



August 2007

## Inside this Issue

- 1 Shemma Xin  
(What's New)
- 4 Shuai Chiao Corner
- 5 Internals
- 6 Young Dragons
- 7 Kung Fu Corner  
New Students
- 8 Testimonials  
Events
- 9 Milt's Movie Review
- 10 Grandmaster's Vision for  
ACCS
- 11 Notices
- 12 Kuo Shu Results

American Center for Chinese  
Studies  
122 Grand Street  
Croton on Hudson, NY 10526  
(914) 827-9068

# ACCS Newsletter

## Shemma Xin

*Lorraine Miro*

### 2007 KUOSHU TOURNAMENT

No need to tell those of you who attended the Kuoshu Tournament in Baltimore on July 28, 29<sup>th</sup> what an exciting time we had. But for those of you who couldn't make it, let me tell you just a little about it. There is something about competition that sets every nerve ending tingling. From the moment you enter the Hunts Valley Marriott you know you're not in Kansas any more. How many hotels have you stayed where swords and spears are openly marched through the lobby? In every little corner or nook of the hotel you can find a martial artist practicing a form. The entire hotel is filled with martial artists from all over the world. You hear many different languages being spoken, but we all have one common denominator. I can tell you, it's a very good feeling. Our school had students competing from North Carolina, Somers, Brewster and Croton. All of our schools did very well; you can read the results that are posted a little further in this newsletter.



Jim DeMaria and Grandmaster Ma after  
Jimmy took the Bronze in Intermediate Ba Gua



### PEACEFUL DRAGON Workshop in North Carolina

Grandmaster DeMaria and Master Peck led an intense 3 day work shop in July at the Peaceful Dragon in North Carolina. Read more about the techniques and forms that were taught in an article by Jim DeMaria later in this newsletter.



### Birthday Bash for Grandmaster

Master John Scattaretico of the Dragon and the Crane threw a birthday party for Grandmaster Ma . From the opening Lion Dance to Dessert, Master John and his

August 2007

crew really outdid themselves. They really thought of everything, including a tent in case of rain. I cannot remember having such good food at a barbeque ever.



**Grandmaster meets Master Keiko Kurisake of Japan at the Kuoshu Tournament in Baltimore**

Master Kurisake-san is a close friend of Grandmaster's older Brother in Shuai Chiao, Roger Soo. Keiko calls Roger brother and is an admirer of Chang Tung Sheng. Kurisake-san helped to promote Shuai Chiao in Japan. When Kurisake-san learned of Grandmaster from Roger, she decided to arrange a meeting in Baltimore.



Keiko Kurisake is 5<sup>th</sup> generation Pa Gua, Tai Chi Chuan, under Master Ciao Fu Lim. She started training in Japanese martial arts at the age of 7 and began learning Chinese martial arts at 16. Keido studied Chen style Tai chi Chuan under Master Wang Hu Lim, Hung Gar under Master Chen Hung Zong, Northern Shaolin Chen and iron Palm under Master Hu Shao Bao, The 13 form Tai Chi Chuan under master Zhan De Sheng and Sanda Boxing under Master Chang En Huang. In 1988, she opened the Chinese martial art school Kenbukai and in 2000 she created Japan Combat Association.



Grandmaster Ma and Keiko Kurisake

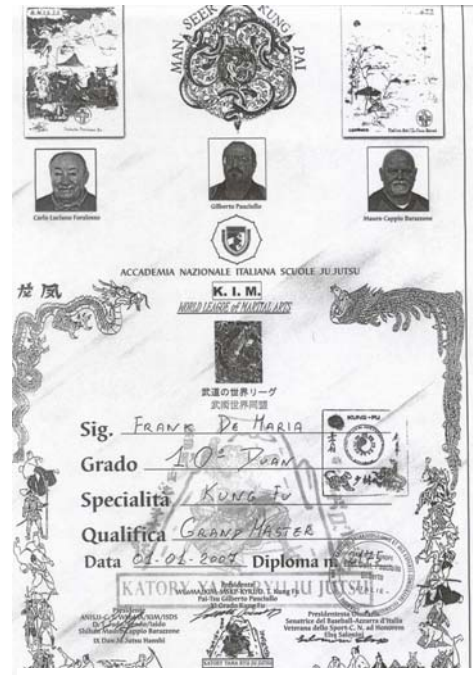
**Coming Up Wong Fei Hung North Eastern Kung Fu Championships – Saturday – Sept. 29th**

