

ACADEMY CONNECTION

ACADEMY OF CHINESE MARTIAL & CULTURAL ARTS QUARTLERY NEWS

QUARTERLY NEWS UPDATE FOR THE SHAOLIN HUNG MEI KUNG FU ASSOCIATION AND THE ACADEMY OF CHINESE MARITAL & CULTURAL ARTS

Welcome to the first issue of the Academy Connection, our means for letting you know the latest goings on of Academy of Chinese Martial and Cultural Arts as well as the many Asian Pacific American organizations with which we work. The Newsletter is presently planned as a quarterly vehicle consisting of several regular and various special columns depending upon what has been happening in the months leading up to a new issue. We encourage and hope that all of you will contribute with personal stories of note. We would be happy to include everything that we can!!

This newsletter is a tool to be used by you - our members, families and friends.

As such, we solicit your feedback especially at this early stage of development. Let us know what you think, areas needing improvement, subjects to be omitted and so on. Remember... if you don't say something, we won't know.



A special thanks to Denise Anderson for managing the process getting this thing off the ground. At times, such a process can be brain damaging,

but for the most part, it can be fun. And thanks to you, our members, families and friends, for taking the time out of your busy days to read the newsletter. We hope that it provides you with some bits of news that you find informative and helpful.

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!

NEWS IN BRIEF

The Academy of Chinese Martial and Cultural Arts was pleased to host Master Boon Yap on September 4, 2008, for a free public talk entitled *Feng Shui for Enriching Lives*. Over 30 people attended the event in which Master Boon explained that Feng Shui is not really about how to exploit the energies and qualities of the world for just our individual benefit, rather it is about bringing harmonious balance so the crucial life giving qualities of the world can flow naturally and freely to enrich our lives. Master Boon was in town for her 2 day seminar on *Eight Mansions School of Feng Shui*.



Stay tuned for Master Boon's return to ACMCA!

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INTRODUCING THE ACADEMY OF CHINESE MARTIAL & CULTURAL ARTS BY SHIFU SOLOW

Many of you know of the Shaolin Hung Mei Kung Fu Association, its Kung Fu training, performances and community service activities. However, there many pieces of the organization that few are aware of. For example... did you know that SHMKF is a 501(c)(3), non-profit organization that is 100% volunteer based? For the past 16 years, we have sustained our operations almost exclusively on the hard work and dedication of our students and on the grant monies and donations that we've received.



Shifu Howard Solow

Also... how many of you know that in 2002, SHMKF founded the Academy of Chinese Martial and Cultural Arts? Since first opening its doors, the Academy has been home to Hung Mei and the Gu Feng Tai Chi Club, and has hosted a great

variety of other on-going programs and special events (see highlights later in this newsletter).

We have now reached a crossroads in our evolution as an organization. In the original structure, SHMKF not only conducted its classes in traditional Kung Fu and Lion/Dragon performance training and performed in over 50 events each year, but managed all operations of the Academy. As the demands on an all volunteer organization like ours are extreme, we have not been able to promote the activities of the Academy to the extent they deserve. As a result, we have decided to change the structure of the organization and establish the Academy as a self-sustaining entity in its own right.

In the new architecture, The Academy will be the managing entity for 2 branches of activities – On-Going Programs and Special Events. The On-Going Programs are those activities that occur at the same time and on the same days, week after week. The Programs will be independently operated but will share use of the facility and its resources. Special Events are one-time activities such as lectures, workshops, music recitals, art exhibits, and more. Such events can either be hosted (we provide the facility and possibly some other resources) or sponsored (the activity is an Academy event and we are responsible for everything from initial planning to final production). In this new architecture, SHMKF will be one of the programs rather than the managing entity.

Once the infrastructure and identity for the new Academy are established, it will become a major resource for activities, events, and resources related to Chinese culture. Please join us in this fabulous journey and enjoy everything that the Academy can now and will be able to offer.

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!

SPECIAL EVENT HIGHLIGHTS

Following are some examples of special events that have been held at the Academy of Chinese Martial & Cultural Arts in the past few years.

CHEN STYLE TAI CHI WORKSHOP WITH GRANDMASTER CHEN XIAOWANG

Chen Xiaowang is the 19th generation direct lineage carrier of the Chen, the original style of Tai Chi. This event was sponsored by Gu Feng Tai Chi Club.

AN EVENING OF GU ZHENG MUSIC WITH WU FEI
Music performance with international artist Wu Fei, playing a variety of both classic and contemporary music from China on the Gu Zheng.

PRINCIPALS OF CHEN STYLE TAI CHI: A DAY WITH MADAME GAO FU & KEN COHEN

Intensive workshop presented by Madame Gao and Ken Cohen on the principles, basic movements and applications of Chen style Tai Chi. This event was sponsored by Taoist Healing Arts.

