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AND THE SASH GOES TO...



*Pictured: Wushu graduates
A special thanks to Chris for taking the pictures for us on Graduation day. Check them out on our Facebook page.*

Southern Shaolin Academy celebrated another fantastic graduation last month, and many students were promoted. The event was a success, and as usual, there was a lot of great kung fu!

The day started with a lion dance demonstration that wowed the crowd. The Kids Wushu class took up the challenge from there, with all the students showing off their skills.

Then the Hung Gar and Tai Chi graduates hit the floor next and displayed some real talent in their respective forms.

2012 GOALS AND OBJECTIVES

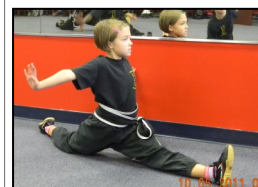
By: Laoshi Tony

Please bear with me as I take a moment to articulate our 2012 vision of where we are taking Southern Shaolin Academy. A bit of history is necessary in order to understand how this unique blend of Teacher/Student; Business Partnership; Mentor and Personal Friendship work between Sifu Louis Diaz and me (Tony Jackson).



Southern Shaolin Academy is a business, but more importantly it is our opportunity to share something that is very special to the Founders (Sifu Louis Diaz & Lau Shr Tony Jackson) and Staff of Southern Shaolin Academy. 2012 will mark the beginning of the 6th year we have been in business. 2011 marked a significant milestone for Southern Shaolin Academy; we broke even for the most part. As the business investor in our school, this milestone was crucial for the school's survival. While I love what Kung Fu has done for me in my life, I also have to

view the business as an investment and manage it that way. Most small businesses fail within the first 3 years because they are not significantly capitalized. That was



not the case with Southern Shaolin Academy. While we have not achieved the financial targets that were projected in our business plan, we did survive the 5 year mark and accomplish something wonderful, we touched the lives of numerous individuals, who can attribute our teachings to helping them improve their lives.

Sifu Louis and I will be the first to admit, we made mistakes along the way. One of my favorite quotes is very applicable right now. "Show me someone that has never failed and I will show you someone who has done nothing." Sifu and I have achieved a lot in life, not because we were lucky, but because when we failed, we learned from those mistakes and vowed never to repeat those mistakes again. For those students and parents,



KEEP AN EYE OUT FOR...

A request has been sent out to join our Southern Shaolin Academy Facebook page.

Have you?



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](#).



[Check us out on YouTube!](#)

GRADUATION DATES

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

HOLIDAY POTLUCK PARTY...

I want to thank everyone for their Holiday Party suggestions. The votes went to a potluck party. Bring a dish and help celebrate a great year at the Southern Shaolin Academy. There is a sign-up sheet on the bulletin board at the school. Any style dish is welcome, we can't wait to get everyone together and have some great food and good times. Celebration will be held on Tuesday, December 20th from 6-8.

SUMMER CAMP

Register for Summer Camp now and SAVE!

It's not too late to get a great deal for Summer camp. Sign up early and save \$50. Pay \$175 per week instead of \$225!

MEMBERSHIP DRIVE WINNER

The grand prize for the membership drive goes to...Michael Wright. Micheal you rock! A special thanks to you and your mom, Tangela, for bringing in the most new students. Your support means everything to our school.



who have been with us from the beginning, we thank you for being patient with us through our growth. So many small businesses fail because they ignore problems and just think they will go

away. That has not been the case with us. While Sifu is my teacher and friend, I am also his mentor and friend. We are brothers in a cause that brought us together 13 years ago. Darren Johnson, a student at Southern Shaolin Academy and one of my closest friends introduced me to Sifu. I can say that this faithful meeting was responsible for saving my life. I was on a path of destruction. I would work on average 13-18 hours a day. I was morbidly obese. I would wake each morning with my heart beating wildly just thinking about the stressful day I would have. I realized after 6 months of training with Sifu, I probably would have had a stroke and died. Stress was my problem and Kung Fu was my path to managing it. So if someone ever asks me what Sifu and Kung Fu means to me, here is my answer... "My life was saved." So, while Sifu is my teacher in Kung Fu, I am his mentor in business. He has learned a lot over the years about business. Sifu and I continue to work to find the right balance between teaching quality martial arts and running a successful business. This leads us to our 2012 strategic vision. We have grown to the point where our business, school, staff and students are ready to help Sifu and I fully realize the vision of why we started Southern Shaolin Academy in 2006.



