



以科學的法式
傳統藝術之精神

漢民題



ANNUAL
REPORT

Mission

Ching Wu is a Manitoba-based, nonprofit organization established in 1990 to provide top quality martial arts training programs which enable all members to improve their levels of physical, mental, and spiritual fitness. Self-confidence, community spirit and multicultural values are promoted in the enjoyable, challenging course offerings and through opportunities to perform activities such as kung fu and lion dance for diverse audiences. The curriculum supports the restoration of the reputation of authentic Chinese martial arts as set out by the founder, Huo Yuan Chia, for the original Ching Wu in China in 1910. Ching Wu is committed to developing and strengthening support to ensure authentic, traditional Chinese martial arts continue to remain available for generations to come.

Mandate

Ching Wu offers authentic, traditional martial arts instruction in several styles for men and women of all ages, abilities, and fitness levels. Members may study for self-development, for participation in tournaments, and/or to perform in a wide range of settings such as festivals and schools. Ching Wu is staffed by volunteers and is led by three Master Instructors - all national martial arts champions - representing 100 years of combined training and experience in Chinese martial arts: Shaolin and Praying Mantis kung fu, Chen tai chi, Wushu, and lion/dragon dance.

Table of Contents

Message from the President.....3

Curriculum News.....4

Instructors.....4

Performance Highlights5

Tournament Highlights.....8

Training, Workshops, and Programs.....9

Behind the Scenes.....10

Financial Picture.....11

Board of Directors for 2009/2010

Officers

- ◇ President: David Cliffe, Head Instructor
- ◇ Vice-President: Tauren Pounoutiesiexna, Lion Dance Manager
- ◇ Secretary-Treasurer: Ruth Bond

Regional Advisor for Portage la Prairie: Gary Dubetz

Directors

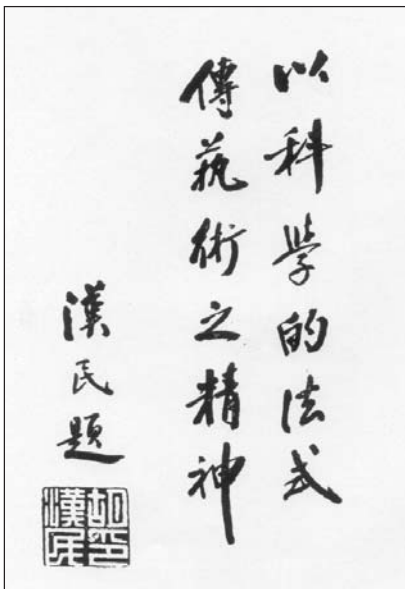
- ◇ Randall Flower, Senior Instructor
- ◇ Dave Anema, Junior Instructor
- ◇ Aidan Morrison, Senior Instructor
- ◇ Ryan Tomko, Senior Instructor
- ◇ Sarah Zurawell, Junior Instructor and Past President

MESSAGE FROM THE PRESIDENT



I am pleased to note the 20-year anniversary of the Ching Wu Athletic Association, which was established as a nonprofit organization on September 20, 1990. Ching Wu has continued to operate throughout several moves during that time - from the Hemisphere Building at 89 Princess Street in the early 1990s to a 7-year stay in the 2nd and 3rd floors of the Orange Hall at 216 Princess Street, to our current location in the Johnstone Block since 2004. A second location - Portage la Prairie - was added in 2005.

Our Annual General Meeting for fiscal 2009/10 took place on September 11, 2010, with dinner provided by Sumhay Restaurant. Following the formal part of the meeting, video excerpts of performances on old VHS tapes were shown, including Folklorama (1988), the Big Breakfast show, and highlights from the VPW Martial Arts of China series. The evening concluded with a showing of the movie Tai Chi Master.



The calligraphy gracing the cover of our report is the famous Jingwu motto - “using the scientific methods to pass on the spirit of the arts” - from the book by Brian Kennedy and Elizabeth Guo titled *Jingwu: The School that Transformed Kung Fu* (Blue Snake Books, 2010). According to Kennedy, this was taken from the *Jingwu Anniversary Book of 1919* and this motto “became the byword for how the Jingwu intended to approach its mission and its view of martial arts. It paid equal respect to traditional arts and crafts - including, of course, martial arts - and modern scientific methods” (2010:25).

