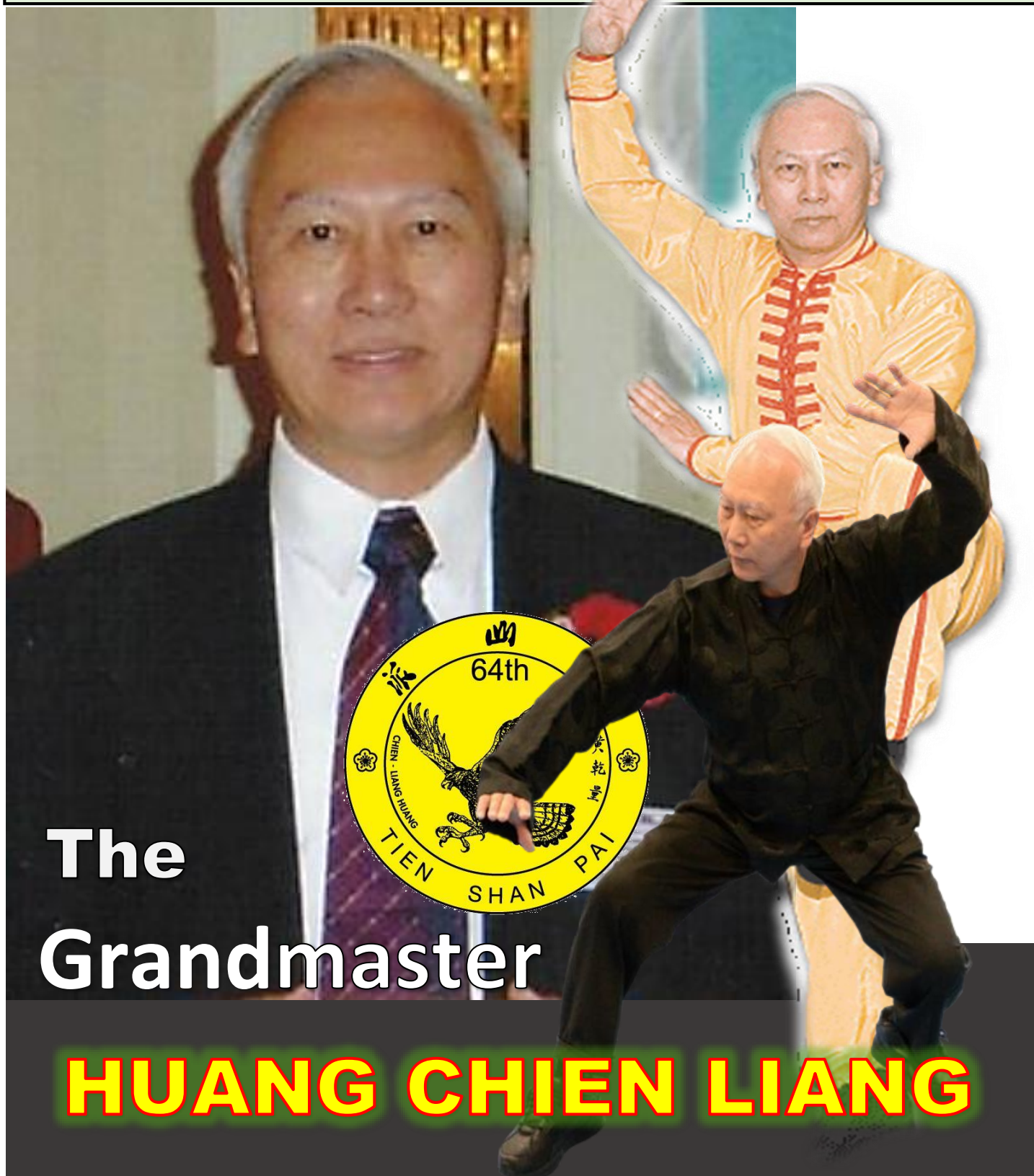


Issue January 2022

Chuan Arts



The
Grandmaster

HUANG CHIEN LIANG

拳 Chuan Arts

CHUAN Arts Magazine

January Year 2022

Electronic Edition Issue

Dr. Bill Ag. Drougas Editor.

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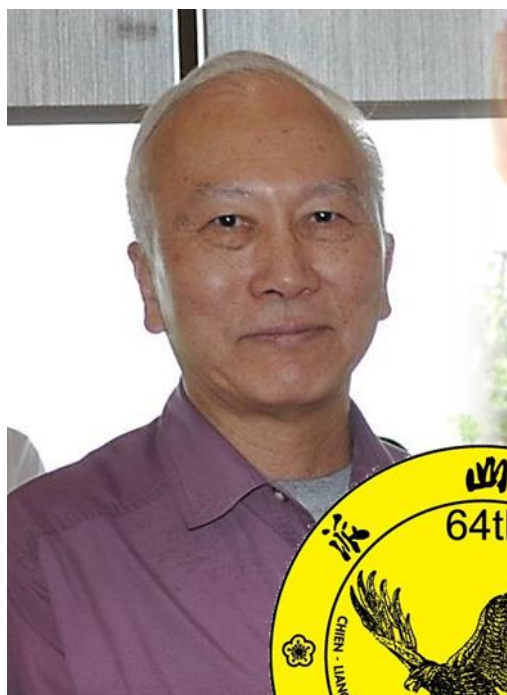
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TIEN SHAN PAI

Grandmaster, Huang, Chien-Liang

Grandmaster Huang, Chien-Liang, the 64th Generation Grandmaster of Tien Shan Pai, is a man



With GM. Song Guang Hua in Tai Yuan, San Xi Province, China

of many talents, interests, and commitments. All of these focus on his devotion to the martial arts principles, philosophy and technique. He is a humanitarian dedicated to sharing his gifts with his students, colleagues, and spectators. **Inside Kung Fu Magazine** named him “One of the Most Impactful Martial Artists in the 20th Century” in 1999 and “One of the Most Influential Chinese Martial Arts Masters of the Past 30 Years” in 2003. Grandmaster Huang was born in Malayasia where, as a young boy was physically weak and took herbal medicine for his severe asthma. He was given the opportunity to learn Kung Fu, with the hope of

helping his weakness and asthma. Physically, he did get stronger, but his asthma still bothered him. Grandmaster Huang completed his academics by completing his college education, earning a **B.S. degree in Animal Husbandry from the National Chung Shing University, Taiwan, ROC in 1967.** That year, a senior classmate introduced him to **Supreme Master Wang, Chueh Jen**, who began teaching him Tai Ji Quan, who later suggested he also learn Kung Fu. Once he started practicing Tai

Ji Quan, his health dramatically improved, and his asthma disappeared. In 1970, he was given the opportunity to learn from Grandmaster Chen, Jin Bao for additional martial arts knowledge and Dao Meditation from Grandmaster Liu, Pei Chung. However, **his main focus remained Tien Shan Pai and he continued to learn from Supreme Master Wang, Chueh Jen until he passed away in 1990.**

When he received job offers from Malaysia, Singapore and Thailand, he was unsure what to do and sought advice from classmates. His Kung Fu classmate, Master Tony Lin shared an opportunity to move to the United States, where Tony's brother, Mr. Willy Lin was looking for a Kung Fu Instructor at his school. Grandmaster Huang decided to accept that offer and move to the Maryland in the United States to teach at Mr. Lin's school.

In January 1975, with the help of a student, Grandmaster Huang opened his first school in Cincinnati Ohio, called Tien Shan Wushu School. In 1982, he moved back to Washington, DC and opened a school in Gaithersburg. The school later relocated to Baltimore, and is currently in Owings Mills, under the name U.S. Kuo Shu Academy, where his son, Master Michael Huang, helps him run the school. Together, they teach Tien Shan Pai Kung Fu, along with other Northern styles, as well as Tai Ji Quan, Xing Yi Quan, and Ba Qua Zhang.

Since moving to the United States, he deepened his dedication for Kuo Shu and has trained in it for over 55 years and taught for more than 45 years. In his devotion to this doctrine, he founded and served as Chairman and first term President of the World Kuo Shu Federation in 2002, and, in 2006, was re-elected for a second term. He finished his second term in 2010 and currently serves as Chairman of the Board. He is also President and founder (1991) of the United States Kuo Shu Federation, and in



**Tai Ji Quan Two Man Set
With my Shi Ye SM. Wang, Chueh Jen**



2000, he was the first inductee into the Kuo Shu Hall of Fame.

