

梁守渝

武术太极气功学院



SHOU-YU LIANG

WUSHU TAIJI QIGONG INSTITUTE

SYLLABUS AND SCHOOL INFORMATION



氣功

QIGONG

Qi (Chi) is a Chinese term used to refer to all types of energy. It is the intrinsic substance or the "vital force" behind all things in the universe. *Gong* refers to the power to produce an effect, an attainment of, or accomplishment that is achieved with steady practice. Loosely, Qigong can be translated as the study of Qi.

Qigong is the art and science of using breath, posture, movement, and/or sound to cleanse, refine, accumulate and circulate Qi in the body. Through the cultivation and regulation of body, mind, breathing, and vocalization, our resistance to disease, adaptability to the external environment, and immunity to pathogenic influences is strengthened. With a strong immune system, diseases are prevented, creating a state of super health, vitality, and youthfulness for the practitioner.



The practice of Qigong can help prevent illness, improve one's health, increase one's quality of life, and ultimately leads to greater power for martial arts. Taking it one step further, Qigong training is also a way to attain Great Wisdom, and to realize the true nature of human existence and its relation with the cosmos.

Qigong training in our school includes Medical Qigong for health, Emitting and Absorbing Qigong, Daoist Qigong, Buddhist Qigong, and Wushu Qigong.



太極拳

TAIJI

Taiji (more commonly Tai Chi) is one of the major internal styles contained in Wushu. It was originally created as a martial art and all the movements of

Taiji have combat applications. Taiji utilizes the ancient philosophy of Yin-Yang and the Five Element theories for its foundation and to establish its training principles.

The experience of hundreds of years has shown that practicing Taiji can improve health, reduce tension, and cure a number of diseases such as high blood pressure, arthritis, asthma, stomach ailments, heart problems, and anxiety. The same techniques that were capable of developing internal Qi for martial arts combat also proved to be effective as life prolonging, healing, and rejuvenating exercises. Today, Taiji is practiced by the millions of participants around the world for its health benefits.



There are many different types of Taiji though the major styles that have been recognized both in China and internationally are Yang, Chen, Sun and Wu Style Taiji. Our school offers these standard Taiji fist

and weapon routines as well as the traditional and competition routines. We also teach the applications of Taiji movements and offer training in Taiji Push Hands methods such as the Eight Basic Techniques, standard Push Hands routines, and Free Push Hands.



武術

WUSHU

Wushu (Kung Fu) is the proper term for all the martial arts styles in China. It has been practiced in China for thousands of years. Wushu consists of tens of thousands of different External and Internal styles including both bare hands and weapons. Aside from a means of self-defense, Wushu has also been developed into a sport capable of improving a participant's health and fitness as well as their reaction time, agility, jumping ability, balance, flexibility, coordination, power, and speed. Even athletes from other sports are taking up Wushu training to supplement their physical exercise and to improve the quality of their performance. Today, Wushu is also a presentation art. A demonstration by a superb Wushu athlete can captivate and mesmerize an audience.



Wushu Basics class is the foundation for learning all the other external and internal styles offered at our school. It also sets a good foundation for learning all kinds of martial arts. *Wushu Basics* focus on different kinds of traditional and modern Wushu training for stances, footwork, kicks, hand techniques, body coordination, and balance.

We teach many traditional and modern Wushu bare hand and weapon routines such as: Long Fist, Southern Style, Yan Qin Quan, Cha Quan, Hong Quan, Preying Mantis (Tang Lang Quan), Fan Zi Quan, Di Tang Quan, Tong Bei Quan, Chuo Jiao Quan, Eagle Style, Drunken Style, Snake Style, Monkey Style, Broadsword, Straight Sword, Spear, Staff, Three Section Staff, Nine Section Whip, Rope Dart, Dagger, Double Broadsword and Sword, Long Tassel Sword, Big Saber, and many others from E-Mei and Shao Lin.



形意拳

XING YI

Xing Yi is an internal Wushu style known for its dynamic and explosive movements. *Xing* or shape is derived from the fighting movements of twelve different animals. *Yi* or mind, is generated internally from the heart. Xing Yi, thus, imitates and incorporates the combative shapes of twelve animals and their inner characteristics. Xing Yi's theory and techniques are aggressive, yet the practitioner avoids emotional excitement. Xing Yi manifests great power though it is refined, and while the strategy is offensive it is not disordered. Training in Xing Yi can make you spiritually strong - even though your spirit is elevated to a very powerful level, you will remain calm, peaceful, and in control.

