

# 世界武术学院 太极武术功夫



Bringing the benefits of wushu to the world.

WORLD MARTIAL ARTS ACADEMY

## Wushu News

### 2005 Holiday Championship, Fun For All



the participating schools, and a show stopping performance of Drunken sword by Master Kenny Perez.

Aside from students from World Martial Arts Academy, competitors came from Lu's Shaolin Kung Fu, Dynamic Martial Arts, Joseph Eager's Wushu, WIKF in Mesa and Tao Chi in Anthem. The tournament consisted of Empty Hand, Weapons, Internal, Group, Horse stance and Butterfly competitors.

### Results:

#### Hand Forms:

- Mens Advanced: Cedric Burton 1st, Seth Gordon 2nd, Aaron Morris 3rd, Jon Palmer 4th
- Intermediate: Efren Munoz 1st (Men's), Joanne Palmer 1st (Women's)
- Beginner: Vance Walker 1st (Men's), Brenda Dusseaux 1st (Women's)
- Teen: Will Auther 1st, Jeremy Feilder 2nd
- Children: Kyle Estes & Amy Harper 1st, Forest Kuang 2nd, Destinee Villareal 3rd, Autumn Villareal 4th

#### Weapons:

- Advanced: Seth Gordon 1st
- Intermediate: Aric Wiseman 1st, John Palmer 2nd, Josh Casas 3rd, Efren Munoz 4th, Sheri Cleland 1st (Women's)
- Kids: Kyle Estes 1st, Amy Harper 2nd

#### Internal:

- Don Pinkston 1st (Taiji & Xinyi), Aaron Morris 2nd

#### Group:

- Aaron Morris & Sheri Cleland 1st

#### Horse Stance:

- Hannah Bouanger

#### Butterfly:

- Aric Wiseman

### New Years Demonstration

We will be meeting at the Chinese Cultural Center at 1:30pm on Saturday Jan 28th. We are scheduled to perform at 2:30pm.

### Resolutions

Have you made any resolutions this year? Have you stuck to them? One technique for setting and achieving goals is to write them down. In addition to stating your goal, it is also useful to note down the actions needed to achieve it and a way to measure it's successful completion. Try not to have an open ended goal, set yourself up for success and then raise the bar when you have achieved your initial goal.

World Martial Arts Academy held it's first Holiday tournament on Dec 17th, 2005. This was in fact the first tournament hosted by Master Jinheng Li since the Grand Championship back in 2001. Several schools, representing both Japanese and Chinese arts, participated in the event. Spectators were entertained by Gu Zheng (Classical Chinese Harp) performer, Miss Lu Di He. There were also Martial Arts demonstrations by Arizona Kung Fu San Soo, Master Jerry Cook, members and instructors of

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#### Future Seminars

Feb 17-18th World Tai Chi Instructors workshop, taught by Master Peter Hill in Phoenix, Arizona. Pre-Registration price before Nov. 1st is only \$249.00, before Dec 1st \$269.00, and \$299.00 after. Call: 480-329-7294 for Details or email us: jemeph@cox.net

### Chain Whip Techniques

When learning any new form it is a good idea to take a look at some of the individual movements and practice those. Then it becomes an exercise in remembering the sequence of movements and transitions. The basic techniques are: Outside & Inside bent elbow whip, Over the arm, Horse mounting whip, Neck wrap, Cross on the back, Over the back with empty step, Flower, Single hand flower, Forward & Backward sweep, and Ground work. Try to take it slow and work on one revolution of the whip per side of the body. It will really help your co-ordination to practice these movements.



Current School Chain Whip King, Aric Wiseman

### Broadsword Basics

Broadsword Basics are Wrap (缠头), Thrust (扎), Chop (劈), Horizontal chop (斩), Uppercut (撩), Parry (挂), Hack (砍), Push (推), and flower (腕花). When you master these and can put them together into combinations you will be able to learn any Broadsword form.