



加拿大中國國術總會
Canadian Chinese Kuo Shu (Martial Arts) Federation



第三十五週年慶祝
35th Anniversary Celebration



講好中國文化，教好中國功夫
Tells Chinese stories well and teaches fine Chinese Kung Fu

繼承發揚中華
非物質文化遺產
“傳統國術”

1987-2022



What will your
retirement
look like?

Work with an Advisory Team who'll take the time to know you.

As a dedicated team of professionals with a personalized approach, we work closely with all of our clients to educate and guide them through investment decisions. We're with you every step of the way to help you protect and grow your investments.



Edward Mah
Senior Investment Advisor
Ed.mah@nbpcd.com
416-928-1104



Louise Chow
Associate Investment Advisor
Louise.chow@nbpcd.com
905-305-1001



Marissa Mah
Associate Investment Advisor
Marissa.mah@nbpcd.com
416-928-9602



BMO Private Wealth is a brand name for a business group consisting of Bank of Montreal and certain of its affiliates in providing private wealth management products and services. Not all products and services are offered by all legal entities within BMO Private Wealth. Banking services are offered through Bank of Montreal. Investment management, wealth planning, tax planning, and philanthropy planning services are offered through BMO Nesbitt Burns Inc. and BMO Private Investment Counsel Inc. Estate, trust, and custodial services are offered through BMO Trust Company. BMO Private Wealth legal entities do not offer tax advice. BMO Trust Company and BMO Bank of Montreal are Members of CDIC. ©Registered trademark of Bank of Montreal, used under license. BMO Nesbitt Burns Inc. is a Member of the Canadian Investor Protection Fund. Member of the Investment Industry Regulatory Organization of Canada.

術
藝
傳
承
遍
加
邦

加拿大中國國術總會
成立三十五週年晚宴

Canadian Chinese Kuo Shu (Martial Arts) Federation
35th Anniversary Banquet

Saturday, September 24, 2022

帝寶名宴

New Kennedy Square Banquet Hall
8360 Kennedy Rd., Markham,
ON L3R 9W4

Reception: 6:00 pm

Dinner: 7:00 pm



國
粹
弘
揚
播
海
外

WWW.WUSHU.CA



Member of Provincial Parliament

Greetings from Billy Pang, MPP 彭錦威

As the Member of Provincial Parliament for Markham-Unionville, I am pleased to extend my warmest regards to the **Canadian Chinese Kuo Shu Federation (CCKSF)** for their **35th Anniversary**, taking place on September 24, 2022.

This is a major milestone for CCKSF and their members. The federation has been instrumental in inspiring and motivating Ontarians of all ages, races and genders, to learn and practise martial arts. Their mission of spreading the Chinese Kuo Shu and training young athletes to carry on this unique form of martial arts in Ontario has inspired many to follow. I applaud all Shifu's enthusiasm and patience as they are shaping and preparing our martial arts lovers to develop their values of discipline, faith and sportsmanship. You have brought multiculturalism and sport together to a new level!

My sincere congratulations to CCKSF! I thank you for the past 35 tremendous years, and wish you all the best for the next 35 years and more!



Sincerely yours,

Billy Pang, MPP
Markham-Unionville



中华人民共和国驻多伦多总领事馆

The Consulate General of the People's Republic of China

240 St. George Street, Toronto, Canada M5R 2N5 Tel: 416-964-7260 Fax: 416-324-6468

贺 信

加拿大中国国术总会：

值此贵会成立 35 周年之际，中华人民共和国驻多伦多总领事馆谨致以热烈祝贺。

贵会自成立以来，始终秉持创会宗旨，坚持弘扬推广中华武术国粹，热心当地社区公益，积极参与中加文化交流活动。展望未来，希望贵会继续开拓创新，为加拿大多元文化建设和中加友好交往作出更大贡献。

祝贵会成立 35 周年庆祝晚宴圆满成功！

中华人民共和国驻多伦多总领事馆

2022 年 9 月 24 日





Message from the President

2022 is the 35th anniversary of the Canadian Chinese Kuo Shu (Martial Arts) Federation. On behalf of the CCKSF, I would like to welcome everyone to our event today.

The mission of the CCKSF is to promote traditional Chinese Martial Arts in Canada and the culture of Martial Arts, facing the world and serving the community. CCKSF strives forward in assisting the athletes and students in creating strong relationships with their society.

During the past 35 years, CCKSF held the Annual Canadian National Kung Fu Championship and is supported by many Martial Arts schools. The championship programmes finalize and authenticate the final results of the students in practicing Martial Arts yearly. In the past two years of the COVID-19 pandemic, we change most of our events running virtually.

Besides organizing and participating in community events, for example, the Kung Fu Expo and Chinese New Year Celebration etc., CCKSF connects, visits and accommodates guests and friends coming from different cities or countries over the world. In order to strengthen the culture of the Martial Arts, CCKSF unites different Martial Arts organizations all the time.

Last but not least, I would like to express my warmest gratitude to sponsors, performers, and volunteers for their dedication. Please sit back and enjoy the wonderful evening with us. I wish you all the best. Thank You!

Nelson Cheng
President

會長的話

二〇二二年迎來了加拿大中國國術總會三十五周年會慶，首先借此機會我謹代表加拿大中國國術總會執委會及全體會員，熱烈歡迎各位嘉賓、武林前輩及武術界朋友撥冗前來參加這次大會。

加拿大中國國術總會的宗旨是立足加拿大，面向世界，服務社會，積極推廣及發揚中國傳統武術及其文化精神為己任。

三十五年的時間，我們傳承中國傳統武術文化，積極推廣傳統武術運動，每年舉辦的武術大賽，深受各武術院校支持及參與，已經成為每年練武同學成績的總結；但由於這兩年疫情阻隔，我們只能把活動改為線上舉行。

我們除了舉辦和參與社區活動，如武術嘉年華、賀龍滙、年宵賀歲等表演外，也積極聯系、走訪、接代各地良師益友，為中華武術文化團結略盡綿力。

最後我藉此機會向各位朋友，特別是贊助商、表演者、義工們，衷心感謝，希望今天晚上大家有一個精采及難忘的晚上。

鄭永麟



Message from the Chairman

Good evening and as Chairman of the Canadian Chinese Kuo Shu Federation (CCKSF) I want to welcome you to tonight's celebration. This banquet tonight is in celebration of our 35th year anniversary. Looking back, it was Master John Li who invited me to join CCKSF. If not for his invitation, I would not be here this evening to celebrate another anniversary. Master John Li was still with us on our 30th anniversary banquet in 2017. However, today, it is with regret that he is no longer with us. God bless his soul. Through his inspiration, I pray that our bodies are as strong as the red sun with enough strength to spare.