Our club has grown and thrived thanks to the governance of a volunteer board and all the volunteer members who help to run its daily operations. We also are grateful to those who help us fulfill our mission of promoting Chinese culture; they include Folklorama and the Winnipeg Chinese Cultural and Community Centre.

Ching Wu Vision

To preserve and support authentic, traditional Chinese cultural activities, increasing awareness and appreciation of its rich historical traditions by offering top quality instruction and performances.

CURRICULUM NEWS

A 6-day rotation schedule was instituted for Shaolin kung fu so that all key components of the Shaolin curriculum are regularly covered: one-step sparring, forms, and weapons.

As well, instructor development activities included Sigung attending a 2-day seminar taught by Al Dacascos to obtain a Certificate of Training in the Dacascos Tactical System Phase One.

Instructors



Sigung David Cliffe, Head Instructor
Shaolin kung fu, Chen t'ai chi

Master Instructors



Master Huang Guo Qing
Seven Star Praying Mantis, Sanda

Our Senior Instructors have attained black belt level in Shaolin kung fu and have completed instructor training led by Sigung. Our Junior Instructors have all completed instructor training, and are qualified to lead classes in Shaolin kung fu and/or Lion Dance.



Sifu Randall Flower (Shaolin)

Senior Instructors



Sifu Aidan Morrison (Shaolin)



Sihing Tauren Pounoutiesixna
(Lion Dance)



Sifu Ryan Tomko
(Lion Dance and Drumming)

Junior Instructors



Sije Danielle Buchanan
(Lion Dance)



Sije Rane Dong
(Lion Dance)



Sije Sarah Zurawell
(Shaolin and Lion Dance)



Sihing Alexis Flower
(Shaolin and Lion Dance)



Sihing Dave Anema
(Shaolin and Lion Dance)

PERFORMANCE HIGHLIGHTS

In addition to a guest appearance at City TV for The Breakfast Show, Ching Wu performed this past year in a range of venues in Winnipeg for events such as the Lieutenant-Governor's New Year's Day Levee, Chinese New Year celebrations (Kum Koon Garden, Age and Opportunity Centre), and multicultural celebrations held at schools, senior centres, and legions. The Ching Wu performance team also travelled to Portage la Prairie to participate in the *Sharing our World* multicultural celebration.

As well, performances took place for private functions such as weddings and birthdays, held in settings such as restaurants and churches, and workshops in Lion Dance were offered in school settings such as the Assiniboine Children's Centre.



Zhang Fei at Canada Day Osborne Street Festival 2010



2009/2010 Ching Wu Performances

Festivals

- Lieutenant Governor's New Year's Day Levee
- Indigenous Festival at the Manitoba Centennial Concert Hall
- Canada Day Osborne Street Festival
- Chinatown Street Festival
- Summer concert series at Air Canada Park and Winnipeg Chinese Cultural and Community Centre
- Asian Heritage Festival

- Sharing our World Multicultural Festival
- Manitoba Dragonboat Festival

Winnipeg Schools

- Multicultural Day at Pinkham School
- Multicultural Festival for Boys and Girls Club at Victor Mager School
- Orientation Week at University of Manitoba



TOURNAMENT HIGHLIGHTS

- Congratulations to Ching Wu members on tournament accomplishments this year -



Sifu Aidan Morrison

- 2nd place in weapons forms and 3rd place in traditional forms at the Manitoba All Martial Arts Tournament in Winnipeg on March 6, 2010.
- 2nd place in weapons forms and 3rd place in traditional forms at the Manitoba Sport Karate Championships on April 24, 2010.

Gary Feng

- 2nd place in the under 18 category for sparring at the Manitoba All Martial Arts Tournament in Winnipeg on March 6, 2010.
- 3rd place in the under 18 category for point sparring at the T.K. Tae Kwon Do Tournament in Selkirk on February 20, 2010.



