

Workshop with GRANDMASTER SHOU-YU LIANG

Fri. May 19, 2006

SAT. May 20, 2006

**Open to all styles and all levels
of skill! All are welcome!**

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FOUNDATION



**Make your
Reservations
NOW!**

■ Kung Fu Applications for Self Defense

Friday, May 19th
6:00 pm - 9:00 pm

Using techniques of fists and palms, knees and elbows, Qinna (grappling), and Take down and ground fighting techniques to protect yourself under emergency situations.

USA Wu Chi Kung Fu Academy

40924 Fremont Blvd. Fremont, CA 94538

Fees: **Friday, May 19th**

Kung Fu Applications for Self Defense

\$60 at the door

\$50 pre-registration by May 10th

Saturday, May 20th

Qigong Retreat - Medical Health

Maintenance Qigong

\$120 at the door

\$110 pre-registration by May 10th

If you have any questions, and to make reservations,
www.wuchikungfu.com Call: 510-226-6813, or e-mail:
tao@wuchikungfu.com

Wu Chi Kung fu Academy's Students and Student's
Parents Have 10% Discount

■ Qigong Retreat - Medical Health Maintenance Qigong

Saturday, May 20th
9:00 am - 12:00 noon; 2:00 pm - 5:00 pm

Medical Qigong focuses on health healing and illness prevention training, with methods to strengthen the organs and rejuvenate overall health. Learn how to relax the body and calm the mind, six healing sounds for nourishing life, the Qi permeating technique, emitting Qi, absorbing Qi, healing Qi, unifying the cosmos and the human body, develop your healing ability, and Qigong for developing incredible strength.

Medical Qigong focuses on healing and illness prevention training. This workshop will teach methods to strengthen the organs and to rejuvenate overall health. You will learn how to relax the body and calm the mind, how to use the six healing sounds for nourishing life and the "Qi Permeating Technique". This workshop will also teach you how to develop external Qi for healing yourself and others. You will learn the techniques to unify the cosmos and the human body, build and test Qi, and absorb Qi from nature.

www.wuchikungfu.com

GRANDMASTER SHOU-YU LIANG



Grandmaster Shou-Yu Liang is one of the recipients of the Coach of Excellence title, given only to the most outstanding Chinese martial arts instructors by the people's Republic of China. He has also been a committee member in the Sichuan chapter of the Chinese National Wushu Association and Coaches Committee and has frequently served as a judge for Chinese national professional Wushu competitions. Upon immigrating to Canada, Grandmaster Liang was elected head coach of the first Canadian National Wushu Team in 1985. Competing in the first world Wushu tournament in China that year, the Canadian team finished third overall. In the following year at a tournament involving 28 nations, the Canadian team placed in second, next only to the powerful Chinese team. The Canadian success story shocked the Chinese nation, and news of their outstanding accomplishments spread throughout China.

Grandmaster Liang has many times presided as head judge or chairman of the judging team for national and international Wushu tournaments. He formerly held the positions of Chairman of Wushu, Taiji, Qigong instruction at the University of British Columbia Physical Education and Recreation Department. In 1988, Grandmaster Liang formally established the Shou-Yu Liang Wushu, Taiji, Qigong Institute in Vancouver, Canada. A year later he went on to found the International Wushu Sanshou Dao Association(IWSD) and was selected as the Chairperson. Today, still chaired by Grandmaster Liang, the IWSD has created branches in more than 20 countries around the world.

In 1994, Grandmaster Liang led the North American Marital Arts Exhibition Team for a friendship performance tour to ten major cities in China. His team received a warm welcome by the people and government of China. While in China, the team also competed in the international Wushu Competition held in Shanghai, for which 32 nations were represented. Grandmaster Liang's team received 42 out of 56 gold medals awarded to the competitors. The Canadian Prime Minister at the time, Jean Chretien, also wrote a letter of encouragement to the team. Many Chinese television stations, radio stations, and newspapers spread the news of the exhibition team all over China.

Since 1985, most of the top ranked athletes in the Canadian and U.S. National and International Competitions are or have been students of Grandmaster Liang. His students often received the top 3 places in Wushu, Taijiquan, Xingyiquan, and Baguazhang competitions. Many of Grandmaster Liang's students in China, the United States, and Canada have become distinguished instructors and coaches themselves.

Grandmaster Liang is well-known and respected internationally. He was selected by the China Wushu Magazine in the "Biography of Today's Extraordinary Martial Artists". He has been awarded the "World's Top 100 Outstanding Martial Art Professional Award", "World's Greatest Contribution Award", and "World's Outstanding Accomplishment Award". He has also been selected to be included in the "Current List of Famous Martial Artists" and in the Chinese "Who's who in the world".

Grandmaster Liang has written and produced numerous books and videos. Due to their widespread popularity, many of these publications have been translated into other languages such as French, Polish, Greek, Chinese, and Russian. He has been featured a great number of occasions on international television including Chinese Central Television(CCTV), Cable News Network(CNN), Discovery Channel as well as many other Canadian, Mexican, Greek, British and various European networks. He has also been featured on the covers of many prestigious Chinese, American, and Canadian newspapers and magazines. In 2002, Grandmaster Liang was bestowed the title of Life Time Honorary Chairman and ranked a 10th degree by the Confederation of Canadian Wushu Organizations - the highest level of Wushu achievement by that organization.

