

少林寺武士

SHAO LIN

WARRIOR



MARTIAL ARTS

New Student Guide

1

By Shifu Darrin Bird

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阿彌陀佛



Āmítuófó

Āmítuófó - Welcome

Welcome New Disciple & Student,

Congratulations on choosing to join Shaolin Warrior Martial Arts, on making the commitment to yourself, and your goals.

The journey you are embarking on is not simply a course to learn some martial skills for self defence, Kung Fu or Tai Chi. It is so much much more... it is Shaolin Wu Yi, a Warrior Path.

This is a life-long path to develop your mind, body and spirit. Build the best version of yourself physically, mentally and spiritually.

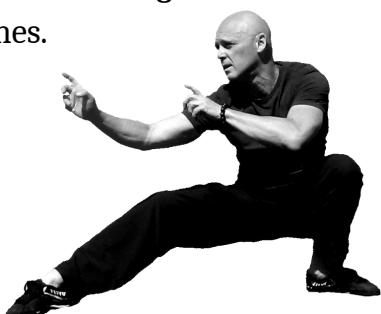
Our “clan”, the Shaolin Warrior Community are like minded people of differing ages, genders, experiences and life stages. We share the common goal to better ourselves, in a respectful, supporting environment, and with a common goal to become “peaceful warriors”.

As Shaolin Warrior Disciples and Students; we never seek to start conflict but are more than capable of ending it, and in the process protect ourselves and loved ones.

Join us on the path,

Darrin Bird

Shifu Darrin Bird ‘Yong Ling Dao”



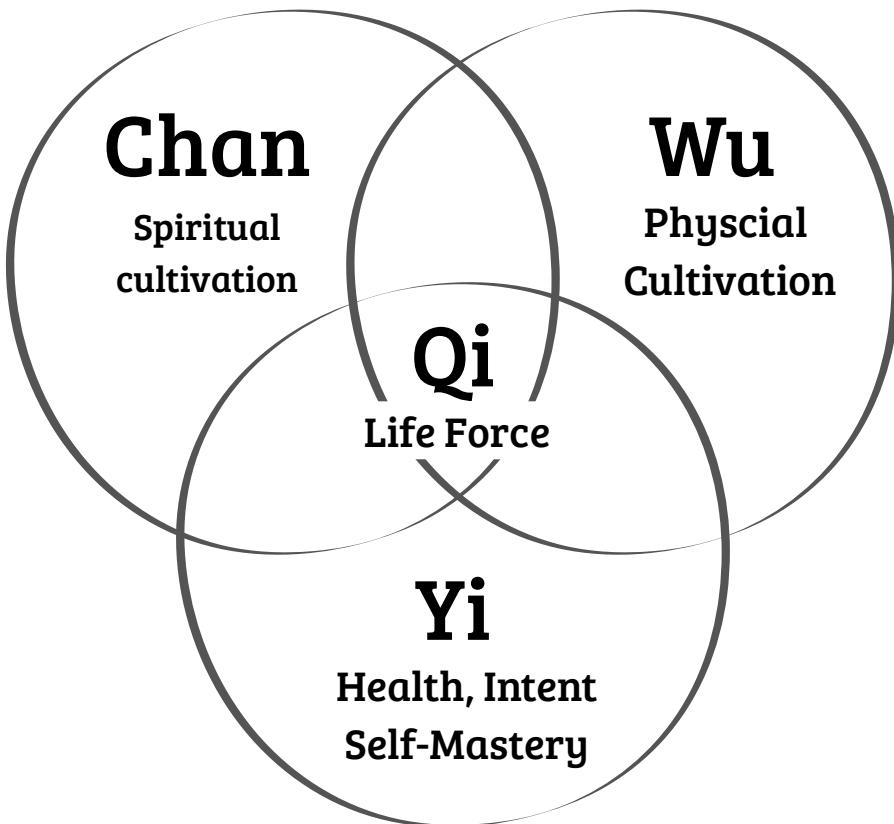
*"Shàolín shì Chán, bùshì Quán"
(Shaolin is Chan not Fighting)
- Shi Suxi (2006)*



Shaolin Wu Yi

In essence, Shaolin Wu Yi is a complete system for mind, body, and spirit, rooted in Buddhist philosophy. The overall aim is cultivating one's life force, your Qi.

We do this through the physical exercise of martial arts; working on our focus, self mastery and overall health; and becoming more attuned to the spiritual, what ever that means to you.



*"The journey of a thousand miles
begins with a single step."*

- Lao Tzu



Your First Bookings

We suggest using this page to note down your first few bookings with the dates and times.

Don't worry if you forget, we will send a reminder email and text message closer to time.

Session 1 Booking

Date: _____ Time: _____

Note: _____

Session 2 Booking

Date: _____ Time: _____

Note: _____

Session 3 Booking

Date: _____ Time: _____

Note: _____

Preparation - First Session

What to Wear

The Shaolin Warrior club shirt or tank top, if you don't have one yet then wear a black t-shirt or tank top.