LIVING IN TODAY'S CHINA: RECOLLECTIONS AND IMPRESSIONS OF AN AMERICAN FAMILY'S YEAR IN CHINA

Multimedia presentation and photography exhibit given by John McGee, a Boulder photographer and father of two adopted Asian children

THE DAO OF DIET

Seminar on an integrated East-West approach to nutrition including the latest research on the healing benefits of tea presented by Ken Cohen. This event was sponsored by Taoist Healing Arts.

AN AFTERNOON WITH MEI MEI

Event sponsored by the Little Treasures Chinese School and presented by Mei Mei Hu, the creator of the "Play & Learn Chinese" video series for children.

CHINA TREK: MEMORIES OF AN HISTORIC BIKE JOURNEY

Multimedia presentation given by Yu Juanjuan, the first woman to bicycle around the entire perimeter of China.

THE THAI ART OF FRUIT & VEGETABLE SCULPTURE

A hands-on workshop presented by Master Chef Kacie Chatuparisoot. Participants learned the 700 year old royal Thai art of vegetable and fruit sculpting.



MOVING CLOUDS AND RUNNING WATER

BY LAURA TING

The Gu Feng Tai Chi Club (GFTCC) is celebrating her 8th year of “Tranquility in Motion” – teaching Tai Chi and Qigong in Boulder, Colorado. GFTCC is a 501(C)(3) non profit, volunteer run organization comprised of more than 60 members from many walks of life, cultures and a wide range of ages ranging from college students to retired professionals. “Gu Feng” is a Chinese word literally meaning “Ancient Wind” or “Classical Style”. The Club seeks to embody the values of character, discipline and community and to promote long term tai chi practice for physical and spiritual well being.

Tai Chi (Taiji) is a branch of traditional Chinese martial arts based on the Taoist philosophy that life and the universe are combinations and constant exchanges of Yin and Yang. The fundamental concepts of Tai Chi exercise are to be gentle yet firm, overcome toughness with softness, and achieve tranquility in motion. It is an excellent exercise for people of varying levels of fitness; a superior system for harmonizing humans with nature and the body with the mind; and an advanced system of self-defense. Today it is widely practiced as a form of exercise, meditation and relaxation and is gaining popularity in the West for developing positive energy as an antidote to the stressful, modern lifestyle.



The Club teaches and practices a variety of Tai Chi forms based on Yang and Chen styles Tai Chi. Beginners are introduced to Tai Chi by learning the 24 Posture Simplified Yang Style Form. More experienced members will learn and practice traditional Chen style forms and Taijijian (sword). In addition to Tai Chi, the Club teaches Qigong exercises

based on the theory of traditional Chinese medicine and Taoist philosophy. Instruction is given both in Chinese and English when possible. The Club invites guest teachers from the ranks of world leading masters.

One of the important activities of the Club is to promote quality Tai Chi teaching and share traditional Chinese culture with the community. The members of the Club frequently give Tai Chi demonstrations in Boulder and vicinity. Instructors also offer Tai Chi classes at local Chinese language schools, recreation centers and senior housing.

Due to the limitation of the classroom and class availability, there is currently a waiting list for joining the Club. The Club does not discriminate on the basis of race, creed, color, gender, sexual orientation, age, national or ethnic origin in membership admittance or other practices.

**To have your name added to the Gu Feng Tai Chi Club Wait List,
please e-mail secretary@gufengtaichi.org.**

Regular Session: 10:30am - 12:30pm, Sundays (winter hours)

Additional: 5:00pm - 7:00pm, Tuesday Practice Time



ACMCA SPOTLIGHT

PROFILE OF DR. HOU, ZHONGPING DPOM L.AC



Over 30 years of Integrated Medicine experience:

Doctor of TCM, China

Doctor of Combined East and West Medicine, China

Doctor of Acupuncture, USA

Ph.D. in Oriental Medicine, USA

Certified by the "National Certification Commission

for Acupuncture and Oriental Medicine" in Acupuncture and Chinese Herbology

Dr. Hou graduated from the Nanjing University of Traditional Chinese Medicine. While at the Institute, he specialized in the study of acupuncture and moxibustion. He also graduated from the Yen Cheng Health School after having studied Western medicine. When Dr. Hou came to the U.S., he studied Western Psychology at Suffolk County Community College in the state of New York and received a Ph.D. degree in Oriental Medicine from American Liberty University. He is president of the Nanjing clinic in China, a member of the Medical Association of China, a member of the U.S. Society for Integrative Oncology and is a licensed acupuncturist in the states of Hawaii and Colorado.