Since 1988, Grandmaster Huang has promoted and sponsored numerous national and international Kuo Shu championship tournaments, with competitors attending from Canada, Brazil, Peru, Argentina, Paraguay, Chile, Germany, United Kingdom, Switzerland, Spain, Russia, China, Hong Kong, Macao, Taiwan, Japan, Singapore, and others.

From 1986 to 2000, he served as Head Coach of the **United States Kuo Shu Team**, which competed in the World Cup and other

international tournaments. Grandmaster Huang has been called the "Maker of Champions" because of the many competitions his students have won in forms, weapons, two-man sets, internal arts and full-contact Lei Tai fighting. He had 2 students who became Lei Tai World Champions in Taiwan at the ICKF Tournament. And, in addition to his students winning World Lei Tai Championships, at the 2nd World Kuo Shu Federation Tournament (Singapore, 2006) and the 3rd World Kuo Shu Federation Tournament (Germany, 2009), his students also won gold medals in Tai Ji Quan form, weapons, and Push Hands.

He was Director and Chief Arbitrator of the 7th World Cup Chinese Kuo Shu Championship in Taiwan. In July 2018, as Chairman of TWKSF, he sponsored the 6th TWKSF World Kuo Shu Championship Tournament at the Delta Marriott Hotel in Hunt Valley, Maryland. In addition to support and recognition from local, state and national politicians, from 1994-2021 the White House consistently sent an official representative to the USKSF annual tournament's opening ceremonies.

Grandmaster Huang is the only full heir to the 63rd generation Tien Shan Pai Supreme Master Wang Chueh-Jen, "the Double Broadsword King of China". As the outstanding supporter of Tien Shan Pai in the world, Grandmaster Huang has students who have opened schools across the United States, Europe and South America. He is known internationally as "Kuo Shu World Bao Qing Tian";

China's most famous judge and is an international Kuo Shu Shu Coach/Instructor and international Kuo Shu Referee "A", the highest ranks, by the **International Chinese Kuo Shu Federation (ICKF)**. He also received the Kuo Shu Medal A, Kuo Shu Medal B and Honorary Kuo Shu Medal from the ICKF.

In 2004, Grandmaster Huang received his 10th Duan degree, the highest rank from TWKSF and was certified at the 10th Duan level by the World Traditional Martial Arts Union and, in 2006 he was inducted into the Dong Han Taoist Sect Lifetime Achievement for Excellence. He was named a Doctor of Philosophy from the College of Advanced Education and Martial Arts and named Honorary President of both the International Song's Xing Yi Quan Association and Hua Yue Xin Yi Liu He Ba Fa Yan Jiu Zong Hui. In 2017 he

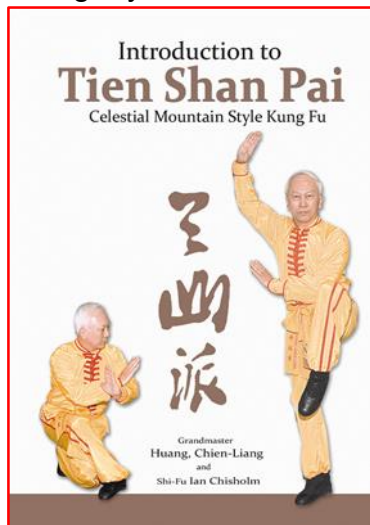
was certified at the 10th Duan level by Federation International of Grandmaster and, in 2018, he was inducted into The World Kuo Shu Hall of Fame.

Grandmaster Huang has traveled to 30 countries promoting Kuo Shu and teaching seminars on a variety of topics, including Dao Meditation, and he has produced videos on Tien Shan Pai, Qin Na, Tai Ji Quan, and Xing Yi Quan. He designs and implements instructor, judge, and referee certification programs, and has also introduced a new grading and ranking system for TWKSF. He has been an adjunct professor in Tai Ji Quan at the Community College of Baltimore County in Essex, Maryland for over 25 years, and formerly taught Tai Ji Quan at the Peabody Institute in Baltimore, Maryland. He has spent much time assisting in the training of Lei Tai full-contact fighters from the United States and other countries; these fighters have gone on to win full-contact competitions at national and international Kuo Shu tournaments, including the World Kuo Shu Tournament.

The list of accolades awarded Grandmaster Huang is quite extensive. His accomplishments have been acknowledged by many notable politicians, martial arts associations, magazines, and television. He has been



named "One of the Greatest Impact Martial Artists of the 20th Century," "Instructor of the Year," and among "Famous Chinese People in the World" by Ren Mon Ri Bao, the Chinese people's daily newspaper. Grandmaster Huang has had television interviews in the United States and Spain, and in Paraguay and Brazil. He was on the news show PM Magazine in a feature on "Maker of Champions,



Builder of Character." In addition, he has performed in the United States, Europe, China, and Taiwan.

Grandmaster Huang's commitment and contributions to charity work have continued to serve and benefit people far beyond the martial arts community. He has supported many charitable events for organizations including the Muscular Dystrophy Walkathon, Pride of Baltimore II Rebuild, and The Johns Hopkins Children's Center. In 1998, he



performed Tien Shan Pai Kung Fu with his students to raise more than \$5,000 for the National Multiple Sclerosis Society. In November 2001, through a martial arts demonstration, Grandmaster Huang and his Kuo Shu team raised more than \$2,700 for victims of September 11, and in 2005 they conducted a fundraiser for St. Jude Children's Research Hospital and raised more than \$4,000. In April 2008, the International Tien Shan Pai Association and the USKSF sponsored a charity demonstration to celebrate Grandmaster Huang's 35 years of instruction in the US and raised over \$4,000 for the Baltimore Children's Home. Most recently, over \$6,000 was raised for the local charity, "Sparks of Change," during a demonstration to celebrate Grandmaster Huang's 40 years of teaching in the US. Baltimore County Executive Kevin Kamenetz proclaimed April 26, 2013, as "Huang Chien Liang Day" to celebrate this achievement.

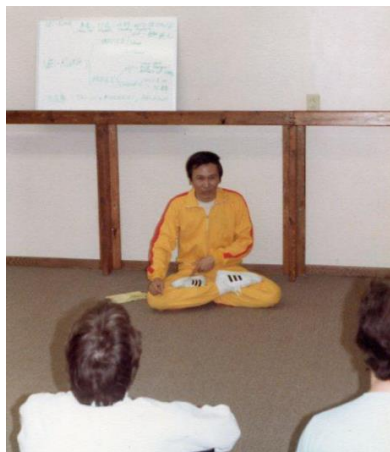


Locally, Grandmaster Huang has been invited to meet with many state and federal officials, including Robert L. Ehrlich (former Congressman and Governor), C.A. Dutch Ruppersberger (former Baltimore County Executive and current US Congressman), Andrew Harris (former State Senator and current US Congressman), and Parris Glendening (former Governor). He has received Certificates of Special Congressional Recognition from former US Senator Barbara Mikulski, US Congressman Ruppersberger, and then-Congressman Ehrlich; a Citizen Citation from former Baltimore Mayor Kurt Schmoke; County

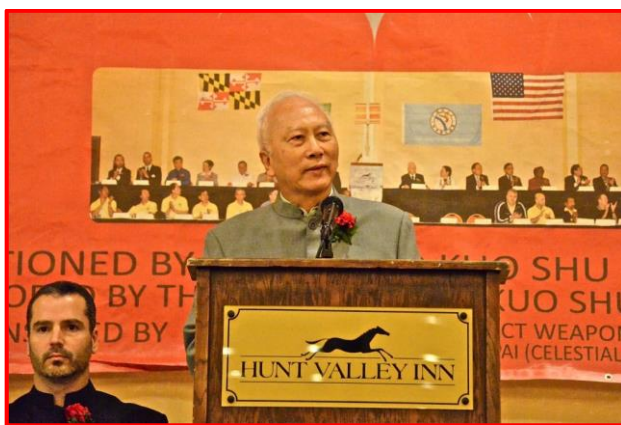
Executive Citations from Hayden, C.A. Dutch Ruppersberger, James T. Smith and Kevin Kamenetz; and Governor's Citations from former Governors Glendening, Ehrlich, and O'Malley. Grandmaster Huang was honored with a proclamation from the then-County Executive Ruppersberger, proclaiming "Huang Chien Liang Day" and a proclamation from then-Governor Glendening proclaiming April 26, 1998, as "Grandmaster Huang, Chien-Liang's 25th Anniversary of Martial Arts Instruction in the US Day" for his unstinting promotion of Kuo Shu. Former Baltimore City Mayor Sheila Dixon said



“...based on his tireless efforts promoting Chinese martial arts within the local community and the world we are proud to honor Grandmaster Huang on this special day...” Unquestionably, Grandmaster Huang’s commitment to excellence in the Chinese martial arts has earned him a place in the history of Martial Arts, not only for his innovations, but his caring and devotion to all people.



