

World Star

CHINESE MARTIAL ARTS COMPETITION

世界之星中華武術錦標賽

Competition, Demonstration, Scholarship, Workshops



March 22 - March 24, 2024

Marriott Westchase - 2900 Briarpark Dr. Houston, TX



\$5⁰⁰

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

Dear friends,

It is with immense honor and excitement that I present the 2024 World Star Chinese Martial Arts Competition to you. This event not only celebrates the rich cultural heritage of Chinese martial arts but also showcases the incredible talent and dedication of practitioners from around the nation.



Martial arts, deeply rooted in history and tradition, embody the values of discipline, respect, and perseverance. They transcend mere physical skill, serving as a pathway to personal growth, mental clarity, and spiritual enlightenment. Through centuries, Chinese martial arts have captivated hearts and minds across captivating generations. As we gather here, united by our passion for martial arts, let us remember the principles that guide us: integrity, humility, and a commitment to continuous improvement. Let us embrace the spirit of competition with sportsmanship and camaraderie, fostering friendships that transcend borders and cultures.

To the competitors, I commend your dedication and sacrifice. Your journey to this moment has been marked by countless hours of training, overcoming challenges, and pushing the boundaries of your potential. Today, you stand as ambassadors of your respective disciplines, showcasing the beauty and complexity of Chinese martial arts to the world.

To the special guests, judges, volunteers, and sponsors, I extend my heartfelt gratitude for your tireless efforts in bringing this event to fruition. Your passion and commitment have made this gathering possible, providing a platform for practitioners to shine on the national stage.

As we embark on this thrilling journey, let us embrace the values of honor, respect, and unity that define the true essence of martial arts. May the 2024 World Star Chinese Martial Arts Competition be a testament to the enduring legacy of Chinese martial arts and inspire generations to come. Thank you, and may the spirit of martial arts guide us all on this remarkable adventure.

Warmest Regards,

A handwritten signature in black ink that reads "Ernie Wu".

Ernie Wu
President Wu Martial Arts Association



www.kungfucpetition.com



 Solidarity  Strength  Perseverance



Proclamation

World Star Chinese Martial Arts

WHEREAS, **Wu Martial Arts Association** was founded in 1985 by Master Ernie Wu and Master Chienh Lo; and

WHEREAS, **Wu Martial Arts Association** hosts annual Chinese Martial Arts Championships, lectures, and seminars to promote traditional Chinese martial arts; and

WHEREAS, this event welcomes hundreds of competitor from all over the nation to join in competition with 400 other divisions; and

WHEREAS; in 2014, **Wu Martial Arts Association** established a Martial Art Scholarship, awarding exceptional youth, who are outstanding citizens in their communities, and are persistent in the pursuit and practice of Chinese martial arts; and

WHEREAS, **Wu Martial Arts Association** encourages all young adults to consciously study the true meanings of martial arts and the culture behind it to benefit their communities.

THEREFORE, I, John Whitmire, Mayor of the City of Houston, do hereby proclaim March 23, 2024, as

World Star Chinese Martial Arts Day

in Houston, Texas.



In Witness Whereof, I have hereunto set my hand and have caused the Official Seal of the City of Houston to be affixed this 22nd day of March, 2024.

John Whitmire
Mayor of the City of Houston

2024 WSCMAC Schedule

Friday 3/22

5 - 7 PM On-Site Registration

Workshop (1) 7 PM - 9 PM

Dr. Jwing-Ming Yang - “Tai Chi applications”

Workshop (2) 7 PM - 9 PM

Master James Smith - “Penchak Silat Harimau Berantai originated out of Mayalasia.”

Saturday 3/23

8:00 AM On-Site Registration

9:30 AM **Opening Ceremony** ~ Competition Starts

Workshop (3) 8 PM - 10 PM

Dr. Jwing-Ming Yang - “Qin Na.”

