



World Star

CHINESE MARTIAL ARTS COMPETITION

世界之星中華武術錦標賽

Competition, Demonstration, Scholarship, Workshops ...



April 1 - April 3, 2022

Marriott Westchase - 2900 Briarpark Dr. Houston, TX

All proceed benefits Wu Martial Arts Scholarship. Hosted by WMAA 501(c)(3) non profit organization

Dear Friends:

Welcome to The 2022 World Star Chinese Martial Arts Competition hosted by Wu Martial Arts Association (WMAA) in Houston, Texas on April 1st - 3rd, 2022. In this event, there are workshops, friendly competition and great performances.



Last year we happily brought WSCMAC back, had a great turn out, and most encouraging, there were no COVID cases reported due to this event. We are very encouraged to bring WSCMAC back to regular time as before.

The event will set a common ground for all Chinese martial arts lovers to exchange techniques and help the younger generation to understand the true meaning of Chinese martial arts. Together we promote Chinese Martial Arts through competitions in Houston and throughout the world.

To encourage the youth, we will present “**Wu Martial Arts Scholarship**” during the “**EXPO of Chinese Martial Arts**” on Sunday. Let’s join together to celebrate with recipients of the Scholarship and the Grand Champions.

Sincerely Yours,

A handwritten signature in black ink that reads "Ernie Wu". The signature is fluid and cursive.

Ernie Wu
President Wu Martial Arts Association



www.wumartialarts.org

Appreciation to all the Judges and Special Guests

Travis Alschbach	Paul Hannah	Danny Ng	James Smith
Michael Aronson	Randy Harper	Nick Norris	Henry Su
Danqing Bei	George Ling Hu	Scott Pettengill	Yu Chao Sun
Richard Bielby	Victor Hu	Jenny Pless	Jian Wang
HC Chang	Michelle Huang	Tommy Quan	Yun Yang Wang
Qingbin Chen	Glorai Li	Nelly Rovira	Chienli Wu
Paul Chu	Schiller Liao	Brad Ryan	Clint Wu
Dug Copolongo	Jason Liao	Robert Shaddox	Jun Yi Yang
Wallace Cupp	Rodney Littles	Xing Hao Shi	Yi Yang
Allen DeWoody	Whit McClendon	Yan Chan Shi	Charlotte Zhang
Amy Feng	Aaron McIntire	Yan Feng Shi	Cara Zhuang
Tom Goring	James McIntire	Johnny Shieh	Ya Jun Zhuang
Charles Graham	Sheng Meng	Chun Man Sit	
Glenn Guerin	Dale Napier	Blue Siytangco	

2022 WSCMAC Schedule

Friday 4/1

6 - 8 pm On-Site Registration

7 - 9 pm Workshop (1) - “Ba Ji Quan” **Master George Hu**
Bajiquan is a close quarters fighting system utilizing frame work (structure) and explosive movement (fa jing). Key points on the system: **1.** Fa jing (explosion) comes from structure **2.** Occupying territory (step/ moving structure) **3.** Do not stop at one attack (machine gun hitting) **4.** Whole body unified hitting (whole body attack). **5.** Breaching is the best form of defense.

Workshop (2) - “Spiritual Qi Gong Expanding Divine Warrior Frequency”
..... **Master Paul Hannah**
1) Dynamic energy flow from the Universal Energy through their Crown Chakra, Heart Chakra and Bubbling Well. **2)** Conscious utilization to expand Qualities of a Divine . . Warrior which is grounded in Universal Truth and Unconditional Love. Manifesting Courage, Confidence and Compassion. **3)** Learn to balance One’s intellectual, emotional, physical and spiritual bodies. **4)** The definition of a Divine Warriorship is skilled in Martial Arts, Law of . energy and the Universal Laws of Oneness.

Workshop (3) - “Penchak Silat Harimau Berantai originated out of Mayalasia”
..... **Master James Smith**

Saturday 4/2

8:00 am On-Site Registration

9:30 am ~ Opening Ceremony Competition Starts

8 - 10 pm

Workshop (4) - “Eight steps of Eight Step Praying Mantis” **Master Ernie Wu**
Eight Steps are fundamental skills of Eight Step Praying Mantis, in this workshop will teach these eight different steps movement by movement, no prior experience required.

Workshop (5) - “Yang Style Tai Chi” **Master Yi Yang**
1) Warm up and qi qong. **2)** Lakeshore daily Kungfu. **3)** Lakeshore TaiChi.

Sunday 4/3

8 - 10 am Workshop (6) - “Tai Chi Chuan Application for self defense and fighting”
..... **Master Paul Hanna**
Tai Chi movements are based in the principle of water and the dynamic interplay between relaxation and balance of Yin/Yang energies, this workshop focus on how to relax, neutralize, deflect and strike utilizing the powerful Empty Circle.

Workshop (7) - “Secret Taiji Neigong” **Master Chun Man Sit**
Neigong 24 is great for improving speed and power in fighting. This method also helps you to develop the iron-body.

10:30 am 2022 EXPO of Chinese Martial Arts

2022 WSCMAC Grand Champion Award Ceremony & 9th Wu Martial Arts Scholarship Award

2022 EXPO of Chinese Martial arts

The 9th Annual Wu Martial Arts Scholarship Award Ceremony

中華武術展暨第九屆宏武傑出青年獎學金頒獎典禮

4/3 Sunday, 10:30 AM

MC: Winnie, Candice

1. Wu Martial Arts Scholarship Award

Cara Zhuang, Alex Xu,
Pearl Zhang, Katelyn Phan, Elina Meng

2. Master Sit's TaiChi & KungFu

Si Fu Chun Man Sit (Kansas, MO)

3. Wu Yi Shaolin Martial Arts Center

Si Fu Henry Su (team. Dallas)

4. Wu Martial Arts Association

Si Fu Chienli Wu (team)

5. Shaolin Temple Culture Center

Si Fu Shi Yan Chan (team)

6. 2022 Scholarship Recipient

Alex Xu

7. Hu's Martial Arts School

Si Fu George Hu (team)

8. Zhuang's TaiChi and KungFu Academy

Si Fu Ya Jun Zhuang (team, LA)

9. CKFA of Southern Praying Mantis

Si Fu Tommy Quan

10. American Institute of Martial Arts

Si Fu James Smith

11. 2022 Scholarship Recipient

Cara Zhuang

12. Yongnian Yang Taiji School

Si Fu Junyi Yang (team)

13. Lee's Kung Fu Taichi

Si Fu Glen Guerin (LA)

14. Houston Shaolin Temple KungFu Center

Si Fu Jian Wang (team)

15. Birds of Prey Kung Fu Tai Chi

Si Fu Michael Aronson

16. Wu Martial Arts Association

Kelly Tseng, Karen Tseng

17. Blue Siytangco Tai Ji and Kung Fu Academy

Si Fu Blue Siytangco

18. Houston Shaolin Kung Fu Academy

Si Fu Shi Xing Hao (team)

19. Grand Champions Award

20. Curtain Call 所有師傅們與全體演出團員合照

Brief Bio for Workshops' Masters

[Paul L. Hannah M. D.](#)

Paul L. Hannah M.D. is a Master Teacher Healer. He is an internationally recognized Spiritual Qi Gong Master and a resource for higher dimensional knowledge. Dr. Hannah has traveled the world studying Martial Arts extensively (Hong Kong, Tibet, Canada, Malaysia, and China)

He is the author of 2 books; *Qi Gong Awakens* and *Remembering the Qualities of your Soul*. Black Water Tiger is Dr Hannah's system that he developed and teaches.

Acknowledgments

Master George Ling Hu, Master Wong Kew Kit, Master Hong Lui, Grandmaster Kwok (Hong Kong) and Grandmaster Liang (Oakland).

[Master George Hu](#)

Master Hu has given many demonstrations and workshops of Kung Fu and Tai Chi Chuan in Colorado, Illinois, Michigan, Missouri, Montana, Ohio, Washington D.C. and Texas.

During his martial arts career, he has participated in over twenty-five Martial Arts tournaments, placing first in most competitions. He is a member of the Texas Acupuncture Association. He currently teaches Chi Kung and Internal Style Martial Arts in Houston, TX where he also maintains an active practice of traditional Chinese Healing (acupuncture, acupressure, moxibustion, etc.).

[Master Chun Man Sit](#)

Master Sit is an expert on Wu style Tai chi and Tai Hui Six Elbows Kungfu.