As Canadians, we must improve ourselves through harmonious promotion of the martial art culture and continue our joint effort to build a "Serious Martial Arts Society for Righteousness." As a result of the recent pandemic, many industries have shut down, and workers have had to adapt to new careers. Others have left for the Divine above. As chairman, I also had to adapt to recent changes. Physical training has now gone to online teachings, and the monthly meeting gatherings have turned to virtual meetings as well.

Kung Fu's purpose and its results are no longer the same as previously defined. Kung Fu teachings are now shared as a model manner. Yet it is to be divided into knowledge and practice. To improve ourselves, self-study may be the best option. Thus, the following traditional method of teaching Tai Chi, Wing Chun Sticky Hands and Kung fu countermeasures along with other routines, may have to cease in this everchanging world. However, the original intention of Kung Fu will not change.

The Chinese Classic Zhanguoce 戰國策 "Stratagems of the Warring States" stated that "the middle of the day will move, and the moon will lose when the moon is full", and tomorrow will definitely be better.

I am happy that we are gathered here tonight. We have gone through many events past and present which we reminisce over with laughter and happiness. As we have enjoyed our previous banquet anniversaries, let us once again enjoy another anniversary banquet.

We welcome any of your suggestions, comments or advice if we have not met your full expectations. Please feel free to contact us to share your opinion.

Thank you for coming out tonight to partake in this celebration. Good night!

主席的話

「青山依舊在，幾度夕陽紅」

這幾年的疫情，不少行業關閉，多少工人改行，有些友人也成為故人，到極樂世界去了！擔任國總主席職位，也只能改變營運，從實體變為網教，每月的會議也改為網上會議。功夫教學也祇能作模範儀態來分享，目的和結果與過往的定義都好大分別，功夫規格的鍛鍊也祇能是先知後行，功夫無息法自修啦。至於太極推手、詠春擒手、功夫對策套路等就祇能不傳啦！世界在變，初心未變。

今晚是慶祝加拿大中國國術總會三十五週年的宴會，當年是李仲安師父勸我加入國總的，三十週年的晚宴李大師還與我們一起歡樂，今日已離我們遠去，但願閣位身壯力強，壯如紅日，力氣夠花。在加拿大這國土上，我們要自強不息，推廣和諧武學文化，共建一個「正經武林」。

在疫情中聚會，一定有不週之處，若有甚麼建議或觀點，歡迎與在下電聯。「戰國策」講「日中則移，月滿則虧」，明天一定會更好。今晚一席晚宴喜相逢，古今多少事，都付笑談中。願各位喜歡本會第三十五週年的宴會。晚安！

EXECUTIVE COMMITTEE (2020-2024)



President: Nelson Cheng 鄭永麟



Chairman: Nelson Chan 陳就祥

Vice President: Luo Zhi Fa 羅枝發, Tim Mrazek 慕容天

Vice Chairman: Liza Lee 李麗莎, German Acosta 哲曼

Treasurer: Chan Wing Pong 陳榮邦

Secretary General: Charles Chang 鄭志豪 (English), Artis Chan 陳世光 (Chinese)

Honorary Commissioner:

Lee Chi Wai 李智偉, William Kan 簡翰炘, Richard Chow 周云駒, Bruce Kinney 布祿士堅尼,

International Liaison:

German Acosta 哲曼 Public Relations: Isaac Han 韓重興, Ding Jian Ping 丁建平, Andy Wong 黃慶年

Honorary Senior Member:

Philip Mo 毛錕雄, Jimmy Chan 陳志尚, Chan Kwok 陳國, Henry Lo 盧建雄, Hung Ting Seng 洪鼎生,

Advisor:

Chiu But Hi 趙不騫, William Chau 巢金超, Lo Wai Keung 羅威強,
Zhou Ju Bin 周巨斌, Lin Mei Yun 林美雲

Overseas Advisors:

- Chan Pui 陳培 (Orlando, USA), • Chen Jin Xia 陳金夏 (Fujian, China),
- Dr. Wilfred Lam 林展霆博士 (Hong Kong, China), • Raymond Lee 李滿全 (Holland),
- Lok Kwai Fu (Kam Tung) 駱貴虎 (金彤), • Andrew Cheng 鄭永彪, (Hong Kong, China),
- Michael Luk 陸松茂 (Hong Kong, China), • Lung Kai Ming 龍啟明 (Hong Kong, China),
- Kenneth Ma 馬志堅 (Hong Kong, China), • Mai Tian De 麥滇德 (Zhongshan, China),
- William Moy 梅威林 (New York, USA), • Tony Tam 譚鎮邦 (Hong Kong, China),
- Carter Wong 黃加達 (Hong Kong, China), • Li Chan Wo 李燦窩 (Hong Kong, China)

Regional Representatives:

- Quebec City: Sifu Joycelyn Toy
- Kingston: Sifu Mike Martelle
- St. Catherine: Sifu Matthias Bork
 - Regina: Sifu Tim Mrazek
- Calgary: Sifu Raymond Wong
- New Brunswick: Jason Smith



**基愛武術
Christian Wushu
Fellowship**



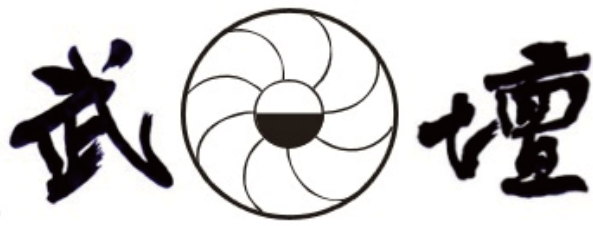
**福建太極拳協會
Fujian Taijiquan
Association**



