

Gong Lung Steel Dragon Newsletter



Fall 2014

Capoeira Angola Workshop at Steel Dragon 14-16 Nov

We are very grateful to Nego Gato, with his own significant reputation, for making this event happen.

Friday, November 14

6:30 - 7:30 Afro Brazilian Percussion

7:30 - 9:30 Capoeira

Saturday, November 15

2:00 - 3:00 Youth Capoeira

3:30 - 4:30 Music of Capoeira

4:30 - 6:30 Capoeira

8:00 CELEBRATION: Nego Gato receives his certificate of Mestre of Capoeira Angola from Grand Mestre Joao Grande. There will be music and refreshments to celebrate!

Sunday, November 16

1:00 - 3:00 Capoeira Roda

Cost:

Percussion / Music of Capoeira — \$20 per class

Capoeira — \$25 per class / \$40 for both

Capoeira Roda — \$25

Youth Capoeira — \$15

Celebration — \$20 donation requested

Please make checks payable to Nego Gato Inc.



A three day Capoeira Angola workshop is scheduled to be held at the school 14-16 November. Organized by well known capoeirista Nego Gato, the workshop will also feature Mestre Joao Grande, who is Chris Young's mestre, teaching at many of the sessions, including the capoeira, music and roda sessions. Mestre Joao Grande has over 60 years of experience in Capoeira Angola and is world renown. His knowledge and experience is exceptionally deep and martial artists regardless of their style or whether they are capoeiristas or not will benefit from attending the workshop with him.

Ken Beers Become a Disciple in Yin Cheng Gong Fa

Chris Young accepted Ken Beers as an indoor disciple in the Yin Cheng Gong Fa Martial Arts Family on 14 October 2014. Thank you to Master Zhang Yun for allowing Chris to accept disciples, including Ken. We are also grateful to Grandmaster Wang Peisheng, Grandmaster Luo Shuhuan and all our other kung fu ancestors for passing on this valuable martial knowledge through to us.

Ken joins Jon Wilson and Alex Pang as YCGF disciples under Chris Young. He has shown dedication, potential and character and Chris is very happy to accept him into the family.





Fifth Anniversary Celebration fun

Gong Lung friends and family enjoyed a celebration for our fifth anniversary at Riverview Park in the Northside. Following the potluck, we had a lion dance, and students from different classes demonstrated skills they are learning, including Ying Jow, Xing-Yi, Bagua, Tai Chi and Capoeira Angola. I also demonstrated a little bit of Tong Bei. Additionally, my own master, Zhang Yun, was there. Finally, Tai Chi student Albert also played some bagpipes for us, which was amazing.

We are looking to make a picnic an annual event, though more likely in the July/August time frame and at a closer by park, such as Highland.

Update on Capoeira Angola Classes

Chris is now a student of Mestre Joao Grande and travels regularly to New York City to train with him. Capoeira Angola sessions are now completely integrated into the school so you may now use tuition cards to cover capoeira, and checks can be made out to Gong Lung, just like all the other classes.

To learn more about Capoeira Angola, and Mestre Joao Grande, go to <http://www.joaogrande.org/>. We highly recommend this site.

Class Schedule

The class schedule has changed a bit over the past 6 month. Here is the full schedule:

Ying Jow
Wed 7-9:30pm
Sat noon-2pm

Bai Yuan Tong Bei
Tues 7-9pm
Fri 7-9pm

Xing-Yi
Thurs 7-9pm
Sun 1-3pm

Tai Chi
Thurs 6-7pm
Sat 9:30-10:30am



Website revamp

The website is being reimplemented to work with new web design software. While it will mostly look the same, the new site will have new menus, somewhat better organization and the capoeira program integrated into it, among other changes. If you have any suggestions for changes or additions to the website, now is a good time to mention them!

School Notes...

- Please remember to pick up your beverage containers and place them in the recycling bin before you leave class. Also, please empty them before you put them in the bin if you haven't finished your drink.
- Gift certificates are available if you would like one. Just contact us via email, phone or during class if you would like to order one.

Kids Kung Fu
Wed 6-7pm
Sat 10:30-noon

Capoeira Angola
Mon 6-7:30pm
Fri 6-7pm
one Sunday/month TBD

Kids Capoeira
Wed 5-6pm

Lion Dance and Dragon Dance
Tues 6-7:00pm
Sat 2-3:30pm