TRAINING, WORKSHOPS AND PROGRAMS



- **Summer Program 2010.** Our annual summer program took place this year from June 28 to August 21 covering Shaolin, Eagle Claw, and Praying Mantis Kung Fu, Shuai Chiao (Chinese wrestling), San Da (sparring), Chen Tai Chi, and Lion Dance. Sigung David Cliffe, Master Huang Guo Qing, and Sifu Aidan Morrison volunteered their time to teach this two-month training program.
- **Tournament Information Seminar on Open Style Karate Rules for Contact and Points.** Hosted by Ching Wu, this seminar was led by Jethro Bartelings to provide information on participation in tournaments, based on the sport karate tournament circuit in Manitoba (open to all styles). With a black belt in Tae Kwon Do under Master Malcolm Edwards of Bae's Martial Arts Training Centre, Jethro was the national men's World Karate Association Korean forms and weapons champion of 2005, going on to represent Canada that year at the world championships.
- **Kung Fu workshops.** As part of a multicultural festival sponsored by Folklorama, Sigung travelled to Thompson to conduct kung fu workshops at various participating elementary schools.
- **MaGui Baguazhang seminars hosted by Ching Wu.** Andrea Falk introduced bagua workshops to participants at Ching Wu in January 2010 as part of her annual Canadian tours, returning in June for a second set of bagua seminars. Beginners learned the basics and the more advanced students learned the dragon changes. Andrea has trained Chinese martial arts since 1972, learning in China since 1980, and she has trained xingyi and bagua since 1981.



January 2010 Bagua workshop



June 2010 Bagua workshop

BEHIND THE SCENES

Administrative - A business plan was created, compiling the necessary elements to define the operational structure of Ching Wu and to assist Ching Wu in future planning. Several policy/procedure documents were created, describing such processes as curriculum development, performance booking, and facility use. Further work was also drafted for inclusion in the member handbook to provide information on becoming a performer.

Equipment Additions - A children's lion head, a 22" drum, sticks, gongs, and cymbals were purchased for lion dance performances. A wall mount was also purchased to attach one of our heavy bags to the wall to support sanda (and other) training.

Renovations - Club members put in a huge amount of work to strip the (peeling) paint from the ceiling, wash and prime the walls and - finally - completing this long arduous process with fresh, new coats of paint. The old "carpet of death" was removed and hard foam interlocking tiles were placed on the floor, suitable for a wide range of training, including support for practicing falls.



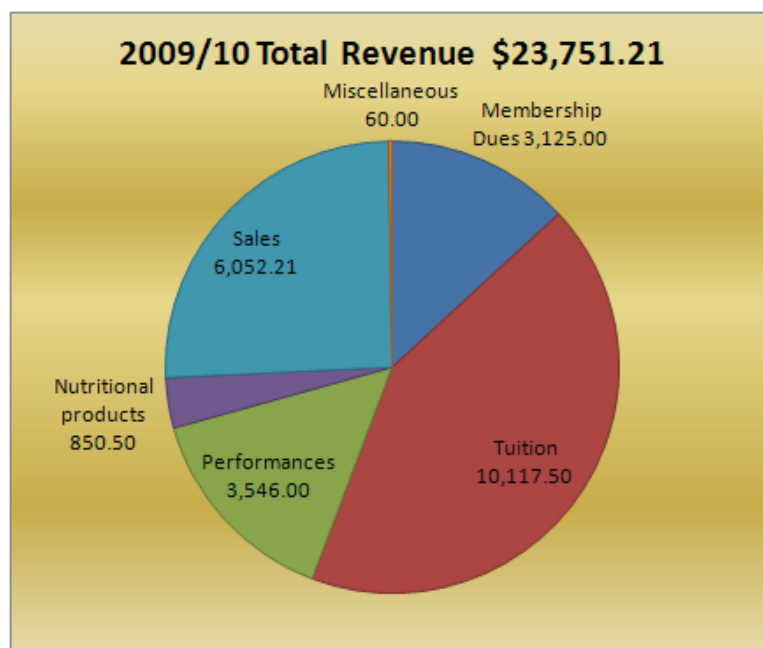
- Before -



After



FINANCIAL PICTURE



Summary of Financial Operations for 2009/10

Revenue

Membership dues	3,125.00	13.16
Tuition	10,117.50	42.60
Performances	3,546.00	14.93
Nutritional products	850.50	3.58
Sales	6,052.21	25.48
Miscellaneous	60.00	0.25
	23,751.21	100.00

