

White Tiger Kung Fu

*BAC FU DO KUNG-FU
(Way of the White Tiger)
Founder Sifu D.S.A. Crook*

**Central Queensland's only Registered
Kung-Fu School**

First lesson is free and everyone is welcome.

All you need to start is comfortable clothing; shorts, a t-shirt, runners and a water bottle.

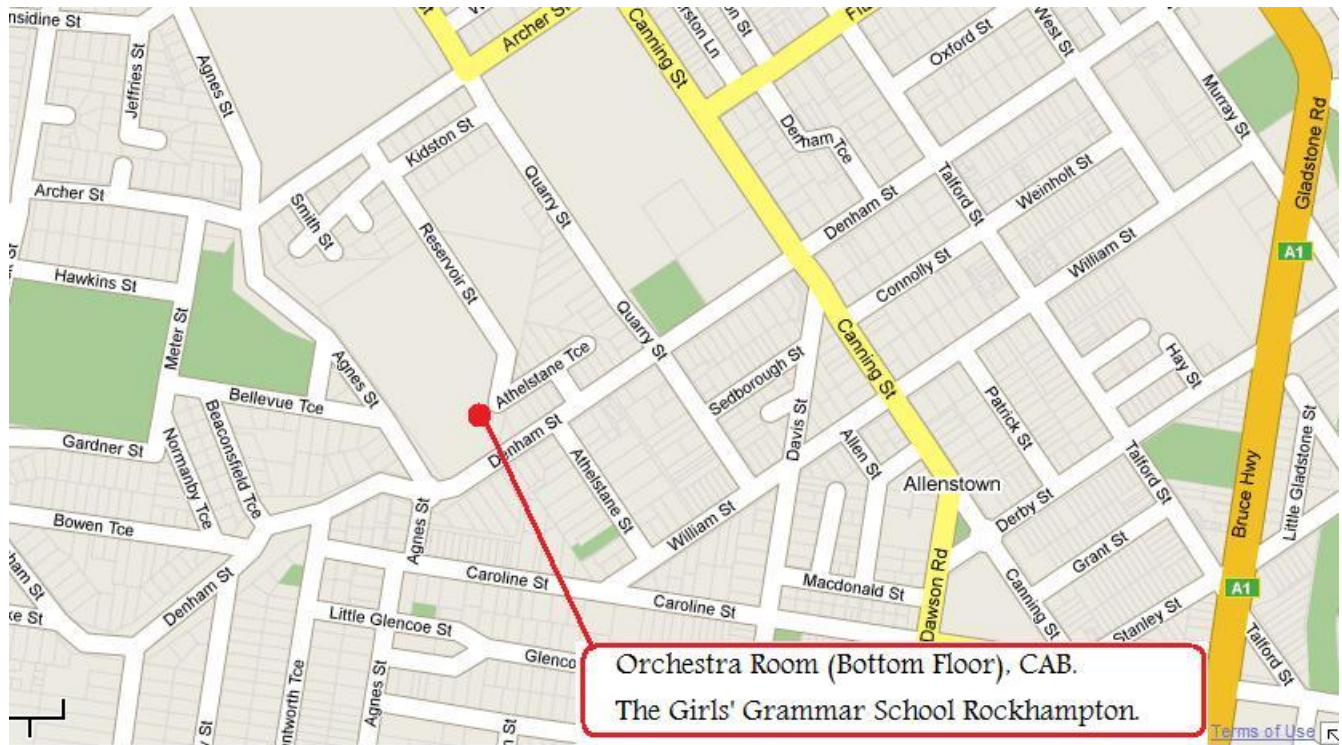
To save time, fill out the membership form on the last page of this information pack and bring it with you to your first lesson.

- No-nonsense, Common-sense approach for all levels of fitness and experience
- Grappling and ground work
- Private lessons available
- Streetwise defence & combat-effective Kung Fu
- Weapons training
- Member of the Australian Kung fu (Wu Shu) Federation
- Accredited & registered female & male instructors, each with 20 Years' Kung-fu experience

For more information call Ann or Brett on **4921 3987** or email: info@bacfudo.org

“Way of the White Tiger” (Bac Fu Do Kung-Fu)

We train on Monday and Thursday Nights 6.30pm to 8.30pm in the music room CAB building Girls' Grammar School, Athelstane Street Rockhampton.