A 48 years veteran of Chinese Martial arts, he has written many articles on Tai chi andkungfu, published in Tai Chi Magazine, Inside Kungfu and Taiji and Wushu. He judgesregularly in Tai Chi and kungfu tournaments, serving five times as chief judge for grandchampionship at Taiji Legacy in Dallas, TX

[Master James Smith](#)

Sijo James Smith started his martial arts journey in Pittsburgh, Pennsylvania. It has been 52 years. James have received several black belts in various forms of martial arts such as: Shorin Ryu, Wing Chun, American Kenpo, and Kajukenbo Ju Jitsu. In addition, he has reached senior ranks in arts of Thai Isshi Man Bo (JDK Concepts), Hung Gar Kung Fu, Kho Shu Kenpo and Shinjimasu. Recently he has been promoted by Professor Jak Othman to Guru in Harimau Berantai Silat and Gayong Harimau Silat. James is also training Silat Buka Linkgaran (SBL) under Alvin Guinanao.

He believes that Martial Arts creates a commitment for self-discipline, confidence, and honor which can be used in every aspect of life.

[Master Ernie Wu](#)

Master Ernie Wu has been teaching Chinese Martial Arts since 1974. He is one of disciples of GrandmasterHsiao Tang Wei of 8 Step Praying Mantis, and student of Grandmaster Mao-Ching Li, one of the great Grandmaster of Northern Long Fist in Taiwan.

In Houston, he has been teaching Northern Long Fist, 8 Step Praying Mantis since 1985 andhas organized Chinese Martial Arts Exhibitions for more than 20 years, also host WSCMAC, award Wu Martial Arts Scholarship annually in Houston.

Dedicated to passing down traditional Chinese Martial Arts, Master Wu continues to teach Chinese Martial Arts today at Chinese Culture Center and teaches at Rice University in Houston.

[Master Yi Yang, PhD](#)

Master Yang inherited traditional Yang style TaiChi, and has been studying and practicing it for over 30 years. To do more for the community helping people adopt healthier lifestyles through practicing TaiChi together Master Yang created Lakeshore TaiChi Group focusing on coaching TaiChi learners' graceful movements in natural environments along with relaxing music.

Master Yang is a resident in northside of Chicago, Illinois and has been working at Northwestern Feinberg School of Medicine for 25 years.



Thanks to All Athletes



who have made **2022** World Star Chinese Martial Arts Competition a great success.

2022 early registered athletes

Luke R. Alschbach	Joseph M. Demascal	Aditya Kumar	Lauren L. Nguyen	Serenity Tran
Sidney Ansin	Patricia Diaz-Bian	Diya Kumaran	Ben N. Nguyen	Tristan Tran
Edu Araujo	Hiruni H. Dissanayake	Jonathan Le	Brandon Q. Nguyen	Tan Tran
Zanon Barrett	Kenny Doan	Silvia Lee	Matthew Olmstead	Emily N. Tran
Aurora Barrett	Natalie C. Durkin	Ido G. Leff	Ethan Ouyang	Peter K. Truong
Christopher Barrios	Xia-Wei Summer EA	William Li	Robert B. Pallen	M. Ullah
Reagan M. Bazan	Aslan Elchiev	Anthony J. Lim	Katelyn Phung	Ved Varma
Al. Benavides-Aguilar	Sofia Elchieva	Shawn Lin	Jesse Phung	Akshaya Vegiraju
Ryan M Bergeron	Misty D. Elfer	Eric Lin	Gahan Ram	Alexander Vu
Yash A. Bhapkar	Elizabeth G Eng	Ethan J. Liu	Sophia Reichert	Tatva Vuppala
Tejas Bhapkar	Nathaniel T. Eng	Michelle Liu	Sara Reichert	Alvin Y. Wang
Zachary L. Briones	Molly K. Feldner	Jordan Liu	Mason Roberson	Elaine Wang
Ashtan Brockmann	Alison C. Ford	Haoyu Liu	Christene A. Roberts	Andy Wang
Austin Byun	Dezhou M. Gao	Suzanne Lovett	Logan W. Rodriguez	Grady Wang
Camilo Cadavid	Deyang M. Gao	Steven C. Lovett	Anqi Rong	Annie Wang
Duque Iris Cai	Jayne M. Garcia	Dazhi Lu	Nelly E. Rovira	Winston R. Wathen
Rui Cao	Jeremy J. Garza	Vincent Lu	Carmen M. Rovira	Alexander Q. Wei
Julian L. Carlton	Anuj Genesh	Fionna Lu	Christopher S. Satorre	Ahn Winn
Ling Casenas	Judah Gnanam	Cecily Lu	Jenna Schmitz	Marcus Wong
Bryan Castillo	Jedediah Gnanam	Mason P. Lucas	Mina Selcuk	Jing Wu
Findley F. Champagne	Enrique Gomez	Pamela Lucas	Michelangelo Severiche	Alex L. Xu
Taran F. Champagne	Jie Gu J. Gu	Alejandro Luera	Haoran Shen	Zhihan Xu
Ethan Chang	Julian Guerrero	Truc T. Ly	Michael D. Shi	Henry C. Xue
Kyle Chang	Adrian Guerrero	Ritvik Mahendra	Zhiteng Shou	Nianjin A. Yang
Mason Cheang	Nathan J. Guijon	Marcus Mai	Alan Shou	Ruojin E. Yang
Yixuan Chen	Anna Y. Guo	Cameron Man C. Man	Sage Shultz Ball	Aria Y. Yang
Shul Chen	Emerson Han	Emma Man E. Man	Patrick S. Sim	Aria Y. Yang
Autumn Chen	Daniel Hartai	Eliana I. Mann	Sanya Singh	Justin Yang
Luyun Chen	Balint Hartai	Chris Marshall	Brendan H. Siswanto	Yang T. Yang
Emerson R. Chen	Katherine S. Ho	Andrew C. McCarter	Zachary C. Siytangco	Connie Yang
Athena L. CHENG	Ben Hoang	Jerry McLemore	Zoe Siytangco	Junqi Yao
Elena Cheng	Eric Hogan	Alma McLemore	Riya Soni	Megan Yee
Cathy Cheng	Lindsay Hsu	Regina McLemore	Devak Soni	Nicole Yin
Maggie Cheng	Selina Huang	Charles E. McMichael	Dennis A. Spurling	Newman Yin
Elyne N. Cheng	Gilles F. Hudelot	Stanley Meng	Roman A. Spurling	Liteng Yu
Arthur Cheng	Anton Huynh	Elina Meng	Alexander Starnes	Bryan Yu
Sofia Cherkasova	Andy Huynh	Kam Mohanna	Evangeline F. Su	Steven Yu
Justin A. Collins	Lydia Ikeda	Mahirah Mutabanna	Fanian W. Sun	Yanzhen Yue
Cian Collins	Matthias Ikeda	Kenia Navas	Margaret A. Swavely	Geroge Zhai
Daniel Collins	Jairus Joseph	Karen Navas	Avery H. Tanzil	Chris H. Zhang
Nicholas W. Dam	Rebecca Kelly	Eric J. Nelson	Aldric Tanzil	Pearl F. Zhang
Keaton Dang	Roshan L. Khan	Adrian Neumann	William Z. Teppenpaw	John Zhou
Kaili A. Dauffenbach	Harinandan Kieewsaran	Kai J. Newfeld	Pranav Thoppay	Brendan E. Zheng
Kannon L. Dauffenbach	Nathan Kong	Tim Q. Ngo	Anna Tonkonogui	Evan Zhuang
Jacob D. DeLarm	Campbell G. Kramer	Matthew M. Nguyen	Bui Tran	Yan Mei Liu



2021 WSCMAC Review



Wu Martial Arts Scholarship



2021
Zachary Briones



2022
Cara
Zhuang



2022
Alex
Xu

Wu Martial Arts Scholarship Honorary Mentions



2022
Pearl
Zhang



2022
Katelyn
Phung



2022
Elina
Meng





In Memory of Grand Master Wei Hsiap-Tang



Grandmaster Wei inherited the Eight Step Praying Mantis style (八步螳螂) from Feng Huan-yi (馮環義).
Eight Step Praying Mantis style is a combination of the traditional mantis style (螳螂), along with Hsing-yi (形意), Bagua (八卦), and Tongbei (通背).



Eight Steps of Eight Step Praying Mantis

by Ernie Wu

Inspired by the natural ability of the praying mantis to defeat larger and more powerful adversaries, Wang Lang is believed to be the one who created the Northern Praying Mantis style of Chinese martial arts in the mid 17th century. Since that time, many generations of kung fu masters have refined Wang Lang's original martial art form, giving birth to a wide variety of styles, all based on Wang Lang's original teachings.

