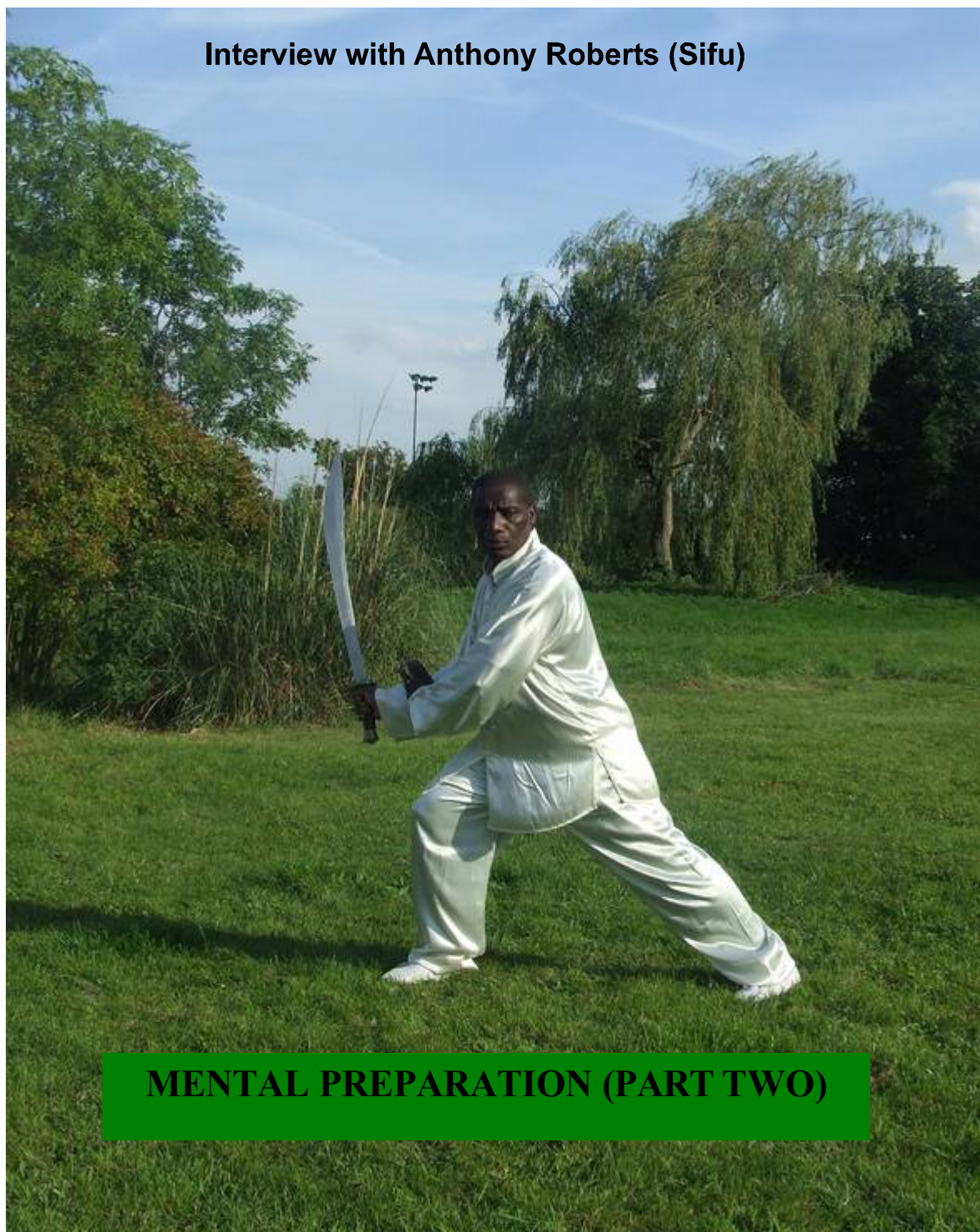




<b>MARTIAL FLOW</b>	<b>T'AI TSUNG KUNG FU</b>
	Volume 2, Issue 2
	27th November 2011