**德健會
Artis Wellness
Organization**



**中華武術系統工程
Chung Wah
Kung Fu**



多倫多武壇武術
發展中心
WuTanToronto



毛鯤雄師傅
Mo's Society
of Tai Chi

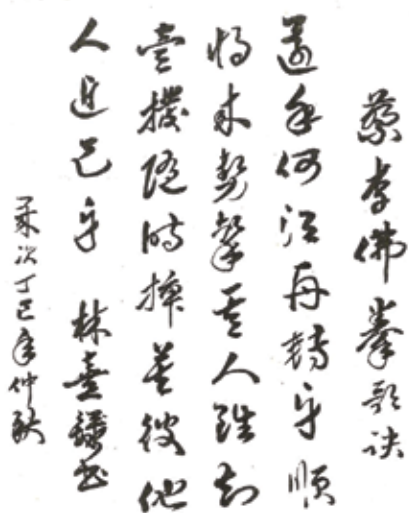
加拿大中國國術總會 三十五週年誌慶

加國奠基卅五載
拿雲捉月神氣揚
大志鴻圖懷天下
中華武學遠流長
國術傳承任重遠
國粹功夫要自強
術精藝高翹楚眾
總須團結樹榜樣
會集友誼千杯醉
慶祝歡聚樂洋洋

陳世光 Artis Chan 敬賀

先師林熹和他的武學 北勝蔡李佛、謝家八卦棍、鷹爪翻子門

北勝蔡李佛



蔡李佛拳歌訣

還手何須再轉身 順將來勢擊其人
雖知一撥隨時插 莫被他人近己身

譚三宗師初設館於廣州譚家祠，後轉廣州小北，由於大量改良手法，凌厲刁鑽、實而不華，與同門雄勝、鴻勝等館稍有分別，後經門人利錦建議，因身處小北，故改名「北勝」。

譚三宗師與人較，未逢敵手，有百戰百勝光榮紀錄，並得神手譚三之稱號，門下弟子甚衆，而名噪一時的高足包括黃啟、余青、周慶、崔章、陳年柏、馬恩、李秋、巫珍、聶智飛、譚飛鵬(宗師哲嗣)、衛成等。

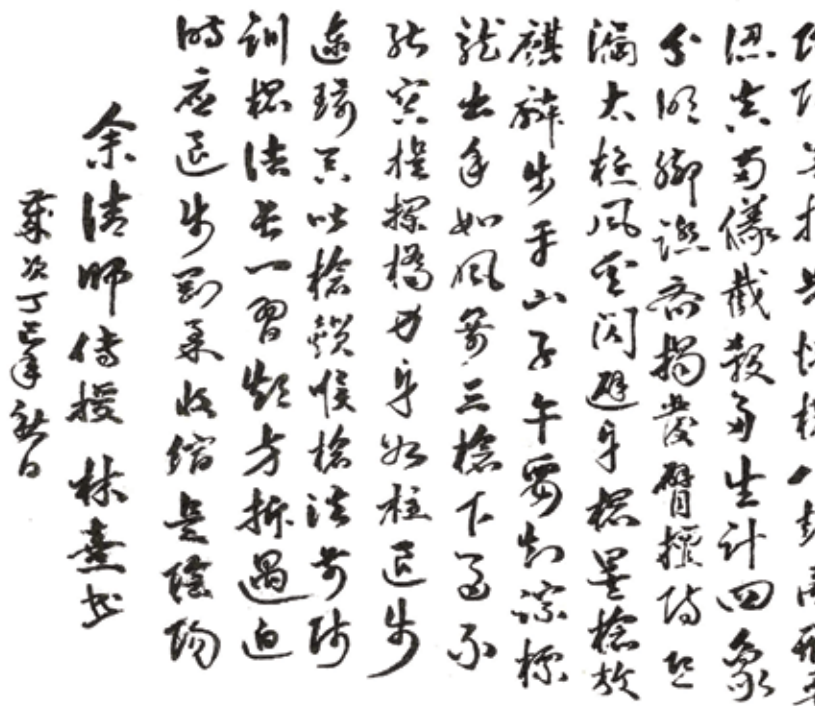
其中弟子余清，祖籍四邑，約於1931年間在廣州東堤二馬路設館授徒，由於先師林熹當時在東堤澄江茶樓工作，得知余師為譚三宗師高足，遂拜到余清師門下學習蔡李佛拳技，澄江樓與余館相距不遠，為方便學習，得余師首允，於是搬到余館居住並得余師悉心教授蔡李佛拳術。

後期林師並隨宗師譚三學藝，當時譚宗師和南下廣州的顧汝章，識英雄重英雄互相交換門徒而授，林師得有機會隨顧汝章高足潘珠和賴幹清學習北少林技藝，對日後學習鷹爪翻子門打下跟底。

謝家八卦棍

談到八卦棍，很多人都會聽說鄒家八卦棍，而謝家棍則比較少人聽聞；相傳楊家將楊五郎出家五台山，並把楊家槍法教給寺僧，由於僧人不便使用兵器所以將槍法改為棍法，後稱為「五郎八卦棍」。

八卦棍輾轉相傳，最初傳給粵人羅茂興，茂興傳與鄒泰、劉伯樂、何當舉、何尚堅、關松、關恒中等人。廣東南海雞嶺人鄒泰為其中佼佼者，門下弟子稱之為鄒家八卦棍，其術遍佈於廣東鄉間。



五郎八卦棍譜訣

陰陽善折無情棍，八卦圓形要認真，兩儀截殺多生計，四象分明腳
揭法臂彈防恐漏，太極風雲閃避身，棍星槍放麒麟步，平山子午要
標龍出手如風箭，三槍下馬不能容，提欄橋手身如柱，退步連環吞
鎖喉槍法前師訓，棍法長門習短方，拆逼迫時應退步，剛柔收縮是

鄒泰傳與謝達朝，達朝雖師承鄒泰，其法理則略有不同，鄒泰主剛，達朝主柔，故八卦棍法，雖源出一脈，卻有剛柔之別。

謝達朝傳諸其子侄，衣钵相傳，傳人甚少，尤其是外姓人；謝達朝嫡傳謝家八卦棍至其孫謝蛇，



謝蛇在廣東武術界，也是以棍法稱雄，與人較量，向未遇上敵手，和鄧牛、戚光、陳朗齊名，被廣東武術屆譽為四大棍王。

謝蛇兒子謝添得父家傳八卦棍法，祇是沒有正式設館授徒，謝添在廣州工作時和余清師結識，知道余師仍譚三宗師高足，精于蔡李佛拳法，于是和余師商量，提出願意用家傳謝家八卦棍法交換一套「十字扣打」拳，余師欣然接受，因而得謝添傳授家傳秘技。

林師在余館學技時，一開始並未得余師教授八卦棍法，祇是把蔡李佛派的大紅旗、雙夾單棍和十三槍相傳；林師在余館住宿，日夕相處，最終得余師應許傳授八卦棍法，但是在傳授時也不是公開的，祇是等每晚門徒下課，各自歸去後，只剩下兩人時，才開始傳授。

一宗往事，于1941年日本攻擊香港初期，林師在香港灣仔大三元酒家工作，由

於香港戰爭剛起，社會非常動亂，軍警都不知去向，一批批流氓，成群結隊，挨家逐戶地進行搜劫，民眾稱之為「勝利友」，聽說大三元酒樓儲存了一些糧食和米糧，「勝利友」便打大三元主

意，十數人準備衝進大三元進行搶掠，當時大三元是唐樓設計，只有一條垂直樓梯，林師一人站在高處，憑在一根木棍，萬夫莫敵之勢，把每次攻擊都化解了，把酒樓保存下來不至被搜刮一空。