Qin Na is the set of joint lock techniques used in the Chinese martial arts to control or lock an opponent’s joints or muscles/tendons so he/she cannot move, thus neutralizing the opponent’s fighting ability.

Workshop (4) 8 PM - 10 PM

Paul Hanna, M.D. -

“13 Kinetic movements Yang style with applications of Tai Chi, Hsing I, and BaQua Zhang”

Sunday 3/24

Workshop (5) 8 AM - 10 AM

**Master Chun Man Sit - “Random circle hand -
A Taiji sticking hand (chi sau) for self defense”**

10:30 AM **2023 EXPO of Chinese Martial Arts**

2024 WSCMAC Grand Champion Award Ceremony &

11th Wu Martial Arts Scholarship Award

FREE SEMINAR

Sunday 2 - 4 PM **Dr. Jwing-Ming Yang**

- “Everything you want to know about Kung Fu”

History, Northern and Southern styles, External and Internal

@ Culture Center TECO in HOUSTON 10303 Westoffice, Houston, TX 77042

2024 EXPO of Chinese Martial Arts

The 11th Annual Wu Martial Arts Scholarship Award Ceremony

中華武術展暨第11屆宏武傑出青年獎學金頒獎典禮

10:30 AM, Sunday 3/24

MC: Clint, Kelly

1. Appreciation to all Participating Schools *

2. Wu Martial Arts Scholarship Award *

- | | |
|--|----------------------------------|
| 3. Shaolin Wu-Yi Institute | Si Fu Travis Alschbach |
| 4. Yianmei Liu Tai Chi Team | Yianmei Liu |
| 5. Shaolin Temple Culture Center | Si Fu Shi Yan Chan (team) |
| 6. Master Sit's Tai Chi & Kung Fu | Si Fu Chun Man Sit (Kansas, MO) |
| 7. Zhuang's TaiChi and Kung Fu Academy | Si Fu Ya Jun Zhuang (team, LA) |
| 8. Lee's Kung Fu Tai Chi | Si Fu Glen Guerin (LA) |
| 9. Northern Long fist | Si Fu Scheller Liao (Austin) |
| 10. Lee's White Leopard Kung Fu School | Si Fu Johnny Lee |
| Wu Yi Shaolin Martial Arts Center | Si Fu Henry Su (team. Dallas) |
| 11. <u>2024 Scholarship Recipient</u> | Gabriela Gonzalez |
| 12. Modified Yang Tai Chi 13 Kinectic Movement | Paul Hannah, M. D. (Chicago, IL) |
| 13. Birds of Prey Kung Fu Tai Chi | Si Fu Michael Aronson |
| 14. Blue Siytangco Tai Ji and Kung Fu Academy | Si Fu Blue Siytangco (team) |
| 15. Pak Mei Pai TX | Si Fu Johnny Lee |
| 16. Houston Shaolin Temple Kung Fu Center | Si Fu Jian Wang (team) |
| 17. Hu's Martial Arts School | Si Fu George Hu (team) |
| 18. <u>2024 Scholarship Recipient</u> | Brendan Siswanto |
| 19. Houston Shaolin Kung Fu Academy | Si Fu Shi Xing Hao (team) |
| 20. Wu Martial Arts Association | Si Fu Ernie Wu (team) |
| 21. Tai Chi Broadsword | Si Fu JunYi Yang |
| 22. 7 Star Martial Arts | Si Fu Jeff Remster (team) |
| 23. International Wushu Institute | Si Fu Robert Hartfield |
| 24. USA TaiChi Academy | Si Fu Bonnie Leung (team) |