**Interview with Anthony Roberts (Sifu)**



**MENTAL PREPARATION (PART TWO)**

# MENTAL PREPARATION (PART TWO)

**Stress and Anxiety.** Stress is everywhere all the time, in sports as well as other areas of life. It is the reaction to this stress that is crucial. Stress can be positive or negative dependent on the individual's perception of the situation. If the situation is perceived positively, the performer will interpret the event as challenging, exciting and exhilarating. However, if a negative interpretation is adopted, things are seen as threatening and the performer may experience feelings of worry and anxiety. In both cases, stress will trigger a release of energy to enable the individual to cope actively with events. With positive stress, the performer will have a clear picture of what is needed so confidence levels are higher and concentration more focused. With negative stress, greater uncertainty is likely to create doubts about the outcome. Concentration will be more difficult, self-confidence will drop and the performer's anxiety and negative stress levels will increase. A continuous stress cycle is set up. The list below are symptoms you may experience:

<i>Yawning</i>	<i>Headaches</i>
<i>Wobbly knees</i>	<i>Muscle tension</i>
<i>Gooseflesh</i>	<i>Irritable</i>
<i>Biting nails</i>	<i>Mood swings</i>
<i>Muscle twitches</i>	<i>Forgetfulness</i>
<i>Tears</i>	<i>More aggressive</i>
<i>Sighing</i>	<i>Time checking</i>
<i>Self talk *</i>	<i>Tense stomach</i>
<i>Easily distracted</i>	<i>Sweaty hands</i>
<i>Worrying thoughts</i>	<i>Increased heart rate</i>
<i>Dry mouth</i>	<i>Frightening thoughts</i>
<i>Inhibited/withdrawn</i>	<i>Nausea</i>
<i>Desire to go to toilet</i>	<i>Shouting</i>
<i>Avoiding eye contact</i>	<i>Trembling</i>

\* Self-talk (the self-statements you give to yourself i.e. I can do it, I'll never make it). When self talk is negative, it can create all

sorts of problems that affect performance.

These signs give some indication of the internal state of the performer and you will find many of them relate to feelings of anxiety. The symptom of anxiety falls into two categories:

**Worry (cognitive):** relate to negative thoughts and images about a physically daunting task or one involving a threat to self-esteem.

**Physiological (somatic)\_reactions** that may follow a perception of threat, either from a physical or psychological source (e.g. Increase in heart rate, sweating, muscle tension).

Mental training can help to shape perceptions and so enable performers to use this internal force (stress) in a purposeful way. It is possible to learn to control stress levels and so gain the best from performance both in training and competition.

Stress and anxiety levels can have a direct impact upon performance, both in sports with **closed** skills, when the environment allows for stable and predictable responses (e.g. snooker, archery, place kicking in rugby, tennis serve) and in sports with **open** skills, where the environment is constantly changing and performers need to adapt responses (e.g. open play in field games such as hockey, racket sports such as badminton, or martial arts).

When stress levels become too high in these activities the specific effects on performance may be:

*Indecision (especially open skills)*

*Reliance on tried and trusted techniques (open & closed skills)*

*Limited imagination (especially open skills)*

*Muscle tension (open & closed skills)*

*Poor concentration (open & closed skills)*

*Trying too hard (open and closed skills)*

*Reduced flexibility (open & closed skills)*

*In extreme cases panic (open & closed skills)*

All these effects may vary depending upon several factors:

The Individual: If unaware of what is

happening, the performer often uses more energy in an effort to cope with deteriorating performance. This adds to already high energy levels making co-ordination harder and performance loses its flow. If aware of rising stress, performers can adjust energy levels using mental training techniques such as centring (a quick relaxation technique based on controlled breathing).

The Type of Sport or Skill: Sports requiring large amounts of energy with only moderate needs for fine muscle control (i.e. explosive events such as shot-put or 100 metres), the performer's high stress energy can often be productively channelled into the performance. With sports requiring more fine-tuned muscle control and/or decision making (e.g. snooker), excess stress will bring greater variability in performance especially in closed skill tasks.

The Level/Perception of Competition: This can determine the intensity of stress depending on the attitude of the competitor. If performers feel out of their depth in a competition, they may feel threatened and accept defeat.

Alternatively if they feel they are the underdogs and have nothing to lose, they relax, take the stress to manageable and enjoyable levels and play better than they previously thought possible.