Grandmaster Huang Chien Liang Teaching Meditation and Medals of Honor



Grandmaster Huang Chien Liang Writing His History in the Martial Arts



Grandmasters and Masters Together under the same Philosophy

Dr. Bill Drougas: Is my Honor to be member of the 64th Generation Tien Shan Pai

1st International Tai Ji Science Online Forum & World Intangible Cultural Heritage Tai Ji Masters Online Exhibition



INTRODUCTION

The sudden COVID-19 pandemic has changed people's living environment to a certain extent, but it has also strengthened people's eager pursuit of health and wellness. On December 17, 2020, it was announced that Taijiquan has been included in The United Nations Educational, Scientific and Cultural Organization (UNESCO), indicating the good health value and profound cultural heritage of traditional Taiji is gradually accepted by the people of the world. Taiji originated from China and it is now practiced all over the world. As people in today's society pursue physical, mental, and spiritual health and fitness, the worldwide development of Taiji is happening at just the right time.



Taiji has a special fitness and health preservation effect, which has been proven by its practice of thousands of years all over the world. However, the health-preserving effect and mechanism of Taijiquan have always kept a mysterious veil. With effective use of modern medical science and technology, a deep understanding and comprehensive analysis of Taiji's health effects and mechanism of action, must be inherited and learned from, but also innovated and developed. Optimizing exercise procedures, quantifying

fitness effects, developing and establishing targeted "Taiji exercise prescriptions", and making more effective use of traditional Taiji health exercises to serve the general public will be an important direction for the future development of Taiji health and wellness.

The purpose of this forum is to "Deepen Taiji wellness research and serve human health needs". In order to celebrate the UNESCO's official inclusion of Taijiquan in the World Intangible Cultural Heritage List on December 17, 2020, the "International Taiji Science Forum and World Intangible Cultural Heritage Taijiquan Masters Exhibition" will be held on September 17-18, 2021 online.



YIN YANG and CHARACTER in the CHINESE THEORY

Yin hours by Chinese Zodiac		
Ox	Chou 丑	1 a.m. to 3 a.m. (1.00 to 3.00)
Tiger	Yin 寅	3 a.m. to 5 a.m. (3.00 to 5.00)
Rabbit	Mao 卯	5 a.m. to 7 a.m. (5.00 to 7.00)
Dragon	Chen 辰	7 a.m. to 9 a.m. (7.00 to 9.00)

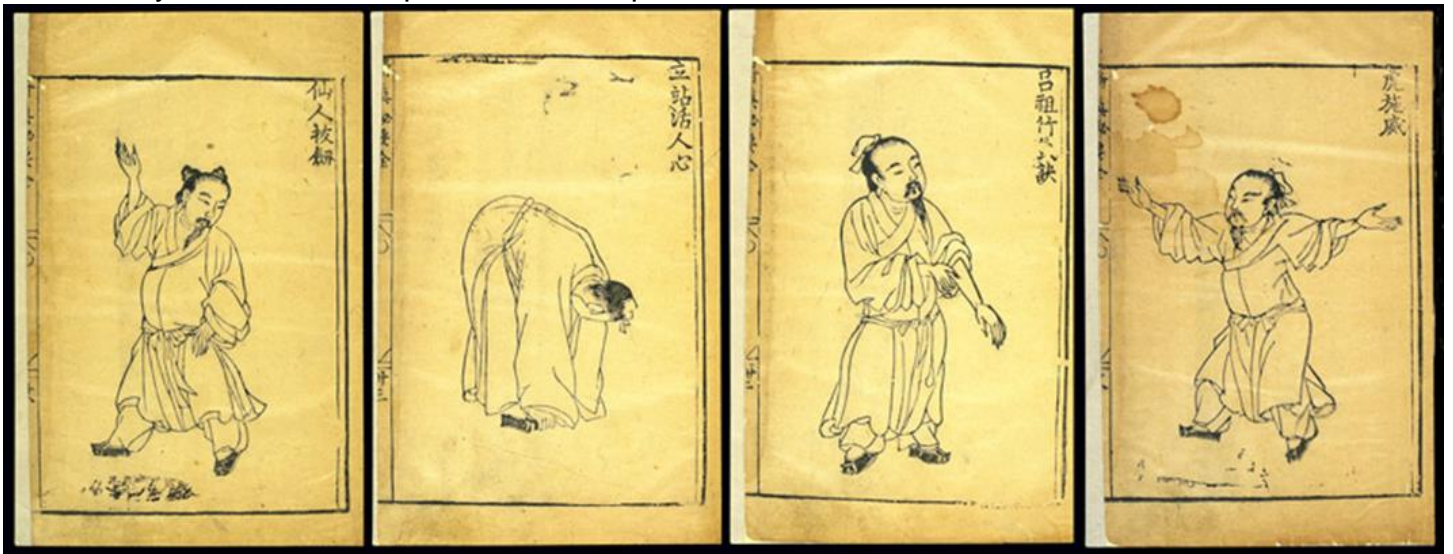
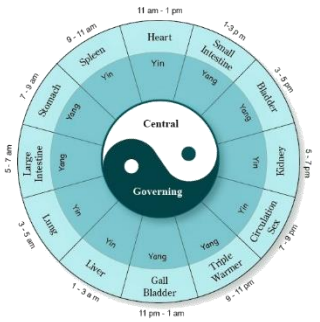
Day is defined in his Yang qualities of: light, warmth, and activity. The 24-hour day/night cycle is a continually changing process, a cascade of moments. **Midnight is the time of maximum Yin and minimum Yang.** High noon is the time of maximum Yang and minimum Yin.

“When your qi energy is appropriately balanced between yin and yang, and is flowing smoothly, it leads to good physical and emotional health. However, if your qi moves out of balance to either the yin or yang extremes this leads to ill-health.”

Negative, or yin, are water and

earth signs: Taurus, Cancer, Virgo, Scorpio, Capricorn, and Pisces. Understanding the characteristics of each polarity can help you to better understand the unique aspects of your sign as well as how signs relate to one other, Lang explains.

Yin energy is more passive, feminine, and cool, while the masculine energy of yang is active and heated; yin represents the acceptance of what is, while yang represents the activity of doing and our attempts to change ourselves and the world around us. Yang is hot, dry, and active like fire; yin is cold, moist, and passive like water. Symptoms of too much yang and not enough Yin are: feeling hot, restlessness, dry skin, scanty urination, constipation, and fast pulse.



• International Qi Gong Seminars

Qigongseminar 2022

16. bis 19. Juni 2022 am Dachstein

anneliese sammer
Heilpraktikerin • Masseurin • Qigong-Lehrerin

XUND HAUS

ALL ARE WELCOME!

DAOIST QIGONG 2022
with **Dr Eva Wong**

Levels 1&2
Qigong
Open to All

June 25/26, 2022.
Shima Karate School
Nanaimo, BC.
\$200 CDN
No prerequisites

Enhancing
Your Health
with Qigong

June 27/28, 2022.
Shima Karate School
Nanaimo, BC.
\$200 CDN
Requirements Levels 1&2

Attend both for \$300 CDN

DOU CHUAN PAI KUNG FU IN AFRICA

By David Shimayesu Burundi Africa

世界都对拳派功夫會

The Dou Chuan Pai Kung-Fu School is Kamahoro-Buhiga- Karusi district whereby we have more than 30 students, but they don't attend well because of life problems we have inadequate of materials like uniform and other Kung Fu equipments. Here to beg the government and others organization to support us and we have the plan to promote unit and support through the youth of Africa. We teach self-defense real discipline and good exercise in other to enjoy good health "Good exercise enjoy good sport "Our vision is to promote unit and support. Theme is Good physical exercise enjoy good health. Vision: "Bodily training is beneficial for a little but God devotion is beneficial for all things" 1Tim 4:8 For more information about the school contact +25769826880 or write to masterdavidshimayesu01@gmail.