The next tournament coming up is Wong Fei Hung at St. Peters College in Jersey City, New Jersey. The Tournament begins at 9:30 a.m. For more information go to [www.yeeshungga.com](http://www.yeeshungga.com)



**Grandmaster has been promoted to 10th Dan** In Italy Federation of Shaolin World Mans Seer Kung Pai Association in Italy. He was awarded this beautiful certificate:

For more information about the world Mans seer Kung Pai Association in Italy see website <http://www.arpnet.it/shaolin/maestri.html>



**Grand Master Ma has also been inducted into the United States Martial Arts Hall of Fame** sponsored by the INTERNATIONAL MARTIAL ARTS COUNCIL OF AMERICA.



### A Message from Grand Master Ma: THANK YOU!

I am now in the process of being promoted to 9th degree in White Tiger Kenpo. This was done by my Brother in the arts Master Tom Saviano.

Mr. Saviano studied under Kenpo Grand Master John McSweeney, a 10th Degree Black Belt in the American Kenpo Karate Association, and an 8th Degree Black Belt in American Combato (Jen-Do-Tao). Mr. Saviano holds a 8th Degree Black Belt in American Kenpo and a 6th Degree Black Belt in Chinese Kang-Chuan-Do. He has been the owner and head instructor of his own school since 1981, where he personally supervises over 200 students.

Grand Master John McSweeney before his passing had given control of his Association to his long time close door disciple Tom Saviano. Both Master Tom and myself are equal in rank 8th degrees under Master McSweeney, but as head of the organization now, Master Tom now holds the position of 10th degree as head of the American Kenpo Association, which was officially turned over to him before Grand Master McSweeney's passing.

Nobody could do a better job then him. Heading a Association is indeed an great responsibility and his love for Kenpo and long time association with our Master makes him the perfect candidate for such a position. He contacted me, and by martial arts Wu-De he can now promote me to one level below his, so now I am a 9th degree in Master John McSweeney Association. I am indeed honored by my Brother and I thank him. Master Tom said to me " I think our Master would not only approve of this of this but would be indeed happy about our union in Kenpo".

I must also say, Master Tom and I are very close since our Masters death, Master Tom and I have joined forces in Kenpo to better propagate our Masters Association and lineage. I could not be more proud to have such a Brother in Kenpo. He has done an outstanding job in promoting the Chinese Kenpo Art. See his web site at: <http://www.whitetigerkenpo.com/>



# Shuai Chiao Corner

Robert Corrado

Shuai Chiao, traditional Chinese wrestling, is one of the oldest of all martial arts. Grandmaster's last and greatest kung fu master was the legendary Shuai Chiao champion, Chang Tung Sheng. A.C.C.S students are enormously fortunate to have roots of this kind. As if having a world class pedigree wasn't enough, Grandmaster offers this class free to all those already enrolled in Shaolin.(All of those that know how to fall safely, that is.)

Shuai Chiao training consists of various training methods, (Both with equipment, and without.) basic solo forms, (which are techniques practiced without a partner.), and of course two-man application of technique.



Ramy Ahmed receiving bronze medal.

Shuai Chiao, when modified for safety, lends itself very well to tournament competition. Members of our current crop of students have been participating, and performing well in Shuai Chiao tournaments for a few years now. This past Kuo Shu tournament in Baltimore was no exception.

Members from the North Carolina gwan, Carrie and Hameed, walked away with second and third place metals, respectively. From Croton, Ramy was able to win third place, as well as execute the most dynamic technique of the entire tournament.

We were also able to make a connection with fellow Shuai Chiao players from New York. It turns out that these guys studied under Jeng Hsing-Ping, a top student of Great-grandmaster Chang. Now that this contact was made, we have been invited to train with them at their school on Sundays in Manhattan. Check their school out at : [www.shuaijiao.net](http://www.shuaijiao.net). All in all, it was a great learning experience and a great opportunity for more. Here is a note sent to Grandmaster.

*Hello Shifu Demaria,*

*It was a pleasure to meet and see you in Maryland a few weeks ago.*

*As we discussed, our objective this year is to attend events, as many events as possible and support Shuai Jiao wherever possible, in hopes that it can positively grow.*

*I would like to reiterate our invitation to your students to join our class on Sunday's. If they have any questions, they may contact me.*

*Thank you for your support.*

*Franc Gomez,*



## From Our Shuai Jiao Brothers in Austin

*AAU Nationals – Ready to Roll!*



Members of the Chinese Shuai Jiao Association, NYC, Franc Gomez and Marc Gelfand talking with Grandmaster Ma in Baltimore.