Dr. Hou has over thirty years of teaching, training, and research experience in the Hua Hai, Dongxing, and Jingsu hospitals in China. He has treated patients in the Hospital of Moscow in Russia, the Budapest Center of Chinese Naturopathy in Hungary, and in South Africa. Dr. Hou taught and practiced Chinese medicine in the Tai Hsuan Foundation College of Acupuncture & Herbal Medicine, Oriental Medical Institute of Hawaii, World Medicine Institute, and the Traditional Chinese Medicine School in Colorado.

Additional positions held by Dr. Hou:

1. President of the East West Medical Institute and Center
2. Director of the World Federation of Traditional Chinese Medicine and Naturopathy.
3. Director for the publication of Traditional Chinese Medicine and Naturopathy in Hawaii.

Dr. Hou studied the Tao in the Taoist Temple of El Monte in the State of California and completed the study of the holistic system of mind, body, and spirit in the United States. In 1995, Dr. Hou founded the International Whole Health Education Foundation which has now become the East West Medical Institute. To learn more, visit www.eastwestmedicalinstitute.org.

WHAT CONDITIONS CAN BE TREATED WITH TCM?**COMMON INTERNAL DISEASES**

Influenza
 Viral Hepatitis
 Bacillary Dysentery
 AIDS
 Bronchial Asthma
 Chronic Bronchitis
 Pulmonary Abscess
 Rheumatic Fever
 Coronary Heart Disease
 Essential Hypertension
 Sick Sinus Syndrome
 Hyperlipoproteinemia
 Chronic Gastritis
 Peptic Ulcer
 Chronic Nonspecific Ulcerative Colitis
 Hepatocirrhosis
 Cholecystitis
 Aplastic Anemia
 Thrombocytopenic Purpura
 Leukopenia
 Acute Nephritis
 Chronic Nephritis
 Nephrotic Syndrome
 Diabetes Mellitus
 Diabetes Insipidus
 Systemic Lupus Erythematosus
 Cerebral Thrombosis
 Neurosis
 Schizophrenia

DISEASES OF OBSTETRICS & GYNECOLOGY

Menoxenia
 Dysfunctional Uterine Bleeding
 Amenorrhea
 Dysmenorrhea
 Polycystic Ovary Syndrome
 Premenstrual Tension Syndrome
 Climacteric Syndrome
 Vulvovaginitis
 Pelvic Inflammation
 Endometriosis
 Leukorrhagia
 Sterility
 Colporrhagia During Pregnancy & Threatened Abortion
 Heterotopic Pregnancy
 Pernicious Vomiting
 Edema During Pregnancy
 Eclampsia Gravidarum
 Hypogalactia

COMMON PEDIATRIC DISEASES

Neonatal Jaundice Syndrome
 Scleroderma Neonatorum
 Anorexia
 Acute Upper Respiratory Tract Infection
 Acute Bronchitis
 Infantile Pneumonia
 Infantile Diarrhea
 Viral Myocarditis
 Urinary Infection
 Enuresis
 Mixed Nutritional Anemia
 Allergic Purpura
 Juvenile Rheumatoid Disease
 Epilepsy
 Acute Toxic Encephalopathy
 Infectious Polyradiculitis
 Chickenpox
 Epidemic Parotitis

INTRODUCTION TO THE BOHUA CHINESE SCHOOL

The Bohua Chinese School (Bohua) was founded in 1995 in Boulder, Colorado, by a group of Chinese students and scholars. Its initial purpose was to teach Chinese language to children of the local Chinese community composed of students, visiting scholars, working professionals, and other Chinese immigrants. The first semester started in the fall of 1995, and three classes were offered: Kindergarten, Basic Chinese and Advanced Chinese.

During the first few years, Bohua experienced not only rapid increase in enrollment, but witnessed the formation of a group of core volunteers and teachers whose dedication was critical to a sustainable and stable future growth. In 1998, the school leadership made the decision to seek official status for the organization. The school became a Colorado nonprofit corporation on November 13, 1998 and, on July 29, 1999, Bohua was recognized as an organization exempt from federal tax under Section 501(3) (C) of the Internal Revenue Code.

In the "Articles of Corporation" filed with the State of Colorado, the following four persons are named as "constituting the initial Board of Directors of the Corporation": Chris C. Meng, Chi Tu, Jiyang Xu, and Weiping Zhao. Each of these men and women contributed, in his or her uniquely significant ways, to Bohua's initial success and subsequent growth.