Comments from the HDQS of the Dou Chuan Pai Style

We are very happy in the headquarters of the Dou Chuan Pai Style to Have David Shimayesu a very good person as a member and promoter of our Kung Fu in Africa. We look forward for a strong cooperation with him in the Future. Mr Shimayesu promoted directly form the HDS of the Dou Chuan Pai Style and personally from Gmaster Dr. Bill Drougas with the official Certificate for membership and level and the Authorship to promote our style In Burundi Africa Welcome David and our congratulations for your hard work to promote our style in your Country. Happy to be with us.

[www.ihttp://douchuanpai.blogspot.com](http://douchuanpai.blogspot.com)



Sifu David Shimayesu

Tai Chi for Health

By Sifu Frank Fuller from Philadelphia, Pennsylvania,. USA



Member of the International Cheng Dao Academy of Tai Chi Chuan

Tai Chi Chuan has numerous benefits for its practitioners, especially diabetics. It provides a source of not only stress relief, but it also improves bloodflow

throughout the meridians. Diabetics face struggles with not only obesity, an unhealthy diet, excess insulin and high glucose levels in the blood, but also problems with the nerve pathways that can cause balance issues and circulation problems in the limbs, especially the feet.

<http://www.diabeticlivingonline.com/well-being/stress-relief/tai-chi/?page=2> Type 2 diabetics especially are known to be concerned about the risk of not getting enough blood flow to their feet, risking possible amputation if their glucose levels are not regulated properly.

One of the answers to improving overall health for diabetics is in fact through some form of regular exercise. Tai chi can help to open up the meridian pathways to the lungs, kidneys and spleen, for example, allowing the chi energy to flow more efficiently to those areas.

<http://geelongtaichi.com/?p=35> Having good chi flow is important to good health, just as having proper breathing and blood circulation is essential to the functioning of the extremities.

<http://english.pravda.ru/health/14-07-2011/118492-Tai-Chi-helps-elderly-0/> The meridians are tied to acupuncture points, which allow for reduced stress and better healing energy throughout the body. In some interviews, tai chi practitioners have stated that they not only feel improved in their overall daily health, but in their outlook on life, their energy levels, and testify to losing weight over a specific period of time. The British Journal of Medicine has an article out that tai chi practitioners have proven through lab tests to significantly reduce their blood glucose levels through regular tai chi

practice, even over a short period of time such as 10-12 weeks.

<http://news.bbc.co.uk/2/hi/health/7322665.stm>

One common characteristic Type 2 diabetics also have is getting more fatigued than persons of average health. Tai chi not only counterbalances the lower energy levels, according to Dr. Paul Lam, but provides excess energy for practitioners, even those deemed limited by their health conditions or those who cannot engage in regular forms of exercise due to illness or disability.

http://www.taichiforhealthinstitute.org/articles/individual_article.php?id=45 Western Medicine, only in the last few decades, has been more open to acknowledging the health benefits of traditional Chinese medicine. Understanding the meridians themselves allows martial artists to not only become efficient at utilizing pressure points for combative applications, but also to make use of the same points for healing purposes. Often, it is important for many instructors, especially tai chi instructors, to understand the needs of their students, and a medical or health-related situation will inevitably occur at some point in a martial arts teacher's career where applying some form of healing knowledge warrants its



application. Because of the dynamic nature of tai chi involving many of the body's moving parts, tai chi can be seen as significantly improving the blood flow of diabetic practitioners.

In particular, some of the stances and weight transfers from one technique to another in tai chi forms allow the feet to be stimulated through continuous, fluid motion. A concept called ground-reaction force allows power to flow through the body from the feet up, propelling chi energy upward as well and outward to the rest of the body, affecting vital meridians that are essential for healthy blood-glucose levels and to spend the excess insulin that is being stored in the body, waiting to be spent once a tai chi practitioner engages at any level.

<http://geelongtaichi.com/?p=28>

This alone is very important for ensuring that less insulin is stored in the blood, which damages tissue around the eyes, for example, and other parts of the body. Excess insulin can also slow oxygen flow to the brain, which, of course, can lead to major health-related complications. In any case, a tai chi practitioner, particularly a diabetic one, should seek advice from a healthcare professional as to a sound program, such as the 8-step tai chi program, plus a qualified instructor to guide that person along the right path.

Overall, tai chi is essential and a sound exercise program for many type 2 diabetics (or others with similar conditions). It not only reduces excess weight, but it causes the meridian pathways to open up, allowing the blood to flow freely and without interruption. The fluid, continuous movements of many tai chi forms allow most practitioners of all ages to practice a safe exercise program. There is little risk of sports-related injuries involved in its practice, and increasing bloodflow throughout the body is paramount to the health of diabetics in particular. The feet, being susceptible to more nerve damage than other parts of the body, are

constantly stimulated by body shifting and rotational movements of tai chi forms. The 8-step system incorporated and advocated by one Jim McCoy Jr. has a proven track record of improving the health and balance of many senior citizens in the Fort Wayne, IN community.

<http://jimmccoy.com/intbiz/?p=95> It is a simple and easy to learn form of tai chi that would also be a boon to the health of diabetics who embark upon this path. Circulation in the limbs is important for many older individuals, since as people age, they tend to slow down, gain weight, continue consuming unhealthy foods, and face more health-related issues, including Type 2 Diabetes. With tai chi, elderly persons will have less excuse to not engage in high-impact sports or risky exercise routines that might do more harm than good in some of their applications.

<http://geelongtaichi.com/?p=298> In fact, even former professional athletes and other individuals have been known to take up tai chi as a way to improve their overall health or reduce the toll of injuries on their bodies from a demanding, dangerous, and/or difficult career such as American football, boxing, or mixed martial arts. Ex NFL Falcons player is one example:

<http://www.cscmarietta.com/index.php/about-csc/master-reid.html> Knowledge is certainly power, and having one's physical faculties can affect one's mental process, as excess weight and excess insulin affect blood flow to the brain as well. In essence, having a healthy mind and a sound body should be the primary goal of all persons, especially as we get older, not just tai chi practitioners or diabetics.

From the editor

Thank you so Much SiFu Frank Fuller for your article in to our Chuan Arts Magazine Jan 2022





International Push Hands Meeting

Announced the 21st International Push Hands Meeting in Hannover, Germany. Great Meeting to participate.

After one year of forced absence, we are now starting to work on the next meeting.

The meeting will take place **4th – 8th of May 2022**.

We will publish the teachers and program for the upcoming push hands meeting on Facebook, via the newsletter and here end of this year!

Take good care!

Birgit, Gabi und Nils

Tai Ji Quan Chen Style

The Chen Family-Style

(Article from the Wikipedia)

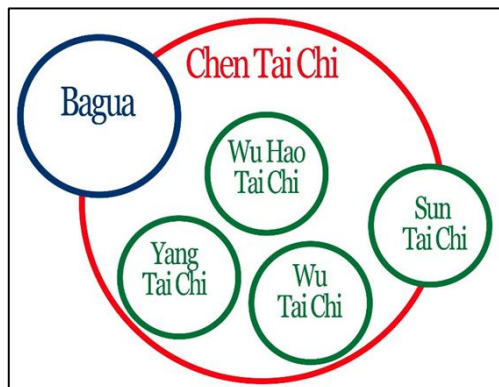
The Chen family-style (陳家、陳氏、陳式 太極拳) or Chen-style Taijiquan is a Northern Chinese martial art and the original form of Taiji. Chen-style is characterized by silk reeling (纏絲勁; chán sī jìn), alternating fast and slow motions, and bursts of power (發勁; fā jìn).

Traditionally, Taijiquan is practiced as a martial art but has expanded into other domains of practice such as health or performances. Some argue that Chen Style Taijiquan has preserved and emphasized the martial efficacy to a greater extent.

As for the origin and nature of modern Chen-style Taiji quan, documents from the 17th century indicate the Chen clan settled in Chenjiagou (Chen Village, 陳家溝), Henan

province, in the 13th century and reveal the defining contribution of Chen Wangting (陈王庭; 1580–1660). It is therefore not clear how the Chen family actually came to practise their unique martial style and contradictory "histories" abound. What is known is that the other four contemporary traditional Taijiquan styles (Yang, Sun, Wu and Wu (Hao)) trace their teachings back to Chen village in the early 1800s. Some legends assert that a disciple of Zhang Sanfeng named Wang Zongyue (王宗岳) taught Chen family the martial art later to be known as taijiquan.

