



THE MONTHLY NEWSLETTER FROM BEIJING TAI-CHI & KUNG FU ACADEMY

KF 101: Yang Tai Chi

Created by Yang Lu Chan (1799-1872) of Yong Nian County in Hebei province, Yang style Tai Chi is the first derivative of Chen style Tai Chi. After having studied Chen Tai Chi for 9 years in Chen Jia Gou, Henan province under the tutelage of Chen Chang Xing, who was a 14th generation Chen Tai Chi master, Yang Lu Chan created the much softer and more fluent style now known as Yang Tai Chi. Wu Yu Xiang, the founder of Hao style Tai Chi, recommended that Yang Lu Chan teach his Yang style to government officials in Beijing, and because Beijing was the political and cultural center of China at the time, Yang Tai Chi quickly gained popularity.

Yang Lu Chan had two sons. His elder son, Yang Ban Hou (1837-1892) was a highly skilled Tai Chi fighter. He created the small frame form of Yang Tai Chi and in turn taught Wu Jian Quan, who would later become the creator of Wu style Tai Chi. Yang Lu Chan's younger son, Yang Jian Hou (1839-1917), who also achieved high level skills, had three sons. The youngest of the three, Yang Chen Fu (1883-1936), had a large frame and ended up specializing in Tai Chi Push Hands techniques. Because he was known for being a very open, kind, smart and friendly master, many people traveled long distances to be his student. He summarized basic Tai Chi movements and systematically taught the Yang Style 108 form to the public. Not only did Yang Chen Fu excel in Tai Chi applications, but he also believed in using Tai Chi as a tool to strengthen a person's body and to maintain health. He ultimately became the Dean of the Internal Department in the Nanking Guo Shu Institute in the late 1920s, where many of the top graduates were his personal students.

Currently, Yang style Tai Chi is the most popular style of Tai Chi worldwide. Many Yang Tai Chi practitioners view the Yang 108 form as the representative form of Yang Tai Chi; however, in order to adapt to a modern fast-paced lifestyle, many simplified versions of Yang Tai Chi forms have been created in recent years, such as 8, 24, 40 and 88 Movements. Yang Tai Chi has also become the most popular division in internal Kung Fu competitions. For example, the 40 Movements form is now the mandatory competition form for Yang Tai Chi. The following is a BTKA-suggested 3-tiered structure to help learn Yang Tai Chi effectively:

1. Basics & Gong Fa (conditioning)
2. Forms & Weapons
3. Push Hands & San Shou

BTKA offers various levels of Yang Tai Chi classes. Please refer to www.beijingkungfu.com for the current schedule. ♦

Student of the Month

Lisa Wu



First off, congratulations to Lisa for being the first female at BTKA to receive certification for Duan Bing (short weapons sparring)! Having been at BTKA for just under 2 years, she has dedicated herself to learning both the internal arts as well as the use of weapons. In addition to Duan Bing, she has already learned Mantis Staff and Saber forms, empty hand Chen Tai Chi, Qinna 4 and is currently taking Bagua and Chen Sword Tai Chi. She attributes her love of martial arts to Chinese wuxia television – something her parents made her watch as a child to ensure that she would retain her Chinese speaking/comprehension skills.

After having taken Tae Kwon Do and Shotokan during college, her first Kung Fu class was part of a UCLA program taught by BTKA instructors

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Community Chest

Happy Birthday to our May Babies!