鷹爪翻子門與北獅

林師於七七事變第二年，即1938年隨劉法孟師祖學習鷹爪拳和翻子門拳法，但當時隨劉師習藝不足兩個月，劉師便要翻回內地訓練大刀隊。

直至戰後劉法孟師祖才回到香港在酒樓公會任教，但由於林師已經是大三元酒樓東家之一，當時環境自不容與一般伙記一同學習，於是和劉師祖商量，在住家天台和部分管理文員一起學習，就此一學多年，直至劉師祖辭世為止。

跟劉法孟師祖學習拳術外，林師也得劉師公教授北方獅子舞，1958年關帝旦的北獅表演，引起當時新聞傳媒關注，在訪問林師時，他跟記者說北京獅子舞，稱之為北獅便可以，自此舞獅便有南北獅之分。



筆者與林熹師父演練棍法

陰陽八卦棍法
五形八卦棍法
八卦棍法

明腳踏齊，
午要知蹤，
環吞吐槍，
縮是陰陽。

BAJIQUAN 八极拳 AND PIGUAZHANG 劈挂掌 **THE LEGACY OF GRAND MASTER LIU YUN QIAO 劉雲樵 - WUTAN CENTER 武壇**

This article will briefly introduce Baji Quan 八极拳, the grant master Liu Yun Qian 劉雲樵 and method to practice Baji Quan 八极拳, and how Wutan 武壇 spread its root in Venezuela.

A Brief Introduction of Baji Quan 八极拳

Baji Quan 八极拳, literally means boxing of the eight extremes. It features explosive power in all directions, aligning, and harmonizing all parts of the body. Baji Quan was originally called bazi quan (巴子拳 or 鈇子拳) or "rake fist", because the fists held loosely and slightly open, are used to strike downwards in a rake-like fashion. Only when making contact, the fists are closed. Over the time, the name was changed to Baji Quan 八极拳. The term Baji comes from the Chinese classic, the Yijing (I-Ching 易經) and signifies an "extension of all directions". In this case, it means "including everything" or "the universe". General Qi JiGuan (戚继光, 1528 - 1588) made written reference to Baji Quan in his military treatise "Jixiao Xin Shu" (纪效新书).

Baji Quan 八极拳 is a martial art characterized by its low positions, and short-range explosive power engaging the whole-body energy. According to scholars, Baji Quan 八极拳 originated in Hebei province, China. It was first practiced in the Yuan Dynasty (1206-1368), developed in the Ming Dynasty and reached its height in the Qing Dynasty. Currently it has several branches, and various schools.

Baji Quan is believed to share roots with another Hebei martial art, Piguazhang 劈挂掌. It is said that Wu Zhong 吳鐘, the oldest traceable master in the baji lineage, taught both arts together as an integrated fighting system. The legend has it that they eventually split apart, only to be recombined by Li Shuwen 李書文 in the late 18th to early 19th century. As a testament to the complementary nature of these two styles, a proverb states: "When Pigua is added to Baji, gods and demons will all be terrified. When Baji is added to Pigua, heroes will sigh knowing they are no match against it." (八極參劈掛，神鬼都害怕。劈掛參八極，英雄嘆莫及)

The lineage of Wutan 武壇 Baji Quan 八极拳 and Pigua Zhang 劈挂掌

The first recorded Baji Quan teacher is Master Wu Zhong 吳鐘, then he taught → ??? → Zhang Ke Ming 張克明 → Huang Si Hai 黃四海 → Li Shu Wen 李書文 → Liu Yun Qiao 劉雲樵 → Dai Shi Zhe 戴士哲 → current Wutan disciples.

How to practice Baji Qian 八极拳 and Pigua Zhang 劈挂掌, learned from Wutan 武壇.

Baji Quan and Pigua Zhang are two different methods that complement each other, systematically generate great internal and external power.

Baji Quan is based on the ideation of the force, in the eight directions, as well as the characteristics of the bear and the tiger creating two powers 【熊形】(熊步)与【虎形】(通背)二功). Through the training of the bear steps 熊步 working on the force of Sinking 沈墜勁 at the bottom part of body, and

focus on the ideation of the tiger, working on the force through the shoulders and back 肩背 at the top part of body. While Pigua Zhang's power and fluidity are based on the ideation-the arms of the eagle, the waist of the snake and systematic steps of the monkey.

Baji Quan's training begins with the regular practice of the stake step 樁步: Mabu position 馬步, which alludes to a planting log or tree. The fundamental idea is to develop internal and external power. First, regulate the body externally: body alignment, sinking force throughout the body and relaxing. Secondly regulate the breath and the mind internally, breathe long and deeply, for examples taking following steps: inhalation, calm the mind, and guide the mind to concentrate on Dantian 意守丹田, then exhalation. Taking the same breathing method, progressively train in different postures.

The next training is to practice of three fundamental energies of Baji Quan in the order: 1. Sinking Energy 沈墜勁 2. Cross Energy 十字墜, 3. Spiral Energy 纏絲勁. These trainings are critical to develop the force systematically.

Then going through following two essential steps: 1. Storing and receiving the Qi (蓄氣, 納氣), 2. Inducing Qi and expelling Qi (引氣, 行氣) through the sounds Hum, Ha (哼, 哈) note the first sound comes from the lungs and the second sound comes from Dantian.

Keep in mind the primary Bajiquan method is to form the three forces, develop the explosive force 發勁, and train Mabu, gongbu and spiral blow steps 馬步弓捶.

The next phase is to practice the Eight Great Bajiquan Postures 八極拳基本發勁八大架式, followed by the routines Little Baji 小八極拳, Great Baji 大八極拳, Six Great Baji Gates 六大開, and chaining of the Baji 八極練還拳.

GRAND MASTER LIU YUN QIAO 劉雲樵

Grandmaster Liu Yun Qiao 劉雲樵 is well respected in martial society for his diligently practicing and teaching of traditional martial 傳統武藝. His Gong Fu 功夫 training methods, strict discipline, martial spirits, and character are well received, and carried on by succeeding great masters.

Liu Yun Qiao 劉雲樵 was born in 1909 (The Qing Dynasty 清朝) into a prestigious family in Cang Zhou 滄州 province of Hebei 河北 China.

Master Zhang Yao Ting 張耀廷 taught him the systems of Taizu Chang Quan 太祖長拳 (Emperor Taizu long boxing), Mizong Quan 迷蹤拳 (Mizong boxing or Lost Track boxing) along with stick and spear, to improve his health condition as a child.



GM. LiuYunQiao 劉雲樵

In 1916, Liu Yun Qiao's father 劉雲樵 invited the famous master Li ShuWen 李書文, nicknamed "magic spear" 神槍 to be his escort and teach young LiuYunQiao 劉雲樵 martial arts. Master Li lived with Liu family, taught Yuan Qiao Bajiquan 八極拳 and PiguaZhang 劈掛掌.