25. Grand Champions Award *

26. Curtain Call 所有師傅們與全體演出團員合照 *

Appreciation to Judges and Masters

Travis Alschbach	Michelle Huang	Brad Ryan
Michael Aronson	Greg Illish	Robert Shaddox
Danqing Bei	GiGi IP	Tess Schwartz
Ryan Bergeron	Johnny Lee	Xing Hao Shi
Richard Bielby	Kam Lee	Yan Chan Shi
H C Chang	Jason Liao	Chun Man Sit
Luyun Chen	Gloria Li	Blue Siytangco
Qingbin Chen	Schiller Liao	James Smith
Paul Chu	Rodney Littles	Henry Su
Wallace Cupp	Minder Liu	Yu Chao Sun
Allen De Woody	Whit McClendon	Alex Vu
Ying Feng Shi	Aaron McIntire	Jian Wang
Tom Gohring	James McIntire	Yun Yang Wang
Glenn Guerin	Dale Napier	Clint Wu
Paul Hannah	Danny Ng	Jun Yi Yang
Robert Hartfield	Harris Nip	Jwing-Ming Yang
James Hsu	Jenny Pless	Yichun Zhang
George Hu	Carmen Rovira	Yajun Zhuang
Victor Hu	Nelly Rovira	



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*.

Dr. Yang, Jwing-Ming

Dr. Yang, Jwing-Ming (楊俊敏博士) specializes in Shaolin White Crane (Bai He), Shaolin Long Fist (Changquan), and Taijiquan. Dr. Yang has more than forty years of instructional experience and he travels between YMAA International Branch and Provisional schools worldwide to offer seminars. Since 2004, Dr. Yang has worked to develop the nonprofit YMAA Retreat Center, a training facility in Humboldt County, CA, where he is training a select group of students in a comprehensive training program.

Dr. Yang has published 40 Gung Fu and Qi Gong books, more than 50 DVDs.

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 and kungfu, published in Tai Chi Magazine, Inside Kungfu and Taiji and Wushu. He judges regularly 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.

Wu Martial Arts Scholarship Recipients

2024

Gabriela Gonzales



2024

Maggie Cheng



2024

Brendan Siswanto



2023 Jean Hoang, Haotian Tan



2024

Richard Bielby
Honorary
Mention



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

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: Scholarship - \$2,000 per person, Honorary Mention - \$1,000 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.



For details, please check the website www.wumartialarts.org or email: wumartialartsassociation@gmail.com



Thanks to All Athletes



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

2024 early registered athletes

Luke Alschbach	Mason Cheang	Gerardo Carlos Garcia	Vasilios Kontos
Marianne Alvarado	Chloe Xi Chen	Connor Garrison	Greg Lacy
Kate Avila	Wei qi (Vicki) Chen	Kingsley Geng	Sivakumar Lakshmanan
Noelle Minh Baldassarre	Emerson R. Chen	Chase Gilbert	Arthur Lam
Christiano Baldassarre	Flynn Chen	Cathlyn T. Gonzales	Tobias Wing-Yun Paredes Lam
Gray Patrick Baldrige	Felicia Chen	Gabriela Gonzalez	John Keung-Yun Paredes Lam
Cheryl L. Baldrige	Meredith Chen	Jeremiah Lorenzo Gonzalez	Conner Lan
Noah Barnett	Elyne Nicole Cheng	Sudarshan Govindarajan	Xavier Landin
Christopher Barrios	Arthur Nicole Cheng	Jeremiah Graham	Amelia Marie Langley
Graydon Wade Bauman	Elena Cheng	Gabriel A. Haddon	Jennifer Wanning Lee
Daniel Enrique Benitez	Cathy Cheng	Daniel Hartai	Alexander Peter Lee
Yash Bhapkar	Vivian Wing Ching Cheung	Balint Hartai	Chi Y. Lee
William Wolfhart Biegler	Eason Cheung	Jay Hayley	Ido Geoffrey Leff
Brenton R. Blazek	Evan Chow	Quinn Hazelwood	Shannon Lei
John Belden Bolling	Jocelyn Chow	Mark Hempton	Anthony Lhotka
Griffin Booher	Olivia Chow	Terrence Watson Henderson	Kate Li
Journee Corine Borders	Clara Chow	Jacob Higgins	David Li
Salyer Jade Borders	Sorina Codita	Johanna Hoang	Peter Li
Patrick James Borders Jr.	Daniel Collins	Liam H. Hoang	Jessie Lim
Clay Matthew Bowman	Natalie Cruz	Lindsay Hsu	Victoria Lin
Kevin James Brammer	Madison Cua	Thaison H. Huynh	Eric Lin
Zachary Briones	Kaili Dauffenbach	Jonathan W. Inman	Michelle Liu
Jason C. Brown	William Valentine Dawson	Eric Jaehnig	Jordan Liu
Isabella Bullock	Joseph M Demascal	Silas Jerkins	Ethan Junzhe Liu
Dawud Burke	Daniel Dillon	Joanna Jerkins	Patrick Junyi Liu
Austin Byun	Hung G. Dinh	Nathan Jerkins	Yanmei Liu
Iris Cai	Derek Do	Randy Jiang	Emily Liu
Matthew Cai	Xia-Wei Summer Ea	Gerald Jones	Dylan Lopez
Aurora Luna Caldwell	Nathaniel Eng	Ishaan Aju Joseph	Madeline Grace Lovett
Alister Carlton	Elizabeth Eng	Shriyan Reddy Junnuthulla	Suzanne Lovett
Julian Carlton	Chu Mia Gao	Cristian Jurkevicz	Steven Lovett
Taran F Champagne	Dezhou M. Gao	Nathan King	Mila Lozano
Findley F Champagne	Deyang M. Gao	Jennifer Kirby	Dazhi Lu