**September 8th** is getting closer and as the AAU National Kung Fu Tai Chi Championships looms we are pleased to announce the field of dignitaries from the Kung Fu World is still growing! Teams from Ca, Oh, La, NY, Fl, NM,AZ, Co, Pa,and all over Texas! Check out this website to learn more about this competition which will be attended by many masters See <http://www.kungfu-taichi-championships.com/>



## Internals

### *Peaceful Dragon Workshop*

*James DeMaria*



This year's workshop at The Peaceful Dragon was an unbelievable experience. Grandmaster and Master Peck were “unleashed” to cover as many concepts as they could throw at all the participants. When we asked if we were going to learn a form, much to the surprise of all involved, Grandmaster said, “No, you are going to learn 4!” That started us off in what was a very detailed and in-depth look at the arts. Among the topics covered were combining the Internal and External arts, different pathways to power, push-hands patterns, self defense techniques, 2 of Grandmaster’s Hsing-I fighting sets( the Power and Speed Set, and the Forearm Striking Set), Bagua Straight Line #1, and the Hsing-I Three Treasure Stick. Points were given out by the three teachers for demonstrating what we were taught.

The workshop was set up to learn a few concepts on a certain aspect of the arts, and then try to work that concept. Then the “Golden Gong” would be rung, and everyone had to pay attention. This meant that a few moves of one of the forms would be shown. These moves were only shown for a few minutes, then it was back to workshop business!! Right before lunch break on Friday, Grandmaster demonstrated the bottle training method for sticky hands. This was just amazing, especially after everyone was lifting the bottle high off the floor by using their sticking ability. Even one of the 9 year old students was able to do it!!!

Saturday brought more of the same. Working concepts, and learning form under pressure, and everyone was doing their best to just keep up and trying to put all the forms together, and work the other concepts that were shown to us. After lunch, the students at The Peaceful Dragon again put on a great demo and lion dance, and Grandmaster took part in the kids promotions. That night was the banquet dinner, and a good time was had by all. Grandmaster was given a Focusmaster training system!! (It has arrived in the Gwan, and will be installed by Ramy in the near future).

An hour long meditation started us off on Sunday morning. It was good to just relax, and recharge before the last day, as there was still much to learn. The morning session was all about learning the rest of the forms, and “burning them in” as Grandmaster would say. Grandmaster and Master Peck made themselves available for questions and clarifications after the forms were given out. After lunch, the demos began. We went in groups of 4 to demonstrate all the forms in front of the teacher levels, and were each given points for our efforts. After the demonstrations, medals were given out to the top 3 people in 4 categories, kids, beginner, intermediate, and advanced. Following the awards Grandmaster made some closing comments and ended the workshop. All in all, it was a great learning experience and a lot of fun!!



# Young Dragons

## *My First Competition*

*Michelle Eskin*



The Kuoshu tournament in Baltimore, Maryland was a very important time for many people! Students in Kung Fu and Karate came to compete in this big event. It was a very busy tournament! There were rings where people competed in and judges were surrounding the mats. In one ring people were doing a type of kick-boxing called Lai Tou. In another ring people were doing weaponry and in another ring there were people doing form. There were little stands right outside the room where people competed where uniforms, toys, and weapons were sold. There was always something to do.

People that were going to compete had to wait at least three hours before they could perform. They could always watch other people competing though. When a competitor's turn was coming up soon, there was a big area where they could practice. They could even go outside and practice. The judges were sitting in a circle around the person when it is someone's turn to go. Then they would present what they had practiced to the judges and the judges grade them on a series of things. If they did very well they will get a medal.

After a competitor had competed there was still much to do. They could stay and watch people compete, get a snack at the café, get a meal in the restaurant, watch a movie in their room, and even go swimming. In a room there were many movies to order. There was also an enormous pool that was both inside and outside.

There was a little café where there were many snacks and a nice restaurant with good food. The hotel had everything! I myself came in 6<sup>th</sup> place at the tournament and I competed in a solo form called Ju Ji Chen. I am a student at Tiger Dragon School in Croton and I have been doing Kung Fu for about a year now. There is a lot of time to make friends, meet new people and hang out. I made many friends and got to see people from the North Carolina School. I also saw people that I knew from the Croton school compete.