For Kung fu training we prefer and recommend you wear black plain shorts with no print, women can wear plain black leggings. Students can also wear plain black Gi pants, tai chi or kung fu pants.

On Your Feet

We don't normally wear shoes as we have the martial arts mats on the ground. You can keep socks on, especially if it is cold but prefer, for your safety, that you have bare feet.

You can also wear Kung Fu or Tai Chi Shoes if they are not worn on the street and are clean.

What to Bring

Bottle of water is a must.

A towel, if doing Kung Fu training.

Allow time to get there

To set yourself up for a successful session and not be stressed, we recommend you plan to arrive early. Check how long it will take to get there for that time of day. Note that there can be delays on Crown St on weekdays between 3pm and 7pm.

Your First Session

Where to Go

Our Studio is at Shop 1, 497 Crown St, West Wollongong, NSW 2500. Look for the big Shaolin sign.

Where to Park

Parking is available behind the building or on the street. Please beware of clearway zones during peak times.

When to Arrive

Please arrive 5-10 minutes early. You may not be able to enter the studio until the start if the class due to another class already in progress, please wait outside and someone will let you know when to come in.

What to do Entering the Studio

As you enter the training area (gym - dojo - studio), bow and greet your Shifu with one or two hands held vertically in front of chest and say “Āmítuófó”.

Where to Change

Most people arrive already changed or with their training clothes under their street clothes or trackpants. There is a changing area behind the screen wall at the back of the studio or you can use the bathroom.

Bathroom

There is one bathroom located at the back of the studio.

What to Expect

Below is what to expect when you go to a group class in either Kung Fu or Tai Chi.

Entering the Mats

You can enter the mats once street shoes are removed.

Have clean, barefeet, socks or kung fu shoes (not worn on street).

What to say, what are they saying

You address the instructor, Master as “Shifu” or “Shifu Darrin”.

Our Greeting

This is a display of respect, farewell and thank you is all the same word: “Āmítuófó” pronounced “a-om-e-tu-off-o”.

Primary Stances

These are the stances you will learn first and do frequently.

- **Bing-Bu:** Ready stance, standing feet together arms by your side hands open.
- **Ma-bu:** “horse rider stance”, a seated squat but without leaning forward.
- **Gong-bu:** “bow (archer) stance”, turn to face one leg that is bent 90 degrees at the knee, back leg is straight at 45 degrees
- **Pu-bu:** “low stance”, low to the ground you have one leg bent in crouch as low as possible, the other leg straight

Group Class Routine

Group Class Start

The class will start as soon as people are changed and ready on the mats. This is the same start as for Kung Fu or a Tai Chi and Qi Gong class.

The class begins with everyone facing towards Shifu with their feet together and hands in pray position, we all bow and show our respect and say our traditional acknowledgement, “Āmítuófó”.

Kung fu Group Class Routine

Typically, but not always, we will follow this routine:

- Limber up the body and do light stretching.
- Warm-up according to the needs of the class content
- Quick break for water
- Work on the training content for the session
- Clean and put away any equipment, pads etc
- Stretch if time permits
- Often, we will recite the Shaolin Student Decree.



Tai Chi & Qi Gong Group Class

Typically, but not always, we will follow this routine:

- limber up the body and do light stretching.
- Warm-up according to the needs of the class content, this is considerably lighter and shorter than the warm-up for kung fu.
- Quick break for water
- Qi Gong (breath work and energy) work
- Tai Chi drill or pattern to get the body and mind synchronised for the form
- Practice the tai chi form for the night, and learn a new section based on the individual progress
- Often, we will recite the Shaolin Student Decree.

Finishing all Classes (Kung Fu & Tai Chi)

We then finish the class in the similar way we started.

With feet together and hands in pray position, we all bow to show our respect and say our traditional acknowledgement, “Āmítuófó”.

After the bow, we do a traditional Chinese martial art salute, placing the right fist in the left vertical palm then bowing towards all students.

Notes: Your First Session

Write a few notes about your first session(s):
What you liked, didn't like. Any questions to ask Shifu
or students. Who was your training "buddy" or mentor.

Personal Training Goals

Personal training goal are often tied to grading or completing levels and proof of achieving proficiency.

Factors that greatly affect how soon you will get there are:

1. Frequency of attending classes.
2. Doing extra practice on your own.
3. Coming prepared for the class by practicing the content from previous sessions.
4. Natural aptitude and/or related experience.

Keeping motivation is key to success, consistent regular training will provide motivate you and provide the feeling and validated through seeing your progress. We therefore recommend you train a minimum of twice a week.

On the next page are examples of the estimated timeframes to achieve first level Kung Fu or learn Tai Chi Quan Yang 24 (form only).

As you will see the time can be reduced from 9+ months right down to as little as 2 months if you are willing to put the time in to training in group classes, personal training sessions and putting in the extra time on your own.