Private lessons by appointment only.

Training Costs

Per/night		\$10
Monthly	(10 Lessons)	\$90

Monthly prices are due in advance to receive discount and direct deposit is available for payment of monthly fees.

Club Uniform is Black Pants with club logo (\$50) & Black Tee Shirt

Welcome to the club. As a new student of White Tiger Kung Fu, we wish you well in your study of this fascinating art. To help you to settle into our group, certain rules on the conduct and responsibilities of students have been laid down.

If you are to get the most out of your training, you must exercise self-discipline and be prepared to work. We encourage an atmosphere that promotes a free exchange of ideas and a complete understanding of what you are doing and why.

Nevertheless, the following rules are to be adhered to:

1. **Mouthguards & Groin guard shall be worn when doing sparring, combinations and weapons work**
2. You should work only on those techniques set by the instructor until told to change.
3. If you wish to leave the training area, do so quietly and return quickly. If you are in the middle of an organised activity (e.g. warm-up), you must NOT leave the group without permission.
4. **Do NOT play around in class, as this can lead to injury**
5. Do NOT talk to other students, unless it is necessary to clarify techniques. At such times, keep your discussions brief and low in volume. Do NOT talk during warm-ups etc.
6. Be punctual - it is disturbing to the class to have late arrivals drifting in during warm-up. If you are unavoidably late, ALWAYS perform a ceremonial bow to the instructors BEFORE joining in.
7. **Try your best at all times!**

First Aid All Instructors have a First Aid Certificate and are trained in CPR and EAR.

Uniform If you have been a member for over 3 weeks, you must wear the approved uniform (black t-shirt, black pants with logo and sash if graded).

General If you cannot attend class for any reason, please notify the instructor. Chinese Martial Arts groups are run on family lines. The instructors are the parents of the group and his/her assistants are your older brothers/sisters. People who join after you are your younger siblings. In a family, everyone is supposed to support and help each other, therefore, if you have any problems, questions etc. do not hesitate to approach your instructors or anyone else senior to you. Similarly, you are expected to help those junior to you.

All Whitetiger Kung-fu instructors are bound by the Martial Arts Association's National Code of Practice for Martial Arts Instructors & Clubs which is officially recognised by the Australian Sports Commission and the Queensland Government

Application for Membership – Bac Fu Do Kung Fu Society(Roc)

Given Name.....Surname.....

Occupation.....Date of Birth.....

Address.....
.....

Phone Number Home.....Mobile.....

Email Address.....

Have you ever been excluded from Martial Arts in the past by a medical practitioner or any other person or entity or a Martial Arts Club? **YES/NO** If yes, please give details

Previous Martial Arts Experience.....
.....

Pre-existing Medical Conditions.....
.....

NOTE: Martial Arts training can be strenuous and may involve an element of physical contact. If you have any long term medical conditions, please identify them above so that we can modify your training regime, if possible. Short term medical conditions should be identified to your instructor prior to any training session, so that a decision can be taken as to your fitness for training, training regime modifications etc. Failure to disclose such conditions can be grounds for expulsion from classes, either permanently or temporarily.

Risk of Injury and Loss of Property

Students join and practice Kung Fu entirely at their own risk, recognizing that it may involve an element of physical contact and that many of the techniques taught are designed to inflict injury on the human body. While our instructors will take reasonable care to limit the possibility of injury, you must be aware that there is an element of risk attached to training in any Martial Art. We cannot accept liability for physical injury caused in training or associated activities. Similarly, we cannot accept liability for the loss of personal property.

I,.....hereby agree to fully abide by the rules and regulations of the Bac Fu Do Kung Fu Society and to obey the directions of the Society, its instructors and officers. I hereby indemnify the Society, its instructors and officers against any claim for personal injury caused in training or associated activities, or for the loss of personal property. I also declare that I have do not have a criminal record and, where relevant, have sought medical advice that I am fit to undertake training.

.....(Applicant) Date / /

.....(Guardian, where applicant is under 18 years of age)

Membership Accepted

Date / /

How did you learn about our classes?