



ABOUT KUNG FU SAN SOO

Kung Fu San Soo (功夫散手) is an ancient martial art based on techniques from all over China, both Northern and Southern Chinese martial arts systems. Kung Fu San Soo originated for use in military combat and has been updated to today's world.

What are the "Five Families"?

Tsoi-Ga: Any strike. Punches, Kicks, headbutts, elbows - if you're hitting, it's Tsoi-Ga.

Think Boxing, Kickboxing, or Taekwondo.

Li-Ga: Leverages. Arm bars, wrist locks, any joint lock.
Think Aikido and Jujitsu

Ho-Ga: Movement and Balance. Throws, sweeps, and even pressure points.
Think Judo.

Fut-Ga: The psychology of the fight. Manipulation, "sneakiness" and unpredictability, training to stay calm in highly stressful situations. Brazilian Jujitsu uses a lot of strategy.

Hung-Ga: Stances and power. Using correct stances to maximize power, and aggression to overwhelm an attacker.
Think the devastating attacks of Muay Thai.

Some definitions...

Kung Fu: Any study, learning, or practice that requires patience, energy, and time to complete.

San Soo: Many hands

Ga: Family or clan



ABOUT SI-HING MATT



Matt Espiro Jaeger has been teaching kids martial arts, karate, stage combat, and acting for close to 15 years. As a former victim of violence and bullying, he believes martial arts is an excellent way for kids to learn self confidence and the skills they need to stand up for themselves in a bullying situation.

Matt began his martial arts training at the tender age of 10, where he learned Shorin Ryu Karate from Roger Salick at Salick's Karate. After seven years there, Matt studied other styles (Aikido, Brazilian Jiu Jitsu, Boxing) in college and took a break from martial arts in his 20s until an intervention in an attempted kidnapping

prompted him to begin his studies anew with Master Steve.

ABOUT JIMMY H. WOO



"You can take my life, but not my confidence" - Jimmy Woo, aka Chin Siu Dek

Chin Siu Dek (aka Jimmy Woo), the man responsible for bringing Kung Fu San Soo to America, learned Kung Fu San Soo from his Great Uncle Chin Siu Hung in the early 1900's. Hung was an overlord for the entire province, which at that time (the late 1800's until 1941) was about the size of Orange County, CA. No one started a business, moved, or made any other major decisions without consulting Hung. Chin Siu Dek soon became his top student and began teaching alongside his Great Uncle, as well as traveling around the province to make sure his Great Uncle's wishes were "enforced."

Records are admittedly spotty due to the turmoil around World War II and the Cultural Revolution. What we do know is when the Japanese invaded during WWII, Chin Siu Dek, Hung's star pupil and enforcer, moved to California and changed his name to Jimmy H. Woo. He worked as a grocer, also moonlighting in security as one of the few unarmed bodyguards in his area. He began teaching, and eventually opened his own studio in El Monte, CA in 1959.

At Five Families Kung Fu San Soo, we try to honor the masters who came before by constantly updating our techniques to fit the changing landscape of the world today, while holding true to the principles that have made Kung Fu San Soo such a devastatingly effective style.



Student Information Sheet

Name: _____

Preferred Name/Nickname: _____

Preferred Gender Pronoun: _____

Phone Number: _____ Mobile Landline (circle one)

Email: _____

May we add you to our email list? Y N

How did you hear about us? _____

What are you hoping to get from this class? (check all that apply)

- | | |
|-------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Learn to Defend Myself | <input type="checkbox"/> Peace of Mind |
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Discipline |
| <input type="checkbox"/> Physical Fitness | <input type="checkbox"/> Community |
| <input type="checkbox"/> Flexibility | <input type="checkbox"/> Mental Focus |
| <input type="checkbox"/> Balance (Physical) | <input type="checkbox"/> Balance (Mental) |
| <input type="checkbox"/> Physical Strength | <input type="checkbox"/> Stress relief |
| <input type="checkbox"/> Coordination | <input type="checkbox"/> I have no idea why I'm here |

Do you have any physical, mental, or emotional challenges/triggers you would like us to be aware of? Y N

If yes, what? _____

Is your child fully vaccinated for COVID 19? Y N

If no, is there a medical reason they unable to be vaccinated?



