

CHINESE MARTIAL ARTS (WUSHU) - AN INTRODUCTION

Chinese Martial Arts, also known as Wushu, traces its origins all the way back to Antiquity. Over the centuries it has developed a great diversity of styles and techniques, ranging from fighting barehanded to the use of weapons. Each discipline has its own characteristics and advantages.

Contemporary Wushu is a modern, competitive style of Chinese Martial Arts. The focus is on advancement in technique and form with particular importance placed on the virtue of Wushu (Wu De). It has its roots in Traditional Wushu and builds on this foundation to further enhance fitness.

The development of Chinese Martial Arts has been based on scientific principles both in its training and teaching methods. Wushu of today emphasizes the particular advantages of different styles, while considering of less importance any conflicts that may have existed in the past. The new face of Wushu is a result of widespread exposure through the media. Wushu has now become universally known - and in fact, has been made an Olympic event at the Beijing 2008 Olympic Games.

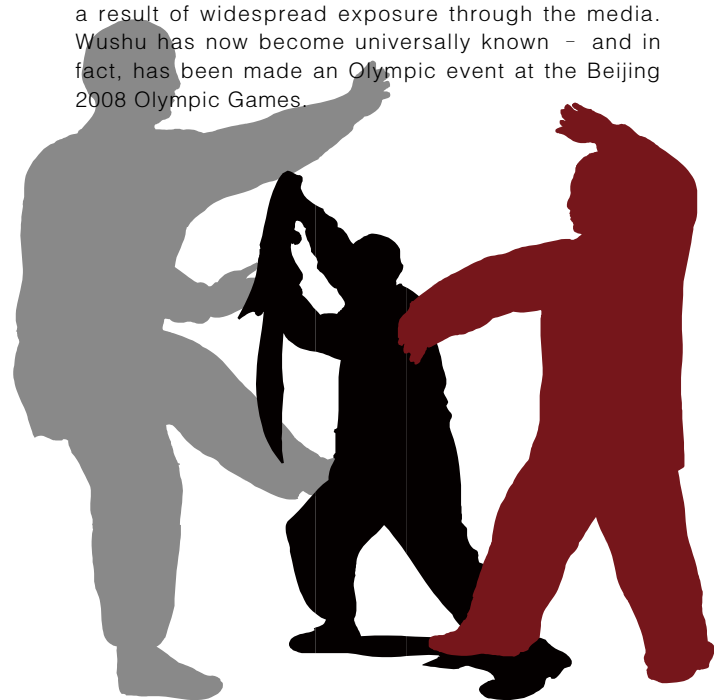
Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM 9:30-10:30 Tai Ji		close	AM 9:30-10:30 Tai Ji		AM 9:30-10:30 Tai Ji
	AM 10:30-11:30 Qi Gong			AM 10:30-11:30 Qi Gong		AM 10:30-11:30 Qi Gong
PM 3:00-5:00 Private Lesson		PM 3:00-5:00 Private Lesson			PM 2:00-3:30 Wushu	PM 2:00-4:00 Wushu
					PM 3:30-5:00 Wushu	PM 4:00-5:00 Private Lesson
					PM 3:30-5:00 San Da /Qin Na	
					PM 6:00-7:00 Wushu	
PM 6:00-7:30 Self Defense	PM 6:00-7:00 Wushu	PM 6:30-7:30 Tai Ji		PM 7:00-8:30 Wushu		
PM 7:30-9:00 San Da /Qin Na	PM 7:00-8:30 Wushu	PM 7:30-9:00 Tai Ji				



Chinese Martial Arts

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Appointed by the International Wushu Federation as the only Judge from North America to officiate at the Beijing 2008 Wushu Tournament.

Grand Master Bin Sheng Xiao

Grand Master Xiao started his training in Wushu at the tender age of five. Over the years he received guidance from various masters, notably Zhang Wen Guang, the most venerated and foremost authority in China on Wushu. Jet Li, famous from numerous Hollywood and Hong Kong movies, was also influenced by this illustrious teacher through Wu Bin, a well known coach in China, who trained under Zhang Wen Guang.

Grand Master Xiao became proficient in numerous styles of Wushu, both Traditional and Contemporary as well as Qi Gong and San Da (Free Fighting). In 1984 he graduated from the Wushu program at the Beijing Physical Education University with a Bachelor degree in Physical Education, majoring in Wushu.