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2024 early registered athletes

Cecily Lu	Eduardo Padilla	Oliver Sun	Jeffrey H White
Fionna Lu	Isabelle Pan	Oscar Sun	Elmer Whitehead
Vincent Lu	Brian Pan	Oscar Tahay	Clara Williams
Cabrini Luu	Nick Pennacchio	Aldric Ethan Tanzil	Joshua Andrew Wilson
Jacquilyn Ly	Scott Perry	Avery Hans Tanzil	Patrick Sasha Wong
Dylan Ly	Bryan Pham	Tom Tepera	Easton Dorian Wong
Adam Mahan	Steven Pham	Jonathan Joseph Terrasi	Eddy Wu
Cameron Martin	Lauren L. Phung	Pranav Thoppay	Ethan Wu
Scott Daniel McDonald	Riley Phuong	Kaiden Chan Tinh	Alejandro Wu
Paul E. McIntire	Justin Wang Powell	Mason Tran	Nicole Xing
William Benjamin	Sammy Powell	Ryan Tran	Luca Duan Xu
Mclauchlan	Edmund Lee Pozniak	Matthew Tran	Naythan Xu
Billy McSwain	Sreejith Pulickal	Baoduy N. Tran	Sarina Xue
David E. Medina	Aneesha Rajan	Baokhoa N. Tran	Henry Xue
David B. Mikel	Rhea Rajan	Baogiang N. Tran	Abraham Yang
Jacob Mikulenska	Caleb Isaac Ramirez	Peter K. Truong	Justin Yang
Anna Minmier	Sebastian Norvey	Heidi T. Truong	Kevin Yang
Gabriel Moore	Ramirez	Quy D. Truong	Nianjin Aaron Yang
Brooklyn Anna Moore	Sophia Marie Reichert	Bryanna Tucker	Andrew Jerry Yin
Matthew B. Mullins	Sara Anne Reichert	Mohammad Wahid Ullah	Alice Ruiqing Yin
Saif Ali Murray	Felix Kai Rivera	Ved Varma	Joseph Youngblood
Tanay Nambiar	Anqi Rong Zehra Sayad	Tyler B. Vella	Liteng Yu
Tim Q. Ngo	Jenna Schmitz	Madhavan Vinod	Alina E. Yuan
Longan Danger Nguyen	Haoran Shen	Lucia Viscito	Anson Zhang
Brandon Nguyen	Sage T. Shultz Ball	Marco Viscito	Nevaeh Zhang
Matthew Nguyen	Siddhant Singh	Gabriel Wang	Liran Zhou
Alex Nguyen	Brendan H. Siswanto	Anchi Wang	Isaac Rao Zhou
Benjamin T. Nguyen	Sahana Sivakumar	Vincent Wang	Jason Zhou
Daniel Alexander Nieves	Zoe J Siytangco	Ben Wang	Eric Zichen Zhu
Michael Norris	Zachary Siytangco	Stephen Wang	Grace zitong Zhu
Gabriel Albert Charles Oget	Cooper Smith	Annie Wang	Dongme Zhu
Matthew Olmstead	Amy So	Andy Wang	
Thomas Ong	Alexander Starnes	Janet Lian Ting Wang	
Kee Ong	Evangeline F. Su	Stamper Dylan Watson	



