

世界武术学院 太极武术功夫

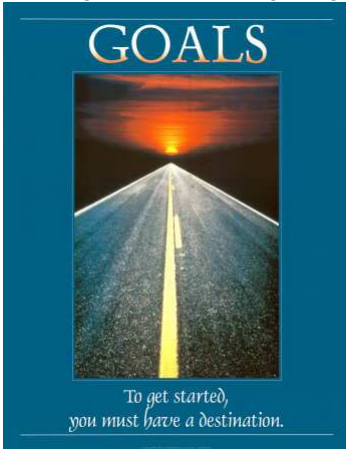


Bringing the benefits of wushu to the world.

WORLD MARTIAL ARTS ACADEMY

Wushu News

Setting Goals & Making Progress



<http://cultivategreatness.com/assets/goals.jpg>

Now is the time of year when most of make resolutions for the new year to improve ourselves in some way. As this relates to our martial training we can pick certain aspects to focus on. Try to be specific in your goals. "I want to be more flexible" is a good idea but it is very broad and can be difficult to measure success. "I want to touch my toes when my feet are together" is more specific and you now have an exercise to work on. Even better is "I want to do it by my next belt test, or in 6 months". So you can start with a broad goal and narrow down into something actionable in a shorter time frame. Take a few minutes to think about the things that you would like to improve in the next 3, 6, 9 months and the coming year. Remember, it takes consistent practice to improve.

Volume 4, Issue 1, Winter 2008

Future Seminars

Feb 9th-10th: World Tai Chi Instructors workshop, taught by Master Peter Hill in Phoenix, Arizona.
Call: 480-329-7294 for Details or email us: jempeh@cox.net.

2007 Holiday Championship Tournament

If you missed the year end tournament, you missed a good time. Many schools and styles were represented in the demo and tournament proper. All skill levels were represented and everyone did a great job in executing their forms. The Horse stance competition was a lot of fun again, but the tournament record remained intact. In 2008 the tournament will be on Dec. 6th, with seminars on Dec. 2nd - 5th.

Traditional Roots of the Longfist Style

The Longfist style is derived from the Northern styles of Hua (Flower) Fist 花拳, Hua (China) fist 华拳, Cha fist 查拳, Pao fist 炮拳 and Shaolin Fist 少林拳. The Longfist routines were compiled by the Chinese National Physical Culture and Sport Commission under the editorial direction of Cai Longyun. Cai had studied Hua Quan, Shaolin, Xingyi and Taiji; which he learned from his father Cai Guiqing. The elder Cai was an instructor at the famous Jing Wu School in Shanghai. Wu Bin, the famous coach of the Beijing Wushu Team and our Master Li Jinheng, learned Cha Quan from Zhang Wenguang. Besides being head of the wushu department at Beijing Physical Culture University, Zhang had been a performer at the 1936 Olympics in Berlin. Our Longfist comes out of the research and application of Master Cai and Master Wu. These are the routines that Master Li and his team mates learned when they were younger.



Zhang Wenguang.
http://www.wuhsingchuan.com.ar/sede_central/a_fotos_informes/informe15_foto02.jpg



Year of the Rat

February 7th, 2008 is the lunar new year. This year is 戊子^{Wu Zi} or Earth Rat. In reckoning from the start of the Yellow Emperor's reign the Year is 4705.

Sai Weng Shi Ma
塞翁失马。

The squire at the frontier lost his horse.

Certain bad luck is actually "a blessing in disguise."
<http://users.openface.ca/~dstephens/chprov.htm>

恭喜發財

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

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Event Schedule

Jan 2008

No events at time of printing

Feb 2008

Feb. 2nd: Tai Chi Championship and Lunar New Year Show

World Martial Arts 2028 N. 16th Street, Phoenix, AZ 85006.

Call: 602-253-9134 for Details or email us: jh@masterli.com www.masterli.com

Feb. 9th-10th: World Tai Chi Certification Seminars

World Martial Arts 2028 N. 16th Street, Phoenix, AZ 85006.

Call: 480-329-7294 for Details or email us: jempeh@cox.net.

Feb. 23rd: Art of War Karate Championship

World Martial Arts 2028 N. 16th Street, Phoenix, AZ 85006.

Call: 602-253-9134 for Details or email us: jh@masterli.com www.masterli.com

Mar 2008

Mar. 29th: Phoenix Grappling Championship

World Martial Arts 2028 N. 16th Street, Phoenix, AZ 85006.

Call: 602-253-9134 for Details or email us: jh@masterli.com www.masterli.com

Apr 2008

Apr 5th: 16th Annual UC Berkeley Chinese Martial Arts Tournament

Haas Pavilion, UC Berkeley, Berkeley, CA, 94720 USA

Call: 510 642 3268 for Details or email: cmat16_director@calwushu.com

www.tournament.calwushu.com

Lūn Yǔ
论语

Zi Ri Gǔ Zhě Yán Zhī Bù Chū
子曰，古者言之不出，

Chī Gōng Zhī Bù Dài Yé
耻躬之不逮也。

The Analects Section 4, Chpt. 22:

The Master said, "The reason why the ancients did not readily give utterance to their words, was that they feared lest their actions should not come up to them."

Legge IV.22

The Master said, 'In antiquity men were loath to speak. This was because they counted it shameful if their person failed to keep up with their words.'

Lau 4:22

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