

ACADEMY CONNECTION

ACADEMY OF CHINESE MARTIAL & CULTURAL ARTS QUARTLY NEWS

SUMMER 2009 NEWSLETTER FOR THE SHAOLIN HUNG MEI KUNG FU ASSOCIATION AND THE ACADEMY OF CHINESE MARITAL & CULTURAL ARTS

Doesn't it seem as if you just received the first "Academy Connection", the newsletter for the Academy of Chinese Martial and Cultural Arts? So much has happened that it's hard to believe that more than 3 months have already gone by. We have been busy during that time and have moved further along the path of establishing a real identity for the Academy. Earlier this month, the ACMCA hosted the first of a wonderful series of summer/autumn lectures and workshops. Mr. Jack Schaefer presented "Acupuncture and Traditional Chinese Medicine: Health Care for the New Millennium", an hour and a half long introduction to some of the philosophies of this ago old method of medicinal care (pictured). Even though we had only two weeks to promote the event, attendance far exceeded expectations (we actually had to pull additional chairs from the conference room). And the list of activities does not stop there. Between now and early October, the Academy will host or sponsor such a broad range of events as a lecture entitled "The Taste of Enlightenment: The



Culture and Healing Benefits of Chinese Tea" with Kenneth Cohen, published author, internal style martial arts and Qi Gong Teacher and Chinese scholar - to a weekend workshop in Bai He Quan (White Crane Fist – a Southern Shaolin martial system) given by Liu Shifu, lineage carrier for the

Feeding Crane system, from Taichung, Taiwan. Please see the "Up coming Events" section for a complete list of scheduled activities.

The Academy intends to be a key resource for the entire community for events and activities related to Chinese arts and culture. As such, we ask for your help. Please let us know if you have any ideas for lectures, workshops and/or seminars that fit our mission. We welcome all suggestions. You've heard the expression that there is strength in numbers. If we all get behind the wave, we can really make things happen.



Thank you and regards,
H. Solow, Shifu

NEWS IN BRIEF

On Thursday, June 4, the ACMCA was pleased to sponsor a free public lecture on traditional Chinese medicine by guest speaker Jack Schaefer. Mr. Schaefer, owner of Mountain West Wellness and NC-CAOM board certified acupuncturist and herbalist, discussed the ways in which traditional Chinese medicine differs from Western medicine - its focus on preventative care; treating causes as opposed to symptoms; keeping you healthy as opposed to not-sick; and how the practice was developed from what "works" instead of theory. He went on to describe treatment methods including acupuncture, herbs, acupressure, moxibustion, and cupping.

We are working on plans to invite Jack back for a more in depth series. Stay tuned!



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TRACING OUR LINEAGE: SHIFU SOLOW'S INVESTIGATION INTO THE ROOTS OF SHAOLIN HUNG MEI KUNG FU

Those of you who have been a part of SHMKF know that we place great importance on lineage and can accurately trace our roots back four generations – back to the late 1800's. Beyond that time, things get a little fuzzy. However, many of you are not aware that Tai Shifu's (the Founder and Grandmaster of Shaolin Hung Mei – USA) family's ancestors come from the city of Quanzhou, Fujian Province, China. Tai Shifu's Great Grandfather, Huang Yun Ju - a member of the Royalty, moved the family from Quanzhou to Borneo in approximately 1909, and later to Pekalongon, Java, Indonesia. It was in Pekalongon that Tai Shifu first learned Kung Fu from his Grandfather.

While in Borneo, Tai Shifu's Grandfather, Huang Swe Jing, was taught Hung Men Kung Fu by Lin Ya Qing, a highly respected Teacher of Southern Shaolin Martial Arts (later Tai Shifu's Shifu, Wu Shen Xie, a close friend of his Grandfather Huang Swe Jing, taught him Hung Mei, a Northern Branch of Shaolin Kung Fu). We've always held the belief that Lin Ya Qing's Hung Men techniques stemmed from Fujian Pai (Fujian system), but in an effort to validate that assumption, we began an investigation that spanned several years.

