

# BACK TO SCHOOL

START PLANNING NOW. FALL IS COMING... —SPECIAL SUPPLEMENT

## Kung Fu Brings Out Creativity, Self Realization

For more than 10 years, the Golden Dragon Martial Arts School has been teaching the basics of Kung Fu in Russia, Austria, Spain, China and the U.S. The school came to the Westside this month when the local studio opened at 11677 San Vicente Blvd.

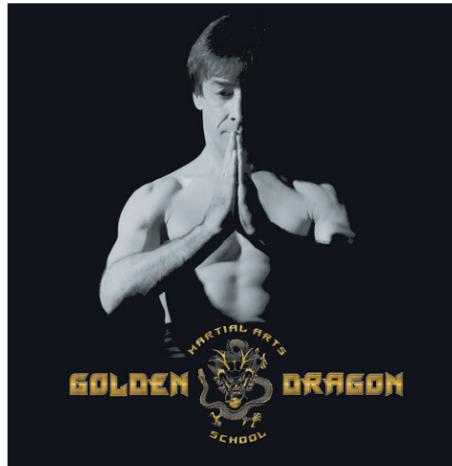
Why should someone practice ancient Kung Fu when the world is filled with modern and fashionable methods of physical development?

• **Reason one** — Kung Fu isn't a method of just physical training, it's also a way of harmonious development for a man.

What sets it apart from all other physical disciplines is the complete awareness of all the movements of the body and mind, both during the training as well as away from it.

What does that mean? It means that Kung Fu as well as Tai Chi must not be practiced just at school; they must be practiced wherever and whenever. Only then will the practitioner attain the desired results. However, that does not mean that you have to become a professional athlete, quite the contrary, you have to remain yourself, only in this case you can retain the objective perception of self and the world and not miss anything important.

• **Reason two** — comprehensive approach to a person. A man represents a complex system, both anatomically and psycho-emotionally. All parts must be balanced and work synchronously for a man to utilize all the potential instilled in him. To accomplish that, you need to train your whole system every day (including weekends) all in one training.



But is that even possible? Of course. Unfortunately modern education is partial, either you are a lawyer, a banker, or a taxi driver. It's good for business, but not for life. Primarily, the person must be good in life. If you ask anyone today about who they are, they will usually answer with their profession. People seem to have forgotten that they are men and women and are humans after all. Kung Fu gives the possibility to remember it and never to



Left and below, Golden Dragon Martial Arts School students in scenes from a play the studio produced last year.



# Success!

**Another Valerie Fahren Success Story!**

With a dozen of recordings on her latest album, *Shy*, Valerie Fahren has become a household name. She is currently taking off as a Broadway Artist. She is currently playing a lead role in the musical *Divorced* and is being rated "one of the best singers in the show!" A top Broadway show director is currently looking for parts for her in his future projects. As Gabrielle says about Valerie Fahren: "Valerie's technique is..."

**Another Valerie Fahren Success Story!**

Daechelle Hernandez, one of Valerie Fahren's Artist Development clients, has won 1st place in the *Billboard Songwriting Contest*, pop category and entered into a major label record deal with Geffen Records, under the direction of legendary A&R Exec, Ron Fair (Christina Aguilera, Britney Spears, etc.). Daechelle's song *FEARLESS* is going to be on the soundtrack for the movie *The Last Airborne*.

**Another Valerie Fahren Success Story!**

Since I have been working with Valerie Fahren, my music career has escalated to heights I never thought it could reach. I recently was signed to a top agency in Beverly Hills, I booked a song I composed and will be singing on a Disney album coming out during Christmas, and I will be working with a Grammy award-winning producer in the fall of 2012.

**Another Valerie Fahren Success Story!**

Valerie Fahren is hands down the best voice teacher I have ever worked with. For the first few years I was in Los Angeles, I looked for a teacher to teach and never saw much of an improvement. Within weeks of studying with Valerie, I saw fantastic gains and my voice felt better than ever. It was such a huge relief to find someone who actually knew what they were doing. My voice is very important to me and since it is such a delicate instrument, it's essential that I work with someone as caring and competent as Valerie. — Andrew Leeds

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valeriefahren.com • artist development  
call: Valerie Fahren 818.815.8584 • www.ValerieFahren.com

## Valerie Fahren makes it happen.

85% of the artists who have taken Valerie's Artist Development Program achieve higher levels in their professional careers as a result.

- ✓ **Gabrielle Wagner**, a long term client of Valerie Fahren, is currently taking off as a Broadway Artist. She is currently playing a lead role in the musical *Divorced* and is being rated "one of the best singers in the show!" A top Broadway show director is currently looking for parts for her in his future projects. As Gabrielle says about Valerie Fahren: "Valerie's technique is..."
- ✓ **Bronna Miles**: "Since I have been working with Valerie Fahren, my music career has escalated to heights I never thought it could reach. I recently was signed to a top agency in Beverly Hills, I booked a song I composed and will be singing on a Disney album coming out during Christmas, and I will be working with a Grammy award-winning producer in the fall of 2012."
- ✓ **Singer and Platinum Producer/Songwriter, Bosko Kante**, has 2 new tracks on Kevin Federline's latest album. The multi-talented Bosko produced and performed the vocals on "K. Fed's" first single, *Privilege*. The two recently performed on *The Tonight Show* and Bosko received rave reviews. Working with Valerie on his vocals for over a year. Boston credits.
- ✓ **Daechelle Hernandez**, one of Valerie Fahren's Artist Development clients, has won 1st place in the *Billboard Songwriting Contest*, pop category and entered into a major label record deal with Geffen Records, under the direction of legendary A&R Exec, Ron Fair (Christina Aguilera, Britney Spears, etc.). Daechelle's song *FEARLESS* is going to be on the soundtrack for the movie *The Last Airborne*.
- ✓ **Rachel Reinhart**, a long term client of Valerie's, has booked a co-writing production deal with a Major Record Producer. She then received another opportunity to move to the east coast to work with a Record Producer that has clients signed to Major Labels in New York City. She has also auditioned for a Major Label this year through Fahren Productions.

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forget it again.

• **Reason three** — only Kung Fu has the completeness of a balanced training process that includes all aspects of psycho-physical development. That is — Qigong (training based on breathing exercises), training of the circulatory system, strengthening of the nervous system, improvement of brain activity and that of the internal organs; enhancement of the immune system, and Gong Fa (method of physical development). Training of tendons, ligaments, joints and muscles improves strength, speed and stamina.

Warming up in traditional Kung Fu is particularly important. However, even professional athletes today don't pay enough attention to it. They consider it just a process of increasing body temperature and a waste of time, thus they skip it to start training sooner.

By definition, professional athletes, should be the healthiest people in the world, however a lot of them are either injured or sick, but that is normal for them. Traditional

martial arts should bring health and not take it away from a person.

• **Reason four** — psycho-emotional training in Kung Fu brings out creativity and self-realization in a practitioner.

This part of the training is one of the most difficult ones. Of course it's not possible to give all the answers in a short article; for that you will have to visit the Golden Dragon martial arts school.

Putting together all these reasons, the question as to why one should train in traditional Kung Fu naturally disappears. It's common sense. When people become professionals in terms of their health and their life, they will be able to get the answers to all important questions, and will not waste the time that they never seem to have enough of.

**Golden Dragon Martial Arts School**  
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