Xing Yi consists of five fundamental movements: *Pi* (Split), *Zuan* (Drill), *Beng* (Expand), *Pao* (Canon), and *Heng* (Shear). These are matched up with Metal, Wood, Water, Fire, and Earth elements from the Five Element Theory. This style is characterized by linear movements and uses offense as a way of defense. Xing Yi class includes traditional fist and weapon routines and applications such as Five Phases, Twelve Shapes, Miscellaneous Strike Sequence, Linking Sequence, Secure Body Strike matching set, and more.



For more information, class schedules, fees, and to sign up online, please visit:

www.ShouyuLiang.com



散手道

SAN SHOU DAO

Wushu is a Chinese term referring to all martial arts styles. Sanshou means the flexible application of martial skills. Dao refers to the way, the means, or the approach. Therefore, Wushu Sanshou Dao means "the way of the applying martial skills"



International Wushu San Shou Dao(IWSD) draws from the immense wealth of knowledge in Chinese Wushu, but is by no means limited to Chinese Wushu. All viable skills and knowledge from other recognized non-Chinese Wushu such as Japanese Wushu(i.e., Karate), Korean Wushu (i.e., Tae Kwan Do) and many other martial arts styles have been, and will continue to be incorporated into the Wushu San-shou Dao system.



The training contents of IWSD consists of six major components: free sparring techniques, take down and ground fighting techniques, Taiji Push Hands techniques, Qin Na and pressure point attack, internal energy(Qigong) training, and martial art routine training.

These six major components are not meant to be trained and applied separately. Instead, they should be integrated into a seamless web of skills which are versatile for dealing with different circumstances that may arise in real combat. The ultimate goal of IWSD is to nurture and develop the complete martial artist - one who is skilled in long and short range fighting; in arm strikes, kicking, grappling, wrestling, and pressure point attack; is capable of using internal and physical strength; and is morally righteous with an absolute control over one's own mind and body.



八卦掌

BAGUA

Bagua is based on the theory of the Eight Trigrams. Bagua theory was used by the ancient Chinese to analyze directions, locations, causes and effects, and all the natural changes of the universe. As nature always repeats itself, the Chinese believe that Bagua theory can be used to predict natural disasters, a country's destiny, or even an individual's fortune. The source of Bagua is the Yi Jing(*The Book of Changes*). The Yi Jing has been a major part of Chinese Culture and philosophy for more than four thousand years and many other martial styles were created and developed under its influence such as Taiji and Xingyi.

Bagua emphasizes circular movement, walking is most important. You are always moving. Bagua "uses movement as its foundation and transformation as its principle". The movements are always changing, spinning and turning, while in rapid curvilinear patterns. Bagua is described as, "Walk like a dragon, retrieve and spin like an ape, change momentum like an eagle, and calm and steady like a still tiger". The constant turning and spinning movements, stimulate the joints and muscles to provide a work out for many areas of the body that are not normally exercised. These movements also stimulate acupuncture cavities by compressing and relaxing the muscles around them, loosening stagnant energy, and allowing Qi to circulate smoothly.



Bagua class includes traditional palm and weapon routines and applications such as Basic Eight Palm, Swimming Body Bagua, Bagua Matching Set for two people, Bagua sword, Bagua Deer Hooks, and Bagua Cane.

六合八法

LIU HE BA FA



Liu He Ba Fa is one of the major internal style martial arts, originally passed down through the generations only to a handful of gifted chosen students with exemplary courage and moral character. Liu He Ba Fa, also known as Water Style, literally means Six Harmonies and Eight Principles. It utilizes the power of Xing Yi as its center, the stepping patterns of Bagua for its turning and spinning, and the neutralizing power of Taiji for its variations. Its movements are sometimes high, sometimes low, sometimes fast, sometimes slow. These movements resemble that of floating clouds and flowing water that is sometimes calm, sometimes surging. They are constantly fluctuating with clearly defined forward, backward, upward, downward, and lateral motions. Each and every movement is lead by the mind (*xinyi*). The mind initiates and the movements follow. This style is therefore also known as Xinyi Liu He Ba Fa. It not only serves as a system of self defence but it also benefits health, strengthens the body, dispels sickness, and increases longevity.



There are two Liu He Ba Fa routines: Liu He Ba Fa Fist and San Pan Shi Er Shi. Liu He Ba Fa Fist consists of sixty-six postures including Qigong and martial applications. It is divided into two sections and each section is practiced as a routine. The San Pan Shi Er Shi routine is a foundation training routine that includes advancing, retreating, rising and lowering movements which is designed to develop reaction skills for combat.