By Dr. Yang, Jwing-Ming (楊俊敏博士)

Qigong (氣功) is the science of cultivating the body's internal energy, which is called Qi (氣) in Chinese. The Chinese have been researching Qi for the last four thousand years, and have found Qigong to be an effective way to improve health and to cure many illnesses. Most important of all, however, they have found that it can help them to achieve both mental and spiritual peace.

Until recently, Qigong training was usually kept secret, especially within martial arts systems or religions such as Buddhism and Daoism. Only acupuncture and some health-related Qigong exercises were available to the general public. During the last twenty years these secrets have become available to the general public through publications and open teaching. Medical professionals have finally been able to test Qigong more widely and scientifically, and they have found that it can help or cure a number of diseases that Western medicine has difficulty treating, including some forms of cancer. Many of my students and readers report that after practicing Qigong, they have changed from being weak to strong, from depressed to happy, and from sick to healthy.

Since Qigong can bring so many benefits, I feel that it is my responsibility to collect the available published documents and compile them, filter them, understand them, and introduce them to those who cannot read them in their original Chinese. It is, however, impossible for one person alone to experience and understand the fruit of four thousand years of Qigong research. I hope that other Qigong experts will share this responsibility and publish the information that they have been taught, as well as what they have learned through research and experimentation.

Even though Qigong has been researched in China for four thousand years, there are still many questions which can only be answered through recourse to today's technology and interdisciplinary knowledge. Contemporary, enthusiastic minds will have plenty of opportunity to research and promote the art. This is not a job that can be done through one individual's effort. It requires a group of experts including Western-style doctors, Qigong experts, acupuncturists, and equipment design specialists to sit down and work together and exchange their research results. A formal organization with adequate financial support will be needed. If this research is properly conducted, it should succeed not only in providing validation of Qigong for the Western mind, but it may also come up with the most efficient methods of practice. I feel certain that Qigong will become very popular in a short time, and bring many people a healthier and happier life. This is a new field for Western science, and it will need a lot of support to catch up to the research that has already been done in China. I hope sincerely that Qigong science will soon become one of the major research fields in colleges and universities in this country.

