

# Gong Lung Steel Dragon Newsletter



Spring 2014

## Year of the Horse out the Gate like a shot

The Year of the Horse got off to a galloping start. Just before the new year, Gong Lung had the honor of being part of Pittsburgh Mayor Bill Peduto's inaugural celebration at the Heinz History Center. The new year saw a number of celebrations including our second year lion dancing outside businesses in the Strip District, continuing a tradition seen in most China and Viet towns. We introduced a new martial arts demonstration from our previous ones at the Pitt CASA/ VSA celebration which included coordinated drumming.

The team also performed at a number of new events, including bringing the dragon Indiana University of Pennsylvania and giving a talk on martial arts,



lion and dragon dance, and Chinese culture for Professor ShiJuan Liu's class. Additionally we performed at the

Vesak Celebration for the various Buddhist traditions in Pittsburgh, followed a few days later by four lions dances over two days at area middle schools. Other events included Asian Awareness at Allegheny College and a fundraiser for an orphanage in Malaysia. Team A in particular did an amazing job with Vesak and the middle schools.

Also, our first lion cub team has moved up to the main team, along with the Willow Spirit character! Congratulations guys! A new cub team has already started.

### Gong Lung Approches 5 years

Hard as it is to believe, Gong Lung is approaching five years old in July. We are looking at putting together a little event celebrate. If you are interested in helping out or have any idea, talk with Jon-Jon or email him at [jon@steel-dragon.org](mailto:jon@steel-dragon.org).



It's been a great year so far to

be a lion dancer in Pittsburgh!

### 13 Posture Bone and Tendon Stretching Form

A seminar on Chen Jin Ba Gu Shi San Shi, the 13 Posture Bone and Tendon Stretching Form, is scheduled for Sunday, 29 June from 3-5:30. This form can be fairly intense physically and challenges leg strength as well as enhancing flexibility and root, and is good for enhancing your basic kung fu, which should underlie whatever style you do. Note that while it starts out fairly easy, it can be a little physically challenging, so despite its name it is a bit of a workout. Thus you will want to dress in comfortable clothes same like any other kung fu class.

For active Gong Lung and Nego Gato Capoeira students (those who have attended class within the last 3 months), the cost is like a regular kung fu class, \$20. For all others, it is \$40.



### Capoeira Angola at Gong Lung

As many of you know, we started having Capoeira Angola classes at Gong Lung starting last year. We are further integrating this group with our school as a whole. All this means right now is that the capoeira classes will be included in the overall class schedule and for purposes of seminar discounts and other school-related considerations, capoeira students are part of Gong Lung. However, because of the current set up, capoeira classes still need to be paid for separately, which means any checks for those classes made to Nego Gato Inc.

### T-Shirts, Women's Sleeveless Shirts

We are ordering more short sleeve shirts. If you would like a shirt please let me know what size so we can be sure we have enough shirts of each size.

Since we are finally starting to have more women in class, I am looking at ordering women's cut sleeveless shirts as well. If you would like one, please let me know what size.

Also, if anybody is interested, there are 4 hoodies available. I'm not planning to order anymore until the Fall. They are all adult medium size.

Finally, while I'm at it, I'll be ordering some pants too. Again, let me know if you want a pair.

### 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.



### Class Schedule

The class schedule has changed a bit over the past 6 months, especially with the addition of the capoeira. Here is the full schedule:

#### Ying Jow

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

#### Xing-Yi

Thurs 7-9pm  
Sun 1-3pm

#### Kids Kung Fu

Wed 6-7pm  
Sat 10:30-noon

#### Kids Capoeira

Wed 5-6pm

#### Bai Yuan Tong Bei

Mon 6-8pm  
Fri 7-9pm

#### Tai Chi

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

#### Capoeira Angola

Tues 7:30-9pm  
Fri 6-7pm

#### Lion Dance and Dragon

#### Dance \*

Tues 6-7:30pm  
Sat 2-3:30pm

\*only open to Gong Lung Kung Fu students