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### Keep an Eye Out for...

We will send request out to join our Southern Shaolin Academy Facebook page.

We want to make sure that students, parents, & friends are always updated on the latest information from the School. If you want to join immediately, [Click Here](#).



### Summer Tournament Results

[Kuo Shu Federation Results](#)  
[Wong People Tournament](#)

Congratulations to all the kids who competed! YOU ROCK!!



[Check us out on YouTube!](#)

### Graduation Dates

- ★ November 19, 2011
- ★ March 10, 2012
- ★ June 30, 2012
- ★ November 17, 2012

## CONGRATULATIONS TO SIFU LOUIS DIAZ



Please congratulate Sifu Louis Diaz, for his outstanding achievements. On October 1, 2011, he was inducted into the 2011 LUMAS Hall of Fame.

The Latino Unido Martial Arts Society (LUMAS) was founded by Seiko Hanshi Rick Diaz and Shihan George Vascone in 1994. LUMAS is

dedicated to improving representation of Latino and Latinas in the Martial Arts community. It is dedicated their lives to the Martial Arts." committed to helping Latinos "recognize the importance of their visibility and demonstrate their strength by supporting those Masters, Sifus, Sa Bum Nims, and students who have dedicated their lives to the Martial Arts."

Pictured above is Sifu Louis Diaz and Lieutenant Colonel Hector Morales, an instructor at West Point.

### MEMBERSHIP DRIVE

Are you enjoying the benefits you are receiving at SSA; feeling more confident; losing weight and enjoying the workouts you are receiving? Then recommend a friend. For every friend that joins, you will receive 1 month free tuition up to 3 months.

*Your continued support brings authentic Chinese martial arts to the community. **Bring a friend. Share the benefits. Help your school.***

### WUSHU DOLLARS ARE BACK!

#### Are you a Honors Roll Student?

Bring in your report card and show us how great you are doing both at Southern Shaolin Academy and at your school. We will give you 10 Wushu dollars for a B average or higher, which you can use to buy your uniform or weapons! A maximum of 3 certificates can be combined per purchase at any given time. No monetary change is given if the certificate exceeds the value of the purchase.



Bring in your friends and family and receive 25 Wushu Dollars when they sign up!

### SCHOOL REMINDERS

1. No Food or Drinks in school and to remove shoes when going to bathroom. This applies to parents also.
2. Hygiene and Sanitary Conditions - Please clean out your lockers every Thursday. We need your help. Winter is fast approaching, which means the cold and flu season are here too. To eliminate germs, we need your help by keeping your clothes clean. Kung Fu by nature is a contact activity and we expect you to sweat if you are training properly. Be considerate of your training partners. Wash your clothes on a weekly basis if not more frequent. If there are odors, there are germs. Also be considerate so all students can use these lockers. They are not permanent storage for your use.
3. This Wed & Thu (5th & 6th of Oct) will be picture day for our Wushu Students from 6-7PM. We are in the process of updating our marketing material to include our Website and Facebook. We would like all students to attend those 2 days to make this a successful picture taking event. Please wear your Black and Gold uniforms. Also bring your Silk uniform if you have one.



## Yoga Corner with Jen Hillis, RYT

Welcome to the Yoga Corner! My name is Jen Hillis and I am a registered Vinyasa Yoga instructor teaching yoga classes here at Southern Shaolin Academy for the last 6 months. I am very grateful to have the opportunity to share your studio, to share the practice of yoga and to now have this space in your newsletter to share yoga news, information and inspiration with you.

Did you know that you're already doing yoga? It's true! Many of the warm-up stretches for tai chi and kung-fu are variations of yoga poses. Butterfly stretch is a great example...in yoga, we call it Baddha Konasana (the Sanskrit name) - the English translation is Bound Angle or Cobblers Pose. This is a great stretch for the groin and inner thighs and helps to strengthen the hip flexors (psoas). The pose is done seated on the floor with the spine upright, soles of the feet pressed together and drawn in close to the body as the knees relax down towards the floor.



Then, lift the chest up as you inhale and fold forward over the legs while you exhale, bringing the forehead toward the floor and resting here for several long slow deep breaths. If you've ever come to one of my classes, you know we spend a lot of time concentrating on our breathing and talking about the breath. Each movement in a yoga class is linked to a breath and we use the breath to quiet the mind, help release tight muscles and deepen the stretch. Try it next time you do this stretch - really focus on your breath and see if you notice a difference.



To make your butterfly stretch more effective, try to keep your upper back straight and long by drawing your shoulder blades together and lifting the belly muscles up and in. Tilt your hip bones forward and rest your weight in the front of the pelvis, bringing a gentle arch to the lower back. Keep the spine long as you fold forward, stopping when the back starts to round, and then just rest here and breathe for several breaths. If your knees don't quite reach the ground in this stretch, you can sit up on a folded blanket or place blocks or folded blankets under the knees for support. If you want to get the knees closer to the ground, try this: bend forward and bring your elbows or arms to the inside of your thigh. As you inhale, squeeze the legs together as you press away and resist with the arms. Stay here of several breaths, lifting the knees up and engaging the muscles on the inside of the legs. Then, take a nice deep breath in and as you exhale, release the squeeze and use the elbows to press the knees down towards the floor. Be careful not to strain the knee - keep your feet firmly flexed, stay with your breath, be aware of the sensations in the body and stop if you feel any sharp or stabbing pain. Intensity is fine (and you will likely experience some intense sensations as you begin to stretch your muscles in new ways) but pain is not, so try to quiet the mind by focusing on the breath so you can stay alert to what is happening in your body and make any necessary adjustments.

Have questions? Feel free to e-mail me ([jenhillisyoga@gmail.com](mailto:jenhillisyoga@gmail.com)) or ask me next time you see me around the studio. If you're curious about yoga and want to check out a class, please pick up a class schedule at the front desk or check online (<http://jenhillisyoga.blogspot.com/>) for class times.