Assumption of the Risk and Waiver of Liability

By signing here, I, _____ am agreeing that I, on behalf of myself or my child:

1. Recognize and understand that martial arts training is an activity that involves physical contact and that my participation might result in serious injury, including permanent disability or even death, and severe social and economic loss.
2. Recognize and understand that such risk may be due to not only my own actions, but also the action, inaction or negligence of others, the rules of participation, the conditions of the premises, or of any of the equipment used.
3. Recognize that there may be other risks that are not known to me or to others or not reasonably foreseeable at this time.
4. Assume all of the foregoing risks and accept personal responsibility for any damages that may result from injury, permanent disability or death. I will immediately inform an instructor if I believe that anything is unsafe or beyond my capability and refuse to participate.
5. Enter martial arts training entirely of my own free will and understand the importance of following the rules of training and of the studio.
6. I certify that I am in good physical condition, and have no disease, injury or other condition that would impair my performance or physical and mental well-being during intense training practice.
7. Grant permission in case of injury to have an instructor, doctor, nurse, or other qualified personnel provide me with medical assistance or treatment for such injury.
8. Release, waive, discharge and covenant not to sue, Five Families Kung Fu San Soo, its affiliated organizations, locations, officers, instructors and personnel, and if applicable, owners and/or leasers of the premises from any and all liability to the undersigned, his or her heirs and next of kin for any and all claims, demands, losses and damages which may be sustained and suffered on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise.
9. I will abide by all the rules, regulations, and requirements of Five Families Kung Fu San Soo and its instructors and personnel to the best of my abilities.
10. I HAVE READ THE ABOVE WARNING, WAIVER, RELEASE, AND ASSUMPTION OF RISK. I FULLY UNDERSTAND ITS CONTENTS, AND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT. I HEARBY SIGN IT VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY.

_____ **Full Legal Name of Student (Print)**

_____ **Phone**

_____ **Email**

_____ **Address**

_____ **City**

_____ **State**

_____ **ZIP**

_____ **Emergency Contact (Name)**

_____ **Emergency Contact (Phone)**

_____ **Emergency Contact (Relationship)**

_____ **Full Legal Name (Signature of Student or Parent)** _____ **Full Legal Name of Parent if applicable (Print)**

_____/_____/_____
Date

Assumption of the Risk and Waiver of Liability Relating to the Novel Coronavirus / Pandemic / Covid-19

The Novel Coronavirus, Covid-19, has been declared a worldwide pandemic by the World Health Organization. Covid-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state and local governments and federal and state health agencies recommend social distancing and have in many locations prohibited the congregation of groups of people.

Five Families Kung Fu San Soo (FFKFSS) has put in place preventative measures and worked with the facilities it operates in, to reduce the spread of Covid-19; however, FFKFSS cannot guarantee that you or your child(ren) will not become infected with Covid-19. Attending sessions with FFKFSS could increase your or your child(ren)'s risk of contracting Covid-19. By signing this agreement, I acknowledge the contagious nature of Covid-19 and voluntarily assume the risk that I or my child(ren) may be exposed to or infected by Covid-19 by attending sessions conducted by FFKFSS and that such exposure or infection may result in personal injury, illness, permanent disability and death. I understand that the risk of becoming exposed to or infected by Covid-19, may result from the actions, omissions, or negligence of myself and others, including, but not limited to, FFKFSS owners, officers, employees, sub-contractors, agents, volunteers, facility management, owners, & staff, program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with attendance at Five Families Kung Fu San Soo ("claims"). On my behalf, and on the behalf of my child(ren), I hereby release, covenant not to sue, discharge, and hold harmless FFKFSS, its owners, officers, employees, sub-contractors, agents, representatives, volunteers, facility management, owners, & staff of and from the claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any claims based on the actions, omissions, or negligence of FFKFSS, its owners, officers, employees, sub-contractors, agents, representatives, volunteers, facility management & staff, whether a Covid-19 infections occurs before, during, or after participation in any FFKFSS program.

Signature of Participant (If over age 18)

_____ Date _____

Printed Name _____

Signature of Parent/Guardian on behalf of minor (If under age 18)

_____ Date _____

Relationship to Student _____

Printed Name of Minor Participant(s)