I had a lot of fun competing in this tournament and I hope other people did to. All the people that are nervous have nothing to worry about. The whole thing is just for fun!



# Kung Fu Corner

*Phil Tambakis*

## NEW STUDENTS



**Name:** Eric Koeler

**Age:** 36

**Occupation:** I'm a Software Engineer, currently involved in Java-based Frameworks development for New York Life Insurance Company. I have been in the industry since 1994 and I have a Masters of Science in Computer Science from NYU.

### **Reason for Joining:**

When I was a child I studied Shorin-Ryu Karate for few years, but I stopped when I started running track in Junior High. While I was working full-time and taking graduate classes part-time in the city, I decided I needed to do something physical, as too much of my life involved me sitting on my bum typing at a com-puter. I tried historical western fencing (specifically, Spanish Rapier, and to a lesser extent, Italian Dueling Sabre) for a couple years. I also revisited the Eastern martial arts and an acquaintance of mine got me started studying Seido Karate. After 4.5 years of study (I had 1st Kyu rank), my company transferred me to their Sleepy Hollow office (since I lived in Westchester). My karate study stopped, but I missed martial arts training, there was a huge hole in my life (though that was filled somewhat by the birth of my daughter in 2005). I moved to Croton in January of 2007 and literally stumbled on the Gwan.

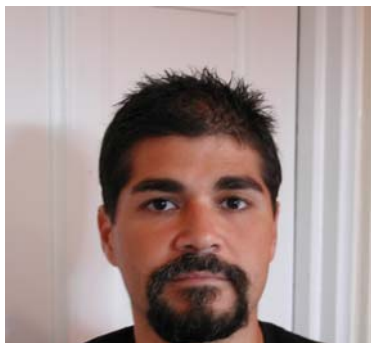
**Joined:** March 19th is my anniversary date.

**Primary Instructor:** Shyra

**Current training:** I'm studying Shaolin right now (specifically the core Kenpo sets and Tan Tui). Once my daughter is a bit older, I hope to involve her, and at the very least, expand my study to Tai Chi, which has always intrigued me.

### **Other interests:**

I enjoy long distance running, but I'm just starting to get back into it since I injured my knees and hips with too much road running when I was younger. I'm currently up to 4-4.5 miles twice a week, and I am open to running with anyone else who'd like to join me. My pace is relatively slow, 8-9 minute miles depending on the heat and humidity.



**Name:** Eddie Ortiz

**Age:** 39

**Occupation:** I am employed as a Webmaster for [www.christopherradko.com](http://www.christopherradko.com)

**Reason for joining:** Discipline, to stay in shape and enjoy this art that has intrigued me my whole life. I plan on having my two Son's join the Gwan when they are old enough. It would be great to have someone at home to train with.

**Joined:** June 2nd, 2007

**Primary instructor:** Ma Shryfu

**Current training:** Tan Tui and Wu Bu Chuan (not sure this is spelled correctly).

**Other comments:** I really enjoy the positive attitudes at the Gwan. Everyone is very helpful and courteous and especially approachable. This makes my training all that much better. I am pleased to have found the ACCS in my neighborhood and will remain a member for many years to come.



## Testimonials

Hello Grandmaster!

I'd like to thank you for starting your kung fu school, and teaching Master Sbarge, who taught Si Fu Kadel, who now has been teaching me valuable skills and life lessons, that have enriched my life enormously. Since I started learning Tai Chi, my chi has grown and so has joy and happiness and healing. And I am soooo thankful I got to learn from you during the workshop at the Peaceful Dragon here in North Carolina. I never knew before the workshop how much fun you can have learning kung fu, even if you're a beginner! The forms you showed us, especially bagua, have continued to bring growth and inspiration both during waking and sleeping hours. I've dreamt doing the form, and I've dreamt you a few times since the workshop, and each time I gained new insight, that's how well your workshop has served me.

Your emails are always eye-opening, and always timely - always very fitting for whatever is happening at the moment. Thank you for sharing.

Many thanks and blessings!

Lily

Below is a message I got from one of my tai chi students. I thought you might find it interesting. -- Eric

Hi Sifu,

When I was diagnosed with Lung Cancer, I started reading and learning through you and Grandmaster about the healing properties of Qi. I began listening to a Qi Gung CD, that has music that is unpleasant to listen to, but it claims to stimulate the Qi. I listened to this every evening at bedtime, and continue to do so about once or twice a week.