7th
Randell Beltran

19th
Johan Stein



27th
Rich Lee



31st
Levi Wilson



11th
Oscar Perez

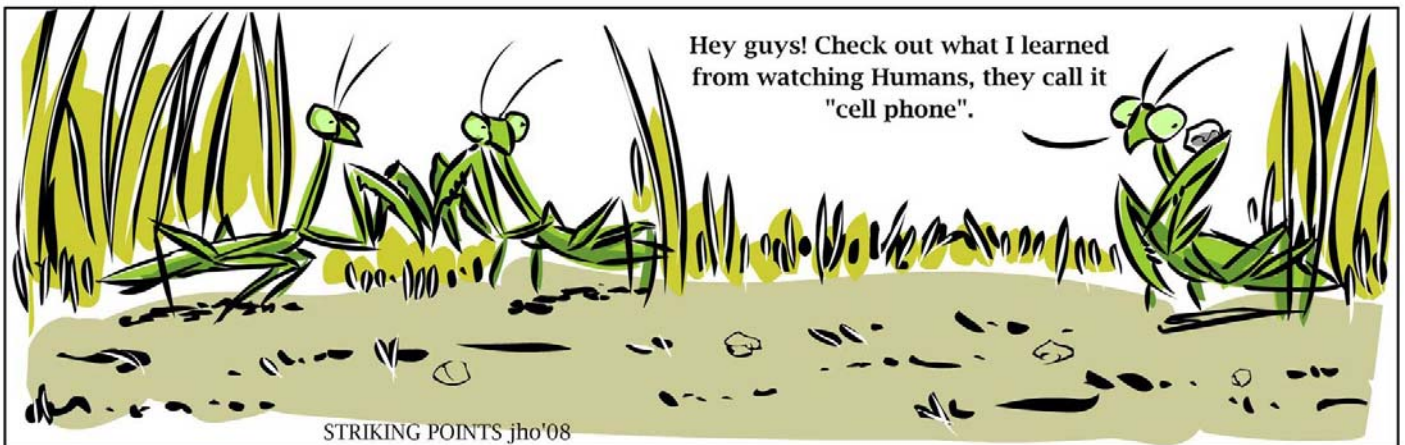


24th
Christine Coffelt



30th
Andrew Marshall

A BTKA411 exclusive kung fu comic strip by none other than our very own talented Jeret Ochi!



UPCOMING TOURNAMENT

San Diego Grand International
 May 17th – 18th

This tournament includes: traditional forms/weapons, Tai Chi / internal forms, bout and continuous sparring, modern Wushu as well as a host of other martial arts that are fun to watch.

www.prokenpo.com



BTKA MEDAL COUNT	
2008	
Gold	0 2 7
Silver	0 0 7
Bronze	0 0 7
Life-to-Date	
Grand Champion	6
Gold	229
Silver	74
Bronze	53

Student of the Month

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Rich Lee and Raul Ramirez. As her appreciation for the breadth of Kung Fu grew, she migrated over to the BTKA curriculum and has done very well for herself since. Although her original focus was neither in weapons sparring nor competing, Lisa has since changed her mind and has come to enjoy weapons sparring and also intends to take her Chen Tai Chi and Mantis Saber forms to her first competition this May in San Diego.

Lisa is a self-professed “run of the mill nerd,” and her undergraduate degree from MIT and her current studies towards a Ph.D. in Neuroscience at UCLA help back up that claim. If that weren’t enough, she explains one of her favorite annual activities: “One of the nerdy things I look forward to every year is the MIT Mystery Hunt every January, which is a giant puzzlehunt game/competition between several MIT-based teams. I guess this means that I just have a lot of fun solving puzzles.” Not limiting herself to puzzles, Lisa also enjoys playing video games, reading manga (for the manga-ignorant: Japanese graphic novels) and watching dorky things like British comedies (hmm...sounds a bit like Brad).

Other TV shows she enjoys are *The Daily Show*, *The Colbert Report*, Adult Swim cartoons (*Aquaten Hunger Force* and *Robot Chicken*) and *Battlestar Galactica*. In the world of music, Lisa is a big supporter of local indie bands, her favorite being The Deadly Syndrome, although she also enjoys Flogging Molly, The Decemberists and MUSE. Favorite film? *The Boondock Saints*. (Nice choice!) Lisa also finds time to enjoy reading her favorite authors J.R.R. Tolkien and Neal Stephenson, although one of her best loved works is *Grendel* by John Gardner “because I like experimental and derivative writing that take well-known works and put a different spin on them.”

And finally, I leave you with her favorite quote – one that seems to reflect her personality in many ways: “As the days go by, we face the increasing inevitability that we are alone in a godless, uninhabited, hostile and meaningless universe. Still, you've got to laugh, haven't you?”



BTKA Trivia Challenge

Take the BTKA Trivia Challenge and win a gift card at the end of the year! How? Amass the most points! Each month, be among the top 3 people to answer correctly. 1st person to answer correctly = 3 points, 2nd person = 2 pts, 3rd person = 1 pt. The 3 people with the most points at the end of the year win. **The BTKA Challenge is a personally-funded contest that is not sponsored by BTKA, so don't hold the school responsible if you don't win!**

Current Trivia Challenge Standings

1. Lisa Wu
2. Jolene Kim / Michael Lilli
3. Christine Coffelt / Matt Luongo

May Trivia Question

Name this famous cartoon Kung Fu character.



For extra credit – who was the voice behind the character?

- a. Daws Butler
- b. Don Messick
- c. Scatman Crothers
- d. Bill Farmer

Send your answer in to info@beijingkungfu.com!

APRIL Trivia Question

Many of you were apparently stumped by last month's trivia. Answers are below. Please re-watch the clip to get a little flavor of each of these forms. The clip is of "old school" modern wushu athletes from the 80s. They are – simply put – amazing.

CONGRATS TO MATT LUONGO – the only person who knew all 5.