**Anxiety** (negative reactions to stress) disrupts performance by generating worry (defined here as **task irrelevant thinking**) which reduces the mental ability to process relevant information. In other words, if performers are thinking of things other than those essential to the task in hand (e.g. thinking about the last shot played whilst preparing for the next, thinking about the outcome rather than the present), or spending too long thinking about problems (e.g. the golfer considering the position of the bunkers), concentration will be affected and attention will wander. This will interfere with the execution of the skill sequence. **Worry** (cognitive anxiety) can also interfere with short term memory and the ability to process information quickly. This can result in performers feeling flooded by the speed of incoming information, which results in split second delays in action and

## MARTIAL FLOW

### MENTAL PREPARATION (PART TWO)

decision making, and a feeling of chasing the game. This is more of a problem for the less experienced performer; the more experienced will have reduced much of the skill execution to an almost automatic level, thus relieving the pressure upon the short-term processing. This creates such an efficient focus that they are able to detect and correct errors and fine tune performance pushing their potential still further.

This inner feedback loop develops with time and experience but can be accelerated by using mental training approaches (e.g. mental rehearsal and review). Before reaching this internal feedback stage, performers are mainly dependent upon feedback from external sources such as the coach, video recordings or other performers.

#### Developing Self-confidence

Self-confidence is influenced by four main factors:

- ❖ *Previous success*
- ❖ *Observation of others succeeding*
- ❖ *Verbal persuasion*
- ❖ *The positive or negative interpretation of a performer's physiological response*



*Devon Symister*

### CONGRATULATIONS

**ALEXANDER BROWN** (3rd Grade) who received a First Class Degree with Honours in Television Production from the University of Westminster.

**ABIGAIL BROWN** (5th Grade) who attending Hertford University.

**TAHJ HINDS** (1st Grade) attends East London University.

**MAKAELA HUGHES** (4th Grade) is attending University of West London.

**ADAM JACKSON** (4th Grade) attends East London University.

**ALEXANDER McQUEEN** (3rd Grade) and **DARREN McQUEEN** (1st Degree Black Sash) are first year scholar at Tottenham Football Club.

### In Loving Memory of Kevin Campbell 13th June 1969 - 4th August 2011

On August 4<sup>th</sup> 2011 Sifu Kevin Campbell one of T'ai Tsung's founders was unfortunately killed in a road traffic accident.

Sifu Campbell started his martial arts training at the age of 7 years and progressed through the grades to the level of 3<sup>rd</sup> degree black sash. He was an excellent student and instructor as well as one of the best people one could ever hope to meet. His untimely death at the age of just 42 leaving behind his wife and baby son was as unexpected as it was shocking for all his family and friends.



Sifu Campbell was for many years the lead for the 'Chinese Boxing' competition training element of T'ai Tsung and many students achieved success under his guidance and leadership. He was a man of few words but what he said was always worth listening to.

Sifu Campbell was not only a great student, instructor and mentor to many in T'ai Tsung, he was also my cousin and his loss is deeply felt within the family.

There is a saying that 'A person is not dead so long as there is a person alive who remembers them'. Based on that saying, Kevin will be alive in our hearts and minds as long as

T'ai Tsung exists.

Sifu Frederick McQueen

### In Loving Memory of Robert London (Savvakis) 19th December 1936 - 31st October 2011

Robert London (Savvakis) Moved to England from Cyprus in 1957 and married Christoulla in 1958. With Chrisoulla, he had two boys Nic & Kako, daughter-in-laws Maria and Maro and five grandchildren: Robert, Michael, Elena, Robert and Harido.

Robert London (Savvakis) is the father of former instructor Nic London and grandfather to Laoshi Robert London.. On behalf of T'ai Tsung Kung fu we would like to express our deepest sympathy to the London family.



Team G.B World Championship 2009

*“ Put the art back into Martial Arts”*



Sifu A. Roberts Taiji Quan 32 step sword Form



Sifu Anthony Roberts

## An Interview with Sifu Anthony Roberts Vice Chairman of T'ai Tsung Kung Fu Association

### What do you hope people will get from participating in Kung Fu?

A sense of fulfilment and understanding of what they are doing. Also, to achieve a good level of fitness and the health benefits that go with the exercise methods of the martial arts. There is also a chance for students to make new friends.

