



Photo Report of JCA Parent Club

Chinese Kung Fu Education

Speaker: Mr. Joel Timmons

Facilitated by: Dr. An, Lian (安莲), Assistant Professor of Economics, Coggin College of Business, UNF & Principal of JCA Chinese School

Reported by: Iris Luo, Director of Public Relations of JCA Chinese School
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In the “good old days”, parents worried more about their children being home by the time the street lights came on than whether they got the recommended amount of daily activity. Today, however, the world has changed and we are faced with a myriad of challenges that were unheard of only a generation ago. For instance, today’s parents are advised to monitor their children’s body mass index (height-to-weight ratio) as the obesity epidemic among children ages 6 to 19 has reached nearly quadrupled from what it was in the 1960s.

Physical activity such as Kung-Fu & Martial Arts will not only help today’s children by preventing them from becoming obese and maintain a strong body, it will also teach them healthy habits that can last a lifetime, such as self-esteem, self-discipline, strong will and perseverance.

This week we are very happy to have invited Shifu Joel Timmons to deliver a lecture on "Kids' Kungfu Education.



Shifu Joel Timmons giving the talk



Happy audiences

Mr. Joel Timmons has studied Chinese martial arts since 1974. He has practiced Northern Shaolin, Long Fist, Zha Boxing, Taijiquan, Baguazhang, and Xingyiquan. In 1986 he met Nick Gracenin and began learning Fu style martial arts and some of the modern competition wu shu. Joel continues to study with Gracenin and has studied with many famous masters in the US and China. Joel has competed extensively in the US and abroad, and is a many time gold medalist. He has been US All-around Champion 5 times since 1991, and a member of the US National Team 3 times.

During the talk, Mr. Timmons discussed the benefits of Chinese Wushu training for adults and children and why the practice of these ancient disciplines are beneficial for modern times. His teaching philosophy is different from many other martial art schools in the States in that he places much more emphasis on ethics (武德), or good character building. He interprets 武术 as the art of stopping the violence, whereas combat sports that are quite popular these days on TV are not real martial art. They only promote aggression. Studies have shown that kids who were taught both martial art and ethic are much less violent compared to both kids who do not learn martial art and who were taught only martial arts. Among the many well-known benefits of learning martial art, full body coordination, confidence, ability to concentrate, respect for other people and social skill are just a few. Unlike boxing or other competitive sports, practicing martial art will not cause body injury if done properly.

Joel, an electrician by trade and a navy retiree, demonstrated a real passion and a wealth of knowledge about Chinese Kung Fu through his many years of interaction with Chinese Kung Fu masters. He is currently offering private lessons in Jacksonville area.



Joel during Q&A session with parents



A young martial art fan await for the talk.

Parents of JCA Chinese School & Members of JCA,

Share your thoughts and feedback with us...

Share your experience and fun with us...

We want to hear from you!