At around the turn of the 20th century, Chiang Hua-long (姜化龍), a master in the style of Plum Blossom Praying Mantis, became fascinated with internal styles of kung fu. Chiang Hua-long wanted to unite the mainly external Praying Mantis style with internal principles from styles such as Bagua, Hsing Yi, and Tong Bei. Together, Master Chiang Hua-long, Master Wang Chong-ching (王宗慶) of Bagua, and Master Chen De-shan (陳德善) of Hsing Yi and Tong Bei, created a new style known today as Eight Step Praying Mantis.

Master Feng Huan-yi (馮環義) was the first and only known student to learn Eight-Step Praying Mantis from Master Chiang Hua-long. Master Feng in turn passed his knowledge and skill down to the young Wei Hsiao-tang before eventually dedicating the remainder of his life to Daoist studies. Until his final days at over 80 years of age, Grandmaster Wei Hsiao-tang (衛笑堂) practiced and taught Eight Step Praying Mantis in Taiwan. If not for his lifelong dedication to the style, Eight Step Praying Mantis may not have survived to modern times.



Grandmaster Wei was born in Shandong province in mainland China in 1902, and started teaching Kung Fu when he was 20 years old. He was invited to teach Chinese Martial Arts in the local armed services for three years, and, at the age of 26 was invited to teach in Shanghai where he learned Wu's Style Tai Chi from Grandmaster Wu Chien-chuan (吳鑑泉), and become friend with Grandmaster Lo Kwan-yu (羅光玉), renowned master of the Seven Star Praying Mantis style. In 1950, Grandmaster Wei arrived Taiwan at the age of 48, and he would teach Eight Step Praying Mantis from that time until passing away in 1984.

Today, Grandmaster Wei's students and their students all over the world continue to practice and teach Eight Step Praying Mantis to the new generation.

Eight Step Praying Mantis basics consist of eight stances and eight steps. This article will address the eight steps that give the namesake to the Eight Step Praying Mantis style, which are: Pull Step (拔步), Dash Step (竄步), Stack Step (疊步), Encircle Step (入環步), Shift Step (挪步), Chop Throw Step (吞塌步), Walking Step (行步), and Drag Step (拖步).

1. Pull Step (拔步)

Pull Step starts with the with the Tiger Stance, with the center of balance in the middle, and the body weight evenly distributed between the two feet. The right hand and foot are in front with the fingers of the right hand pointing up at eye level. The right elbow is slightly bent, and both shoulders drop to a relaxed position. The left hand is located lower and to the left of the right elbow about one fist away. The fingers of the left hand are pointed towards the right elbow. Begin by looking at the right index finger. Lift both arms and form a counterclockwise oval from the left side of the body to the right side ending with the right hand in front and the right palm facing outwards. The left hand ends similarly but is located at



the right elbow.

At the same time, cross the right leg over the left leg and jump backwards. Landing in the Chicken Stance, have the right hand at crotch level and the left hand by the right shoulder. Finally, put down the left foot and change to Cat stance while turning the waist and raising both hands in a defensive pose.

2. Dash Step (竄步)



Dash Step starts from the right Tiger stance. Pull both hands back to the left lower side while going into a right Cat stance. Step out with the right foot and then jump forward using the same foot and move the left foot to the front while in the air. At the same time, swing both hands to the right with both elbows almost straight, blocking off any possible attack from the front. Landing on the right foot in a right Chicken stance, with both hands to the right side of the body. Next, squat down with the weight on the right leg and the left knee straight. The left foot should be extended with the toes pointing to the right. Then shift the weight to the left foot while changing to Bow and Arrow stance. When moving, the left hand should brush past the left knee and change to a fist as it is pulled back to the left side of the waist. Simultaneously, the right hand strikes out from the right side of the

waist and extends to the front with the elbow almost straight, right palm facing front, and fingers pointing straight up.

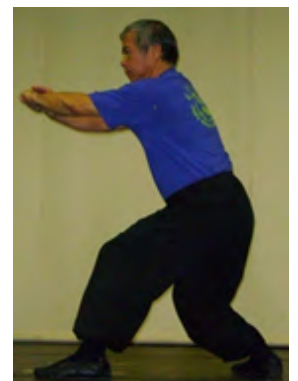
3. Stack Step (疊步)

Stack Step starts from the right Tiger stance. Roll the left hand over the right elbow, and then move the right hand over the left hand while changing it into a back-hand forward strike. The right elbow should be slightly bent, and the left hand should be located to the lower left of the right elbow, about one fist away. The fingers of the left hand should point towards the right elbow. Next, start by looking at the right hand and then turn the head to check the space behind. Retreat the right foot to the left foot position. When touching, the left foot moves back a step and the stance returns to the right Bow and Arrow stance. Repeat the same movement a second time. Then, move the right foot back one step, and simultaneously move the left hand along the right arm over the right hand while changing to the left Tiger stance. The left palm faces front with the fingers pointing up at eye level, and the fingers of the right hand point towards the left elbow.



4. Encircle Step (入環步)

For the Encircle Step, start from a right Tiger stance; then, block and grab with the right hand while forming a fist. Move the left forearm in front in a rolling, twisting motion, and form a fist with the inside facing up. Next, turn the body to the right entering the Twisted stance. At the same time, turn the right foot outwards with the toes pointing 90 degrees to the right from the original position. Pull both hands back to the right side with the right fist at the waist, the left fist face up, and the left forearm about one fist away from the naval. Simultaneously, step forward and out with the left foot at a 45 degree angle from the original position, and change to a left Bow and Arrow



(continue on next page)

stance. Position the right hand to press with the left forearm, and push both hands out while moving the right foot up to enter the left Tiger stance.

5. Shift Step (挪步)



Shift Step starts from the right Tiger stance. Move the right foot half a step to the right, and position the left hand under the right elbow. Grab along the right forearm as if blocking away a hand, and at the same time, move the left foot close to the right foot. Without stopping, continue to move the left foot to the front in a Cat stance. The left hand continues to grab in a forward left direction and then pulls toward the left shoulder while forming the Praying Mantis Claw (wrist bent, thumb, index finger and middle finger straight and touching together, and last two fingers curled in). Simultaneously, move the right hand to the front and grab inwards to form another Mantis Claw. For this movement, both hands should move in a circular movement while turning the waist to from right to left.

6. Chop Throw Step (吞塌步)

Chop Throw Step starts from the right Tiger stance. Grab outward with the right hand, and turn the right foot 90 degrees to the right. Move the left hand over the right hand and chop horizontally forward and out to the left side, toward the opponent's throat (make sure the left hand does not go beyond the left shoulder). At the same time, the right hand should move under the left elbow. Next, use the left foot to sweep from left to right, keeping the heel on the ground and ending with the toes of the left foot pointing upwards. Move the right hand under the left elbow and grab along the left forearm as if blocking an incoming hand. Position the right foot behind the left foot in a Cat stance. Then, grab with the right hand while returning to the right side of the waist with the inside of the fist facing up. The left hand comes up and pushes out with the palm face down and the left elbow almost straight. At the same time, move the left leg straight out to become a right Bow and Arrow stance). Repeat the throwing motion once more by entering the Cat stance in the same manner and ending in the right Bow and Arrow stance with the left palm extended forward.



7. Walking Step (行步)

Similarly, the Walking Step begins from the right Tiger stance. The left hand passes over the right hand with the left elbow almost straight and the fingers pointing upwards. The left palm needs to be tense with a feeling of pushing forward. The right hand moves to the back along the right side, forming a hook hand -- with five fingertips touching and pointing upwards. The right wrist should also be bent in this position. At the same time, step forward with the left foot to enter the left Bow and Arrow stance. Then, step forward with the right foot during which the right toes dig into the ground and kick backwards as if flinging sand. Keep both hands positioned the same, walk several steps. Switch to the opposite side, repeat.



8. Drag Step (拖步)

Drag Step starts from the right Tiger stance. Block inwards with the right hand from the right shoulder to the left shoulder. Then, move the right hand down to the lower front right side of the body while stepping forward with the left foot one step to become a Bow and Arrow stance. The left fist is placed at the left side of the waist, face up. Next, drag the right foot and take one big step in front entering a right Bow and Arrow stance. Simultaneously, punch with the left fist straight out and return the right fist to the right side of the waist, face up.



Then, move the left foot one step forward and enter a left Bow and Arrow stance. Punch with the right fist, and follow with a left straight punch while once again bringing the right fist to the right side of the waist. Move the left hand up to eye level, and block in front from the left shoulder to the right shoulder. Repeat the movements with the opposite side.