After having made several earlier trips to Quanzhou, I was

recently offered a wonderful opportunity to meet with several highly knowledgeable Teachers and historians and dig in much deeper than ever before. All of the arrangements were made by the family of several past students: Tu Chi, Tu Fan (Tu Chi's sister in Quanzhou), and Ding Pin late last year when the Ding family (presently living in San Diego) had a visitor, Chen Shi Ze. Chen Shi Ze is a free lance reporter, photographer, and television celebrity. Mr. Chen was in the U.S. attending some conferences and using the Ding home as his base of operations. Over the course of many conversations, the Ding's talked about their involvement in the SHMKF association and Mr. Chen began to believe that a real story was in the making. The heart of the story was the migration of Fujian martial arts from Quanzhou to Indonesia to the United States only to have an American travel full circle back to Quanzhou to research more of the history of this age old system.



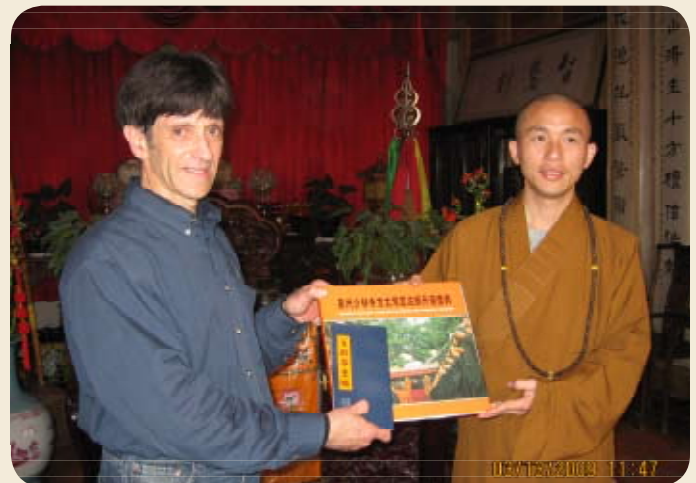
Mr. Chen set up the meeting at the Shaolin Temple in Quanzhou. The Temple still has an old fashioned approach to the Kung Fu it teaches. The training stems from what is called "Wu Tzu Quan" or "Five Ancestor Fist" – technique that dates back to the Qing Dynasty and earlier. In attendance were, Zhou Kun Min (x-Deputy Mayor of Quanzhou and Teacher of Wu Tzu Quan), Cai Jin Xing (Director of the Southern Shaolin Kung Fu Federation),



Chang Ding Fashi (the Temple's Abbott), four additional Monks, Chen Shi Ze, Ni Zi Ze (government official), Wang Zhi Song (award winning artist), Tu Chi, Tu Fan, one of Mr. Cai's senior students, Mr. Elton Chen (translator and good friend from Taiwan), several reporters and photographers, and about 15 spectators.

The entire group moved to a room off to the side of the main Temple building and discussed the history and background of the Hung Men branch of our system. After showing Zhou Kun Min and the others our lineage tree and discussing Tai Shifu's family history, the Monks and I took turns performing Kung Fu in the center of the room. We did our best to go one for one: a Monk would execute a set of movements (Tao Lu) from his Tai Tzu Quan (one of the 5 Ancestor Fists) and then I would perform one from our Tai Tzu Quan. Another Monk would show Da Mo Quan (another 5 Ancestor Fist) and I would do likewise, and so on.

By the time we were done, we had been discussing and demonstrating for several hours and then enjoyed a nice lunch. In the end, even though much of the sequencing of the Tao Lu was different, all of the experts agreed that the root of the Hung Men branch of SHMKF, if not specifically from Quanzhou, is most certainly descendant from Fujian. Not only have we now verified that piece of our lineage but have been invited back to participate in a Kung Fu Festival to be held in Quanzhou later this year... a most memorable trip!!



