



Welcome to the inaugural issue of the Ching Wu Athletic Association annual report. With all the activities of the past year, the timing seemed right to begin with the Ching Wu fiscal year of September 1, 2008 to August 31, 2009.

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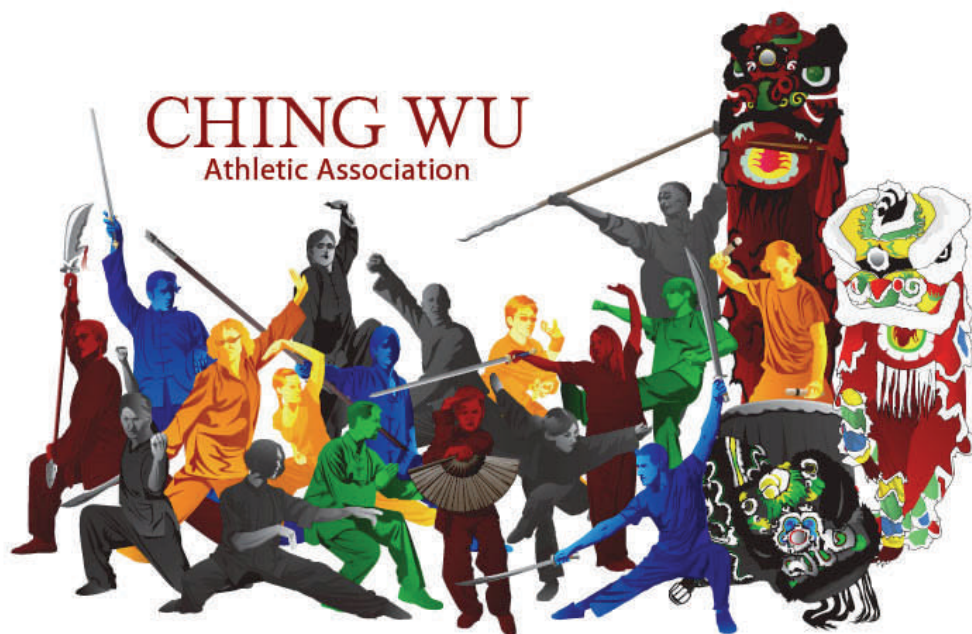
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Chinese Martial Arts & Lion Dance

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Artwork by Danielle Buchanan



MESSAGE FROM THE PRESIDENT



I would like to thank the Ching Wu board for building a new foundation for our club over these past two years. As well, I would like to acknowledge the previous board—RT, Sarah, Aidan, and Randall—for their unwavering support through some difficult times.

I would also like to show my appreciation for the Ching Wu membership—instructors, performers, and students—who enable Ching Wu to continue to thrive. In addition, I am grateful to Joe Chan for facilitating the arrival of our new Master Instructor, Seven Star Praying Mantis ninth generation lineage holder, Master Huang Guo Qing.

This was a year of growth both for our membership and for our performance activities,

thanks to our lion dance manager and troupe and to Folklorama, with whom Ching Wu has had a long-standing relationship.

Next year represents two landmark milestones for Ching Wu:

- ◇ 20-year anniversary of Winnipeg Ching Wu (established September, 1990)
- ◇ 100-year anniversary of international original Ching Wu (established July, 1910)

As part of marking these significant milestones, our next report will highlight the 20-year history of our club. We look forward to celebrating our accomplishments with our valued members.

Sigung David Cliffe

CHING WU MISSION

Since its inception in 1990 as a non-profit organization staffed by volunteers, the Ching Wu Athletic Association has been dedicated to providing top quality martial arts training and associated cultural activities, preserving those traditional styles and activities, and building cross cultural awareness in the community it serves. In keeping with the ideals first set out by the original Ching Wu in 1910 to restore the reputation of Chinese martial arts and preserve the many traditional styles that were becoming lost, Ching Wu offers a varied curriculum. Several styles of martial arts are offered — Shaolin, Praying Mantis, and Chen— and Ching Wu is also home to the premier lion dance and dragon dance troupe in Manitoba. The troupe performs locally and internationally, and Ching Wu offers instructional programs in two locations—Winnipeg (Chinatown) and Portage la Prairie.

Founding Members

- ◇ Frank Lui
- ◇ Brent Bryson
- ◇ Gerald Brandt
- ◇ Doug Jackson

BOARD OF DIRECTORS

Officers

- ◆ **President** : David Cliffe, Head Instructor
- ◆ **Vice-President** : Tauren Pounoutiesiexna, Lion Dance Manager
- ◆ **Secretary**: Ruth Bond
- ◆ **Treasurer**: Randall Flower, Senior Instructor

Directors

- ◆ Dave Anema, Assistant Instructor
- ◆ Aidan Morrison, Senior Instructor
- ◆ Ryan Tomko, Senior Instructor
- ◆ Sarah Zurawell, Junior Instructor and Past President

Regional Advisor for Portage la Prairie: Gary Dubetz

INSTRUCTORS

Ching Wu offers instruction in several kung fu styles.