The Radiation Oncologist told me he's never seen a woman take the level of radiation he'd given me without ending up in the hospital and having to stop treatments for a while. I was in truth very sick, as I couldnt even swallow more than a droplet of warn water at a time, and I had to sleep sitting up for many months because of acid reflux. But, I never let them stop the treatments. I just kept telling them to "kill the little sucker; I'll be fine".

I also began doing the Qi Gung exercise that Grandmaster taught us, where we fall back against the outside wall. I did this exercise once or twice a day after Grandmaster's workshop, and still do it up to 4 times a day. Even when I'm at work, I discreetly go outside and fall against the wall near a doorway.

I also do my Tai Chi forms everyday, and practice my Qi Gung breathing several times a day! Every chance I get, I do this.

10 months ago, I celebrated 2 years from the day I was diagnosed. My

oncologist told me then that I am a "trailblazer". I am treading ground that no one else has ever walked. Because he is always so pleasantly surprised, I started pouring out all the things I'm doing to help my treatments along. He put up his hand and stopped me nicely. He said "I dont want to know what you're doing, but just keep doing it."

About 7 or 8 months ago, I became the longest living survivor of Adenocarcinoma. It is difficult, as no one can tell me why certain things happen to my body, resultant of the treatments. Yes, developing and understanding our Qi does strengthen the body, mind and spirit. It has been my weapon against a terrible foe that I refuse to surrender to: and because of your and Grandmaster's goodness and kind teaching, I have never felt alone. As I do my Qi Gung and Tai Chi, I know I have teachers and friends who are on my side. Not feeling alone is a very strong force.

Sifu, thanks to you and Grandmaster and the other wonderful sources I've had to learn from, I believe with all my heart that my treatments worked better because of my Qi Gung (and high antioxidant diet as well). There is no other reason for my still being here. My chemo pill is designed only to stop the cancer from growing, and I would imagine that the cancer cells would eventually die if they cannot multiply. But, right from the beginning of taking this chemo pill, there was actual resolution of some of the cancer! That's not from my pill. It has to be something else....and that something else is the Qi Gung exercises and Tai Chi that you have blessed my life with. There is no doubt at all. Thank you for all you and Grandmaster have done for me.



**EVENTS**

**Sept. 8th**  
**AAU National Kung Fu Tai Chi**  
**Championships**  
**Austin, Texas**  
<http://www.kungfu-taichi-championships.com/>

**Sept. 29, 9:30 a.m.**  
**Jersey City, NJ**  
**Wong Fei Hung Tournament**  
 Northeaster Kung Fu  
 Championships

**Oct 22-27th**  
**ACCS Croton Gwan**  
**Break Week**  
 All students will have the  
 opportunity to test their skills  
 breaking wood this week.



Ma Shrfu

I wanted to thank you personally for coming down a few weeks ago to impart some of your kung fu knowledge. I have to admit (and Hank can confirm), I was nervous about my first workshop with you and the rest of the ACCS family (nervous of the unknown). I was most pleasantly surprised. I thoroughly enjoyed the hard work and learning the forms. And I feel like the weekend was a manifestation of the growth I've experienced in the last year, both in my martial arts and my spiritual state. I'm really glad we were tested on the forms. This type of testing (having to demonstrate a form to a group) has been extremely intimidating and downright scary, but I was able to let go of my fears and do my best. I feel like it was a big step forward for me in my martial arts training.

Again, thank you.

Respectfully,  
Rachel



Hi Shrfu,  
(bow)

Once again I want to thank you for your e-mails. They are worth gold to me. Your dragon knowledge is respected and appreciated. I consider myself lucky to be on your e-mail list.

I am out in the wilderness of the Ozarks in Arkansas. I struggle to teach the Tai Chi and Martial Arts I learned in Hawaii long ago to people here that have never come in contact with anyone who knew anything about forms of Shaolin. I have always dabbled in the arts, yet baby steps can lead you farther than you can imagine after 18 years.

Thank you for your support...

Best Regards,

DanO Eidson



## Movie Review

By Gao-Shou Milton Hankins



Ni Hau my Shaolin brothers and sisters, we meet again on the path to Enlightenment. This is another Martial Art's Epic! Starring Donnie Yen and Master Lau Kar-Leung, the movie is entitled, "Seven Swords". It's a heroic tale of seven master swordsmen who band together to prevent the slaughter of innocent villagers by an evil warlord. The action and sword play sequences are phenomenal, a must see!