Li ShuWen 李書文 was not only famous for the large spear of six harmonies 六合大, also well-known for the boxing skills of Bajiquan 八極拳 and PiguaZhang 劈掛掌, He developed an explosive force 爆發勁 in his fast devastating punches, which won him the reputation of hitting and winning the fight once but not twice.

In 1931, at the age of 19, Liu Yung Qiao followed his teacher Li Shu Wen to ShanDong. Li ShuWen was invited by General Li JingLin 李景林 as the main instructor. Around that time Liu Yun Qiao 劉雲樵 demonstrated his skills in the fight, earning him the nickname "Supreme Little Lord" 小霸王. He followed Zhang Xiang Wu 張驤伍 learned the Yang Jia Taiji Quan 杨家太极拳, Kunwujian swords 昆吾劍, Qing ping sword 青萍劍 and WuDang sword 武當劍. During that period he learned from Master Ding Zi Cheng 丁字成 Liu He Tanglang quan 六合螳螂拳, and Master Gong BaoTian's 宮寶田 Bagua Zhang 八卦掌. In 1949, he retired to Taiwan with the Nationalist government and was the personal trainer for Chiang Kai Shek's Presidential escort.

In 1971, Grand Master LiuYunQiao 劉雲樵 founded the WuTan 武壇 Martial Arts Development Center, along with his brother Liuhe Tang lang quan GM Zhang Xiang San 張祥三, aiming to preserve and disseminate traditional martial arts. Since its inception, WuTan is a Center where great masters meet. Nowadays Wutan 武壇 lineage has expanded to Europe, Asia, and America

Aim to preserve and transmit the martial arts to future generations using the traditional methods and the GR Curriculum originated by Master LiuYunQiao 劉雲樵. WuTan 武壇 Martial Arts Center teach students around the world martial arts including Bajiquan 八極拳, Pigua Zhang 劈掛掌, Bagua Zhang, Mizong Quan, Tai zu Chang Qt7zuan. Thanks to the unceasing efforts by great masters including his first disciples, the Wu 武 generation, his brother from Liuhe Tang lang quan 六合螳螂拳, the GR. Zhang Xiang San 張祥三, GM. Sang Dan Qi 桑丹縈 de Xing yi quan 形意拳 and GM. Du Yu Ze (杜毓澤) Taijiquan etc.

Wu Tan 武壇 spread root in Venezuela

In 1975, Masters Dai shi zhe 戴士哲 and Su Yu Chang 蘇昱 arrived in the city of Caracas, Venezuela (South America). They were hired by one of my relative, a businessman, who met Master Liu Yun Qiao 劉雲樵 in person, also persuaded Master Dai Shi Zhe and Master Su Yu Chang to come to Venezuela to spread the martial arts of Wu Tan 武壇. On September 25, 1975, The Shaolin Kung Fu School, The Dragon Dance 神龍武藝館, was established. In 1979 Master Fu Son Nan 傅松南 GM's martial arts



*GR. Master SangDanqi 桑丹縈 of
XingyiQuan and Shifu Daishizhe 戴士哲*

nephew. Liu from Wutan 武壇 was also hired by Mr. Luis Chang, as Master of North Shaolin, Weapons 器械 (Qi xie) and wrestling 摔跤 (Shuaijiao).



GM LiuYunQiao 劉雲樵 Master, Dai shi zhe 戴士哲 and his disciples.

The daily trainings with Master Dai shi zhe and Fu Song Nan were demanding and disciplined in the same way that GM Liu Yun qiao and his other Masters taught them. Sifu Dai Shizhe trained us under strict traditional discipline. Every day, six hours! Our training was repetitive, brutally strict. Each movement was done repeatedly until precision and perfect synchronization were achieved.

Over the time each of masters had formed his group of disciples, teaching further and deeper the Wutan tradition and systems.

It was the year of 1982, Shifu Dai organized a group of disciples from Venezuela for a series of demonstrations, started in the USA, Hong Kong and ended with a great demonstration in front of Gm. LiuYunQiao 劉雲樵 in Taiwan. Honorably I was one of the disciples attended the demonstrations. Knowing Gr. Liu Yun Qiao 劉雲樵 and Gr. Sang dan qi 桑丹紫 from the Xingyiquan system is invaluable. As an anecdote of Master Shifu Dai, when we practiced Bajiquan, PiguaZhang and Bagua Zhang, he always insisted on the posture of expression that develops with years of practice, it was there, he said, Master Liu had a strong and round body.

It was such an impressive experience to meet GM Liu Yun Qiao in person. He just looked like Master Dai had described him - straight back, tucked chin, and rounded strong arms. He performed in front of us the movements of the small Baji Quan 小八极拳, and the Big Boa Constrictor Coils his Body 蟒蛇纏身. It was amazing to see the rooting and expansion of the force. He spoke to us while Shifu Dai translated. He told us about a tree and the similarity with traditional Martial Arts; he said:

“When a tree puts down good roots, as it grows, its trunk is straight and solid, but its upper branches are flexible and leafy. In the same way are the systems of Traditional Martial Arts. They share the same strong roots and as they evolve and they become stronger. Those branches are the different schools, and those leaves are the difference styles”.

“Similarly, The Baji Quan 八极拳 begins its practice by grounding his foundations through posture, and his body develops strong and solid, but his limbs are flexible and capable of explosive movements.”



GM Fu Son Nan 傅松南

Sifu German Acosta 海陸門

Collaborations:

Sifu Pedro Pablo Martinez 貝樂露

Harriet Liu 刘晖

The Way of Tai Chi

By Master Artis Chan

Tai Chi Quan is one of the famous traditional Chinese martial arts. It is said that it originated in Chenjiagou, Wenxian County, Henan Province in the late Ming and early Qing Dynasty (1600).

Tai Chi Quan is derived from the principles of the Book of Changes(I Ching), and the yin and yang concept in Confucian and Taoist philosophy has evolved from the combination of the five elements of change and the techniques of inducing breathing and breathing. According to the development of the era, it can be divided into five factions: Chen, Yang, Wu, Mo, and Sun. Their movements are firm and soft, moderate and comfortable, loose and soft, open and close in an orderly manner.

Self-cultivation is a kind of high prime number exercise suitable for all ages. Tai Chi Quan is a martial arts technique with the largest number of people participating in various martial arts in China. It has developed all over the world, and more than 100 million people are learning it.

Here, I would like to share with you the following two questions:

First: Why is it good to learn Tai Chi Quan?

Nowadays, people who learn Tai Chi Quan are roughly divided into three categories: competition performance, martial arts self-defence and fitness and health preservation. Generally, middle-aged and young people are in the first and second categories, while the elderly mostly belong to the third category, which is also the largest category. I think learning Tai Chi Quan can be viewed from two aspects, "mind" and "body".