Our **Master Instructors** both began training in 1972, representing a combined 80 years of training and experience.

♦ **Sigung David Cliffe** has been with Ching Wu since its inception in 1990, and is the head instructor at Ching Wu, teaching classes in Shaolin kung fu and Chen t'ai chi.

♦ **Master Huang Guo Qing** has now been teaching Seven Star Praying Mantis for a year since arriving in Canada at the invitation of Ching Wu.

Our **Senior Instructors** have attained black belt level in Shaolin kung fu and have com-

pleted instructor training led by Sigung.

♦ **Sifu Randall Flower** attained black belt level in 2008 and teaches Shaolin kung fu classes.

♦ **Sifu Aidan Morrison** attained black belt level in 2008 and teaches Shaolin kung fu classes, as well as assisting Master Huang in Praying Mantis classes.

♦ **Sifu Ryan Tomko** attained black belt level in 2002 and teaches lion dance/drumming.

Our **Junior Instructors—Sihing Dave Anema, Sihing Alexis Flower, and Sije Sarah Zurawell—** have all completed instructor training, and are qualified to lead classes in Shaolin kung fu.

Master Instructors

- ♦ Sigung David Cliffe
- ♦ Master Huang Guo Qing

Senior Instructors

- ♦ Sifu Randall Flower
- ♦ Sifu Aidan Morrison
- ♦ Sifu Ryan Tomko

Junior Instructors

- ♦ Sihing Dave Anema
- ♦ Sihing Alexis Flower
- ♦ Sije Sarah Zurawell

(Photos on Page 4)

A SPECIAL WELCOME TO MASTER HUANG AND SEVEN-STAR PRAYING MANTIS



Master Huang Guo Qing heads the Praying Mantis Kung Fu program at Ching Wu. He began his martial arts training in 1972 at the age of seven, and is certified by the Chinese Wushu Association as Martial Art Level 7 (7th Dan). His competition record includes:

- ♦ First Session of Martial Arts and Free Fighting Competition (Guangzhu, Dec. 1999) - 1st place men's free fighting (65kg)
- ♦ Guangzhu Traditional Martial Arts Competition 2005
 - ♦ 1st place Chinese boxing (men's group A)
 - ♦ 1st place traditional boxing, Northern style (men's group)

*Thanks to Gary Feng and Tauren Pounoutiesiexna
for their assistance in Chinese/English translation.*

CURRICULUM NEWS



Sigung David Cliffe resumed teaching Chen T'ai Chi once a week in summer of 2008 and, in response to popular demand, expanded the schedule to twice a week starting Tuesdays and Thursdays in summer 2009. He studied this oldest of the four major styles of T'ai Chi under masters such as Andrea Falk and Joseph Chen.

Senior and Junior Instructors (right) - from top to bottom: Sifu Randall Flower, Sifu Aidan Morrison, Sifu Ryan Tomko, Sihing Dave Anema, Sihing Alexis Flower, and Sije Sarah Zurawell

The Ching Wu Curriculum

- ◆ Shaolin kung fu
- ◆ Seven-Star Praying Mantis
- ◆ Chen T'ai Chi

Member Handbook. Revised in December 2008, the member handbook is now routinely provided to new Ching Wu members. This booklet contains information on the background of Ching Wu, its mission statement, and class structure, including sparring rules of safety. Information about the belt rank system and testing procedure as well as general club protocols is also included.

WORKSHOPS AND PROGRAMS



Summer Program 2009. An intensive summer program was offered in summer 2009, providing systematic training in:

- ◆ Kung Fu basics
- ◆ Shaolin Kung Fu
- ◆ Shuai Chiao (Chinese wrestling)
- ◆ Chin Na (joint locking)
- ◆ San Da (sparring)

Sigung David Cliffe, Master Huang Guo Qing, and Sifu Aidan Morrison volunteered their time to teach this two-month training program.

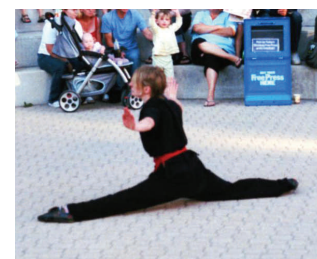
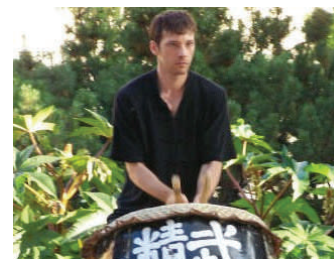
- ◆ **Folklorama Workshops** – Sigung travelled to various Manitoba communities, such as the Pine Falls First Nations community where he taught a Lion Dance workshop with Sihing Dave Anema.
- ◆ **Annual Winter Warrior Martial Arts Symposium** – Sigung travelled to Southport Rec Centre in Portage la Prairie in February 2009 to teach the kung fu portion of the four styles offered at this annual symposium (kung fu, aikido, Tai-Jitsu weapons, and Brazilian jiu-jitsu).