Applications of Eight Steps: (By Ernie and Clint Wu)

Pull Step, Dash Step, Stack Step, Encircle Step, Shift Step, Chop Throw Step, Walking Step, Drag Step



Wu Martial Arts Scholarship

Eligibility:

Applicants to the Scholarship Program must, at the time of the application:

- Be a U.S. citizen;
- Plan to enroll full-time as an undergraduate at an accredited U.S. four-year college or university for the entire upcoming academic year;
- Have studied one or more styles of Chinese Martial Arts – Kung Fu, Wu Shu, Tai Chi, or Shuai Jiao – for a minimum of four (4) years;
- Have a minimum average GPA of 3.0 on a 4.0 scale (average B);
- Be able to provide necessary proof for the above.

Selection Process:

Scholarship recipients are selected based on the following factors:

- Achievements in martial arts (e.g., tournament participation and medals, contribution to the advancement of martial arts);
- Academic achievement;
- A one to two page essay explaining what the study of martial arts has meant to the applicant (double-spaced, 12 pt, Times New Roman font) ;
- Two recommendation letters. (*The applicant consents to the publication and use of the essay by WMAA.)

Award Amount: \$1000 per person.

Application Procedure:

All applications must be submitted in writing on or before deadline each year to:

Wu Martial Arts Association Scholarship: 9777 Harwin Drive, #509 • Houston, TX 77036

Applicants are responsible for submitting all materials on time and in ONE ENVELOPE. Incomplete applications will not be evaluated. Applications are complete and valid only when all of the following materials have been received.

More details, please check the website
www.wumartialarts.org

 **Solidarity**  **Strength**  **Perseverance**

Competition General Rules

A competitor can not compete with the same form twice in different event in this case competitor will be disqualified for the second event without refund.

A competitor must register all events at the same age and level. Unauthorized person is not allowed inside the ring when competition in progress will result violator been escort out of the site, if the violator is a coach, parent or related to a competitor, the competitor will be disqualified, no refund in this case.

Dress Code:

In order to respect Chinese Martial Arts, All competitors are required to follow the dress code. Competitors are preferred to wear traditional Chinese Martial Arts uniforms, school T-shirt, an event shirt with pants appropriate for the Chinese Martial Arts are permitted, regular athletic type shoes are mandatory except sparring no regular street type shoes allowed. The competition organizer reserves the right to make the final judgments on appropriate dress code.

Procedures:

First register will compete last.

All competitors will report to the ring at least 10 minutes before the beginning of the event. If a competitor should have another competition, he or she or representative must at this time tell ring official so they can adjust the competing order.

When the official sees that competitors are ready, he or she will call the first competitor when the competitors name is called to compete, he/she will enter the ring and salute to the head judge and wait for permission/signal from the head judge to begin, upon receiving the signal to begin, the competitor will walk to the starting position within the ring stand in attention showing that the form is ready to begin, time keeper will start timing when the competitor start to move from the attention position, the time clock will stop when the form is finished, the competitor after complete the form will go back in front of head judge at attention and wait for the score to be announced, then he or she can salute to the head judge and leave the ring.

Medals will be awarded at complete of each division, unless otherwise announced by head judge.

Scoring:

Scoring will be given on the base of performance & level by individual judges.

The ranges of scores for levels are as follows:

- Level I, II and III: 7.00 – 8.50
- Level IV: 8.5 - 9.9

Scores remove the highest and lowest score then calculate the final score, in the event of a tie the lowest score will be added and if still tied, the highest will be added, and sill tied, then both competitors will receive the same award.

Ring sizes:

- Traditional Kung Fu: 20' x 40'
- Modern Wu Shu : 20' x 46'
- Tai Chi and Internal: 20' x 30'

Time Limits

Time limits begin at the first move of the form.

- Traditional Kung Fu: Maximum 2 minutes

- Level I, Level II: minimum 30 second
- Level III: 45 second minimum; Level IV: 45 second minimum.

- Modern Wushu Forms: Maximum 2 minutes
- Level I, Level II: minimum 30 second
- Level III: minimum 45 second
- Level IV: minimum 1 minute 20 second.
(Junior and under: 1 minute 10 second)

- All Tai Chi Forms (except 24, 42 Hand forms which perform to finish):
- Minimum 3 minutes, maximum 3 minutes 30 second.

- Internal (non-Tai Chi) Forms: (Xingyi, Bagua, Liu He Ba Fa etc.)
- Minimum 1 minutes, maximum 3 minutes 30 seconds.
- Tai Chi Sword and Other Internal Weapons:
- Minimum 1 minute 30 second, maximum 3 minutes 30 seconds.

Deductions for violation of Time Limits

There will be 0.1 points deduction for each 5 seconds increment under or over Time Limits, for Tai Chi, Internal forms there will be a 30 seconds signal audible to competitor before maximum Time Limit.

Re-performing (broken weapon, forget form) will have a deduction of 0.5 point from final score, unless there are uncontrollable circumstances, level I is exempt from this rule.

Hand Forms

Traditional Northern Long Fist includes Cha Quan, Hong Quan, Hua Quan, Pao Quan, Northern Shaolin, Northern Eagle Claw, Mizong and other Long Fist styles.

Northern Open includes Ditang, Drunken, Monkey, Praying Mantis and other acrobatic styles.

Northern Other includes Piqua, Baji, Fanzi, Chuoqiao and other forms not included in the categorized styles.

Weapons

Short weapons (straight sword, broadsword)

- When held in one hand the tip of sword must be even with the tip of the ear.

Long weapons (staff, spear)

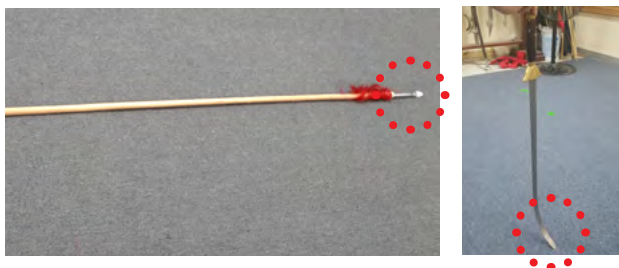
- Staff at least height of competitor.
- Spear when rest on floor, the tip is at least same height as middle finger tip with arm raised.

Other weapons, weapons not included in Long or Short.

- Traditional weapon except flexible weapons, need to support its own weight, kid's levels is exempt from this rule.

Violation of weapon requirement will result 0.2 deductions from final score.

* **Not acceptable** weapons for traditional divisions



Traditional weapons rules apply to age 13 and up, 12 and under can be exempted.

The head Judge and scoring judges will inspect all weapons prior to each weapon event to determine the weapon's safety and to enforce the regulations. Non-conforming weapons can be replaced for suitable ones prior to the start of the event.

Reaction Skill

Push Hands (Fixed Step, Restricted Step)

- Two 60 seconds rounds with a 15 seconds break Chi Sau
- See Chi Sau rule.

Continuous Sparring

- See sparring rule.

Grand Champions (Level IV only)

- **Must pre-register cannot register on site.**

To qualify for the Grand Champions, competitors must compete:

- For Traditional and Wushu
- One Hand Forms and three Weapons (short, long and other weapon),
- For Traditional Tai Chi
- One Hand Form and two different weapons,
- For Competition Tai Chi
- Two different Hand Forms and one weapon,
- For Other Internal
- Two hand forms and one weapon.

Competitor can register in their division as many events as possible. Grand Champions earn points for placing in all events registered. The Grand Champion is based on the greatest sum of points.

Points are calculated:

- 5 points for each gold medal
- 2 points for each silver medal
- 1 point for each bronze medal

At least one gold medal and the most point wins the Grand Champion.

If a tie occurs, the one has most gold medals wins.

Continuous Sparring Rules

Competition Format:

All matches are single elimination consisting of three one-minute rounds of running time.

The time is stopped for injuries or equipment adjustment.

At the end of each round the winner of that round is declared by the decision of the majority of the judges. The winner of two out of three rounds wins the match.

Equipment:

Mandatory protective equipment must be supplied by the athlete and must include: Head protector, mouth guard, groin cup, chest protector (For Women), foam gloves with no exposed fingers, and foam foot protectors that cover entire foot. Shin guards are optional.

Match Length:

- For Teens and Adults, medium contact continuous sparring
- Three 1 Minute Rounds with 30 seconds break:
Winner of First 2 Rounds wins the Match.
- For Kids and Juniors, light contact continuous sparring

- Three 45 Seconds Rounds with 15 seconds break.
Winner of First 2 Rounds wins the Match.

Note: In Case of a Tie there will be a Sudden-Death round to determine the winner. First person to score a Clear, Legal Technique wins.

Progression of Match:

- Athletes enter the ring at the command of the Chief Judge
- Before initiating competitive sparring athletes salute the chief judge and then each other
- The Chief Judge will commence the match by giving the signal to begin
- The Chief Judge directs the match with verbal signals ("begin" "stop," etc.)