In fact, Tai Chi Quan should be regarded as a kind of cultural knowledge, not only in terms of technical movements, but also in our attitude towards life. For example, in martial arts theory, it is said to "stand upright in the body", which means to learn "righteousness of mind", and there are various internal shapes and external appearances. , The appearance of a person is natural and high-spirited, and he will be more

confident and not be afraid of any challenges.

Secondly, physically, although Tai Chi Quan is suitable for different ages, the practitioners seen in reality are mostly middle-aged and elderly people, because they are generally not suitable for vigorous exercise, and Tai Chi Quan is the best choice. It can make people's body from weaker to stronger, energetic, smooth blood, improve metabolism, enhance resistance, reduce pain and other functions.

However, does everyone who practices Tai Chi receive the benefits mentioned above?

Of course, it cannot be generalized, and the reason brings up the second question - how to learn Tai Chi Quan well?

First of all, it is to have confidence, determination, patience and perseverance. There is a saying that "the teacher introduces the door, and the achievement rely on self-study". You should practice every day and keep in touch with all forms you have learned. You can't work hard for one day and do nothing for ten. Only through repeated practice then you can achieve natural and smooth movements, as well as understand them. With perseverance, practice makes perfect, and there will be gains.

Secondly, don't "practice blindly", which means to use thinking to fight, Tai Chi Quan is "wisdom martial arts", you can't just pursue the number of routines or weapons, but ignore the quality.

Learning against Tai Chi Quan should not be greedy and fast. Many practitioners have just finished learning a routine, they only know the shape but do not understand the essential features, so they learn it consciously, and then want to learn another new routine; They are only in leading practice and follow behind the teacher without asking for further explanation, they are busy imitating movements and doing "Tai Chi exercises"! Just like a person who reads a book without understand the meaning of the book! In this case, it is actually a waste of time, with half the effort. If you can't practice good in Tai Chi Quan, it will not help your health! On the contrary, it is often heard that some people are suffering from back pain and knee pain.

Master Chen Zhaokui of Chen Style Tai Chi Quan once said: "To learn Tai Chi Quan well, you must work hard, be strict, and work hard from the details." So if you want to learn Tai Chi Quan well, you must first understand the principles of Tai Chi, which can be learned from Yang-style Tai Chi Quan. It can be found in "Ten Essentials of Tai Chi" by Grandmaster Yang Chengfu. It's a pity! Nowadays, many learners don't pay attention to these Tai Chi principles. They only focus on memorizing the shape of the moves. What's more, they don't even know the names and functions of the moves. Where does the strength come from? Where does the power go to? But there are very few people who really pursue perfection and further research! It is said that a mountain high is still another mountain higher. Don't be complacent. We should learn Tai Chi Quan with a humble heart, and there is no end to learning!

All in all, I think Tai Chi is a lifelong investment in health. No matter how hard you work, you will

reap the rewards. The more time and effort you can put into Tai Chi, the more benefits you will get. Learning Tai Chi Quan is focusing on quality and not quantity. The so-called people who are close to the pearl are precious and those who are close to the ink are cheap. If you want to be good for your health, you must learn from people who practice Tai Chi Quan seriously, instead of spending time on doing routines every day. Don't you need to think more about the theory of martial arts? The so-called "practice martial arts without right methods, you will become nothing until old", to learn Tai Chi Quan, you will practice kung fu, understand martial arts theory, cultivate heart, and get a calm state of mind. A kung fu that integrates spirit, Qi and energy! When practicing Tai Chi Quan, you must keep your body relax, your mind calm, your Qi down, and your internal and external three-combination. Every movement must conform to the concept of "Ten Essentials of Tai Chi". It is not only strengthen your body, but also cultivate the mind and nature, and enjoy a peaceful and harmonious of your life.



太極拳

Artis Chan 陳世光師父 撰文

太極拳是中國著名傳統武術之一，據傳它發源於明末清初(1600年) 河南省溫縣陳家溝。太極拳取自易經之理，在儒道哲學中的陰陽理念結合五行變化思想和導引吐納之術演進而成的。從年代發展先後可分為 - 陳，楊，吳，武，孫五大流派，其動作剛柔相濟，中正安舒，鬆柔圓活，開合有序，既可技擊防身，增強體質，又可怡情養性，是老少咸宜的一種高質數運動。太極拳是中國各種武術中最多人數參與的拳術，發展遍及全世界，有超過一億人在學習中。

在此我想和大家分享以下兩個問題：

第一：為何學習太極拳好？現今學習太極拳者大致分為三大類別：比賽表演，技擊防身和健身養生。一般中青少年都是在第一，二類，而年長者多屬於第三類，亦是佔人數最多的一類。

我認為學習太極拳可從 "心態" 和 "身體" 兩方面講。

其實，太極拳應被視為是一種文化學問，不但在技術動作上，還在於我們生活態度上，比如拳理中說 "立身中正"，就是要學 "心正"，有諸內形於外，為人外表自然氣宇軒昂，不會畏首畏尾！" 虛實分清，上下相隨，運轉圓活，不丟不頂，捨己從人 "，都是導出做人要在思想行為上找到平衡，處世能守住中庸之道。

其次，在身體上，雖然太極拳是適合不同年齡的運動，但現實中看到的習練者多為中老年人，因為他們一般都不宜做劇烈運動，而太極拳就是最好的選擇，它能使人身體轉弱為強，精力充沛，血液流暢，改善新陳代謝，增強抵抗力，減少病痛等功能。

但是，是否每個人練習太極拳都會收到以上所講的好處呢？

當然不可一概而論，其原因便帶出了第二個問題 - 如何去學好太極拳？

首先，就是要有信心，有決心，有耐心，更要有恒心。有謂 " 老師引進門，功法靠自修 "，每天都要鍛練，相連不斷，不可一曝十寒，通過不斷反覆練習才能達到動作自然流暢，心領神會，所謂 "功到熟時巧自生" 持之以恆，就可熟能生巧，必有所得。

其次，不要 "瞎練"，意思是要用思考去打拳，太極拳是 "智慧拳"，不能只在追求套路或兵器的數量，而忽略在質量上下功夫。學習太極拳不可貪多求快，很多學練者剛學完一個套路，只知外形卻不明白當中特點精要之處，便自覺學會了，跟着想學另一新套路；又或者，老師一般只在帶練，學習者不求甚解在跟隨其身後，只在忙於模仿動作，做的是 "太極操"！就像一個讀死書的人雖能讀寫當中文字，但卻不明書中道理！這種情況，其實是浪費時間，事倍功半，練不到好拳，對身體健康亦幫助不大！反之，常聽到有些人練到腰酸膝痛，嚴重者更要花錢療傷，繼而放棄練習。