Bohua has come a long way from its humble beginnings. Its programs have been vastly enriched and the scope of its purpose broadened. Today, the programs are not limited to weekend language classes, but provide a vehicle for bringing Chinese culture, art, language, and history to the mainstream American society. Bohua is a regular participant in annual events that celebrate the cultural and ethnic diversity of the Boulder-Denver metropolitan area such as the Colorado Dragon Boat Festival, Boulder Asian Festival, and Chinese New Year celebrations. Students, both children and adults, from the Chinese dance classes have entertained and enchanted audiences from all walks of life - from professionals in the corporate environment to seniors at the Louisville Senior Center and Erie Community Center - with the beauty and grace of traditional Chinese dances.



To learn more about the Bohua Chinese School, please e-mail bohuanmgt@yahoo.com.



CALENDAR OF EVENTS



SHAOLIN HUNG MEI PROMOTION

April 25 10:00 AM - 2:00 PM

Students, family and guests are invited to watch eligible students participate in a traditional promotion and sash awards ceremony on April 25 from 10:00am-2:00pm. Contact Shifu Solow at (303) 507-3800 or info@shaolinhungmei.org for more information.



A DAY OF SHAOLIN

May, 2009 ~ Date TBD

Open to participants ages 8 and older and their parents, this workshop introduces the origins and traditions of Shaolin, the role it has played in Chinese history, as well as the fundamentals of Shaolin martial arts training. Shifu Solow will guide attendees through lecture and practical application, and a traditional Chinese lunch, snacks and beverages will be provided. The day will conclude with a performance for families and friends, followed by a pot luck dinner. Contact Shifu Solow at (303) 507-3800 or info@shaolinhungmei.org for more information.

THANK YOU TO OUR SUPPORTERS



SHMKF Chinese New Year 2009 Performances

WOW Children's Museum
Lafayette

Chinese Student and Scholar
Ass'n. (CU-Boulder)

Buddha's Light Temple

Bai Nien ~ Boulder
Lee Yuan
China Gourmet
Chez Thuy
Golden Lotus
Spice China
Lee Yuan

Empress Restaurant Denver

Far East Center Celebration

Bai Nien ~ Denver
Imperial Restaurant
Red Coral Restaurant

Nederland Elementary
School/PTA's Community
Celebration

Palace Restaurant Denver

Partial List of Upcoming Events

March 29 @1:00
Denver Zoo

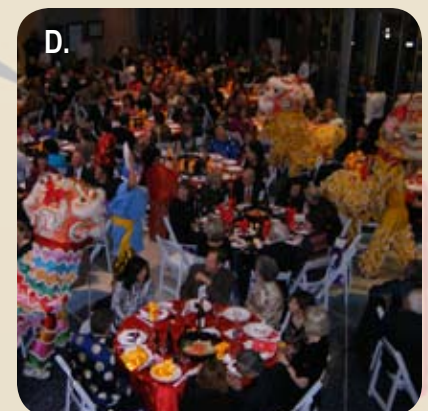
April 11 (time TBD)
International Festival at CU

May 9 (time TBD)
L & M Imports
Berthoud, CO

June 19-21
Strawberry Days
Glenwood Springs, CO

SHAOLIN HUNG MEI KUNG FU WELCOMES CHINESE NEW YEAR 2009 - YEAR OF THE OX

Chinese New Year 2009, the Year of the Ox, started early for Shaolin Hung Mei Kung Fu. We hosted a workshop for the Chinese language students from the Peak-to-Peak school on January 9 and worked with the children from the WOW Museum on January 19. After the warm up, we went into high gear. During the first full weekend of New Year activities, we performed at both the Yip Foundation Fund Raiser and the Chinese Students and Scholars Association's New Year event on Saturday night January 24 followed by an almost mid-night celebration at the Buddha's Light Temple (the Denver branch of Fo Quan San Si) on Sunday. During the following couple of weeks, we visited shops and restaurants in Boulder and Denver, participated at various organizations celebrations (Organization of Chinese Americans, Asian Pacific Development Foundation, and others) and finished the season with performances at Nederland Community Center and Sacred Hearts Elementary School. After more than 30 events in just a few weeks, we actually had the opportunity to take a break for a couple of weeks before the next round of events which begin at the end of March! Our upcoming performances are listed to the left and an updated schedule can always be found on the events page of our website - www.shaolinhungmei.org.



A. Chinese Students & Scholar Association, CU Boulder
B. Chez Thuy Restaurant, Boulder
C. WOW Children's Museum, Lafayette
D. Yip Foundation Fundraiser, Denver

BULLETIN BOARD

RENT THE ACADEMY OF CHINESE MARTIAL & CULTURAL ARTS

Rent this beautiful facility! Ideal for yoga and movement teachers looking to start 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.

Academy of Chinese Martial & Cultural Arts

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