2023 WSCMAC Highlight

















Directory of Chinese Martial Arts Schools

Name of School	Instructor(Si Fu)	City	Contact Information
7 Star Martial Arts 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.	Jeff Remster	Round Rock, TX	info@7starma.com
13 Postures Academy (616) 322-3166 4606 Phlox St, Houston, TX	Fundi Fe 77051	Houston, TX	
American Institute of Martial Arts 5006 West 34th, Unit C Houston, Texas 77092	James Smith	Houston, TX	346-842-8199 aima7226@hotmail.com
American Martial Arts Academy 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!	Wallace Cupp	Houston, TX	(281) 597-0580
American Shaolin Kung Fu  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)	Shi Yan Feng	Sugar Land, TX	www.americanshaolinkungfu.com
Alvarez Kung Fu 313 East 45th., Odessa, TX 79764	Carlos Alvarez (432) 381-6039	Odessa, TX	alvarezkungfu1971@gmail.com
Austin Sanda Club 5775 Airport Blvd Ste 725, Austin, TX 78752	Charles Graham (979) 320-2045	Austin, TX	combatshuaichiaontx@gmail.com
Bad Ace Shou Shu Academy Moores 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. We practice jiu jitsu and kickboxing	Rodger Martin	Minot, N. Dakota	701-839-9860
Bellaire Yoga TaiChi 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.	Edward Wong	Houston, TX	346-360-3050
Bellaire WuShu Academy 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.	Randy Harper	Bossier City, LA	bellairewushum@gmail.com
Birds of Prey Kung Fu Tai Chi 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	Michael Aronson	Richmond, TX	
Central Motion Martial Arts 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.	Kai Lewis	Houston, TX	Kai@Centralmotion.org

Name of School	Instructor(Si Fu)	City	Contact Information
Chinese Kung Fu Academy	Tommy Quan	Austin, TX 77389	
Combat Shuai Chiao	John Wang	West Lake Hill, TX	johnwang46@yahoo.com
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 been teaching in Austin since 1972 and serves on the board of directors for the American Combat Shuai Chiao Association.			
Chu's Kung Fu	Paul Chu	Houston, TX	chuskungfu@gmail.com
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.			
CKFA of Southern Praying Mantis	Tommy Quan	Houston, TX	www.ckfa.com
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			
Dragon Gate Kungfu	Jonny Shieh	Houston, TX	jshieh@nejiakungfu.com
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!			
Five Tigers Martial Arts	Ellis Beam	Mabank, TX	fivetigersma@yahoo.com
1410 S 3rd St, Ste B, Mabank, Texas, Contact 903-603-8840			
Guo Jie Tai Chi Academy	Sam Guo	Hacienda Height, CA	samguo999@yahoo.com
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			
Hebei Chinese Martial Arts Institute	Wuzhong Jia	Richardson, TX	wuzhongj@hebeiwushu.com
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			
Houston Shaolin Kungfu Academy	Shi Xing Hao	Houston, TX	shaolinacademy18@gmail.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.		
Houston Shaolin Temple KungFu Center	Jian Wang	Houston, TX	kungfuwangjian@gmail.com
6920 Cook Rd., Houston, TX 77072 (832) 672-6666 www.kungfuhouston.com			
Hu's Martial Arts, TX	George Hu	Bellaire, TX	georgelinghu42@gmail.com
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.).			
Integrity Kung Fu Academy	QingBi Chen	Missouri City, TX	founder@integritykungfu.com
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 www.Integritykungfu.com			
Iron Mantis Martial Arts	Jeff Hughes	Clute, TX	ironmantismartialarts.com
Jade Mountain Martial Arts	Whit McClendon	Katy, TX	info@jademountain.org
"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.			

Name of School	Instructor(Si Fu)	City	Contact Information
Jing Wu Wu Guan 8650 Spicewood Springs Road #114B, Austin, TX	Jing Wu (737) 444-3162	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
Lawhorn 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
Lotus Dragon	Dug Corpolonge		sifudug@gmail.com
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@masterhohring.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 <i>ANCIENT WISDOMS – MODERN METHODS:</i> 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.	Bradley Ryan	Katy, TX	staff@martialarts4katy.com
Oriental Phoenix Arts <i>Chen Style Taijiquan</i> - Enhance your health and wellness. <i>Kids Kung Fu</i> - 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!	Blue Siytango	Houston, TX	blue@bluesiytango.com
Pak Mei of Texas Pei Pai She Chuan Northern Snake Fist- Shaolin 11550 IH 10, San Antonio, Texas 78230 (210) 667-8511	Johnny Le Nelly Rovira	TX San Antonio, TX	btcran2@gmail.com nrovira71@gmail.com
Reilly Dragon/Lion Dance Association Reilly Dragon/Lion Dance Association is headquartered in Reilly Elementary School. As an extension of the Austin Independent School District Dual Language Program, RDLDA seeks to introduce students to traditional wushu, dragon dance, and lion dance	Taran Champagne	Austin, Texas	kungfutaran@gmail.com