Legal Contact Targets:

For 13 & up

- Medium contact to front and sides of torso
- Medium contact to side of head gear
- Medium contact to upper thigh

For 12 & under

- Light contact only. Absolute Non-Contact Targets:

Absolute Non-Contact Targets:

- Front of face, back of head
- Groin

Note: Any contact to this area may result in immediate disqualification

Allowable Techniques:

- Sharp, clean punches and kicks
- Momentarily grabbing the opponent's wrist to execute a technique
- Leg sweep to the-front leg

Illegal Techniques:

- Elbows
- Knees
- Spinning backfist
- Joint locking
- Striking any area of the opponent's back or groin
- Sweeping the rear leg or the supporting leg when the opponent is kicking
- Any blind technique

* The following infractions will result in a warning:

- Willingly running out of the ring
- Use of illegal techniques
- Striking an illegal target
- Not following the Chief Judge's directions

** The following will result in immediate disqualification:

- Excessive use of force
- Bleeding or excess bruising that results from any strike
- Accumulation of 3 warnings
- Unsportsmanlike conduct by Athlete, Coach or Parent

Push Hands Rules

Fixed Step:

Both feet must remain on the floor at all times Heel or toe may be raised briefly, but the foot may not leave the floor or change position.

- The feet remain in the same starting position
- Any sideward movement or double placement of the foot is not permitted

- Advancing or retreating is not permitted

Restricted Step:

- For restricted push hands. The front foot at the start of the round must remain front in the round.
- Either front or back foot may move, but not both at the same time.
- There must be a beat between steps (no charging).
- Movement is lined along center line and players may not step more than 45° to either side to defend or gain advantage in pushing.

The Following descriptions apply to both Fixed and Restricted Step Push Hands.

Competition format:

- All matches are single elimination.
- Matches consist of three 1 minute rounds, with 15 seconds break in between. Winner of first two round win the match.
- The players change leg position after each round.

Match area:

- Two perpendicular lines form a cross in the center of area.
- Both competitors in forward stance, the ball of the right foot on the horizontal line, front feet are separated by the vertical line which is the centerline of the area.
- When stopped for any reason, competitors return to the starting position.

The purpose for the match is to uproot or off balance of opponent while keep own balance.

Progression of Play begins in a neutral position with back of right wrists touching; left hands are at opponent's right elbow, reversed at second round.

- Players move their arms together In a horizontal circle until referee feels a neutral state, and says "begin", then can start the match.
- Players unable or unwilling to begin play neutrally may be issued a warning.

Techniques allowed

- Pulling with one hand no more than 1 second, trapping techniques, non-impact techniques to off opponent's balance.
- Contact is allowed between hips and collarbone.
- The head, neck, spine and legs cannot be attacked, or will result in a warning or disqualification.

Scoring:

- The center and corner judges can call for a point, points are awarded by majority judges.

Warning:

- Grabbing longer than 1 second or with both hands, grabbing clothing.
- Wrapping hands around the back.
- Striking, charging and joint locks are not allowed.

Immediate disqualification:

- Excessive or dangerous move.
- Accumulate 3 warning.
- Un-Sportsmanlike conduct by competitor coach.

Chi Sau Rules

- 1) Display skill in 3 areas:

- a) Wing Chun Hands
 - i) Techniques
 - (1) Striking (2) Trapping/Controlling (3) Uprooting
 - ii) Attributes
 - (1) Sensitivity (2) Reaction (3) Coordination
 - b) Wing Chun Body
 - i) Techniques
 - (1) Demonstration of Proper Body Structure
 - ii) Attributes
 - (1) Relaxation
 - c) Wing Chun Footwork
 - i) Techniques
 - (1) Stepping (2) Bracing (3) Uprooting
 - ii) Attributes
 - (1) Balance (2) Mobility (3) Stability
- 2) Display Good Sportsmanship
 3) Promote Wing Chun through competition
 The competition area shall measure 3m x 3m in the metric system and have a flat surface without any obstruction projections. The clothing worn shall be appropriate as judged by the attending school or team.

Skill Divisions

- Level I & II, Level III & IV
 Weight
 Men < 160 lb, Men 160 - 185 lb, Men > 185 lb, Women < 135 lb, Women > 135 lb
- 1) The duration of the contest shall be three rounds.
 - 2) The first two rounds shall be 45 seconds in length.
 - 3) The third round shall be 60 seconds in length for intermediate divisions and 120 seconds for advanced divisions.
 - 4) A 30 seconds rest will follow all rounds.

Permitted techniques and Areas

- 1) Permitted techniques
 - a) Daan Da (Single Strikes) - Any strike performed without changing both hand positions
 - i) Examples:
 - (1) Chung Choi (Thrusting Punch),
 - (2) Jou Sau (Running Hand),
 - (3) Lat Sau Jik Chung (Off Hand, Forward Thrust),
 - (4) Ding Jeang (Straight or Side Palm),
 - (5) Go/Dai Wang Jeang (High/Low Side Palm)
 - b) Seung Da (Double Strikes) - Any strike performed by changing both hand positions simultaneously
 - i) Examples:
 - (1) Ngoy/Noi Tan Da (Outside/Inside Disperse Strike)
 - (2) Ngoy/Noi Pak Da (Outside/Inside Slap Strike)
 - (3) Ngoy/Noi Lop Da (Outside/Inside Grab Strike)
 - (4) Po Jung (Break Center) (5) Huen Da (Circle Strike)
 - (6) Jau Sau (Running Hand) (7) Laan Da (Obstruct Strike)
 - (8) Gum Da (Press Strike) (9) Po Pai Jeang (Carry Sign Palm)
- 2) 2. Permitted Areas
 - a) Trunk
 - i) Within the limits of the area from the horizontal line at the base of the throat down the horizontal line of the waistband above the hips. However, no attacks shall be made to the back.
 - b) Head

- i) The sides and front of the head covered by the head protector shall be open to moderate contact for the Advanced Division only. In the Intermediate Division the face may be aimed at, but no contact is allowed. The back of the head and neck shall not be at tacked nor aimed at. During the first and second round, the head shall not be considered a valid target, regardless of experience level.

Valid Points

- 1) Legal scoring area
 - a) Midsection of the trunk: the abdomen and both sides of the flank
 - b) Head: the permitted areas of the head
- 2) Awarding of Points
 - a) Points shall be awarded when the permitted techniques are delivered accurately and powerfully to the legal scoring areas of the body.
 - b) Each scoring technique shall earn plus one (+1) point.
 - c) Match score shall be the sum of points of three rounds
- 3) Invalidation of points
 - a) When the following are committed, the delivered technique will not be scored:
 - i) Intentionally falling, immediately after delivery of the legitimate technique.
 - ii) Committing an illegal act after delivery of the legitimate technique.
 - iii) Use of any of the prohibited actions.

Scoring and Publication

- 1) Valid points shall be immediately recorded.
- 2) The points shall be totaled at the end of the match and the winner shall be announced.

Prohibited Acts

- 1) The Referee shall declare penalties on any prohibited acts
 - a) In the case of multiple penalties being committed simultaneously, the heavier penalty shall be declared
 - b) Penalties are divided into Warning Penalties and Deduction Penalties.
 - c) Two warning penalties shall be counted as deduction of one (1) point. However, the last odd warning point shall not be counted in the grand total.
- d) A deduction point shall be counted as minus one (-1) point.
 - i) Prohibited Acts: Warning penalties
 - (1) Grabbing the opponent with both arms (longer than 1 second)
 - (2) Pushing the opponent with the shoulder, body, hands, or arms
 - (3) Manhandling - the use of strength/muscle to overbear the opponent
 - (4) Clinching - holding the opponent with the hands or arms
 - (5) Intentionally crossing the Boundary Line
 - (6) Evading by turning the back to the opponent
 - (7) Intentionally falling down (8) Pretending injury
 - (9) Attacking with the knee (10) Attacking the groin intentionally
 - (11) Stomping or kicking
 - (12) Hitting the front of the opponent's face with hands or fist (Advanced division only)
 - (13) Gesturing to indicate scoring or deduction by raising the hand, etc
 - (14) Uttering undesirable remarks or any misconduct on the part of the contestant or the coach
 - ii) Prohibited acts: Deduction Penalty
 - (1) Attacking a fallen opponent
 - (2) Intentional attack after the Referee's declaration of "Stop"
 - (3) Attacking the back and the back of the head intentionally
 - (4) Attacking the opponent's face severely with the hands or fist
 - (5) Butting (6) Throwing the opponent
 - (7) Violent or extreme remarks or behavior on the part of the contestant or the coach
- 2) When a contestant refuses to comply with the Competition Rules or the Referee's order intentionally the Referee may declare the contestant loser by penalties.
- 3) When the contestant receives minus three points (-3) the Referee shall declare him/her the loser by penalties.
- 4) Warning and Deduction shall be counted in the total score of three rounds.