<http://youtube.com/watch?v=94ZP-nznlk0>

- A. 0:42 – 0:55 (Guy in Red) - **DITANG**
- B. 1:41 – 1:47 (Guy in Yellow) – **MONKEY (STAFF)**
- C. 2:10 – 2:17 (Guy in Black) – **NAN QUAN (or SOUTHERN)**
- D. 2:50 – 2:52 (Guy in White) – **CHEN TAI CHI**
- E. 3:30 – 3:33 (Girl in Black) – **TONG BEI**

2008 BTKA Tentative Schedule
Weekdays

	6 – 7p	7 – 8p	8 – 9p	8 – 9p	9 – 10p
Mon	Sanda Sparring (ongoing)	General Review (ongoing)	Yang Fight Set (3/1 - 6/30)	Tai Chi 1 & 2 (ongoing)	
			Yang Application (7/1 - 8/31)		
			Yang 40 (9/1 - 12/18)		
Tue	Sanda Conditioning (ongoing)	Handcuff (5/1 - 8/30)	Baji (4/1 - 7/31)	Kung Fu 1 – Tan Tui (3/11 – 8/31)	Team Practice (ongoing)
		Review (September)	Review (August)	Kung Fu 1 – Basics (9/1 – 12/18)	
		Qinna Fight Set (10/1 - 2/28/09)	Eagle Claw 1 (9/1 - 12/18)		
Wed	Chen Tai Chi Sword 1 (1/7 - 4/30)	Instructor Review & Open Gym (ongoing)	Yang Fight Set (3/1 - 6/30)	Tai Chi 1 & 2 (ongoing)	
	Chen Tai Chi Sword 2 (5/1 - 8/31)		Yang Application (7/1 - 8/31)		
			Yang 40 (9/1 - 12/18)		
Thu	Sanda Conditioning (ongoing)	Eagle Claw Fight Set (1/7 - 4/30)	Review (March)	Kung Fu 1 – Tan Tui (3/11 - 8/31)	
		Handcuff (5/1 - 8/30)	Baji (4/1 - 7/31)	Kung Fu 1 – Basics (9/1 - 12/18)	
		Review (September)	Review (August)		
		Qinna Fight Set (10/1 - 2/28/09)	Eagle Claw 1 (9/1 - 12/18)		
	6 – 7p	7 – 8p	8 – 9p	8 – 9p	9 – 10p

Weekends

	10 – 11a	11a – 12p	12 – 1p	1 – 2:30p
Sat	Sanda Conditioning (ongoing – starting 4/1)	Sanda/Qin Na Mixed Light Sparring (ongoing – starting 4/1)	Shield & Sabre Sparring (4/1 - 6/30)	
			Shield & Spear Sparring (7/1 - 9/30)	
Sun	Xingyi 1 (3/1 - 6/1)	Bagua 1 & 2 (1/6 - 5/31)	Broken Gate Spear (1/7 - 5/31)	Wushu Long Fist (10/1/07 – 4/30)
	Xingyi 2 (7/1 - 10/1)	Bagua 3 (6/1 - 8/31)	Sticky Staff Fight Set (6/1 - 10/31)	Wushu Sabre (5/1 - 10/31)
	Xingyi 3 (11/1/08 - 2/28/09)	Bagua 4 (9/1 - 12/18)		
	10 – 11a	11a – 12p	12 – 1p	1 – 2:30p

Tournament Watch 2008

April 30 – May 4

7th Pan American Wushu Championships – Sao Paulo, Brazil

Events: Details to follow.

Website: <http://www.cbkw.org.br/>

May 17-18

San Diego Grand International Martial Arts Competition - San Diego, CA

Events: Contemporary & traditional wushu, internal, 2-person fight set, continuous sparring

Website: www.prokenpo.com

*** Tiger Claw Elite Championship qualifying event ***

May 23-25

10th Annual International Chinese Martial Arts Championship - Orlando, FL

Events: Contemporary & traditional wushu, internal, push hands (fixed, restricted and moving step), sanda

Website: www.kungfuchampionship.com

*** This event requires an invitation request for competitors who have not previously participated in the tournament. ***

July TBD

2008 Taiji Legacy International Martial Arts Championships - Dallas, TX

Events: Contemporary & traditional wushu, internal, push hands (restricted and moving step), continuous sparring, sanda, duan bing, plus more

Website: www.chinwoo.com/2007tcl/index.htm (site from 2007 tournament)

August 1-3

2008 Long Beach Internationals - Long Beach, CA

Events: Contemporary & traditional wushu, tai chi, continuous/point sparring, sport MMA, grappling (with and without gi)

Website: www.longbeachikc.com (site from 2007)

*** Tiger Claw Elite Championship qualifying event ***

August 29-31

Las Vegas Chinese Martial Arts Championship

NEW

Events: Praying Mantis kung fu, Tai Chi, Baji, Bagua, weapons, fight sets

Website: <http://www.wutanglasvegas.com/>

August TBD

2008 Houston International Martial Arts Championships - Houston, TX

Events: Contemporary & traditional wushu, internal, group internal and external forms, continuous sparring, sanda, shuai jiao, push hands (restricted and moving step), duan bing, chang bing

Website: www.himachampionships.com (site from 2007 tournament)

August TBD

2008 Battle of L.A. - Los Angeles, CA

Events: Contemporary & traditional wushu, internal, push hands (fixed), duan bing, chang bing, gong fa

Website: www.battleofla.com (site from 2007 tournament)

