

PHYSICAL DEVELOPMENT FOCUS

KIDS SCHEDULE CHANGES!

The Following changes have been made based on parent feedback and concerns expressed through the survey we released some months ago.

We heard you, and these changes reflect the input we received.

Starting **April 4th** Kids Beginner / Intermediate Class will be extended to one hour. Fire sash and above.

From 5:30 – 6:15 pm To 5:30 – 6:30 pm

This class will be renamed **KIDS INTERMEDIATE** Class.

The additional time will be a slight change to your program and rates but will give your Dragons more dedicated time to support their practice and progression.

KIDS INTRO / BEGINNER CLASS. New Students to Fire sash will remain 5:30 – 6:00 pm.

These classes will run concurrently until 6pm when the KIDS INTRO / BEGINNER students are done. This allows for constant reinforcement of the starting material based on student needs.



SATURDAY CLASSES!

Beginning in April we will be adding **TWO** classes to our schedule.

9 – 10 am: **KIDS INTERMEDIATE** Fire sash and above.

10 – 11 am: **WEAPONS** All students Fire sash and above.

These new classes will greatly boost your Dragons' ability to get more skill development and provide more variety to our available schedule. They are not designed to be attended once per week, as that defeats the purpose of their addition.

Currently there is no Saturday, **Intro / Beginner** classes on the new schedule.

Enrollment for Saturday classes must be made at the front desk.

PERSONAL DEVELOPMENT FOCUS

Chinese Martial Virtues

Wu De (woo duh)

The Tradition of **Wu De** 武德, began in the Tang Dynasty approximately 626 CE. At its base **Wu De** is a Moral and Ethical system developed in a time when Warfare and Martial Combat among all levels of society was commonplace.

The **Wu De** as taught at the Dragon Gate are a set of TEN words and phrases that are used as teaching points. The lessons are accomplished through discussion and meant to help improve our students' understanding of their own thoughts and actions as individuals and in relation to others. The **Wu De** help to reinforce lessons of personal responsibility over what we think, say and do.

The **Wu De** are divided into two categories.

The Five Virtues of the Mind:

Will, Endurance, Perseverance, Patience, and Courage.

The Five Virtues of the Deed:

Humility, Respect, Righteousness, Trust, and Loyalty.

Through passing on these ancient lessons we hope to help our students develop strong character, confidence, and emotional intelligence.

Please feel free to ask us any questions regarding our new improvements.

WuDe: Martial Virtues	
Mind	Deed
Courage	Humility
Believe in myself and face challenges and fears with honesty and intelligence.	Never look down on people. Be honest and always open to improve myself
Endurance	Respect
Stay focused and determined to achieve success in any task, even when I'm tired.	Treat people with kindness and appreciate everyone's value.
Perseverance	Righteousness
Work to overcome difficult tasks and challenges and not give up.	Always try to do what I feel is right, for myself and to help others.
Patience	Trust
Keep my mind, my body and my heart calm and wait for the results of hard work.	Keep my word to myself and to other people and they should keep their word to me.
Will	Loyalty
Keep my mind strong, remember who I am and what is important to me when I'm tired or scared.	Love myself and be true to the people in my life who love or care for me.