Other legends speak of Jiang Fa [zh] (蒋发 Jiǎng Fā; 1574–1655), reputedly a monk from Wudang mountain who came to Chen village. He is said to have helped transform the Chen family art with Chen Wangting (1580–1660) by emphasizing internal fighting practices.



世界对拳派功夫會



Our system is a traditional Kung Fu style called - Dou Chuan Pai which means Correct Art Style.

It is based on the techniques of the eight basic animals of traditional kung fu. This style was created by Dr. Bill Drougas

in its first educational form in the middle of 1981. At that time, four basic forms of education were created. It is one of the 2500 different styles of kung fu that are now internationally recognized. It has its roots in the style of the eight animals of north China and the principles of traditional Chinese style. **Light as the flying Butterfly, Strong as the Lion's Pressing, Fast as Snake Bite, Effective as Falling a Rock, Tire like the Passage of the Wind, Penetrating like the Hit of the Arrow, Definitely like the Eagle Attac.**



The style contains techniques of the following animals: Dragon, Tiger, Panther, Eagle, Fortune Teller, Monkey, Snake and Crane. The animals Dragon, Tiger, Panther and Monkey are considered the square or distant animals and are represented in the sign with the largest

lines in the circle. The other four animals represent the tall or short animals and are represented in the sign with the smallest lines. It is wide and short but also high and low, which means that it can use the battle at the above levels and distances. It can use close or distant combat very easily and this makes him one of the best



and most traditional kung fu training systems in the world since each form results in a large number of combat techniques and their combinations. In the beginning the style was not yet taught by

the Founder complete except for some techniques as combinations of movements and techniques where some members who wanted to know the system and

practice in it eventually became his followers. Later, with the efforts of Sijo - Zhong Jia Dr. Bill Drougas at the international level and with the contact with great Masters and Founders of Fighting Systems, it was recognized as an official system at the Headquarters of Asia, the World Bureau of Systems and later by the World Federation of Recognized Systems. Founder in



September 1997 in front of 45 Grandmasters and Traditional Style Founders from 20 countries in Orlando USA at Universal Studios in a truly glorious ceremony and a true celebration of martial arts from around the world.

Using the eight combinations

Hand and foot in coordination

Elbow and knee in coordination

Shoulder and hip in coordination

Intentional thinking and technique in coordination

Thought and Chi (inner energy) in coordination Chi

and power in coordination

Motion in a circular orbit

Recognition of the power of action

The first three rules are the starting point for the martial arts practitioner, which will allow him to understand his



body, the correct posture and movement during the exercise.

The fourth rule reminds us that thought must always remain focused on the execution of the exercise, without invading elements that distract us. Mind and technique must move simultaneously and harmoniously, the combination of combat movements and their correct execution must be done voluntarily and not accidentally.

Fifth rule. When the mind is in tune with the body, the athlete must concentrate on channeling his inner



energy to any part of the body he desires. In this way he can and is able to direct his inner strength where it is needed and achieve the desired result. The sixth rule is the one that points out the need to coordinate the inner energy of the Mind with the outer power of the Body. It is the control of consciousness in movement to achieve a high level of skills. The seventh rule determines how to move and create proper technique in application and movement and is achieved through training in style forms. The last rule has to do with the awareness of the action where the practitioner does not exceed the maximum 70% of the action or absorption this is achieved by practicing with a practitioner with Dui Lian and the push hands of the style. Today we have schools in Greece, USA, Germany, Saudi Arabia, Burundi Africa. The Dou Chuan Pai Kung Fu is today a strong Style with Internal and External forms. There are many Black Belts Recognized in the style and there are also three in the master level. Also the Sijo Bill Drougas of the DCP style at the headquarters recognized and promoted five Disciples in the second Generation of

our system to promote the style in the next generation teaching.

You may contact at the HDQS of our style at the 120 KRYSTALLIS Str ARTA 47100 ,or to search the official Blogs of the Dou Chuan Pai Kung Fu of the Schools and or the Facebook media pages. Or contact Directly the Head of the Style Sijo Bill Drougas at the Email:bdrougas@yahoo.com for any information or to begin a new DCPkung Fu school in your City or Country. Or to learn DCP via our official Distance Learning System.

we will be very happy nad honored to have new members in to our style form around the world to learn the oriental kung fu philosophy and the traditional martial arts techniques.



Grand Master Andy Davies 9th Degree Black Belt by the World Taekwondo Chung Do Kwan Federation Korea

Elite Martial Arts is the name of schools founded by Grand Master Andy Davies a 9th Degree Black Belt with the World Taekwondo Chung Do Kwan Federation, the largest of the traditional Korean Kwan's with its headquarters in Seoul, South Korea. Based in the West of England the schools have a reputation of producing a number of notable Martial Arts champions including, International, European and British champions and medal winners. GM Davies is himself, a former nine-time British Champion and European Silver Medallist plus numerous medals and trophies having fought full and semi-contact including patterns divisions.



(GM Andy Davies (2nd from Right) next to Taekwondo instructor Thomas Yau in the 1970's)

Having begun his Martial Arts journey in 1968 with Judo at a local youth Club he then took up Pak Mei (White Eyebrow) Kung-Fu under Sifu George Taylor who had studied in the far East and was a student of Master So Lee Ming and he taught under the Chi Yun Woy banner. Those who trained under Sifu Taylor can tell of many exploits and his very hard and demanding classes where he didn't tolerate fools gladly. His reputation was such that Pak Mei practitioners in the local Chinese community would also come along to train and teach. Training also meant enduring heavy conditioning and hard physical contact and embedded in GM Davies a similar ethos that he has carried through his years of training. After several years Sifu Taylor retired from teaching and returned to his travels in the far East which

meant having to look for a new instructor. By chance some Chinese Taekwondo practitioners had visited a local Martial Arts club that GM Davies had started training at and during one session where he wasn't able to attend, had left a lasting impression with their power, heavy contact, speed and kicking abilities.



(GM Andy Davies practicing turning (round) kick in the 1970's)

Upon hearing of this he and several of the former Pak Mei students went in search of them. By sheer coincidence one of the Chinese Taekwondo exponents was also a Pak Mei practitioner called 'Thomas Yau' who was from Hong Kong and studying in the UK. Other members of the Chinese community who came from Malaysia and Singapore were also Taekwondo Black Belts and had formed the British Taekwondo Association under Master Fred Lee, who had studied under

GM Kim, Bok Man one of the original pioneers of Taekwondo with General Choi, Hong Hi.

This was at a time when a split had occurred in Taekwondo and the World Taekwondo Federation had just been formed and was in its infancy. GM Davies went on to achieve his Black Belt during



which time he also competed in early British Full-Contact championships in the 1970's and 1980's. Eventually the

Chinese instructors returned to their respective countries and sports bodies in the UK began the

(GM Davies receives awards from GM Kim,

Bok Man)process of creating a national governing body under the auspices of the WTF framework and GM Davies was invited to be part of its first executive committee. He stayed part of the WTF



group for many years and was a regional coach and trained several national medal winners including an Olympic Selection Champion. However, over time he became disillusioned with the dominance of the emphasis on WTF sport and wanted to challenge himself in

(GM Davies with GM Park, Soo Nam)

other disciplines and competed in Open events against Karate, Kung-Fu and ITF opponents where he began to focus more on developing his skills in patterns and was even invited by the WTF Governing Body (British Taekwondo Control Board) to compete in an international Poomsae event, which he did.

Over the years he trained under GM Kim, Yong Ho (Chung Do Kwan), Han, Yo Guen (Former



WTF Fin Weight World Champion), GM Ooi, Hock Lye (Moo Duk Kwan) plus attending numerous seminars under prominent Korean Masters and Grand Masters including GM Park, Hae Man (President World Chung Do Kwan), GM Park, Sung Jae (Chung Do Kwan) and GM Park, Soo Nam

(GM Davies with GM Park, Hae Man President of World Chung Do Kwan)

Twenty Years ago GM Davies had the opportunity to learn under original Pioneer GM Kim, Bok Man and was instantly captured by his old school philosophy, no nonsense approach and his revealing of the actual history of Taekwondo and his part in it. He remained in contact with GM Kim, Bok Man and spoke with him by video call just before his passing last year. GM Davies was one of the first three people and one of the first two Westerners ever promoted to 9th Dan by GM Kim.



Today, Elite Martial Arts combines the training of Chung Do Kwan Taekwondo as well as the techniques of GM Kim, Bok Man through the World Practical Taekwondo Academy that he established.