For 2012, we will be very focused on a few critical objectives:

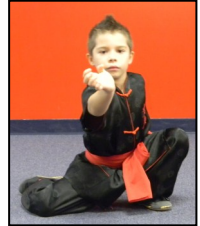
Our students are the life blood of Southern Shaolin Academy. To reach a point of profitability in 2012, we understand it is crucial for us to accomplish one thing only.... Make sure you, our students and parents, are happy with the quality of training you are receiving.

If we accomplish this goal, you will continue to support the school and recommend the school to your family and friends. That is the highest praise you can give to the school. We will accomplish this by doing the following:



1. Continue to enhance the quality of your training experience.

A. One of the biggest suggestions, our students have voiced from the beginning is for SSA to have instructional videos for the forms that we are teaching. Starting in January 2012, our goal is to introduce at minimum one new video each month as part of our training library, although our goal is to release multiple videos each month.

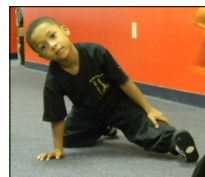


B. In the 1st Quarter of 2012, we will also introduce video streaming to our students. Students will be giving the opportunity to view those videos associated with the discipline they are studying. Streaming access will also be associated with the Rank you as a student have earned. This will apply also to the training videos.

2. Continue to recreate a family atmosphere for our students and family by conducting activities that continue to bring us all together.

3. Continue to emphasize the development of our staff to ensure students continue to receive World-Class Kung Fu instruction.

4. Provide a safe and fun experience for our students and parents as part of our revamped 2012 Summer Camp program. While Kung Fu training is part of our program, it will no longer be the driver of the program. Each day, our campers will receive 3 hours of instruction. 1 1/2 hours in the morning and 1 1/2 hours of instruction in the afternoon. Our program will emphasize the following: Academics; Physical Fitness; Confidence; Peer-to-Peer Leadership; and the benefits that Martial Arts gives our students. Our goal is to hire up to 3 educational majors, either graduates or current students from The College of NJ

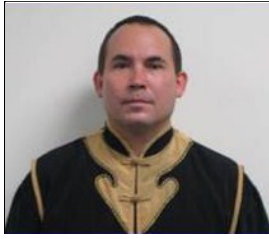


(TCNJ). These instructors will be augmented by 2 instructors from our Staff. We will also hire two additional Junior Camp Counselors from our Senior Students. Our target population is 50 campers from Ewing and Hamilton with 1/2 of those campers coming from our student base.



Monthly Instructor Highlight

Si Hing Keith Demarest



An instructor at Southern Shaolin Academy, Si Hing Keith Demarest is a native of Hamilton, New Jersey. He started martial arts training in the styles of Tang Soo Do under Master Charles Irwin, Shotokan Karate under Sensei Kevin Hawley, Choy Lay Fut under Sifu Tat Mau Wong, Green Dragon Martial Arts under Grandmaster S.L. Martin and his chosen art Five Animal Five Family Kung Fu at Southern Shaolin Academy. In addition to his traditional training Si Hing Keith Demarest also studies full contact San Da and trains and teaches Wushu, China's National Sport, under the tutelage of Sifu Louis Diaz. Si Hing Keith has the honor of being a Yup Sut Dai Gee (inner chamber disciple) to his Sifu Louis Diaz and has over twenty years of experience in close quarters fighting, boxing, wrestling, grappling, full contact, forms, and weapons.

Si Hing Curtis Diaz



An instructor at Southern Shaolin Academy, Si Hing Curtis Diaz is a native of Trenton, New Jersey. Si Hing Curtis began martial arts training in the styles of Shotokan under Master Kisaka, Muay Thai (Thai boxing) under Ajarn Chais, Jeet Kune Do (Jun Fan Gung Fu), Kali Eskrima (Filipino martial arts) under Sifu Rick Tucci Guru Dan Inosanto and his chosen art Five Animal Five Family Kung Fu at the Southern Shaolin Academy under Sifu Louis Diaz. In addition to his traditional training Curtis also studies Full Contact San Da and trains and teaches China's national sport, Wushu, under the tutelage of Sifu Louis Diaz. He has the honor of being a Yup Sut Dai gee (inner chamber disciple) to his Sifu Louis Diaz. Si Hing Curtis was also the Escrima Stick Fighting National Champion and has over twenty years of experience in close quarters fighting, boxing, wrestling, full contact, forms and weapons.