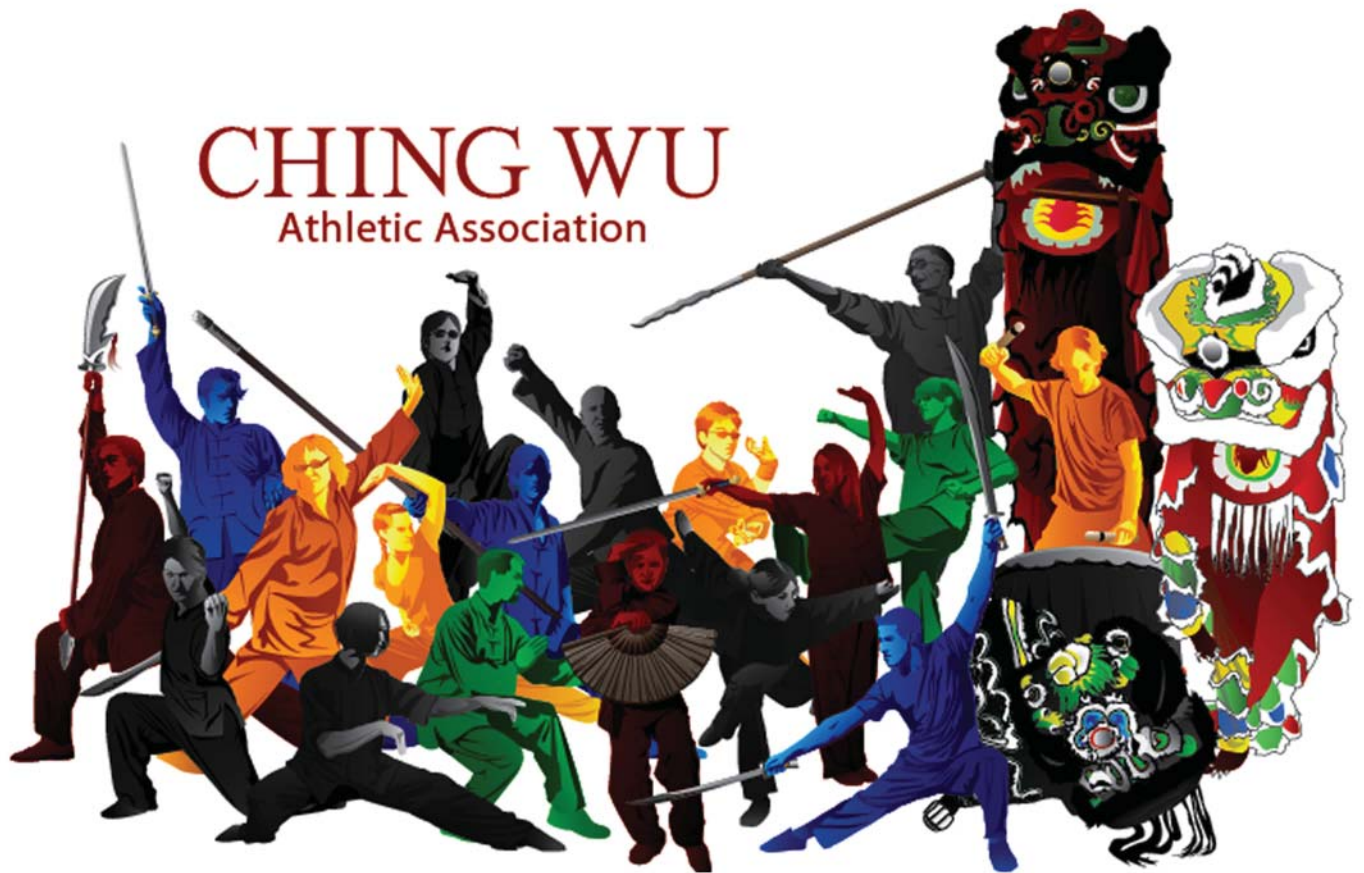
Expenses

Rent	7,310.00	30.13
Utilities (Hydro)	505.30	2.08
Professional fees and honorariums	2,263.50	9.33
Cost of sales	7,408.58	30.53
Advertising, and communications	72.71	0.30
Entertainment	193.42	0.80
Office/curriculum supplies	153.30	0.63
Annual business fees	60.00	0.25
Maintenance	2,745.19	11.31
Travel	1,214.40	5.00
Equipment	1,289.27	5.31
Equity cash payments	919.66	3.79
Depreciation & Other	130.00	0.54
	24,265.33	100.00

Net Revenue (514.12)

CHING WU

Athletic Association



Artwork by Danielle Buchanan

Chinese Martial Arts and Lion Dance

213 Pacific . Winnipeg

www.chingwu.org

Phone 204.219.9537