Directory of Chinese Martial Arts Schools

Name of School	Instructor(Si Fu)	City	Contact Information
7 Star Martial Arts	Jeff Remster	Round Rock, TX	info@7starma.com
<p>Kids Martial Arts Class - won't just make your child safer, stronger & more fit... ADULT MARTIAL ARTS - not only will you get powerful martial arts training.... you'll also get in amazing shape, build your confidence and have the time of your life Kickboxing - strap on your gloves and have the time of your life punching and kicking your way to a fitter, slimmer, happier you.</p>			
American Institute of Martial Arts	James Smith	Houston, TX	346-842-8199 aima7226@hotmail.com
<p>5006 West 34th, Unit C Houston, Texas 77092</p>			
American Martial Arts Academy	Wallace Cupp	Houston, TX	(281) 597-0580
<p>Since being founded in 1993, we have taught and inspired hundreds of people in our community! Our goal is for us to have an incredible long-term relationship as we help you and your child reach your goals! Our Martial Arts Instructors are the BEST! Every staff member here at American Martial Arts Academy has a level-2 background check and has passed our rigorous training program to ensure that we can provide the best quality classes and customer service to you and your family!</p>			
American Shaolin Kung Fu	Shi Yan Feng	Sugar Land, TX	www.americanshaolinkungfu.com
<p> Shi Yan Feng (Master Feng) has well over 500 students all over the US. To date, his students have won many 1st, 2nd, and 3rd place medals in All-Texas, All-American, and International Wushu Competitions held in the United States. Email: americanshaolinkungfu@yahoo.com His expertise includes: Traditional Northern and Southern Shaolin (forms and 18 weapons), Ditang Quan (Ground Boxing), Modern Chang Quan (Wushu and Long Fist), Drunken Style, Animal Styles, Qi Gong, Tai Chi, Meditation, San Da (Chinese kick boxing), Qin Na (Pushing Hands/Grappling)</p>			
Bellaire Yoga TaiChi	Edward Wong	Houston, TX	346-360-3050
<p>Master Edward Wong trained in several other forms of martial arts but have always returned back to Tai Chi. He has been training in Tai Chi & Qi Gong for over 40 years. He focuses his teaching on foundation, theories and self defense application for Tai Chi. Foundation and theories unlocks the deeper secrets of Tai Chi to help his students reach the full potential that Tai Chi has to offer. Master Wong teaches Chen and Yang Tai Chi. He also teaches advance level of Qi Gong.</p>			
Bellaire WuShu Academy	Randy Harper	Bossier City, LA	bellairewushum@gmail.com
<p>The BMAA was founded by Dr. Randy Harper (Sifu) on Biblical principles in the Word of God. BMAA is committed to sharing Christ through the Wushu, and Christian Fellowship. The mission is to train leaders and to Love The Lord. BMAA also promotes Wushu and martial arts and self defense. Our goal is to encourage humbleness, restore family values and witness the gospel through Wushu (Chinese Martial Arts) and Taekwon-Do.</p>			
Birds of Prey Kung Fu Tai Chi	Michael Aronson	Richmond, TX	
<p>YING JOW PAI TRADITIONAL TKD PTMA TAE KWON DO, Yang Style Tai Chi, Northern Long Fist and Southern White Crane Call us: 832-289-7074 or email us at: fmichaelaronson@gmail.com</p>			
Blue Siytangco Taiji Kungfu Acad.	Blue Siytangco	Houston, TX	blue@bluesiytangco.com
<p>Chen Style Taijiquan - Enhance your health and wellness. Kids Kung Fu - Improve your child's discipline, self-control, and overall character development with Kungfu! Including bare-hand and weapons forms, kickboxing, wrestling, and self-defense. Warrior's Edge Self Defense - Take responsibility for your own personal safety and to learn how to protect your family and loved ones from criminal danger!</p>			
Central Motion Martial Arts	Kai Lewis	Houston, TX	Kai@Centralmotion.org
<p>Offer services ranging from: practical self-defense, traditional martial arts, personal training, functional fitness, stress relief, reflexology and meditation. Mindfulness and breathing is the thread that connects and unites the different modalities into one piece to help promote self-healing, self-defense and self-discovery. The sources of CMMA are mainly drawn from Taiji, Silat, Yoga, and Kalis systems but also include elements of Physical Therapy, Sports Science and Massage therapy.</p>			
Combat Shuai Chiao	John Wang	West Lake Hill, TX	johnwang46@yahoo.com
<p>John S. Wang, disciple of the grand master Chang, Dong Sheng (the Chinese wrestling king), has over forty years of martial arts experience and has won competitions in the United States and China, including three times United States heavy weight championships in Shuai Chiao (1982, 1983, 1984). Mr. Wang has has been teaching in Austin since 1972 and serves on the board of directors for the American Combat Shuai Chiao Association.</p>			
Chu's Kung Fu	Paul Chu	Houston, TX	chuskungfu@gmail.com
<p>Master Paul Chu began his Kung Fu training as a child in Hong Kong learning Wing Chun, Northern Shaolin, and Tai Chi. He has run his school since 1980. His depth of knowledge and experience in other Kung Fu styles helped him to quickly attain a very high level of expertise in Choy Lee Fut. Master Chu belongs to a tradition and lineage of instruction that is among the most honored and respected in all of the martial arts. With utmost dedication and gratitude to his teachers, Master Paul Chu is committed to helping spread Choy Lee Fut and Kung Fu around the world.</p>			
CKFA of Southern Praying Mantis	Tommy Quan	Houston, TX	www.ckfa.com
<p>Houston, TX (Headquarters School) (713) 779-1089; Houston Headquarters School - Sifu Tommy Quan (832) 860-8878, Sifu Paul Dermody (832) 303-2532, Sifu Abraham Chu (832) 878-6988</p>			
Dragon Gate Kungfu	Jonny Shieh	Houston, TX	jshieh@nejjiakungfu.com
<p>Traditional martial arts school to help students develop confidence, discipline, and self-defense skills. Our mantra is: sharpen your mind, strengthen your body, and be the best version of yourself!</p>			