陳式太極拳陳照奎宗師曾說：" 要學好太極拳，就必須從難，從嚴，從細處下功夫 " 所以想要學好太極拳，就先要明白拳理，這些都可從楊式太極拳楊澄甫宗師的 "太極十要" 裡找到。可惜！現今很多學習者都不注重這些拳理，只集中牢記招式外形，更甚者連招式名稱和功用也不知曉，勁從那發？力達何處？在現實生活中打拳人多，但真正追求練到位，再深入研究的人確實很少！所謂一山還有一山高，不要自滿，厚德載物，我們應持謙虛的心去學習太極拳，學無止境！

總括而言，我認為太極拳是一種終身健康投資的運動，一分耕耘，一分收穫，你能付出愈多時間和心思在太極拳上，就會得到愈多好處。學習太極拳貴精不貴多，所謂近珠者赤，近墨者黑，要對身體好，就要跟隨認真練好太極拳的人學習，與其日日用時間在拳架套路上練習，何不用些心思在拳理上去多些了解？所謂 "練武不練功，到老一場空"，學習太極拳，練的是功夫，明的是拳理，修的是心性，得到的是一種心平氣和的心態，精氣神集合為一的功夫！修練太極拳時，要保持體鬆，心靜，氣沉，內外三合，每個動作都必須合乎 "太極十要" 的理念，將它融入到生活上使用，既可強身健體，又能修心養性，享受平安和諧的生活。

文章分享

加拿大中國國術總會 www.wushu.ca

第 35 週年晚宴賀詞 - 寄望

筆者 陳就祥 (成就吉祥)

「講好中國文化，教好中國功夫」是加拿大中國國術總會(加國總)35 週年晚宴的主題。在這歐風美雨的年代，有多少人還懂得傳統的中國文化？有多少人還願意學習中國功夫呢？自 1972 年我父母把我送來加拿大升學，至今已過了五十個年頭。三十五年真的不是一段短的時間，祈望藉着大家的支持，今次「加國總」慶祝宴會得到完滿成功。老朋友難得再次聚首一堂，有緣在外地相遇，彼此堅持練習中國功夫，感恩大家一同度過三十五年的時光，這真是我們的福氣！

加拿大中國國術總會一貫以承傳「中華非物質文化遺產」為使命，致力推廣華夏武學於海外，並支持加拿大社區活動，建立中加兩地文化交流的渠道，不遺餘力，大家堅持了三十五年。成績計有三十多屆的全國功夫大賽；在約克區教育局開辦「舞龍獅藝」班；在網上開啟「遠程教學」，創立「健身功夫運動」班；教導「加拿大原住民區域」，與及「加拿大退役軍人群組」；認證網上訓練個人導師，在加拿大全國各地傳播講解「中華傳統武學文化」；成績斐然，不勝枚舉。

在現今的武術電影故事中都是講述名人英雄作為中華武學的教導。其實在中華文化中的修為是以「隱」為人生的指標。講求「天人合一」而不是人與人之間的爭鬥和宣揚欺壓的自私行為，是會以「忍」為武學指標。中國功夫是在天道中，共同學習，互助互愛，合作雙贏，隱藏於天地間的隱士，並不單單為武士，這才是中國人的故事。

中國人的康樂中心就是「健康與快樂」的地方。英語叫 Recreation Centre，好像已失去了「健康與快樂」，而要到中心「重新再做」再次建造「健康與快樂」的意思，這是錯的！因為「健康與快樂」是與生俱來，不能拿掉，更不能創造，是上天賜的福蔭，是福氣呀！這才是中國人的故事。還有好多中國故事，西方是不甚理解的，我們要好好講解，讓西方人明白，不能再讓英文人誤教中國文化，更不能讓外國人以武力教中國功夫。「謙禮讓人非我弱，全心守道任他強」，也有「入門引路需口述，功夫無息法自修」的口訣，這是中國人的故事。

我們海外的華人，該好好學懂中華文化，才能與外國人講好中國人的道(理)，以故事來講解。而不應該把西方的拳擊文化，以勝敗為目的來教導中國功夫。更不能把中華武學和中華醫學辦成為謀生、謀利的生財工業，失去了中華武術家的風骨，修心養性，壽與天齊。「講好中國文化，教好中國功夫」，才是海外武術家的史命。本人絕對不同意把中華國術打造為「講好生財工業，售好中國拳術」，以求生意興隆，財源廣進。

西方以物質與功利為一切的源頭，西方的「供求經濟理論」絕不能使天下夠平，祇能令天下太貴，一年比一年的貴，只為富民服務，民不聊生，戰火連天，永無寧日，五福不臨。

中國人以天地為一切的源頭，人定勝天也好，敬祖畏天也好，全是天人合一之意，天下太平之意，天上人間之意。世界天下太平，人人能活，互相尊重，共同康樂。加拿大中國國術總會寄望以後的 35 年 是一個不受地域和文化來分化各個民族間的和諧共處，不以戰爭武力來証明對或錯的文化，推廣正經武林的大同世界。中國的十三經，諸子百家的交流，為引証全人類在中華武學上同出一門，天人合一，和平相處。

希望我能得到你的認同，大家保持人與人的寬容，能帶來中國人的五福，和平共存的世界！

The 35th Anniversary Dinner Speech Article, Shifu Nelson Chan

August 31, 2022

Article: Hope

To begin with, the Phrase “Telling Chinese stories well and teaching Chinese Kung Fu well” is the theme of this year’s Canadian Chinese Kuo Shu (Martial Arts) Federation 35th Anniversary Dinner. Today’s era of Western Global influence brings into question: How many people still truly understand the deep traditional Chinese Culture? How many people are still willing to learn Chinese Martial Arts? I hope the success of this dinner will serve to answer these questions.

As for the past 35 years, we as old friends have gathered around this festive dinner where we shared and supported our persistence to practice Chinese Kung Fu continuously. In 1972, my parents sent me to study in Canada. Fifty years have gone by since, and I can happily say that these 35 years together with the Federation was not a short period of time but a blessing with gratitude.

With diligent efforts, the Canadian Chinese Kuo Shu (Martial Arts) Federation promoted overseas Chinese Martial Arts inheritance known as “Chinese Intangible Cultural Heritage.” In addition, the Federation supported the Canadian Community Activities and helped establish channels for cultural exchanges between China and Canada.

For 35 years, all of us have contributed to the huge accomplishments of the Federation. Through perseverance, we have had 30 National Kung Fu Competitions. We’ve initiated the York Region District School Board “The Dragon and Lion Dance” training program. In addition, we launched online: “The Distance Learning” and established the Chinese Kung Fu Exercise Class where we teach the Canadian Veteran Group and certify online personal training instructors. In doing so, we preach all over Canada online, the Traditional Chinese Martial Arts Culture. Thus far, many more goals have been achieved, but it will not do justice to discuss these additional goals in this short period of time.