Yoga Corner with Jen Hillis, RYT

Welcome back to the Yoga Corner! As we move into December, we welcome the start of winter and prepare for the holidays. The end of the year can often be a busy and stressful time, but you can minimize the impact by taking good care of yourself- body, mind and spirit. Yoga provides many useful tools to help you stay strong and relaxed on all levels.

Viparita Karani or Legs-up-the-Wall is an excellent pose to help combat fatigue and renew your energy. Start by sitting on the floor next to a clear wall surface with your left arm and shoulder pressing against the wall and your body facing to the right.

Take a nice deep breath in and, as you exhale, roll down onto your right shoulder, draw your knees in toward your chest and straighten your legs. Simultaneously, use your arms or elbows to swing your head and upper body away from the wall, bringing your torso perpendicular to the wall with the back flat on the floor and the backs of the legs and heels resting on the wall with the feet stacked over the hips. Your back will be lying on the floor and you will be "sitting" on the wall with your legs extended straight.

supported on blankets



Take a moment here to make any adjustments you need to settle in and get comfortable. Make sure the head and neck are straight, spine extending long with both shoulder blades pressing into the mat to allow the chest and heart to open. If your hamstrings are tight and you find it uncomfortable to keep the legs straight here, you can move the hips away from the wall, or try using a block, bolster or folded blanket under the seat and lower back to lift the back of your body up and away from the floor. You can bend the knees here and place the soles of the feet on the wall, then press the feet into the wall to lift the hips up away from the floor if you need to add props. Let your arms rest at your sides, close to the body but not touching with the palms of the hands facing up. Try joining the tip of the thumbs and index fingers in jnana mudra to redirect the flow of prana or energy back into the body. Rest here for at least 5-10 minutes to experience the full benefits, or stay longer if you are comfortable. To enhance the relaxing benefits of the pose, cover your eyes with an eye pillow and place a blanket over the upper body to help stay warm. You can also place a weighted sandbag on the soles of the feet - this helps to keep the feet flexed, enhancing the stretch in the hamstrings while the weight on the legs helps the lower back release and relax down into the floor.

supported on a block



This pose is a gentle inversion, reversing the normal force of gravity on the body from the waist down to help relieve tired legs and feet while stretching the calves and hamstrings. It will help you to feel refreshed and renewed, restoring physical and mental energy. Try to let your mind be as still and quiet as your body here, focusing your attention on deep, mindful breathing. Be aware of the sensations in the body and use your breath to help melt and release any tension or strain. When you're ready to come out of the pose, bend your legs and hug your knees in towards your chest. Roll over to one side and rest here for a few breaths and notice how your body feels. Tune in to any feelings of spaciousness and relaxation before you press yourself back up to seated and try to take that sense of peace with you as you slowly return to your day.

Have questions? Feel free to e-mail me (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.

DECEMBER 2011

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------------|-----|--------------------------------|---------------------------------------------------------|-----------------------|-------------------------------------|----------------------------------------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 Matthew Treder Donn Szelc Jeevan Sabharwal | 15 | 16 Jonathan Quan Andrea Rivas | 17 |
| 18 | 19 | 20 Holiday Potluck Party | 21 Zane Russell Winter Solstice Festival—China | 22 Surah Muhammad | 23 | 24 Jane Lifset Christmas Eve |
| 25 Christmas | 26 | 27 | 28 | 29 Kai Satterwhite | 30 Julienn Harris | 31 New Years Eve |

WUSHU DOLLARS

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!

REMINDERS

No street shoes allowed on training floor. Everyone should remove street shoes before stepping on to floor. This shows respect for the school as well as your fellow students and teachers.

CLOTHING ORDERS

We are currently taking pre-orders for Southern Shaolin Academy Hoodies. Please email aiackson@daoconcepts.com for orders.



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