DONATIONS

Since inception, SHMKF & ACMCA have been volunteer-driven organizations. Our main sources of income have been minimal membership dues, performances, sub-leases and grants. Now, with help of financial support from friends and sponsorships from local business, we intend to take the organization to a whole new level.

Help us reach our goals with a tax deductible donation. Visit our web site at www.academychinesearts.org to make a donation online.

THANK YOU FOR YOUR SUPPORT!

SHIFU TONY WONG OF SAN FRANCISCO, CA VISITS THE MEMBERS OF THE GU FENG TAI CHI CLUB

In February 2009, Shifu Tony Wong of San Francisco, California, spent a weekend with the members of the Gu Feng Tai Chi Club. Laura Ting, Director and Head Instructor of the Club, invited Shifu Tony to share some his Tai Chi knowledge and experiences and give members of the Club a different perspective to their usual practice. Shifu Tony teaches Chen Style Tai Chi throughout the San Francisco Bay area (<http://marina.fortunecity.com/victory/273/>). Prior to studying Chen Style Tai Chi, Shifu Tony studied Wing Chun with Shifu Kenneth Chung, Yang Style Tai Chi Quan, and Wuji Qigong with Master Cai Song Fang. He has studied Chen Style Tai Chi with Master Zhang Xuexin, Grandmaster Chen Xiaowang, and is the disciple of Master Chen Qingzhou.

Shifu Tony arrived on Friday and met with the instructor group. He showed a friendly, relaxed demeanor and humble attitude while possessing the potential for great power and skill. He demonstrated several martial applications for various moves from Chen Style Old Frame First Routine (Laojia), showing how powerful Tai Chi can be with a subtle shoulder strike or push of the hands. Also impressive was the internal control of energy and force and the years of discipline and practice required to execute these moves effectively.

Saturday, Shifu Tony again spent several hours with the instructor group. During this time he demonstrated Pole and Tai Chi Ball exercises. However, most beneficial to the group was Shifu Tony's willingness to practice push hands with each person. This opportunity for one-on-one interaction gave the students valuable feedback on the ways of push hands practice and insight into some of the applications.

On the final day of Shifu Tony's visit, he visited the Gu Feng Tai Chi Club during their normal Sunday morning



class. The majority of the class time was spent discussing Qi Gong practice. Qi Gong and the internal practice of Tai Chi are extremely important. Not only are they beneficial for health and well being, but are the power basis for Tai Chi's martial applications. Shifu Tony discussed body alignment, which allows energy to flow when in standing meditation as well as during form practice. He shared some of the insights and experiences of his own meditation practice and told amusing stories about his personal struggles.

Shifu Tony's visit gave the members of the Gu Feng Tai Chi Club an opportunity to see Tai Chi from another perspective. As a result, the members have been able to look at and evaluate their own Tai Chi practice with fresh eyes. Many expressed their appreciation of Shifu Wong's visit after the special class. "The presentation by Shifu Tony Wong was excellent, and quite moving. I appreciated how he emphasized both the meditative practices and martial arts applications," said Sean McCullum, a Gu Feng member. "The special class was wonderful. For me, it began to solidify a concept that has been nucleating within me. The true "form" of Tai Chi is that there is no "form." We practice various forms but within each movement is a myriad of potentials and possibilities that may or may not be obvious," said another Gu Feng member, Reed Ayers.