During the recent COVID pandemic Elite Martial Arts, like many other Martial Arts schools, lost many of its students and full-time training centres as landlords closed their premises permanently and sports and recreational facilities were banned from operating. Classes are now run out of local community buildings as restrictions are eased but the emphasis remains on teaching good quality Martial Arts.

Chuan, Welcome Gmaster Davies

Έμη Χατζηπαναγιώτη



Η Γυναίκα που φέρνει νέα δεδομένα στη Θράκη με το Tai Chi Chuan Ανακινεί το Σύμπαν με τη Βεντάλια και Επιμένει στην Αλήθεια

**Έμη Χατζηπαναγιώτη, Msc., καθ. Φ.Αγωγής
Tai Chi instructor & coach, 4th Duan,
International Tai Chi Chuan judge**

Η Έμη Χατζηπαναγιώτη είναι πτυχιούχος του ΤΕΦΑΑ Α.Π.Θ. (1989). Έχει δύο μεταπτυχιακές ειδικότητες (1991-1994) στην Αθλητική Ψυχολογία και τις Ευρωπαϊκές Σπουδές Αθλητισμού από τη Deutsche Sporthochschule Koeln, Γερμανία. Έχει μεταπτυχιακό δίπλωμα ειδίκευσης (Msc) στη 'Λειτουργική Διαχείριση Τραυματισμών για ασκούμενους και αθλητές' από το Εργαστήριο Αποκατάστασης του ΤΕΦΑΑ του Δ.Π.Θ. (2018) και είναι υποψήφια διδάκτωρ. Με αντικείμενο την επιστημονική τεκμηρίωση του Τάι Τσι και τη διδασκαλία του, συνεργάζεται με το ΤΕΦΑΑ του Δ.Π.Θ στη Κομοτηνή από το 2011 ενώ από το Σεπτέμβριο διδάσκει εκεί το μάθημα επιλογής Τάι Τσι σε προπτυχιακούς φοιτητές των ΤΕΦΑΑ. Είναι εισηγήτρια σεμιναρίων και διαλέξεων σε διεθνή επιστημονικά συνέδρια, σε ημερίδες και σε προπτυχιακούς και μεταπτυχιακούς φοιτητές στα ΤΕΦΑΑ Δ.Π.Θ. Εργάζεται ως γυμνάστρια στη Δευτεροβάθμια εκπαίδευση στην Ελλάδα και ως αποσπασμένη σε αμιγή ελληνικά σχολεία της Γερμανίας και σε δημόσιο αμερικανικό σχολείο των Η.Π.Α. Είναι ιδρυτής και υπεύθυνη δασκάλα του Εργαστηρίου Tai Chi Chuan, 'Αυθεντικό Yang Στυλ' της Φιλοπρόοδης Ένωσης Ξάνθης, Φ.Ε.Ξ. από το 2010 όπου διδάσκει Yang Style Τάι Τσι, Liu He Ba Fa υπό τη καθοδήγηση του δασκάλου HuaXiang Su και διάφορα είδη Τσι Γκουνγκ

σε ενήλικες, παιδιά και εφήβους ασκούμενους. Είναι πιστοποιημένη δασκάλα, προπονήτρια (4ο Duan) Tai Chi Chuan (2011) και πιστοποιημένη διεθνής διαιτητής (2014) από την World Tai Chi Chuan Federation, Taipei Taiwan. Είναι μέλος της World Tai Chi Chuan Federation Taiwan και του γερμανικού Συλλόγου Tai Chi Chuan Foederation Rhein Wupper E.V., Wuppertal Γερμανία. Εκπαιδεύτηκε από τον Master Luohe Chen, από την Master Guiyan Jian, τον Master Hua Xiang Su, την Sonja Blank και την Franziska Ruescher.

Στα πλαίσια του Εργαστηρίου διδάσκονται οι παραδοσιακές φόρμες χεριών Yang, η φόρμα του Master Cheng' Man' Ching και οι φόρμες των όπλων Yang. Μελετώνται οι πολεμικές εφαρμογές, οι πρακτικές στο Tui Shou και το σύστημα Loosening του Master Huang Sheng Shyan, μαθητή του θρυλικού Cheng Man' Ching' και το σύστημα Receiving Force. Ασκούμεστε στο Ding Shi Bagua Zhang (οκτώ παλάμες) και διδάσκονται διάφορες πρακτικές και φόρμες στο Qi Gong.

Από το 2016 λειτουργεί ένα θεραπευτικό προσαρμοσμένο πρόγραμμα Ήπιου Τάι Τσι & Τσι Γκουνγκ για ειδικούς πληθυσμούς όπως πχ. ασκούμενους με μυοσκελετικά προβλήματα και



χρόνιες ασθένειες, χρόνιο πόνο και τη Τρίτη ηλικία. Το εξειδικευμένο πρωτόκολλο του προγράμματος δημιουργήθηκε από την κυρία Χατζηπαναγιώτη μέσα από την εμπειριστατωμένη διερεύνηση της στην επιστήμη της αποκατάστασης, της πρόληψης και της συμπληρωματικής θεραπείας στις χρόνιες ασθένειες και έχει εξαιρετικά αποτελέσματα στις ομάδες που εφαρμόζεται.

Αγωνιστικές διακρίσεις: 1 χρυσό μετάλλιο, 2 αργυρά και 2 χάλκινα σε αντίστοιχα Παγκόσμια Κύπελλα της World Tai Chi Chuan Federation, Taipei Taiwan το 2010 και 2014. 2do Panamericano Campionato Tai Chi Chuan Argentina 2015, Trelew Patagonia (2o Παναμερικάνικο Πρωτάθλημα Tai Chi Chuan Αργεντινή 2015, Trelew Παταγονία), 8-14 Ιουνίου 2015-Διατησία και βοηθός του δασκάλου μου Luoke Chen με εντολή της Πρεσβείας της Ταϊβάν στο Buenos Aires. Βοηθός στην επιμόρφωση – σεμινάριο στα πλαίσια του πρωταθλήματος σε ειδικά θέματα των διατησίας από τον δάσκαλο Luoke Chen, βοηθός στο σεμινάριο στο Push hands με τον Master Wu Rhong Hui. Στο Εργαστήρι Tai Chi Chuan καλλιεργείται η τέχνη, ο πολιτισμός και οι παραδόσεις του ελληνικού

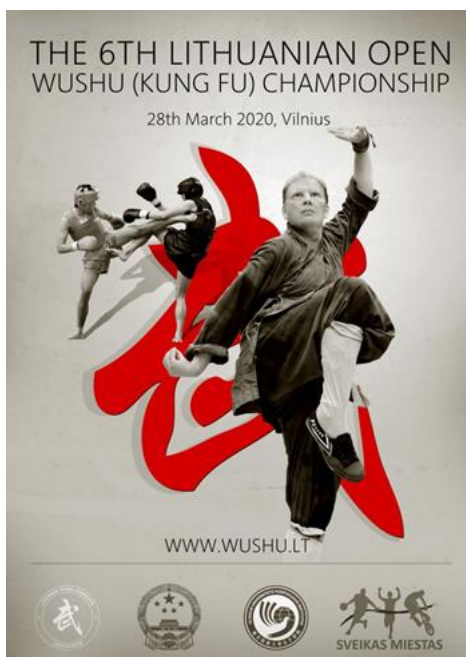
και κινεζικού κόσμου μέσα από τη δράση του 'Πολιτισμοί και Παραδόσεις' με τη διοργάνωση διαλέξεων και σεμιναρίων. Πραγματοποιεί συνεργασίες και συναντήσεις με εξέχοντες Έλληνες και ξένους δασκάλους διοργανώνοντας κοινές δράσεις με σκοπό την προαγωγή και διάδοση του Ταί Τσι με τα μάτια στραμμένα στο μέλλον.

Διοργανώνει από το 2017 και κάθε χρόνο το τριήμερο **Διεθνές Φεστιβάλ Ταί Τσι Τσουάν 'Δημόκριτος ο Αβδηρίτης'** στην Ξάνθη φιλοξενώντας δασκάλους από την υπόλοιπη Ευρώπη την Ελλάδα και τα Βαλκάνια με σκοπό την προαγωγή και τη διάδοση του Ταί Τσι & Τσι Γκουνγκ μέσα από υψηλού επιπέδου σεμινάρια πρακτικής, φιλοσοφικές και επιστημονικές διαλέξεις που υποστηρίζουν την τέχνη αυτή.