In the Chinese Martial Arts movies of today, the stories are about celebrity heroes as the main focus of Chinese Martial Arts teachings. The fact is the Chinese Culture is humbly modest and basically hidden from within as the indicator of life. It is a focus on the “harmony between man and nature.” Chinese Culture is not about fighting between men, nor the selfish behavior of praise and oppression, but self discipline which becomes the key indicator of Martial Arts.

Actually, Chinese Kung Fu is the way of heavenly life, learning together, helping and loving each other. It is not just a warrior but is the hermit hidden between heaven and earth. With cooperation, it is a win-win. This is what is called the Chinese story.

The two Chinese characters for Recreation Center mean Health and Happiness in Chinese but translated to English it is called Recreation Center. The translation of Health and Happiness has been lost and was replaced with the words Recreation Center which mean “to do it over again.” This is incorrect because “Health and Happiness” are innate which cannot be taken away let alone created. It is a blessing from God. This is another Chinese Story.

There are many more Chinese stories that may not be understood by the West. We must explain these stories to them, for them to comprehend the stories. Otherwise, it would be a mistake to let the English teach Chinese Culture or foreigners to teach Chinese Kung Fu forcefully when no force is needed. Instead, the story should be: "Be Humble and Polite," let others be weak, keep the way and let others be strong. Hence, the motto is: "To guide the way, you need real speech. You need to train and practice many times without stopping." This is the Chinese Story.

We as Overseas Chinese should also learn and understand Chinese Culture well. This will allow us to explain in stories the Chinese Teaching (reason) well to foreigners. We should not teach Chinese Kung Fu to fall prey to the Western Boxing Culture for the purpose of winning or losing. Nor should we encourage Chinese Martial Arts and Chinese medicine to be a fortune making industry that earns a living through profit; thus, lose the true character of a Chinese Martial Artist which is the cultivation of the mind and nature to promote longevity. "Speaking Chinese Culture well and teaching Chinese Kung Fu well are the historical destiny of overseas Martial Artists. Chinese Martial Art should not be established as a "prosperous industry that makes money and sells Chinese Martial Arts for profit.

The West takes the utilitarian view that material things are the source of everything. The Western "Economic Theory of Supply and Demand" can never make the world peaceful but can only make the world more expensive, and it will continue to be so. Without peace, the Chinese five blessings will not come.

On the Contrary, the Chinese take Heaven and Earth as the source of everything regardless of man's determination to conquer or fear heaven or have reverence to his ancestors. It is Heaven and Earth's purpose that there is unity between heaven and man and peace in the world. Hence, the world is supposed to be at peace where everyone can live and respect each other. They should enjoy the common happiness.

We at the Canadian Chinese Kuo Shu (Martial Arts) Federation hope that the next 35 years will not bring division because of regional and cultural differences nor the use of force nor war to clarify the right and wrong but to bring harmony through the promotion of Chinese Martial Arts. As written in the books of "The Thirteen Classics of China," the books have revealed many exchanges of various schools of thoughts to bring mankind together under the teachings and training of Chinese Martial Arts.

To obtain The Chinese Five Blessings in the near future, we must first recognize the result of our tolerance to the western influence into Chinese culture.
Thank you for attending this event. All the Best.

Good night!

The Canadian Chinese Kuo Shu (Martial Arts) Federation,
The 35th Anniversary Dinner Message from Shifu Nelson Chan, Chen JiXiang

中國古典軍武兵学大系...武經七書:

問: 武經七書是甚麼著述?

答: 為中國最早而有系統分析戰爭原論与兵法大系經典圭臬,躍然紙上,早已成為中國文化宝藏之一。

經各時代文化遞注疏研討,為華夏培養了許多軍兵人才,現仍為各軍校警校教科書之一,立体翱翔雲霄,馳驅国防要塞,緬懷高範,華夏懷玉,淡淡嫋嫋,濃彩重墨,感懷不已矣。

問: 那甚麼是武經七書?

答: 第一,孫子兵法。名字大家都熟悉吧為春秋末期天才兵学家孫武著。

第二, 吳子兵法。是戰國時代吳起著。約五千字,但內容很有份量,為继孫子兵法後又一部經典著作。

第三: 六韜,周代著,一說出於姜尚,又称姜太公。六韜全書以問答形式呈現,周武出題,姜太公答之,一問一答之間探討古代軍政,其間流露出軍政智慧,留給後人啟悟。

第四, 三略,即策略,謀略,戰略之總称,本書簡略而精明為兵家上乘之作。比六韜更全面,側重於治國用兵策略之道。

第五: 司馬法,即司馬兵法,作者司馬穰苴出於漢書藝文誌份不俗。

第六. 尉繚子: 戰國時代尉繚著,二十九篇有戰國時代特色,為武学科舉教科書。

第七.唐太宗李衛公問對: 本著作是唐太宗和開國功臣大將軍李靖軍事問答,共九十八題目,問答間釋放出兵学哲理思想順天順地順時勢,虛靈狀態智商運籌帷幄,內容精彩,感嘆古人智商之高。

問: 我們習武術不是軍兵,還需讀兵法麼?

答:時代不同,事物大变的確需調整,許多原則看似過時,實仍在發光,而且許多理則在高層隱藏互通机制,岳飛運用兵法勢如破竹,戚继光用戰術於太祖拳,戰勝萬惡之倭寇,除軍事外,經濟学,行政,藍球足球教練都讀兵法,運用攻防化守原理於比賽,那麼我們習武術更需兵法增加敏銳頭腦,物物相關又迂迴曲折机制,精微奧妙於瞬間思量,展開旁通博引統貫,即使你百戰百勝武功一流,也須思維策略,閔竈調控,順順逆逆形勢修補。若你是教練兼師傅領隊,則兵書常在手提篋內。

陳国

賀國總三十五週年誌慶

Kung Fu Carnival Family Day

功夫

嘉年華家庭日



**A Canadian Chinese Kuo Shu Federation
35th Anniversary Event**
加拿大中國國術總會35週年活動



**Saturday, September 24
2:00pm**

New Kennedy Square 新旺角廣場
8360 Kennedy Road, Markham

**Come and experience
different Kung Fu styles**



齊來體驗不同門派功夫

www.wushu.ca

Experience. Skills. Results.



Choose wisely.
Call Nelson & Emily Team
416-888-6888

Emily Cheng 鄭馮麗兒
Broker

Nelson Cheng 鄭永麟
Realtor



RE/MAX

Crossroads Realty Inc., BROKERAGE

Independently owned and operated