### Young people are often seen in a negative light, what is your experience of the young people you worked with?

This question sounds like an interview when going for a job in the council. Anyway, as you know Skev I have worked with young people and children over a 30 years stint, with a local authority in London. The work I did was all community based, which ranged from Playwork, Youthwork, Sports Leader, Sports Development and many more. I think that we the oldies when dealing with young people sometimes forget that we were young once. Hence, we tend to tarnish all young people with the same brush. Maybe with the experience, knowledge and skills gained this has made it easier for me to work with young people and children in my classes, over the years. Certainly many of the young people who train with me are anything but negative. Many of these young people have gone on to university; some have taken up jobs straight from school or college. But What's good is that we have young people sharing their experiences with younger people who are about embark on their chosen path.

### Who was your first instructor and who influence you in your progression?

It would have to be Master Wai Lung Tang also known as Johnny Tang (Wu Shu Kwan) he was my first Kung Fu instructor. However, I did have an instructor before Wai Lung his name was Barry never knew his surname but he left after a month or so. The instructor replacing him was Master Tang whom I trained under him for many years and gained my blackbelt 1<sup>st</sup> degree with him. To be fair there are many instructor who have influence my progression. Master Tang impressed me with his kicking ability, stances, jumping and flying kicks. His legs were like he had another set of hands his kicks were lightning fast. Master Koh (Zhaun Shu Kuan) was another impressive instructor his forms were so graceful I would say for me he put the ART back into martial arts. Many of the application he taught were influenced by the White Crane system, which he learnt as a boy. Master Simon Watson (Longfei Taijiquan) has played a massive part in my progression not only in the Taiji but in martial arts in general. The Taiji Quan enabled me to fill in gaps within my own kung Fu training and knowledge. Master Richard Agbandji (Shapes Kung Fu School Buddha Fist) an extremely talented martial artist who leads by example; he is not going to ask you to do something that he cannot do. So he say one hundred sit up, he is going to do them with you. However training with him

privately the numbers are larger and at the end of the session you are just grateful to get through the class. Master Agbandji teaches a Buddha Fist system, which has both long and short form systems. I like many things in system but what I like the most is the sparring with all the different hand forms. And for all of you who are old enough remember and attended 'Late Night' back in the day watching films such as "Snake in the eagle shadow" with stars like Jackie Chang. Well, that's what the sparring looks like.

### You are a black sash 5th degree in Tai Tsung Kung Fu what next in martial arts development?

I don't know. I have not got any plans nor has my martial arts life been mapped out in any way. I will just continue to train and try to improve my weaknesses.

### What you can tell the readers for their own martial arts training?

Understand the components of the martial arts. Classes are not going to be easy, example stretching. You must train hard and regular in and outside the class. You must ask questions of your instructor to help improve your skill, knowledge and understanding of your Kung Fu system. When this is done you train, train and train and again. You can never train enough. Finally you need to enjoy your training. If that is not possible, then perhaps you may have to find something else to do instead.

### What satisfaction do you get out of instructing and seeing people development?

## Interview with Sifu Anthony Roberts continues

Firstly, let me say it is a great honour and privilege to have the position as Great British Team Coach for The Chinese Koushu Institute, and may I add I am one of many. Coaching, assisting and supporting Sifu Robert Simpson and the rest of the team. It is great to be working with these young people and watch them go out and win World and European championship. CKI have what I would call an open door policy. Whereby, anyone taking part in demotic competitions who look descent could be ask to come and join the squad training session both male and female. So getting back to the question my position is to assist, support and coach.

### Have you done any other martial arts?

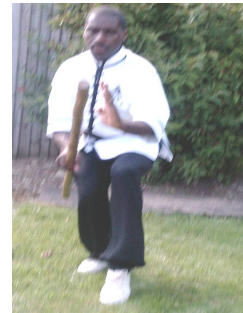
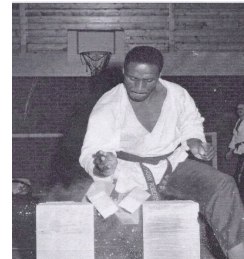
Yes, I have done a few I did judo and boxing at school. Also I did a little Karate (Ray Fuller Thames Karate Association). There was Wu Shu Kwan (Grand Master C. K. Chang) and Zhaun Shu Kuan (Master H. Koh and Master L.Y. Kam) and currently Long-fei Taiji Quan with Master Simon Watson and Richard Ajbandji Shapes Kung fu (Buddha Fist) and of course Sifu Frederick McQueen (T'ai Tsung Kung Fu).

