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Letter of Reference

Boulder Kung Fu has been one of the most rewarding experiences that I have had the opportunity to engage in. Taking part in the Northern Shaolin Seven Star Praying Mantis program is a challenging, arduous, and sometimes vexing hobby which has been my main form of exercise for the past several years. Better cardio, increased balance, precision, coordination, reflexes, confidence, discipline, humility, and strength are some examples of what can be gained as a result of willful dedication in the art. However, the potential benefits can far exceed anything that can be listed. Following the traditional kung fu curriculum laid out by Sifu Wang is something that can be both a lifetime of work and achievement.

I came to Boulder Kung Fu having a pretty random history in martial arts, and working out in general. Having done weight lifting in high school and college, I was fit but very bulky. Moving to Boulder, CO, I took up rock climbing, where I quickly advanced, but ended up having to stop due to a nagging shoulder injury. During my down time, I decided to dabble in various martial arts around town. Nothing really felt like it was the thing I was looking for, until I scheduled an observation to see a typical class at Sifu Wang's school. Having done martial arts before, I was thoroughly surprised at the level of precision, technique, and speed displayed by all of the students. They not only looked the same standing but moved the same. After a while it became evident that it was due to Sifu's high level of standards and strong adherence to traditional principles. His desire for quality practice and instruction results in the ability for a student, if so desired, to push themselves beyond boundaries, both known and unknown.

Having taken part in the school for some time now, I would heartily recommend it for anyone looking for a traditional martial art experience. There exists in the school many things to learn: kicks, punches, forms, conditioning, two person drills, sensitivity drills, etc. While the pace is different, learning step by step in order to ensure proper technique, there is always something to work on and something that can be improved. A student can be constantly learning and improving if the right focus is given. As such, it never loses interest to me. I plan on following the curriculum to the end, and look forward to keeping it with me for the rest of my life.