Kung Fu - First Level Form

Estimated Duration

1 group class session per week + 1-2 home training sessions	9+ months 6-9 months
2 group class sessions per week + 1-2 home training sessions	6+ months 4-6 months
1 personal training session per week + 1-2 home training sessions	4+ months 3-4 months
1 personal training session per week + 1 group class training session per week + 1-2 home training sessions	4+ months 3-4 months 2-4 months

Tai Chi Quan - Yang 24 Form

The above estimated duration is the same to learn the Tai Chi form (moves only). Grading in Tai Chi at this level would take additional 3-6 months.



Your Personal Training Plan

Weekly Training at SWMA

Weekly Self-Training

Casual Rates (prices as of Jan 2026)

Group class rate	\$45
1 group class	
Personal Training	\$110
1 hour one-on-one training	
Yearly Registration	\$98
Includes access to online training groups	Yearly

Training Packages

One group class per week	Monthly \$165
(1 class week or 4-5 classes per mth)	Minimum 3 mths
Access to online training content	included
Yearly registration fee	included
Unlimited group classes	Monthly \$245
(2,3,4 or more classes per week))	Minimum 3 mths
Access to online training content	included
Yearly registration fee	included
1st Club Shirt, Club hand book	included
Custom Package	\$TBA
Request a personalised training plan and package based on your requirements.	

Club Rules

Conditions of Training at Shaolin Warrior Martial Arts & Conduct as a Shaolin Practitioner

I confirm and agree to the following conditions of training at Shaolin Warrior Martial Arts and as a Shaolin Practitioner on this date:

I acknowledge that participation in any Shaolin Warrior Martial Arts activities can be strenuous exercise and could constitute a risk of injury to myself.

I voluntarily and knowingly recognise, accept, and assume the risk of participation in Shaolin Warrior Martial Arts classes and warrant that I am physically fit and able to participate.

I have sought advice or clearance of a medical practitioner for any existing medical conditions I may have prior to attending the class.

I will faithfully follow the instructions of the instructor/master, respect other participants, and act safely to prevent injury to myself and other participants.

I will not misuse the equipment and only perform activities as instructed.

I will not use Shaolin Martial Arts to initiate, attack, or engage in illegal fighting.

I am aware that the illegal use of Shaolin Warrior Martial Arts constitutes immediate expulsion from Shaolin Warrior Martial Arts (This does not include appropriate use to defend one's self and loved ones if threatened by physical harm.)

I will not teach Shaolin Martial Arts, Kung Fu, Tai Chi, or Qi Gong or use the name of "Shaolin" in any business name to teach martial arts in any form without written consent from Shifu Darrin, Shaolin Warrior Martial Arts.

I will maintain my training and club fees in good order, and understand that fees must be paid in advance of training, unless otherwise approved by Shaolin Warrior Martial Arts administration.

I will wear the club uniform whilst training and when representing the club at events.

Change or Cancel a Booking

Booking and Cancellation Terms

Classes have a strict maximum capacity, book ahead to secure your place. If you show up without a booking and class is full, you may be turned away from the session.

Bookings can be received up to 3 hrs prior to session time - space permitting, however please check by calling or text if you are booking on the day.

Charges apply for late cancellations and late changes to bookings when less than 12 hrs notice. Waivers to this are at the discretion of administration.

No charge for rescheduling or changing bookings more than 12 hrs notice before the scheduled session.

Booking can be changed or cancelled via the website or booking app if outside of the 12 hour cancellation window.

To cancel or change a booking with less than 12 hours notice call or text Shifu Darrin on 0438 406 861.

Late cancellation notification via email will not be accepted and will incur a “no show” charge.

Now, Book Your Next Session

Call or Text

Call or Text to Shifu Darrin 0438 406 861

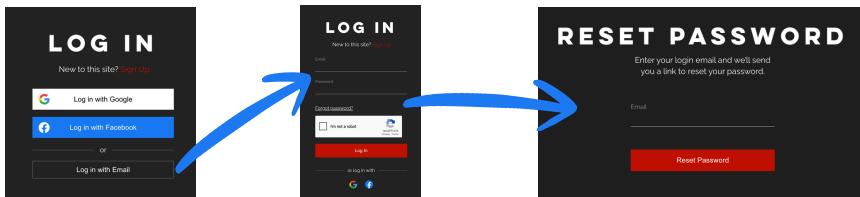
with the other Date, time and class you want to attend.

Book via the Website

Go to shaolinwarrior.com.au website click on “login”



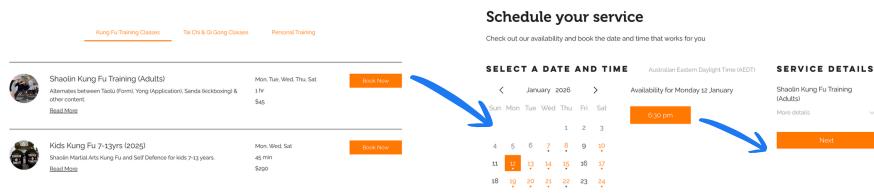
Login via Gmail, Facebook or Email



For Email, enter your email and password, if you do not have a password, click “Forgot password” enter email and click “reset password”. Check your email for an email from Wix.com for instructions. Once logged in, click on “Book”



Select a service, then select date and time, click “Next” and then complete booking selecting the payment type.



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