ACMCA SPOTLIGHT: BA GUA ZHANG

According to He Jin Bao, Yin style Ba Gua Zhang was founded by Dong Hai-chuan's senior student, Yin Fu. It has precise theory and methods, a well-knit structure, abundant content and a strong technical quality. The fighting theory, postures, usage, outward appearance, and internal developmental methods all originate from and are in accord with the Book of Changes. Yin style Bagua is well known among all Bagua styles as the "hard palm." Its movements are fierce and vigorous, utilizing penetrating palm point striking methods. Emphasizing direct force and having an abundant shaking strength when



the hands go out, Yin style is said to be "cold, crisp, and fast." The primary hand form used in Yin style is known as the "ox tongue palm" (four fingers held out together, thumb tucked in). A natural stepping method is used. The main training methods

are embodied in the four areas of "standing" (strengthening postures), "turning" (circle turning), "striking" (fighting techniques), and "changing." Bagua stepping methods are emphasized along with single action and combined strike practice. Upon this foundation, set forms and weapons are trained. Yin style Bagua, in accordance with the symbolism and meaning of the eight trigrams, has eight animal systems. Each animal system has eight attack methods. Emphasis is placed on practicing with strict adherence to the meaning and intent of these attack methods. Each attack method has three foundational, single action strikes and seven set forms with seven movements each.



Yin Fu

The lineage of Ba Gua Zhang that we practice was handed down from Dong Haichuan to Yin Fu. Yin Fu was Dong's longest and most accomplished student. His lineage holder was Men Baozhen. From Men the art was left in the hands of his student Xie Peiqi. After Dr. Xie's death in 2003 He Jin Bao took the reins as the lineage holder of Yin Style Ba Gua Zhang.



Interested in Practicing Ba Gua Zhang? Ongoing Program Now Open at the ACMCA

The Boulder study group is lead by Jack Schaefer, a practitioner of Chinese medicine and lifelong student of the martial arts. Jack makes yearly trips to study and has worked directly with Xie Peiqi and He Jin Bao. For more information visit the Yin Style Ba Gua website at www.yinstylebaguazhang.com or the Association. For Traditional Studies at www.traditionalstudies.org. You may also contact Jack directly at 303-667-4338.

FEATURED UPCOMING EVENT: THE TASTE OF ENLIGHTENMENT: THE CULTURE AND HEALING BENEFITS OF CHINESE TEA WITH KENNETH COHEN

Joins us for a free lecture on the history, health benefits, types (green, oolong, etc.), and classic way to prepare a delicious cup of tea - and taste some of the finest Chinese Teas available at this one-of-a kind event! Highlights include:

- Learn about the early legends and history of Tea including the relationship of tea to Taoism, Buddhism, and Chinese medicine
- Explore why acupuncturists, martial artists, and healing masters all recommend this *divine medicine*.
- Discuss the Chinese view of how Tea treats disease-- bitter flavor for the heart, green color for the liver, etc.--as well as cutting edge scientific research that shows how and why Tea works.

When: Thursday, July 9
7:00 - 8:30 pm

Where: Academy of Chinese Martial & Cultural Arts
1750 38th Street, Boulder

Cost: Free and open to the public
\$10 suggested donations requested to cover the cost of tea sampling

RSVP: We request that you RSVP to info@academychinesearts.org to be sure we can have adequate seating and tea.



About Kenneth Cohen

Kenneth Cohen (www.kennethcohen.com), former student of Alan Watts and Joseph Campbell, has followed the Way of Tea for more than 35 years, including many years teaching the Japanese Tea Ceremony. A China scholar and health educator, he is the author of *The Way of Qigong* (Ballantine Books) and has written about Tea for *Chanoyu Magazine*, *Yoga Journal*, *Alternative Medicine*, and many other journals.



UPCOMING SHMKF LION & DRAGON PERFORMANCES

July 25, 10:00 am & 12:00 pm
Colorado Dragon Boat Festival
Denver, CO

August 15, 11:00 am
Boulder Asian Festival
Boulder, CO



CALENDAR OF EVENTS

Bai He Quan (White Crane) Workshop given by Liu Shifu

When: Saturday & Sunday, August 1-2

Registration: For more information, or to sign-up contact Jack Schaefer at Mountain West Wellness (303) 648-4066 or Ole Craig at Front Range Kodokan (303) 449-0768.