Name of School	Instructor(Si Fu)	City	Contact Information
Five Tigers Martial Arts 1410 S 3rd St, Ste B, Mabank, Texas, Contact 903-603-8840	Ellis Beam	Mabank, TX	fivetigersma@yahoo.com
Guo Jie Tai Chi Academy Guo Jie TaiChi was established in 2000. Classes include: Yang TaiChi Hand Forms (24 Form, 48 Form, 42 Form), Chen's TaiChi Hand Forms (56 Form, 71 Form, 83 Form), TaiChi Sword (32 Sword, 42 Sword, 56 Sword, Wudang Sword, and Chen Style Sword), Other TaiChi weapons include: Fan, Boardsword, Spear and Staff, Bagua Zhang, Basic Wushu Training	Sam Guo	Hacienda Height, CA	samguo999@yahoo.com
Hebei Chinese Martial Arts Institute Sifu Wuzhong Jia, · Wu Shu - Kung Fu (Gong Fu) · Shaolin (long fist) · Tai Chi (Taiji: Chen, Yang, Wu, Wu/Hao, Sun, taolu) · Chi Kung (Qigong: medical, longevity, Taoist, Shaolin Yijinjing, Ba Duan Jin, Wild Goose) · Ba Gua (Pa Kua: Cheng, Liang, Yin) · Xing Yi (Hsing-I: 5 elements, 12 animals) · Push-Hands · Sanshou (Sanda) · Weapons (straight sword, broad sword, staff, spear, sabre, whip, fan, Guan Dao) Dallas Area: 1201 International Parkway, Suite 200, Richardson, TX 75081, Houston area: 3080 Northpark Drive, Kingwood, TX 77339	Wuzhong Jia	Richardson, TX	wuzhongj@hebeiwushu.com
 Shaolin Kung Fu Academy is an institution dedicated in spreading the traditional Chinese culture and the exchange of the heritage and cultures between the East and West. The motto of the institution is "Skill of martial arts need equal virtue to enhance, so one needs to cultivate both skill and virtue". The academy was founded in 2001.	Shi Xing Hao	Houston, TX	shaolinacademy18@gmail.com
Houston Shaolin Temple Kungfu Center (832) 672-6666 wanmaofang@hotmail.com	Jian Wang	Houston, TX	https://www.kungfuhouston.com
Hu's Martial Arts, TX Master Hu has taught Tai Chi Chuan and Kung Fu since 1969. He has given many demonstrations and workshops of Kung Fu and Tai Chi Chuan in Colorado, Illinois, Michigan, Missouri, Montana, Ohio, Washington D.C. and Texas. During his martial arts career, he has placing first in most competitions. He is a member of the Texas Acupuncture Association. He currently teaches Chi Kung and Internal Style Martial Arts in Houston, TX where he also maintains an active practice of traditional Chinese Healing (acupuncture, acupressure, moxibustion, etc.).	George Hu	Bellaire, TX	georgelinghu42@gmail.com
Integrity Kung Fu Academy Coach Qingbin Chen during his 30 years of professional Wushu career, has received more than 20 awards, both nationally and internationally recognized awards. 3780 Cartwright Rd., MISSOURI CITY, Texas 77459 (832) 453-4832	QingBi Chen	Missouri City, TX	founder@integritykungfu.com www.Integritykungfu.com
Int. Chen Tai Chi Development Center Tai Chi Forms - Lao Jia (Old Frame) – First Routine; Lao Jia (Old Frame) – Second Routine; Xin Jia (New Frame) – First Routine; Xin Jia (New Frame) – Second Routine; 38 Section Routine; Eight Methods; 36 Shoulder Elbow Strike; Qi Gong; USA Competition Form; 56 Int'l Competition Form; Tai Chi Qin Na; Tai Chi San Da; Tai Chi Saber; Double Tai Chi Broadsword; Tai Chi Sword; Double Tai Chi Sword; 42 Tai Chi Sword; Tai Chi Spear; Tai Chi 13 Form Long Pole; Tai Chi Kwan Dao	Mark Cheng	Houston, TX	jincaich@gmail.com
Iron Mantis Martial Arts	Jeff Hughes	Clute, TX	ironmantismartialarts.com
Jade Mountain Martial Arts "Katy's Original, Award-Winning Kung Fu and Brazilian Jiu-Jitsu School" Learn Ancient Martial Arts with a Modern Approach. JMMA are focused on YOU and helping you or your children reach your goals. Fitness, self-confidence, skills for self-defense, whatever you are looking for, our personalized teaching style will help you achieve it. We treat our students with respect, and we will help you to change your life for the better in every way that we can.	Whit McClendon	Katy, TX	info@jademountain.org
Jing Wu Wu Guan 8650 Spicewood Springs Road #114B, (737) 444-3162	Jing Wu	Austin, TX	austinkungfu666@gmail.com
Kam Lee's Acupuncture & Martial Arts HOW WE WORK: Challenging, fun and exciting classes! We are committed to providing you with the highest quality instruction and training in the martial arts industry. We teach two unique martial art disciplines to accommodate the need of all our students: Kung Fu (external style) and Tai Chi (internal style). Students are encouraged to advance gradually and confidently in their comfort zone to be successful and achieve their personal goals. Our martial art programs include traditional Kids martial arts, Teens & Adult Kung Fu and the original Tai Chi (Taijiquan).	Kam Lee	Fleming Island, FL	kamleecenter@gmail.com
Lakeshore Tai Chi Group Master Yang created Lakeshore TaiChi Group focusing on coaching TaiChi learners' graceful movements in natural environments along	Yi Yang	Chicago , IL	www.lakefortunesgroup.com
Law Horn Kung Fu and Tai Chi Law Horn Kung fu school is a family oriented center for learning traditional style Chinese kung fu. Our mission is to impact others by passing on what we feel are treasures of our style. We assist in the growth and development of a persons mind, body, and spirit through ancient kung fu training. The nature of our program is designed to strengthen the mind by teaching discipline, building character, self-awareness, and leadership skills. Our program conditions the body through the building of muscles and flexibility; forms, the use of weapons, joint locks, sparring and much more.	Alfonso Sauseda	Bossier City, LA	lawhornkungfu@gmail.com
Lee's Kung Fu and Tai Chi Lee's Kung Fu and Tai Chi Center provides training in traditional Chinese martial arts with specialization in the Northern Shaolin system My Jhong Law Horn, Wu Style Tai Chi Chuan and Fu Style Dragon Shape Pa Kua Chang. Students enjoy learning empty hand and weapon forms as well as sparring and push hands. Participation in demonstrations and tournaments is also encouraged. The school was founded over 40 years ago and continues to produce high quality martial artists in a focused and family friendly environment.	Glenn Guerin	Shreveport, LA	
Lee's White Leopard Kung Fu School These groups are from Dallas. They are specialized in My Jhong Law Horn Kung Fu (迷蹤羅漢) Wu Style Tai Chi (吳式太極拳).	Johnny Lee	Dallas, TX	allison.campolo@gmail.com

Name of School	Instructor(Si Fu)	City	Contact Information
Martial Zen, TX DISCIPLINE & CONFIDENCE! BUILD CHARACTER AND LEADERSHIP QUALITIES, IMPROVE FLEXIBILITY, BALANCE, AND STRENGTH. Martial arts classes benefit growing children far beyond the dojo and in many real-world scenarios. Our structured classes are meant to help develop coordination, physical fitness, mental strength, as well as gain valuable social skills. Through positive reinforcement, we can bring out the best in your children to help them succeed in life. Program includes: Kid's Martial Arts, Kung Fu, Tai Chi, Group Fitness		Killeen, TX	martialzenkilleen@gmail.com
Master Gohring Master Gohring's Tai Chi & Kung Fu, 6611 Airport Blvd., Austin, TX 78752 • 512-879-7553. Voted Best in Austin, Year After Year Est. 1996	Thomas Gohring	Austin, TX	master@mastergohring.com
Master Sit's TaiChi & KungFu Master Sit began his study of the martial arts in 1968, with Karate, then changed to Taijiquan, southern Gong Fu and other styles of martial arts. He specializes in Wu Taijiquan, Six Elbows (southern) Gong Fu and a rare internal style called Tai Hui, of which he is the only instructor in the entire USA. He also practices Bagua and Chen Taijiquan "just for fun". He enjoys teaching workshops and judging at major Taijiquan and Gong Fu competitions. He incorporates his favorite teaching methods which combine modern physics with the Taijiquan Classics, Tao Te Ching, and Buddhism.	Chun Man Sit	Kansas, MO	www.taihui.com/home.html
Meng's Martial Arts of Katy ANCIENT WISDOMS – MODERN METHODS Our mission is to use Martial Arts as a vehicle for Self Mastery, self-discovery, and preserving, yet improving the system of Shaolin Wing Chun for future generations.	Brad Ryan	Katy, TX	staff@martialarts4katy.com
Minot Shoushu Martial Arts Moore's Martial Arts is a self defense based style of martial arts. We believe in teaching you efficient ways to move your body and use the right techniques to help you be successful in defending yourself, no matter your age or size. We practice all our curriculum on one another in a controlled atmosphere, so you will be comfortable using your skills if you ever find yourself in an uncomfortable situation. We WILL teach you life skills, we WILL hold you accountable and push you to achieve your goals.	Rodger Martin	Minot, N. Dakota	701-839-9860
Neijia Kungfu Our Philosophy: STRENGTHEN YOUR BODY, SHARPEN YOUR MIND, BE THE BEST VERSION OF YOURSELF Taiwanese Heritage Society of Houston; 5885 Point West Dr. Houston TX 77036, 812-202-4421 https://nejiakungfu.com/aboutus/	Johnny Shieh	Houston, TX	info@nejiakungfu.com
Shaolin Temple Cultural Center Houston Shaolin Temple Cultural Center Austin The Shaolin Temple Cultural Center are officially recognized by Shaolin Temple of China. The Shaolin Temple Cultural Center has been tasked with the overseas promotion of the World Heritage Shaolin Temple culture. Our goal is to carry forward Shaolin tradition by teaching authentic Shaolin Kung Fu. Shaolin Kung Fu is a well-known Chinese martial art. The Shaolin Temple in China has a rich history of over 1500 years. Shaolin Kung Fu teaches physical fitness and self-defense, several open-hand forms, 18 traditional weapons, Qigong, self-discipline, and healthy lifestyle.	YanChang Shi Scott Pettengill	Houston, TX Austin, TX	shixingying@yahoo.com Spettengill1@austin.rr.com
Shaolin Wu-Yi Institute Shaolin Wu-Yi Institute offers over 25 classes per week in Shaolin 5-Animals Kung Fu (Hong style) and Long Fist Kung Fu (Nanjing Guosu style). Classes and Training in Fast Wrestling and Free Fighting, Yang style Tai Chi and Yoga for Martial Arts are also provided. Sifu Travis Alschbach draws on his experience as a Veteran Dallas Police Officer, Yoga Instructor and MMA Coach to teach innovative and effective classes for all those wishing to get the most out of their kung fu training. (www.swyi.com)	Travis Alschbach	Plano, TX	info@swyi.com
Shoreline	Chris Marshall	Seattle, WA	shorelinetaichi@gmail.com
Sifu Meng's International Kung Fu Academy 16 S Abbott Ave., Milpitas, California (408) 799-8309	Sifu Meng	Milpitas, California	sifumeng@Vital Kungfu
Taiji KungFu Health Academy The Houston Taiji KungFu Health Academy offers public classes in Wushu and Taiji taught by Master Wu Xiaoping. We offer a wide range of classes in Beginner and Intermediate Taijiquan as well as in Kungfu/Wushu. In addition to the Chinese Martial Arts Curriculum, the Academy offers traditional Chinese medicine treatments in acupuncture, acupressure, therapeutic massage, herbology, cupping and Qi Gong, practiced by Dr. Wu Chengde.	XiaPing Wu	Houston, TX	www.taijiekungfuhealth.com
Tiger On The Red TOR is a Martial Arts Academy that offers a wide variety of martial arts and combat sports training for all ages and ability. - My Jhong Law Horn Kung Fu - Xing Yi, Bagua, Tai Chi - Catch Wrestling - Rock Steady Boxing for Parkinsons Address: 1802 N Market St, Shreveport, LA 71107; Phone: (318) 222-0323		Shreveport, LA	tigeronthered.com
USA Shaolin Xiu Culture Center Master YuChao Sun's Katy KungFu Center thrives as a school of traditional Shaolin teachings, where Master Chao continues to share his Shaolin KungFu expertise with those who are eager to learn from an authentic 34th Generation Shaolin Temple Warrior Monk. https://www.shaolinlohancenter.com 21732 Provincial Blvd. Ste 100 • Katy, TX 77450 Phone: (832)363-7994	Yu Chao Sun	Katy, TX	123kungfu@gmail.com
USA Tai Chi Academy USA Tai Chi Academy is a nonprofit organization led by Master Jason Leung with the mission of promoting health through Tai Chi and Health Qigong in the community. More than 10 classes are provided with certified Tai Chi and Health Qigong instructors in 6 different locations, mainly in Southwest Houston, for people of all kind. Please go to www.usataichiacademy.org for class schedule.	Jason Leung	Sugar Land, TX	www.usataichiacademy.org

