

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

Six promoted to Black Belt

On Saturday July 9th six students participated in a two hour long test to complete the requirements for Black Belt. Each student demonstrated their knowledge of not only the forms they had learned, but also the basic training and conditioning principles of wushu. The test was comprehensive and entailed some group performance, but was primarily individual. The judges were Master Li and Sifu Sean from WMAA along with Sifu Orson from United Martial Arts. Master Li made the Belt presentations on July 15th and the school put on a demonstration for all of the parents and friends in attendance.

Internal vs. External Martial Arts

Many people have heard the terms Internal and External in martial arts, but what does that really mean? In short the difference is the emphasis put on using the intent or mind to direct the body's energy, or qi, into the movement. The arts of Taiji, Xingyi and Bagua stress the use of qi power, while Changquan and Nanquan focus on using muscular strength. At their highest levels all martial arts use qi and the practitioner must spend time training to recognize the feeling of qi and how to use it. In the standard course we try to expose our students to each of these methods to help them find which one suits their needs and interests best. Either way you will train both qi and muscle if you diligently practice your forms.

Performance vs. Self Defense



Some of our performers from Chinese culture week 2005

In our practice of wushu it is always good to consider the practicality in application of the movements. A distinction must be made between movements for the sake of performance versus actual self defense.

Generally speaking, moves for self defense are direct and compact. Kicks remain low, below waist height, and spinning and jumping moves are kept to a minimum.

For performance it is the polar opposite. Large, expansive movements are encouraged. Jumping, spinning and high kicks are encouraged to show the practitioners technical competence and add a degree of showmanship. This is particularly true of forms in the Long fist style, slightly less so for Southern fist.

This is not to say that it is impossible to fight with performance type moves, but a level of mastery must be attained to realistically do so.

It is also important to remember that each style has its own particular requirements and you must follow these in order to capture the "flavor" of its essence.

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Front: Tyler Warren, Andrew Tsai
Rear: Michael McCloud, Robert Franklin, Master Jinheng Li, Instructor Sean Squires, Albert Padilla.

Not pictured: Mark Burns

Next Testing Date

The next Black Belt test will be held in November for the students who were eligible but unable to attend.

Make sure to review all of your forms. Master Li and Sifu Sean are available for private lessons and