



Bringing the benefits of wushu to the world.

WORLD MARTIAL ARTS ACADEMY

世界武术学院太极武术功夫

Wushu News

10th Annual International Chinese Martial Arts Championship



Men's Taiji Grand Champion - Jonathan Wang and Men's Other Internal Grand Champion - Alexander King.

This year's tournament was held on May 23rd - 25th at the Gaylord Palms Resort in Orlando, Florida. Near Disneyworld, the venue was quite impressive with many restaurants and cafes inside the complex which included an alligator farm. Although the tournament is primarily a traditional martial arts event, there were a few wushu divisions. These were led by head judge and former US Wushu team member Nick Gracenin. I could not watch everything so I targeted my attention to the events that I usually miss at most tournaments, namely internal arts and full contact fighting. The advanced Sanda Division was quite impressive, there was truly a lot of skill displayed. The performance of the other internal divisions, which covered Xingyi, Bagua, and Liu He Bafa (Water Boxing) was also both impressive and humbling. Master Scrima, the event organizer, is co-promoting an event in

Las Vegas on Aug 29th - 31st with Tony Yang. I am looking forward to this event and seeing if we can get more people from the west to participate. The 11th Annual International Chinese Martial Arts Championship will be held in Orlando on May 22nd - 24th, 2009.

What is Gong Fu (Kung Fu)

There tends to be a lot of confusion about the word Gong Fu (功夫). The misconception is that Gong Fu is the "real" martial art and wushu is just for show. But the literal translation of Gong Fu is Skill developed over time. So Gong Fu is really an attitude or a work ethic that can be applied to developing mastery over any skill such as cooking, painting or playing an instrument. It should be understood that anyone can attain Gong Fu in whatever they want if they are willing to put in the work. Consistency is the key and you must never become complacent in your training.

What is Wude (Martial Ethics)

武德 - Wude, usually translated as Martial Morality or Martial Ethics is something that is taught in all martial arts either explicitly or implicitly. It is phrased in a variety of ways but the overall philosophic core is the same throughout, namely that without some code of ethics we have the potential to become brutes and thugs. I will try to distill it down from my own readings and personal experience. Respect - Have respect for all people until they prove they are not worthy of it. Common courtesy is so easy to give and it can bring great rewards. Kinship - my schoolmates and training partners are like my extended family, I may not see eye to eye with them on everything but they always have my respect and support. Give of yourself - this can be taken many ways, but what I primarily mean is put your whole self into your training especially during class time. Demonstrate by your effort your sincerity in the desire to learn. Set an example to follow - carry yourself so as to be an example to those who come after you. Observe senior students and instructors and ask questions about how they conduct themselves. And remember, we are all human. We may not always make it there everyday, but we try to do our best always. Promote the benefits of the Art - This can be done in many ways, helping your classmates with a difficult move, becoming an instructor, sharing your experiences with friends and family.

Vol. 4, Issue 3, Summer 2008

Future Seminars

Oct 9th-17th: World Tai Chi - China Tai Chi Training and Tours \$3450.00 double occupancy \$3950.00 single occupancy Price includes roundtrip international air tickets, hotel, food and transportations, Visa and training. Only \$750.00 (none refundable) deposit to reserve your space.

Call: Peter Hill 480-329-7294 or Jinheng Li 602-253-9134 for Details. Or email.

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Wushu - Sheng Biao - Performed by Li Jin Heng



Master Li doing Ropedart. http://www.youtube.com/watch?v=_5BsqD5IYnE

New Internet Wushu Appreciation

If you haven't already checked it out, go take a look at the new World Martial Arts Academy site on MySpace. You can find it at www.myspace.com/worldmartialartsacademy. It is done by Frank from the 5:30pm class and I think he did a really nice job. If you haven't checked out jiayo.com you are missing out on one of the few places on the net to talk about wushu and exchange information with players of all levels and experience. They also post a lot of video links from youtube, so you don't have to wade through it all yourself. We also finally re-discovered the footage of Master Li doing Ropedart. It is at http://www.youtube.com/watch?v=_5BsqD5IYnE. It is from around the time of the video he made with the Beijing Wushu Team that was filmed by Anthony Chan.

Hào Shì Duō Mó
好事多磨

The road to happiness is always strewn with difficulties and setbacks.

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Event Schedule

July 2008

No Events at time of Printing

** Normally Taiji Legacy is held in Dallas (Plano), Texas at this time of year. There seems to have been some trouble with the venue and so it is not being held at this time. Reference: (<http://www.emptyflower.net/forums/index.php?showtopic=3293>)

Aug 2008

Aug 29th-31st: Inaugural Las Vegas Chinese Martial Arts Championship. Tuscany Suites & Casino www.tuscanylasvegas.com
255 East Flamingo Road • Las Vegas, Nevada 89169 • USA +1 702 893 8933
<http://www.kungfuchampionship.com/vegas.htm>

Sep 2008

No Events at time of Printing

Oct 2008

Oct. 9th-17th: World Tai Chi -China Tai Chi Training and Tours \$3450.00 double occupancy, \$3950.00 single occupancy. Price includes roundtrip international air tickets, hotel, food and transportations, Visa and training. Only \$750.00 (non refundable) deposit to reserve your space. Call: Peter Hill 480-329-7294 or Jinheng Li 602-253-9134 for Details. Or email. Peter Hill jempheh@cox.net Jinheng Li jh@masterli.com

Nov 2008

Nov 15th: 4th Annual Holiday Championship Tournament. World Martial Arts, 2028 N. 16th St, Phoenix, AZ 85006
602-253-9134 email: jh@masterli.com Pre-registration \$45 for 1st event (\$55 at door) \$10 for each additional event.
\$5 Spectator fee. At door registration 8AM, Demonstration 10AM, Competition Begins 11AM.

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

Lùn Yǔ 论语

The Analects Section XIX, Chpt. 20:

Zi Gōng Rì
子贡曰

Zhōu Zhī Bù Shàn Bù Rú Shì Shèn Yē
‘纣之不善，不如是甚也。

Shì Yǐ Jūn Zǐ È Jū Xià Liú Tiān Xià Zhī
是以君子恶居下流，天下之

È Jiē Guī Yān ‘
恶皆归焉。

Tsze-kung said, "Châu's wickedness was not so great as that name implies. Therefore, the superior man hates to dwell in a low-lying situation, where all the evil of the world will flow in upon him."

Legge XIX.20.

<http://www.afpc.asso.fr/wengu/wg/wengu.php>