Name of School	Instructor(Si Fu)	City	Contact Information
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WahLum KungFu	Hedison Mui	Carrollton, TX	hedison.mui@wahlumkungfu.com
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Wah Lum Northern Praying Mantis Kung Fu is a traditional Chinese martial arts system. Our program focuses on many aspects within our style of Kung Fu and Tai Chi including forms, weaponry, self-defense, body strengthening, balance, and flexibility. There is no better way to get in shape than learning a 400 year old art. We meet at the Rosemeade Recreation Center in the City of Carrollton on Tuesdays and Fridays for adults and Tuesdays for kids Kung Fu, at the Crosby Recreation Center on Wednesdays and the Carrollton Senior Recreation Center on Saturdays for Tai Chi.

Vital Kungfu (305) 323-8649	Vital Yarashevich		vitalyarashevich@gmail.com
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Wang Tao Kungfu	Tao Wang	Plano, TX	wangtaokungfu.com
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With more than 40 years of experience in the art of Chinese Kungfu, Master Wang Tao is one of the Grade A International Judges for Kungfu in America, as well as a First Grade National Athlete declared by Chinese National Athletics and Sports Commission. His students have won prestigious rankings in both national and international competitions. His school, based in Plano, Texas, offers classes in Contemporary Kungfu, Chinese Boxing, and Taichi, which promotes self-defense, discipline, self-healing, with health and longevity to everyone.

Wang's Martial Arts	Yun-Yang Wang	Humble, TX	yy3888wma@gmail.com
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Master Yun Yang Wang holds classes in Northern Shaolin / Northern Praying Mantis Kung Fu and Yang Style Tai Chi Chuan. Serving the community for over 40 years. 5311 FM 1960 E. at Timber Forest Dr. Humble, TX 77346 (281) 682-3387, (281) 548-1638

Warrior University (Texas JKD)	El Campo	Wharton, TX	bracegunnar@hotmail.com (979) 332-1229
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We are an Athletic Club dedicated to spreading Martial Arts, Functional Fitness, and the overall Martial Lifestyle. We are operating as the Santa Cruz, San Jose, and Monterey chapters of the Jeet Kune Do Athletic Association
Contact: Gunnar Davis
<https://www.texasjkd.com> <https://www.facebook.com/WarriorUniversityWU/>

Wu Martial Arts Association	Ernie Wu	Houston, TX	wumartialartsassociation@gmail.com
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WMAA was first established in 1985. It is a non-profit organization. The Association hosts workshops, seminars, and friendly competitions to create a platform for all martial art practitioners to exchange different skillsets and ideas, and to help the next generation to understand the true meaning of Chinese martial arts. Master Ernie Wu studied the Eight Step Praying Mantis style. Both Master Ernie & Chienli Wu have been teaching Chinese martial art classes at Rice University. They share the same goal promoting the Chinese martial arts.



Wu Yi Shaolin Martial Arts Center	Henry Su	Coppell, TX	wuyikungfu@gmail.com
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773 S. MacArthur Blvd. - Suite 209, Coppell TX 75019
Tel: 972-393-9931
Master - Sifu Henry Su; Chief - Sifu John Su; Sifu Alex Campolo

Wudang Longmen	Xiao Ling Liu	Takoma Park, MD	liuxiaoling1950@gmail.com
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Master Liu has devoted his life to the practice and research of wushu for several decades now. He has not only acquired expertise in the theory and practice of wushu, but has had also the courage to make further developments. Master Liu is an exceptional and versatile martial artist who has integrated the soft and the hard of Kung Fu.

Yang Style Tai Chi Committee Katy Kangle (康乐) Group	Katy, TX
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Yang Style Tai Chi Committee Katy Kangle Group was formed in 2007, led by Lili Chen, Zhiying Wang, and coached by Yuxi Ni. The group not only teaches Tai chi, but also garners friendship and kindness. This group works hard to promote the spirit of Tai chi, and attended several Yang Style Tai Chi Health Day Festivals. Coach Yuxi Ni mainly teaches Health Qigong, Chinese traditional Yang Style 85 Forms, Tai chi Sword, and Tai chi Fan.

YMAA International	Yang, Jwing-Ming	Boston, MA	info@ymaaboston.com
YMAA International	Yang, Jwing-Ming	California	info@ymaaretreatcenter.org

Dr. Yang founded Yang's Martial Arts Academy in Boston on October 1, 1982. He began the nonprofit YMAA California Retreat Center in 2008 and guides more than fifty YMAA affiliated schools around the world. Dr. Yang has written thirty-five books, has filmed forty-eight videos. "YMAA Publication Center was established so that Westerners could access the profound Oriental developments of qi, martial arts, and spiritual cultivation. As one of the pioneers in this exchange, YMAA will continue to mark the path between East and West.

Yongnian Yang Taiji School	Junyi Yang	Houston, TX	yangtaichihouston@gmail.com
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Master Yang trained under Chinese Yang style Tai Chi descendant Grandmaster Fu Zhong Wen. Master Yang is a fifth generation Yang style Tai Chi master. Now, he is the founder of USA Houston's Chinese Yang style Tai Chi center primarily teaching the traditional form plus Tai Chi broadsword, sword, long staff, push hands and more.
ykm9515@gmail.com

Zhuang's TaiChi and KungFu Academy	Thomas Zhuang	Baton Rouge, LA	www.taichiperson.com
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Master Yajun "Thomas" Zhuang has been teaching, competing in, and researching Chinese martial arts (Wushu) for more than 30 years. He has published over twenty papers and five books in both Chinese and English. He was named as an honorary consultant for the Chinese Wushu Hall of Fame. He worked on the effects of Taichi exercise on patients with Peripheral Neuropathy and Parkinson's disease. His modified Zhuang's Taichi and Qi-gong therapy has demonstrated great potential for treating the diseases.

Zhonghua Wushu School of Kung Fu	Michael Thomas	Victoria, TX	mlt6909@yahoo.com
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With over 40 years of traditional Chinese martial arts experience, Zhonghua Wushu is the Crossroads region's only school for ancient combat and self-defense. Students can expect to learn and train a variety of Chinese kung fu styles, involving solo sets, two and three-person fighting sets, traditional weapons, acrobatics, and more. "Success in martial arts requires a good system, a good teacher, and a good student..."



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