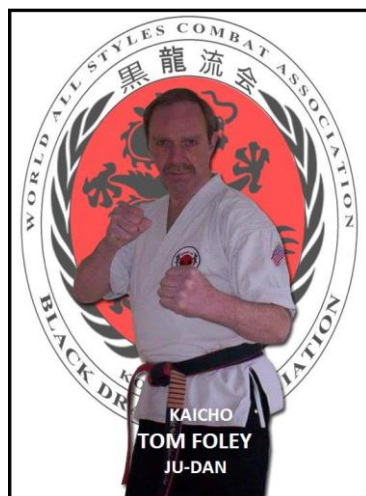
Από το 2021 συνδιοργανώνει μαζί με τους Έλληνες δασκάλους Βασίλη Δρούγα και Δημήτρη Τσολακίδη το Πανελλήνιο διαδικτυακό Συμπόσιο για το Ταί Τσι & το Τσι Γκουνγκ που έχει ως σκοπό την εμπειριστατωμένη ενημέρωση των ασκούμενων και των εκπαιδευτών /ριών/δασκάλων στις πρακτικές αυτές, των εφαρμογών αυτών και στα αποτελέσματα της επιστημονικής έρευνας.



INTERNATIONAL WU SHU KUNG FU MARTIAL ARTS CHAMPIONSHIPS



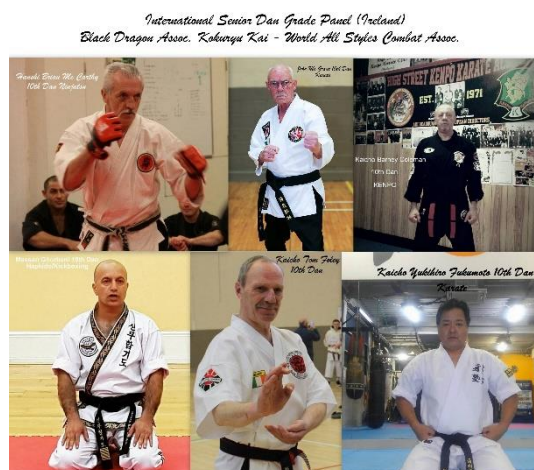
Meet **Grandmaster Tom Folley** from Ireland the Association World President of the Black Dragon Assn.



My name and Title is Kaicho Tom Foley 10th Dan. I am studying Martial Arts 58 years and have practice over 20 Systems. My Style is called Kokuryu Kai or Black Dragon Society / Association. I started my first Club in Kilkenny City Ireland in 1974 and the Association in 1979. In later years I was approached by senior Masters in Ireland and abroad to form and head up a new group to look after more people in a manner that made them feel freer. This was to be the World All Styles Combat Association. These two Associations are now from a humble start in 1974 now in 136 Countries and is multi styled. Several times a year in Ireland I get as many top Masters of all styles together at different



locations. These Seminars are for the Instructors to learn new technique from each other and to take it back to their own clubs. This works out very well and regardless of rank or style all are required to practice on the floor. Too many people go stale when they do not practice new technique. Also many top instructors now find themselves to be in a position where as they may have nowhere to go because of politics or their teacher may have passed on. I have several top people who were in this position and left on the shelf for more than 25 years. These people I will look after straight away. I refuse to take any money for Martial Arts in any way, not for teaching, grading, seminars etc... Any money we take in goes into the Association to help others. We are getting bigger by the day and membership is open to Bonafide Martial Artists. We do insist on checking on grades as they may wish to go forward in grading at a later time. We are here for Martial Arts only and politics are left at the door.



The Symposium for Integrative Health, Tai Chi & Qigong Festival and Retreat Website.

Save the date: August 12, 13 & 14, 2022

We have good news, and bad news.

First, the bad news. After much teeth knashing and long meetings and conversations, the organizing committee has regrettably come to the decision that we will not be able to hold the Symposium this year (2021).

Now, for the good news. We were able to hold on to our reservation at Maris Stella Retreat and Conference Center at Harvey Cedars, Long Beach Island, New Jersey. We have worked very hard for years to be in a position to be able to reserve the St. Vincent's housing on the oceanside where everyone gets their own individual room (instead of the shared housing on the bayside where everyone had to share their bedroom). So now we are ON for August 12, 13, and 14, 2022. Please put the date in your schedule and make plans to join us for this phenomenal event nestled between the ocean and the bay. One of our signature features: Qigong and Tai Chi to both the sunrise and the sunset! We have a limited number of rooms, so watch closely to reserve your spot in early 2022.



Διεθνές Φεστιβάλ Tai Chi Chuan «Δημόκριτος ο Αβδηρίτης της Θράκης»

Φιλοσοφία η γλώσσα πολιτισμού μεταξύ Δύσης και Ανατολής, Ξάνθη - Ελλάδα
International Tai Chi Festival 'Democritus of Abdera' –

«Approaching Tai Chi through Philosophy as an international language of culture between West and East», Xanthi – Greece

Διοργάνωση : Εργαστήρι Tai Chi Chuan της ΦΕΞ, 'Αυθεντικό Yang Style'

Το Διεθνές Φεστιβάλ Tai Chi Chuan 'Δημόκριτος ο Αβδηρίτης' αποτελεί μία διεθνή τριήμερη συνάντηση ασκούμενων του Τάι Τσι στην πόλη της Ξάνθης με καλεσμένους σεβαστούς δασκάλους του Τάι Τσι και συμμετοχές από την υπόλοιπη Ευρώπη, τα Βαλκάνια και την Ελλάδα. Διοργανώνεται από το Εργαστήρι Τάι Τσι Τσουάν της Φιλοπρόοδης Ένωσης Ξάνθης από το 2017 και κάθε χρόνο στο τέλος της άνοιξης.



Στα πλαίσια της πραγματοποιούνται εντατικά σεμινάρια και διαλέξεις στην τέχνη του Ται Τσι, του Τσι Γκουνγκ, στις εφαρμογές αυτών, επιστημονικές διαλέξεις και διαλέξεις στην φιλοσοφία συγκροτώντας ένα πλούσιο πρόγραμμα στην εκπαίδευση και κατανόηση αυτών των πρακτικών. Σκοπός του Φεστιβάλ είναι η ανταλλαγή των εξειδικευμένων εμπειριών μεταξύ των καλεσμένων και συμμετεχόντων με σκοπό τον εμπλουτισμό και την ενδυνάμωση της γνώσης τους, την ανάπτυξη της φιλίας και της συνεργασίας μεταξύ τους. Η αποκορύφωση του Φεστιβάλ την τελευταία ημέρα περιλαμβάνει ένα εορταστικό πρόγραμμα Gala με επιδείξεις στην τέχνη του Ται Τσι από τους καλεσμένους εισηγητές. Επίσης μέσω της προσθήκης της δράσης Art moves Taichi – Taichi moves Art αναδεικνύεται η παράδοση και ο πολιτισμός μέσω



των παραστατικών τεχνών όπως είναι η μουσική, ο χορός κλπ.

Ο τίτλος του Φεστιβάλ 'Δημόκριτος ο Αβδηρίτης της Θράκης' προσδιορίζει μία διαφορετική προσέγγιση καθώς επιχειρείται η διερεύνηση της κινεζικής τέχνης του Τάι Τσι μέσω της Φιλοσοφίας, την ανάλυση των κειμένων και την αναφορά στο μεγάλο έργο του Έλληνα φιλοσόφου Δημόκριτου από τα Άβδηρα εστιάζοντας στην διαθεματικότητα της.



Η καθιέρωση του Φεστιβάλ σε διεθνή συνάντηση έχει ως αποτέλεσμα την επανάληψη του κάθε χρόνο στην περιοχή της Ξάνθης και την δημιουργία ενός πόλου έλξης για Έλληνες και ξένους που ενδιαφέρονται για το Ται Τσι, το Τσι Γκουνγκ, την επιστήμη και την φιλοσοφία.

Ανακαλύπτονται οι ισχυροί δεσμοί ανάμεσα στο πολιτισμό της Δύσης δια μέσου της φιλοσοφικής σκέψης του Δημόκριτου και του πολιτισμού της Ανατολής.