### Finally, What next for Sifu Anthony Roberts in Kung Fu?

Just to enjoy my martial arts both teaching and learning. Help students to

develop in their Kung Fu, where possible in life and to act as a mentor.

### Interviewer Skev Loizou Talking Waves



**B.C.C.M.A REGISTERED  
TRIANGLE CENTRE  
St. Ann's Road  
South Tottenham  
London N15 6NU  
FAMILY CLASS**

**Every Friday Between  
7.30pm — 9.30pm**

**Instructors: A. Roberts (Sifu)  
M. Kindembe (Laoshi),  
T. Roberts (Laoshi),  
R. Roberts (Laoshi) & Shane  
Hypolite Assistant Instructor**

## BCCMA National Sparring Championships 2011

On Sunday 11<sup>th</sup> September, Tai Tsung Kung Fu were represented in the annual National Sparring Championships held by the BCCMA at Luton's Regional Sports Centre.

Five students entered, most of which was their first time in entering such competition and were hoping to gain some experience that would propel them for future competitions. It was a day to remember for new members; Kieron Fielding, 22, Volter Rodrigues, 21, and Jordan Maitland, 19, who were all nervous coming into the competition, however did Tai Tsung proud when Kieron and Jordan walked away with Silver medals.

Jordan had an extremely tough fight, one which tested his stamina in a fight that had to go to a third round decider. Jordan lost a close

first round but had the heart to out-tag his opponent in the second round to take it to the all important deciding round. The third round had lost some pace with both fighters running out of steam and in the end the decision went to his opponent. Tai Tsung found themselves in a frustrating position when Kieron fought, with judges controversially awarding the fight to Kieron's opponent, which meant Kieron had to settle for his silver medal. Having only recently joined Tai Tsung Kung Fu, Kieron looked like a natural in the arena, with his takedowns Kieron clearly won the first round. In the second round his opponent piled on some pressure, which Kieron wasn't expecting, however, Kieron stayed composed and continued to produce quality takedowns. At the end of the round, having felt Kieron had done enough to win. The judges awarded the round to his opponent. So they



**B.C.C.M.A REGISTERED  
Carries Hall  
Maybank Avenue Elm Park  
Hornchurch  
Essex RM12 5SB  
Children's Class  
Every Monday Between  
6.00pm — 7.00pm  
Instructor R. Gordon (Laoshi)**



**B.C.C.M.A REGISTERED  
ARLESEY VILLAGE HALL  
Arlesey High Street  
Bedfordshire  
SG15 6SN  
Adult's Class  
Every Monday Between  
7.00pm — 8.00pm  
Instructor D. Mitchell (Laoshi)**

## BCCMA National Sparring Championships 2011

had to go into a deciding round. Again the judges ruled against Kieron, so was awarded second place.

Volter Rodrigues showed class and skill in the two fights he had. Volter's first fight he showed a lot of nerves, hence, stepping out the matted area twice in one round, which meant he forfeited that round. Volter also lost second round. And consequently had to participate in a bronze medal fight off. Once again Volter was on top but stepped out area twice the decide went against him. The second round was a repeat of the first, but this round he won. Taking the fight into a deciding third round-Volter's lack of experience was put to the test again as he just stepped out the area in an attempt to avoid an attack from his opponent. With Volter stepping out three times throughout the entire fight, the win was given to his opponent.