Shifu Chang I-Liu from Tainan, Taiwan, heir to the Fujian Feeding Crane branch of the White Crane Gong Fu and featured in the Tsunami Productions "Feeding Crane Gong Fu", will be coming to Boulder, Colorado, to teach a two day seminar. Feeding Crane, often seen as the root to many styles of Karate, is known for its speed and effectiveness. This once in a life-time seminar will cover various subjects in this unique system including: power development, forms, and applications. The seminar is open to all skill levels and all martial arts backgrounds.

Ba Gua Workshop given by He Jin Bao

When: Sat & Sun, Sept. 12-13

Registration: For more information or to sign-up, contact Jack Schaefer at jack.schaefer@yinstylebaguazhang.com, or call 303-667-4338.

Now is your chance to study Yin Style Ba Gua Zhang with a true Master. The lineage holder of Yin Style Ba Gua Zhang, He Jin Bao, will be in Boulder for a public seminar. This workshop is a rare opportunity to train this unusual and powerful art with its top practitioner. Yin style Ba Gua Zhang was founded by Dong Haichuan's senior student, Yin Fu. It includes precise theory and methods, a well-knit structure, abundant content and a strong technical quality. The fighting theory, postures, usage, outward appearance, and internal developmental methods all originate from and in accordance with the Book of Changes. This public seminar is open to all skill levels and all martial arts backgrounds. When the seminar is over you will have the opportunity to continue your study with the Boulder branch of the International Yin Style Ba Gua Association.

Sheng Zhen Qi Gong Workshop with Master Li Jun Feng

When: Sat & Sun , October 3 & 4

Registration: For more information or to sign-up contact Marty Chapman at martychapman@thelifecouncil.com or 303.691.0093.

Master Li will teach TAIJI SHEN GONG and HEALING 1. Taiji Shen Gong, divided into 3 parts, differentiates Heaven, Earth and Humans. Part 1 collects the essence of heaven & earth. Part 2 promotes the merging of yin qi and yang qi. Part 3 connects the body with heaven and earth. This powerful form commands the human body to release stress. Master Li is the founder of Sheng Zhen Wuji Yuan Gong, and is the international teacher of the Sheng Zhen forms. He has an extensive background as the Republic of China's Martial Arts Head Coach, along with Head Coach Wu Bin, and now dedicates his life to teaching Sheng Zhen Qigong. Visit www.shengzhen.org

The Shaolin Hung Mei Kung Fu Association and the Academy of Chinese Martial & Cultural Arts are 501 (C)(3) non-profit associations dedicated to the integration, instruction and promotion of authentic Chinese martial and cultural arts.

THANK YOU FOR YOUR SUPPORT!

BOHUA CELEBRATES THE END OF THE SCHOOL YEAR

The BoHua Chinese School held its year-end party on Sunday, May 17, 2009, at Fairview High School. This activity has been the largest event of the school year at BoHua and is a tradition since BoHua's early years. During the event, the students' achievements are celebrated, teacher and volunteer hard work are appreciated, and graduating class, if there is any for the year, honored.

All BoHua language and cultural classes must have a presentation at the event. Due to the large number of classes, this year's celebration was divided into two sessions. The first session consisted mostly of cultural

format successfully shortened the event and the young children happily left for home early with their certificates in hands.

The summer break has come for the BoHua students and teachers. In order for the students to remain engaged in their skills in Chinese language, BoHua will host two sessions of 2-week day camps where children will enjoy immersion in Mandarin language and cultural activities. The summer camps will be held at the Boulder Valley Christian Church. BoHua will also hold a Chinese dance summer class at the SHMKF facility.

We wish everyone a restful and fun-filled summer vacation!



classes, such as dance, Shaolin Kung Fu, and Tae Kwon Do. We were pleased to see that the martial arts classes had a much larger presence this year than any of the previous years. However, the children's dance performances were still the highlight of the celebration, and the colorful costumes and lovely children attracted countless camera flashes.