Η διερεύνηση αυτή και η αναφορά στο έργο του Δημόκριτου ευελπιστεί να εκπληρώσει τον στόχο του Φεστιβάλ που είναι αφενός μεν η



ανθρώπινη επικοινωνία μεταξύ διαφορετικών λαών, η ανάδειξη και προβολή της Ιστορίας του τόπου μας και αφετέρου να αποτελέσει την αφορμή για την δημιουργία ενός δικτύου ειδικών και φίλων που επιζητούν, μέσω της τέχνης τους, να αναδείξουν τις πανανθρώπινες αξίες του σεβασμού και της αποδοχής της διαφορετικότητας. Η μεγάλη ιστορία και ο πολιτισμός της Κίνας συναντιέται με τον πολιτισμό της Ελλάδας μέσω του ανεκτίμητου έργου και της φιλοσοφικής σκέψης του Δημόκριτου στις έννοιες

της κοσμολογίας, της ηθικής και της θεωρίας του ατόμου.

Η φιλοσοφία γίνεται η γλώσσα επικοινωνίας και του πολιτισμού.

Η διοργανώτρια και υπεύθυνη του Εργαστηρίου,
Έμμη Χατζηπαναγιώτη, Msc., Καθ. Φ. Αγωγής
Tai Chi instructor & coach, 4th Duan
International Tai Chi Chuan judge
Member of the World Tai Chi Chuan Federation
Taiwan

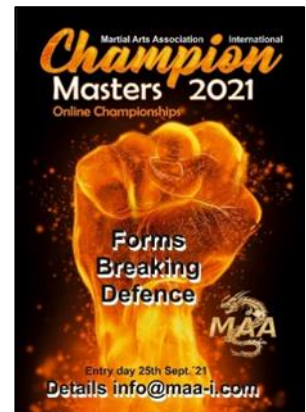


INTERNATIONAL MARTIAL ARTS CHAMPIONSHIPS

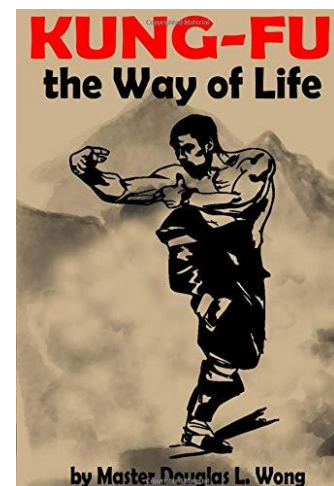
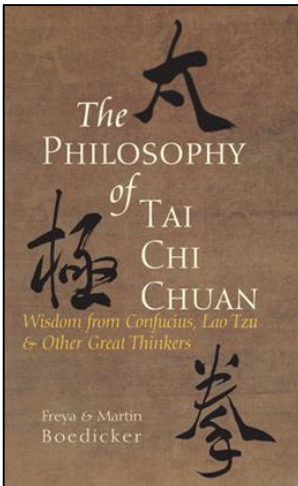
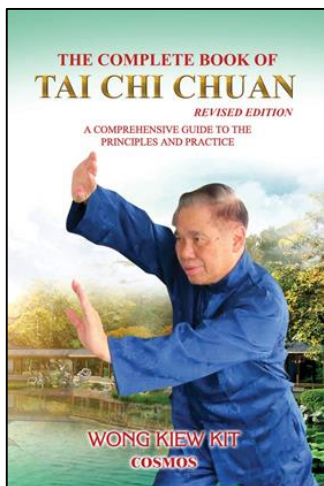
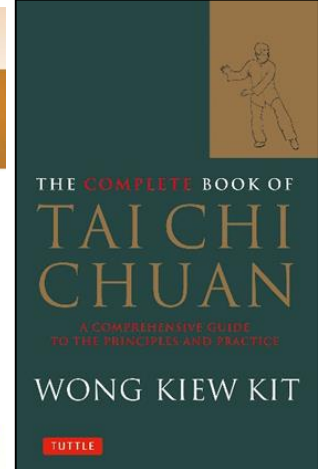
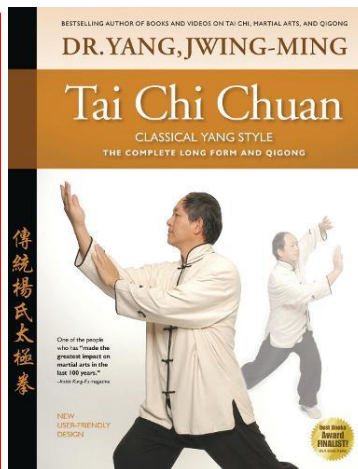
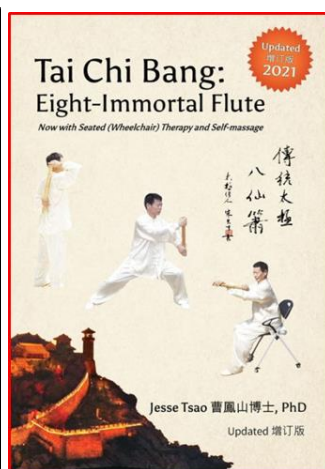
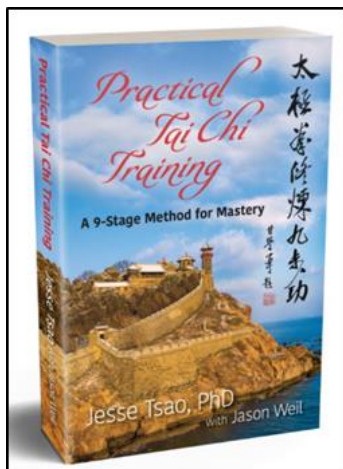


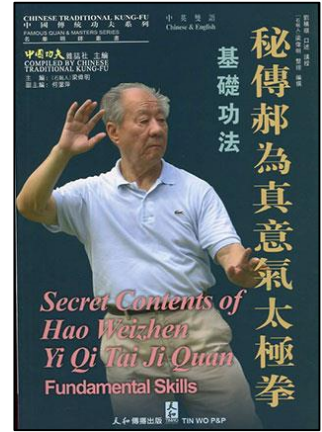
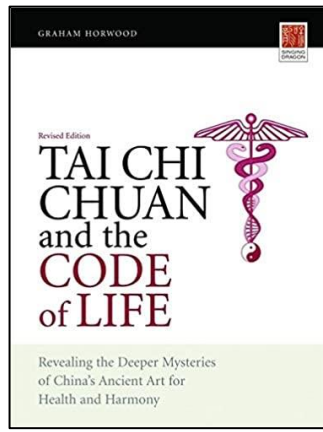
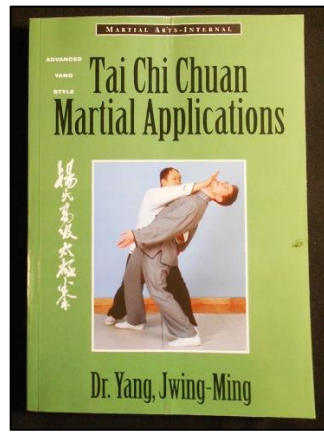
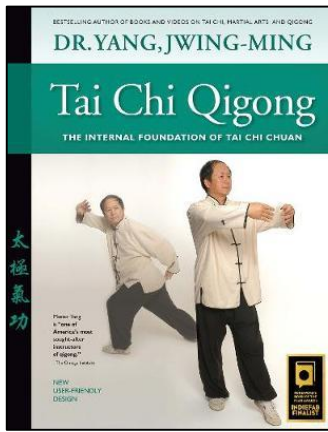
The wushu (taolu) competition at the 2022 World Games will take place in July of 2022, in Birmingham, at the Bill Battle Coliseum. Originally scheduled to take place in July 2021, the Games have been rescheduled for July 2022 as a result of the 2020 Summer Olympics postponement due to the COVID-19 pandemic.

Wushu will be featured as an invitational sport alongside duathlon, flag football, lacrosse, and wheelchair rugby. Wushu was also an invitational sport at the World Games in 2009 and 2013. In May of 2021, the International Wushu Federation was admitted into the International World Games Association and wushu will be considered as a potential official event in the 2025 World Games.

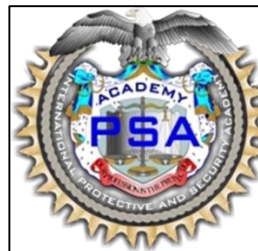
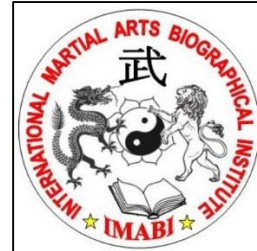


MARTIAL ARTS BOOKS TO READ





Associated Schools and Styles



THE NEXT CHUAN ISSUE ON AUGUST 2022