

# 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



### 2006 Holiday Championship Tournament

This year's tournament will be held Saturday Dec. 16th at World Martial Arts 2028 N. 16th St. Phoenix, AZ 85006. Tel: (602) 253-9134 Fax: 602-258-0115 Email: [jh@masterli.com](mailto:jh@masterli.com). **Registration: 8:30am, Demonstration: 10:30am, Championship: 11:30am.** Entry Fee: \$25 pre-registration for up to 3 events, (\$30 at door). For each additional event please add \$5.00. Spectator fee \$5.00. No spectator fees for age 7 & under. Throughout the day all attendees will be able to participate in the Silent auction. Last year was a lot of fun and we will be holding the Horse stance and Butterfly competitions again. Don't miss out on your chance to participate in the group demonstration of the Combination form.

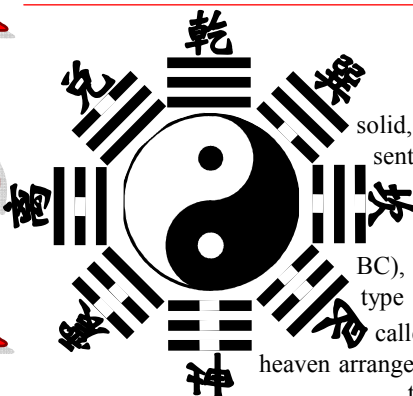
### What is Bagua Zhang?

Bagua Zhang, or Eight Trigrams Palm, is relatively new compared to most of the Chinese martial arts. Unheard of until the late 18th century, it exploded on the scene by the mid 19th century and spread out from Beijing to the rest of China and the world in the 20th century. The style is based on the Daoist concepts of the eight trigrams and the Book of Changes which is expressed physically as constant twisting, turning and change of direction. There is an equal emphasis on health maintenance, internal energy development and self defense. Bagua is known for its combat effectiveness and joint-locking techniques. It is said to be particularly effective against multiple opponents, up to eight attackers.

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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: [jempeh@cox.net](mailto:jempeh@cox.net).



### The Trigrams

A trigram is a figure composed of three lines called yao 爻. Each line is either solid, representing yang 阳, or broken, representing yin 阴. The three lines together represent the universe; heaven above, earth below and humankind in the middle. Collectively these are referred to as the Three Powers, san cai 三才.

The eight trigrams were purportedly classified by Fuxi 伏羲 (2582 - 2738 BC), the first ruler in Chinese history. Each trigram, or gua 卦, represents a category for a type of phenomenon that applies to both natural and social events. His ordering of gua is called the pre-heaven, or xian tian 先天, arrangement. The order of the gua in the pre-heaven arrangement is dictated by nature itself. Each gua is arranged opposite its related, if not antithetical, pair. Heaven is above and the earth is below. The Mountain and Lake are said to communicate, Wind and Thunder correspond, Water and Fire do not interfere. (From Baguazhang by Liang, Yang and Wu. p35.)

Pre Heaven arrangement of the Eight Trigrams.

### Holiday Season

As the Holidays approach we will all be busy celebrating with various activities. SMAC will be holding its Holiday party on Thursday Dec 7th. On Saturday Dec 9th there will be demonstrations in honor of Wushu day at the Chinese Cultural Center at 11am. A Black Belt Test will be held at WMAA on Dec 8th at 5:30pm. And there will be a tournament at WMAA on Saturday Dec 16th at 10:30am. SMAC closed Dec 25th - Jan 1st, WMAA closed Dec 25th - Jan 5th. Check with your instructor to see if they will be holding any classes during the break.

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