Andrea Falk

- ◆ **Workshops at Fort Richmond Collegiate** – Master Huang introduced kung fu to high school students, assisted by Sihing Dave Anema and Danielle Buchanan.

- ◆ **Xingyi Quan seminars hosted by Ching Wu** – Andrea Falk taught xingyi workshops as part of her annual Canadian tours which typically include stops in Winnipeg. The eight-move routine was covered over the two evenings of June 16 and 18, 2009. Andrea has trained Chinese martial arts since 1972, learning in China since 1980, and she has trained xingyi and bagua since 1981.



PERFORMERS



The Kung Fu/ Lion Dance Troupe

- ◆ Tauren Pounoutiesiexna - Manager
- ◆ Sifu Ryan Tomko - Lion Dance instructor and drummer
- ◆ Liu Bei, Zhang Fei, and Guan Yu - three lions named for the generals from the epic Chinese historical novel *Romance of the Three Kingdoms*.
- ◆ Other performers—include Sifu Aidan, Sifu Randall, Sihing Dave, Sihing Alexis, Sije Sarah, Ranee Dong, Brendan Dong, and Danielle Buchanan.

In addition to performing kung fu, the troupe members take on a variety of roles in performances—the Buddha, lion heads and tails, and musicians (drums, gong, and cymbals).



Danielle Buchanan



Brendan Dong



Ranee Dong, Tauren Pounoutiesiexna, Alexis Flower



Liu Bei



Zhang Fei



Guan Yu

PERFORMANCE HIGHLIGHTS



Guan Yu greeting the new Lieutenant Governor, the Honourable Philip S. Lee and Mrs. Anita K. Lee August 4, 2009



Guan Yu celebrating the 10th Anniversary of the Office of the Children's Advocate

Guan Yu with Zhang Fei in Osborne Village on Canada Day



Guan Yu with Zhang Fei visiting the Winnipeg Art Gallery

Ching Wu performed this past year in a range of venues such as those shown below for events such as the inauguration of the new Lieutenant Governor, the Honourable Philip S. Lee, the 10th anniversary celebration of the Office of the Children's Advocate, and the annual Asian Heritage Festival, as well as performing in a number of Chinese New Year celebrations and in a variety of schools and senior centres.

- | | | |
|--|--|-----------------------------------|
| ◆ 13th Annual Multicultural Festival - Victor Mager Club | ◆ Lion Place Senior Residence | ◆ River Avenue Day Care |
| ◆ Asian Heritage Festivals (Asian Heritage Society) | ◆ Chua Hai Hoi Vietnamese Buddhist Temple | ◆ Schools |
| ◆ Kum Koon Garden | ◆ Transcona Legion | ◇ Ecole Crane |
| ◆ Manitoba Museum | ◆ Victoria Inn Hotel | ◇ Lord Selkirk School |
| ◆ South Beach Casino | ◆ The Forks | ◇ R.H.G. Bonnycastle |
| ◆ Chinese Nationalist Day (Kuo Min Tang Association) | ◆ Marlborough Hotel | ◇ Ralph Maybank |
| ◆ West End Senior Centre | ◆ Winnipeg Chinese Community Cultural Centre | ◇ Red River College |
| | ◆ Air Canada Park | ◇ Shaftesbury Park |
| | | ◇ Alf Cuthbert School (Moosehorn) |

TRAINING



Ching Wu currently has approximately 40 members, ranging in age from 11 to 60 years of age, from all parts of the city, and from all walks of life.

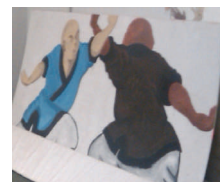


BEHIND THE SCENES



A great deal of activity took place behind the scenes at Ching Wu this past year:

- ◇ **Governance.** A new set of bylaws was created and ratified by the newly-appointed board in November 2008. A business plan was also drawn up to guide future planning and an accounting system was set up using newly-purchased software.
- ◇ **Physical reorganization.** A major cleanup/reorganization of the physical premises became part of the process of building a new foundation for the club. Member donations were greatly appreciated in helping with this process; for example, Norm Spencely, who arranged for donation of a desk; and Rane Dong, who donated an office chair. A file cabinet, rug, and coffee table were also received from Ruth Bond for the office. Lastly, the lion heads were showcased in a space of their own, along with the Ching Wu dragon.
- ◇ **Promotion and marketing.** Much of the content on the website was restructured and updated this past year. Special thanks go to RT for creating and maintaining the site for the past 10 years and to Norm, master search engine optimizer, for increasing the visibility of the site. Ching Wu also acquired a new e-mail address and a new phone number this past year.
 - ◇ A sign (left) was created by an ad hoc group of club members, including Sifu Aidan and Tauren, who shared the tasks of hand-lettering and painting the sign. After the application of a coat of anti-graffiti sealant, the sign went up on the front exterior of the building in summer 2009, announcing Ching Wu to the outside world for the first time in five years.
 - ◇ A mural (right) was begun this past year in October 2008 with the selection of Shaolin Temple artwork and the purchase of two sheets of plywood. Thanks to Sihing Alexis for sketching the monks out on the plywood and to Danielle for painting them. Once completed, the mural will be mounted outside along with our exterior sign.
 - ◇ The poster gracing the front page of this report owes a very special acknowledgement to the creative talents of Danielle Buchanan.



THE NEW COMPENSATION PLAN FOR 2009-2010

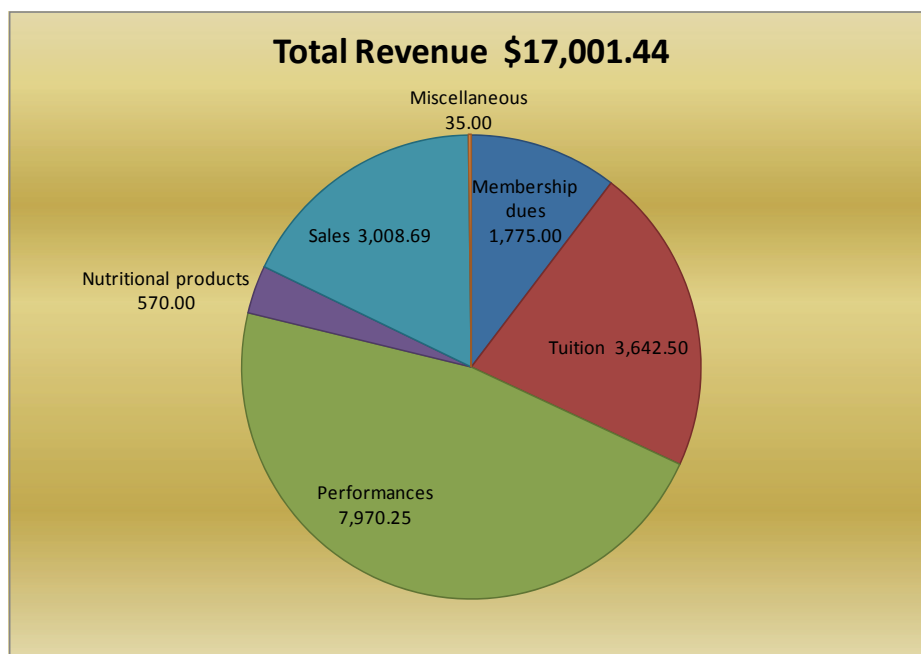
A model for combining fundraising and earned income was developed this past year at Ching Wu, and a compensation plan was created for members. This plan consists of two components:

1. Associate —offers members an opportunity to be reimbursed for sponsoring, or bringing in, new members into the club. All members paying full-time tuition fees (\$55 per month) are eligible.
2. Corporate—offers honorariums as a way of recognizing members who contribute to the club through activities such as performances, demonstrations, and teaching.

Revenues on which the plan is based (after operating expenses are applied) are drawn from tuition fees, lion dance/kung fu performances and demonstrations, and business centre earnings from the sales of nutritional products.

This plan was approved by the board in summer of 2009 and will be applied as of the new fiscal year (2009/10), with accounts to be set up for all Ching Wu members.

THE FINANCIAL PICTURE FOR 2008/09



SUMMARY OF FINANCIAL OPERATIONS FOR 2008/09

Revenue

Membership dues	1,775.00	10.44
Tuition	3,642.50	21.42
Performances	7,970.25	46.88
Nutritional products	570.00	3.35
Sales	3,008.69	17.70
Miscellaneous	35.00	0.21
	17,001.44	100.00

Expenses

Rent	7,070.00	56.93
Utilities (Hydro)	589.03	4.74
Professional fees and honorariums	372.50	3.00
Cost of sales	3,292.93	26.51
Advertising, and communications	606.30	4.88
Entertainment	206.27	1.66
Office/curriculum supplies	168.88	1.36
Annual business fees	52.48	0.42
Maintenance	27.51	0.22
Depreciation	33.73	0.27
	12,419.63	100.00

Net Revenue **4,581.81**



TAKING CHING WU TO THE STREETS



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