All language classes performed during the second session. It was split into two parts: the K-2 grade classes held their presentation in the gym in a more casual and lively environment, while the 3rd grade and higher classes proudly presented on the stage in the auditorium. The presentations gave all children an opportunity to showcase their achievements of the past year. The new



JON YU, SHAOLIN HUNG MEI STUDENT, BRINGS CHINESE NEW YEAR CELEBRATIONS TO NORTHWESTERN UNIVERSITY

Chinese New Year 2009 marked another exciting and action packed season for the team here at Northwestern. Preparations consisting of recruitment and training began in October - the Fall Quarter (September-December) dedicated to basic Kung Fu drills and Winter Quarter (January-March) focused on training and polishing the Lion Dance routine. With six returning members and two new members, our team was very well rounded. One of the new members, freshman Chen Zheng from Englewood, said he recognized our Lion Dance from the Colorado Dragonboat Festival, and was very excited about the opportunity to learn. Through working with the local Xilin Northshore Chinese School, I had the opportunity to teach Briant and Brianna Chen, twin siblings age 6, who had enrolled in my class in the fall semester of '08. After a few months of weekly classes and practicing at home, they have shown exceptional interest and energy in learning Kung Fu.



This year we expanded the range of our Pai Nian performances, and, for the first time, made appearances outside of Evanston. Over two nights, we performed Lion Dances at six locations all over Chicagoland for a restaurant chain called Flat Top Grill. The furthest location of the chain is in Naperville, IL, almost 40 miles from Evanston. The last event for this Chinese New Year season was Celebrasia 2009, the annual celebration hosted by Northwestern's Chinese Students Association and Taiwanese American Students Club. We performed a high energy lion dance, followed by the students (of Northwestern and Xilin Chinese School) performing a simple set of Kung Fu



numbers supplemented with solos by brothers Jon and Jeff Shih, students of a local Wu Shu school, for an auditorium filled to capacity (over 600 excited spectators). We were joined by fellow SHMKF students Chenfei Lu on instruments and TK Kozai in the Kung Fu numbers, both happy to take part in another performance.

All in all, this season was much busier than the last few years here in Illinois, but much more rewarding. Everyone contributed great effort and time, especially for the performances occurring during the middle of exam week. We hope the performances were enriching experiences for everyone watching us at the restaurants and the show. We are looking forward to doing even better next year!

~ By Jon Yu



BULLETIN BOARD

RENT THE ACADEMY OF CHINESE MARTIAL & CULTURAL ARTS

Rent this beautiful facility! Ideal for yoga and movement teachers looking to get a start or for professionals looking to host a special event or workshop. The Academy offers 4,800 square feet including 2,500 square feet of training/movement floor space, conference room, bathroom and plenty of parking. Storage space may be available. E-mail info@academychinesearts.org for more information.

VISIT THE NEW ACADEMY OF CHINESE MARTIAL & CULTURAL ARTS WEB SITE

Bookmark www.academychinesearts.org - the official web site of the Academy of Chinese Martial & Cultural Arts. Find an up to date calendar of special events and ongoing activities held at the Academy, photos from recent events and more.

ONLINE DONATIONS NOW ACCEPTED

We are now able to accept online donations via Pay Pal. This secure site accepts all major credits cards and donations can be made 24 hours a day. Remember - all donations are 100% tax deductible.

\$25 FIRST MONTH SPECIAL ~ UNLIMITED CLASSES AT SHAOLIN HUNG MEI KUNG FU

Receive your first month of unlimited Kung Fu classes for only \$25. No obligation or contract required. Contact info@shaolinhungmei.org for more information. SHMKF accepts visitors Wednesday and Friday evenings, and Sunday mornings.

THANK YOU TO OUR SUPPORTERS



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