

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

Fall Courses

As we enter into the final quarter of 2005 we will be continuing our study of the wushu standard course. In Scottsdale we will be studying Xingyi and 32 form Staff during the 6 o'clock class while the 5:15 pm class will work on Poison Hand and Iron Body. At the warehouse we will be working on 32 form Spear during the 6:30 pm class and Xingyi at 7:15 pm.

What is Xingyi?

Legend states that the Song Dynasty General Yue Fei (岳飞) (1103-1142) created Xingyi. There is only clear evidence of a lineage back to the 18th century. It is considered one of the three internal styles of martial arts, along with Taiji and Bagua. There are three main branches named after their province of origin. These are Shanxi, Hebei, and Henan styles. All contain the 5 element techniques and some animal techniques. The difference is whether they have 10 or 12 animals.

What is Hung Gar?

Hung Gar (洪家) is a southern style of Shaolin Kungfu named after Hung Heigun (洪熙官). He learned it from the Monk Jee Sin (至善) who had fled the destruction of the Southern Shaolin Temple sometime in the 1700's. Some stories relate how Hung merged the Tiger style of Jee Sin with the Crane style of Fong Wingchun (方咏春), to create Hung Gar. The most famous practitioner of Hung Gar is Wong Feihung (黄飞鸿) (1847-1924), who was a doctor as well as a martial artist. His father, Wong Keiying (黄麒英), was one of the Ten Tigers of Canton. The role of Wong Feihung has been portrayed over 100 times on film by Kwan Takhing, Jet Li, and Jackie Chan.

Volume 1, Issue 2, Sep 05



Zhang Hongmei

"Sifu Zhang's events include changquan, staff, straight sword, taiji, and she is most know for skill in double straight sword and bagua zhang."

-Stanford Wushu Team Website

Future Seminars

Oct 28th - 30th , World Tai Chi Instructors Training Course with Peter Hill & Jinheng Li.

Nov 11th - 13th, Tai Chi training with former Beijing Wushu team member Zhang Hongmei.



Statue of Guan Yu, also known as Guan Gong the patron saint of Gongfu (Kungfu).

What happens after Black belt?

So you've made it to black belt, now what? In many ways you are starting over again. Once you have completed the standard course there are many different ways you can go. First you can go on to more advanced training in competition forms and try to compete nationally and internationally. Second you can delve deeper into one of the styles from the standard course and expand your knowledge of more the forms and techniques unique to it. Lastly you could delve into the standard course and work towards being an instructor for our school. We have many opportunities for instructors at our locations and various affiliated programs. The choice is up to you and you could do more than one of these.

General Guan

Guan Yu (关羽) (160-219), also called Guan Gong (关公), lived at the end of the Eastern Han Dynasty (汉朝) (25-220). He served as a general to Liu Bei (刘备) (161-223) who founded the Kingdom of Shu (蜀), centered in Chengdu (成都) in present day Sichuan (四川) province. Shu was one of the Three Kingdoms (220-280) between the Han and Jin (晋) (265-420) dynasties. Lord Guan was deified by the Taoist and Buddhist religions and honored by Confucians as early as the Sui (隋) dynasty (581-618). He is one of the characters in the novel *Romance of the Three Kingdoms* (三国演义).

If you would like to receive this as an email, contact Sifu Sean at: sean@masterli.com or 480-205-8909