Name of School	Instructor(Si Fu)	City	Contact Information
Shaolin Temple Cultural Center Houston	YanChang Shi	Houston, TX	shixingying@yahoo.com
Shaolin Temple Cultural Center Austin	Scott Pettengill	Austin, TX	Spettengill1@austin.rr.com
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.			
Shaolin Wu-Yi Institute	Travis Alschbach	Plano, TX	info@swyi.com
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)			
Seven Star Martial Arts	Jeff Remster	Round Rock, TX	info@7starma.com
1001 Sam Bass Road, Suite 600, Round Rock, Texas 78681 (512) 900-0926			
Shoreline Tai Chi	Chris Marshall	Seattle, WA	shorlinetaichi@gmail.com
Sifu Meng's International Kung Fu Academy	Sifu Meng	Milpitas, California	sifumeng@Vital Kungfu
63 Dempsey Road, Milpitas CA 95035 (408) 799-8309			
Taiji KungFu Health Academy	XiaPing Wu	Houston, TX	www.taijiekungfuhealth.com
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, prticed by Dr. Wu Chengde.			
Texas Dragon/Lion Dance Team	Taran Champagne	Austin, TX	
Tiger On The Red		Shreveport, LA	tigeronthered.com
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			
UH Wushu Club	Alex Vu	Houston, TX	
UT Austin - Texas Wushu	Gresh Urbanowski	Austin, TX	texaswushu.org@gmail.com
2101 Speedway Stop D7500, Austin , TX 78712 (832) 922-7821			
USA Shaolin Xiu Culture Center	Yu Chao Sun	Katy, TX	123kungfu@gmail.com
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			
USA Tai Chi Academy	Jason Leung	Sugar Land, TX	www.usataichiacademy.org
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.			
Vasquez Academy	Rudy Vasquez		vitalyarashevich@gmail.com
Vital Kungfu	Vital Yarashevich	FL	(954) 408-2118 vitalyarashevich@gmail.com
WahLum KungFu	Hedison Mui	Carrollton, TX	hedison.mui@wahlumkungfu.com
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.			

Name of School	Instructor(Si Fu)	City	Contact Information
Wang Tao Kungfu	Tao Wang	Plano, TX	wangtaokungfu.com
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
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
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
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
	773 S. MacArthur Blvd. - Suite 209, Coppell TX 75019 Master - Sifu Henry Su; Chief - Sifu John Su; Sifu Alex Campolo		Tel: 972-393-9931
Wudang Longmen	Xiao Ling Liu	Takoma Park, MD	liuxiaoling1950@gmail.com
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.			
Yianmei Liu TaiChi Team	Yianmei Liu	Sugar Land, TX	yanmei9971@gmail.com
This group is led by Yianmei also named LiLi to coach Tai Chi on a daily basis. Class is free of charge. Schedule is every morning 7:15am to 8:45am. Address is at Sugar Land Constellation field parking lot, Constellation Field. 1 Stadium Dr, Sugar Land, TX 77498			
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.			
Zhuang's TaiChi and KungFu Academy	Thomas Zhuang	Baton Rouge, LA	www.taichiperson.com
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
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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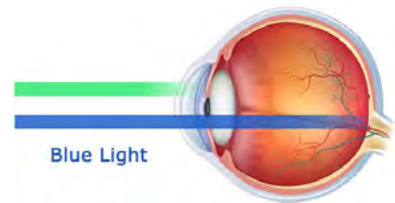
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