Another debutant but no stranger to Tai Tsung was 21 year old first degree black belt, Nathan Bent. The towering 6'3" fighter also had the one fight, which proved to be one of the toughest challenges he has had, as his opponent over towered him by four inches! However, this did not faze Nathan at all as he went into the first round all guns blazing. Nathan's accuracy of punches combined with speed was a wonderful display and one that his opponent could not compete with. Even though things were going perfect for Nathan in the first round, the referee stole the spotlight by deducting several points throughout the round for strikes to the head even though Nathan was well within the rules in being allowed to strike to the side of the head with control. Nathan managed to take

the first round and started the second round just as good. But the referee once again gave Nathan more warnings. This was looking all too familiar and Nathan was becoming frustrated at this point. With inconsistencies in the referee's performance, and knowing that the judges have not been ruling fairly in other fights during the competition, Nathan changed tactics by overpowering his opponent in the takedown department. Nathan performed a series of huge takedowns and even threw his opponent out of the matted area. The tactical change paid off as Nathan finished the second round victorious, taking the gold medal.

The last fighter, but by no means the least, is veteran Tai Tsung member Robert London, 27. Robert, a third degree black belt, has a lot of experience under his belt having won the competition back in 2004. However, this was Robert's first competition in five years and was hoping that his experience would carry him through the rounds. Robert looked to be sharper than he has ever been and was going into his first fight full of confidence. As the fighters stepped out, Robert dictated the tempo of the fight by dancing around his opponent putting together a string of kicks to the leg followed by two consecutive takedowns. His opponent luckily returned two of his own and struck with a beautiful controlled turning kick to the head. Robert stayed composed and even though his opponent was constantly coming forward, Robert's work rate was much superior as he seemed to have out-tagged his opponent in the first round. As time was called on the first round, Robert felt good but he and everyone watching was bemused to see all three judges give the round to his opponent. It would seem that this was another case of bias and inconsistent



marking by the judges. As much as Robert was disappointed with the decision, he went into the second round sticking to his game plan. There were quite a few exchanges throughout the second round. But as with first round, judges ruled the other way. Robert's dream comeback to the competition scene was short lived, but he won't be too disappointed as his performance was first class and one that Tai Tsung would be proud of.

Special thanks has to go to all the coaches involved in training up the fighters and especially to Laoshi Nic London and Sifu Fred McQueen who were in all our fighters' corners during this long day.

Tai Tsung will no doubt look back at this day as a huge stepping stone for our new fighters and hopefully can nurture more talent into the club's fighting team for future and better competitions.

**Report**  
**By Robert London**

## T'AI TSUNG KUNG FU

P.O.Box735  
Enfield  
Middlesex EN3 5WQ

Phone: 01992 850 476  
Email: taitsung.co.uk

Classes in Bedfordshire, Essex,  
Hertfordshire, London and Middlesex

Chinese Boxing

Grading

Seminars

Taiji Quan

Instructor Courses

Competitions



Classes held at  
Galliard School  
Galliard Road  
Edmonton  
London  
N9 7PE

Instructors: Chris  
Walters (Sifu) &  
Ray Kirwan  
(Laoshi)

**T'AI TSUNG  
KUNG FU**

Classes are every  
Wednesday from  
7.00pm - 9.00pm

  
TEL: 020 8292  
3257

**Tui Na UK**  
**Tui Na**  
Walk-in Clinic

Sick of being sick - Tui Na ... a different path to well being  
Use Tui Na medical massage for maintenance or injury

- Back pain
- Work stress
- Sports injuries
- Improve posture
- Repetitive strain injury (RSI)
- Headache, Migraine

We treat lots more

London - York [www.tuinauk.com](http://www.tuinauk.com)




**K.P LOCKS**  
Fit or unlock, around the clock!

**KEVIN PECK**  
LOCKSMITH 24/7

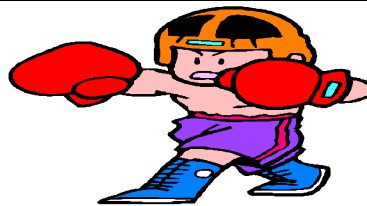
ESSEX, LONDON  
& HERTFORDSHIRE AREAS

07738567512  
[k.p.locks@hotmail.com](mailto:k.p.locks@hotmail.com)



T'ai Tsung Instructors Association

# TNTIA



Children Competition Class Training  
every Saturday in Ilford Phone Richard  
for more info. On 07810 560 825



**Othello Villa**  
in Windsor Hills

"Walking Into Sunshine"