Prior to coming to Canada, he was a Chinese National Wushu Coach and in this capacity has trained many athletes in the national teams of Hong Kong, Japan and Thailand.

In 1987, Grand Master Xiao was invited by the Overseas Chinese Voice in Vancouver, Canada, to teach Wushu, Taiji and Qi Gong. In 1990 he settled in Vancouver and established his own school, Sino Fitness Institute. Since then he has trained numerous students from all across Canada. He has been Head Coach of the Canadian National Wushu Team and participated in the judging of Wushu competitions at both the National and International level, such as the 7th, 8th and 9th World Wushu Championships.

Grand Master Xiao was appointed by the International Wushu Federation as an Independent Judge for the 8th and 9th World Wushu Competitions, the only person appointed twice in consecutive years in all of North America.

In 2004 Grand Master Xiao was certified by IWuF as an A-level International Judge, the first person in Canada to be awarded this highest level of judging certification.

Grand Master Xiao Martial Arts and Fitness Sports Club

The Martial Arts and Fitness Sports Club was founded in 1990 (then called Sino Fitness) by Grand Master Xiao, its mission to promote Chinese culture through the teaching of Traditional and Contemporary Wushu. Since its inception, students have come from all over Canada, USA, Hong Kong, Taiwan, and Japan. They have performed in many local and national charity events, as well as achieving outstanding outcomes at competitions. Many students are past members of the Canadian Wushu Team.

Class Structure and Schedule

The Wushu program is taught in accordance with the age, physique, gender, and interest of each individual student. Our focus is on fitness and physical development as a foundation for developing competitive skills. Our aim is to turn our students into respectful, courteous and disciplined individuals with a keen sense of team spirit.

Wushu Classes:

Wushu classes are grouped into three levels. The minimum age to start Wushu training is four.

■ **Beginner level:** Starting with the fundamentals, beginner students will learn basic movements of Wushu and junior hand forms. They train to improve their athletic abilities.

■ **Intermediate level:** Students who have attained a full understanding of the basics will continue to study Chinese Wushu at a deeper level. Each student has the choice to study either Traditional Wushu or Contemporary Wushu, in both hand forms and weapons. Students will compete in local competitions to advance their skills.

■ **Advanced level:** Training at the advanced level is focused on preparing students for competition at the national and international level. The emphasis is on improvement of physical skills and abilities. At the advanced level, students will also study the teachings of Wushu, be able to coach at a junior level, and to judge at local competitions.

Chinese Qi Gong:

We specialize in Dao Yin Yang Sheng Gong, arguably the most famous Qi Gong method in existence. Dao Yin Yang Sheng Gong (life cultivation through Dao Yin) is a renowned Qi Gong method in China. It was created by Beijing Physical Education University Professor Guan De Zhang and is based on his secret family Qi Gong method.

Chinese newspapers and journals have long heralded Dao Yin as a life saving Qi Gong method for patients with chronic illnesses. Through the practice of Dao Yin, and in conjunction with medical treatment, many cancer sufferers found significant improvements in their health. The Chinese College of Science has named Dao Yin a major national scientific innovation.

Dao Yin is a practical method and has been proven by the test of time. Since its appearance in 1980s, it has gained in popularity with people in China, and is being practiced in government, schools, the military, hospitals as well as care facilities in order to improve health and prevent illnesses.

Tai Ji/Chai Shou/Pushhand:

Based on the ancient philosophy of Yin Yang and the Five Element theory, Tai Ji forms one of the major internal styles of Wushu. In our Tai Ji classes you will learn about the five major families of Tai Ji: Yang, Chen, Sun, Wu, and Ng. These are less intensive forms of training for improving fitness, relieving tension, and overall improvement in health. Classes offered cover from beginners to advanced level, both in bare hand and the use of broadsword/straight swords and spear.

San Da/Qin Na/Women's Self Defense:

This class teaches the application of Chinese Wushu especially for women, who wish to gain practical skills of self defense. Students in this class learn to apply the techniques of San Da and Qin Na in punches, kicks, throws, and the use of pressure points. You learn how to protect yourself - at the same time improving your physical fitness.