无极逍遥

WUJI XIAO YAO

Utilizing 60 years of training, competition, and judging experience, Grandmaster Shou-Yu Liang has integrated the essence of many different styles of external and internal martial arts into a unique system called the *Wuji Xiao Yao System*. This system has gained enormous recognition and praise from a great number of experts in the martial arts world. Wuji Xiao Yao is not only practical in its applications, but also beautiful in its demonstration. It contains many routines which focus training in free sparring, striking, grappling, throwing, pressure point striking, and weapon applications. As well, the system integrates the essence of soft and hard Qigong, and emphasizes the cultivation of Qi and spirit with the goal of reaching enlightenment.

Wuji literally means "no extremity", and is a school of Chinese martial arts which Grandmaster Liang has devoted much time studying. *Xiao Yao* means to accord or comply with one's heart, to devote one's heart to doing something with no restraint. When applied to the martial arts, it means that when one's martial arts skill reaches a certain level, one enters into a state of freedom. Wuji Xiao Yao does not restrain how each style or routine should be performed and instead emphasizes "dropping the rules and yet complying with the rules". As long as one understands how to utilize the principles, one has free will in how to perform a routine according to his/her understanding. Grandmaster Liang never asks his students to completely imitate him when performing any routines. Instead he encourages them to find their own style hoping that they will surpass him one day. This is the nature of the Wuji Xiao Yao System.



About 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.

Grandmaster Liang's martial arts ancestry originated five generations ago. He started his traditional Emei kungfu and Qigong training with his grandfather in 1948. Through the introduction of his grandfather, Grandmaster Liang then sought out other renowned masters and other styles from Shaolin and Wudang. In

the early sixties, Grandmaster Liang began his study and research in the few major styles of Taiji such as Yang, Chen, Sun, and Wu style, Buddhist Esoteric Qigong, and Taoist Qigong. Grandmaster Liang had many times been a gold medalist in Wushu and Taiji competitions held in Sichuan province. Representing Sichuan province, he very often entered into highly competitive national and international competitions and won many gold medals. He was also a many-time gold medalist in Chinese wrestling, weight lifting and gymnastics competitions. In Sanshou and Taiji Push Hands competitions organized by non-government sponsored communities, he was undefeated in all events he competed in. In the early sixties, he began his career as an university Wushu coach. His skill coupled with his kindness, generosity, sense of humour, and a ready smile had earned him the friendship and the hearts of countless numbers of people.

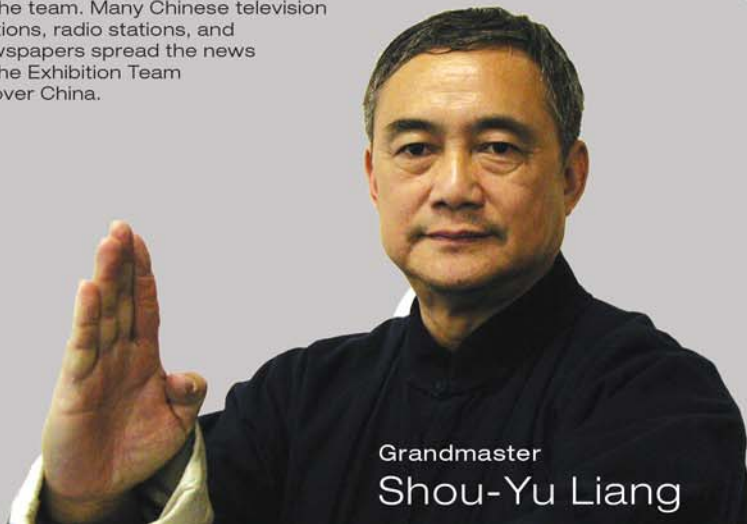


Grandmaster Liang had been a many-time judge for the Chinese provincial and national professional Wushu competitions. Upon immigrating to Canada, Grandmaster Liang was elected head coach of the first Canadian National Wushu Team in 1985. Competing in the first world Wushu tournament in China that year, the Canadian team finished third. In 1986, in a tournament involving 28 nations, his Canadian team placed second, next only to the powerful China team. The Canadian success story shocked the Chinese nation, and news of their outstanding accomplishment spread throughout China.



Grandmaster Liang has many times been the head judge or the 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 1987, Grandmaster Liang formally established the Shouyu Liang Wushu, Taiji and 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 lead 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.



Grandmaster
Shou-Yu Liang

Since 1985, most of the top ranked competitors in the Canadian and U.S. National and International Competitions are or have been students of Grandmaster Liang. 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" as well as the "international Who's Who of Professionals Historical Society" based in the United States—having demonstrated exemplary achievements and distinguished contributions to the business community.

Grandmaster Liang has written and produced numerous books and video tapes. Many of these books and video tapes had 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 networks including Chinese Central Television(CCTV), Cable News Network(CNN), Discovery Channel and 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.

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