend. You will need to bring your own boards and bricks, so please speak to Master Pfister about what you will need. Fee for this clinic is \$50

On the same date, but from 2:30-3:30 PM Master Madore will be teaching Bo Staff form "B" and Sai form "A". You do not need to know "A" to take this clinic. You will need to bring your own bo staff or sais, so please speak to your instructor about this. Fee for this clinic is \$50

(Leadership Program students get 20% off of each of these clinics, and a guaranteed spot, even if you sign up late!)

Holiday schedule:

Closed on Thursday, Nov 26th, and Friday Nov 27th for Thanksgiving.

Regular classes on Saturday Nov 28th

Closed on Thursday Dec 24th, Friday, Dec 25th & Saturday Dec 26th for Christmas.

Classes on Thursday, December 31st only till 6pm. All classes after 6 PM are canceled.

Closed on Friday January 1st for New Years

Thank you everyone!

Master Harry Pfister

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