# My Vision for ACCS



by Grandmaster Ma

I remember well the day we created the name "THE AMERICAN CENTER FOR CHINESE STUDIES". I had a dream then and now that dream has turned into reality that is getting better by the year. At that time none of the present day schools had been established. Although I had been teaching for most of my life, up till then nothing solid other than my own efforts were evident. It was just me teaching as usual until that faithful night when I said to my new Teacher levels, we have to organize and spread the arts in America. At that point it was possible since I had a few Teachers levels that could further spread the teachings.

As for the name of our school, well that came naturally, I wanted to indicate that our school would be passing Chinese traditions on to the American people, hence our name was thought up and that name now stands as a major contributor in spreading the Chinese Martial Arts here in the USA.

Many years have passed since that night and with that passage of time we have spread into many schools though out the USA. We are one of the top sites on the Internet with thousands of hits from all over the world. Since that day long ago, many new Teachers Levels have arisen and are starting to open their own schools. Our traditions are being spread from east to west and north to south. This past year we have even made solid connections to many

overseas associations from China, to Japan to Germany, Ireland, Argentina and elsewhere. With the continuing efforts by our Teachers levels and enthusiastic students we have gone from an underground school to a school with an international reputation.

We still have a great deal of growth yet to come with all the newest Teacher levels and yet further expansion of our schools coming in the next few years. No, we are far from being the biggest organization around but that is not my intent. My general plan is simple, to teach enough people and hopefully create even more young Teachers to go out there and open up schools under our name and spread this marvelous art form to the American public.

*This is what my last Master, Chang Tung Sheng wanted to do and was doing before his death. He wanted to spread his Shuai Chiao and Tai Ji in this country. I am happy to say ACCS has done its fair share in spreading not only the Masters names but also styles in a traditional Kung Fu manner.*

We have not veered off course when it comes to the traditional arts. Where many have failed, we have stayed the course in teaching the Old Ways without falling pray to commercialism and sensationalism. We have stayed the course in not overcharging people for what we teach. I am most happy to say none of our Schools have become wealthy by taking excessive fees from people but rather they are happy because they love to teach as well as to help people learn and help them change their lives for the better. To us, this is our reward. How many schools can say that? We are not money oriented schools, in fact I would venture to say, for the dollar our schools offer what no other schools can come close to, this is what makes ACCS school so different, and this is what I am most proud of.

We live by the old ethics called Wu

De which dictates honesty, integrity and tradition. We have stayed the course in helping people and this is really what kung fu is all about. I am proud of our schools and all they have done and sacrificed to spread this art, our ancestors would be pleased.

As for our members, I can find no better people than them. ACCS prides itself for building character in people and our members show just that, great character. They will be our future teachers, and ACCS will be here to help them achieve that and anyone else who is looking for the Traditional Way, then you found it in A.C.C.S.

# Notice

Well here is the date, Oct 22nd to Oct 27th is BREAK WEEK.....

YOU MUST BE READY WITH YOUR WOOD BEFORE THEN...

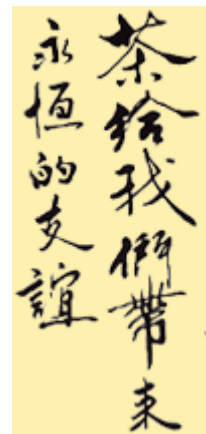
STUDENTS MUST HAVE AT LEAST 12 BOARDS, OF WHITE PINE OR SUGAR PINE WOOD, CUT TO THE SIZE OF 12 BY 12 SQUARES. THEN WIDTH SHOULD BE ONE INCH THICK. LITTLE DRAGONS DIVISION SHOULD HAVE ALL THE SAME BUT ONE HALF INCH THICK. IF THIS IS NOT POSSIBLE THEN THEY CAN GO WITH THE ONE INCH.

DISCIPLE LEVELS SHOULD HAVE AT LEAST 15 BOARDS FOR VARIOUS BREAKS.

EVERYONE WILL BREAK IN SOME WITH SOME METHOD PICKED BY THE TEACHERS.. Don't worry if you have never broken wood as yet you will be taught how during break week.

THE WOOD IS NOT EXPENSIVE PICK IT UP AT ANY WOOD SUPPLIER CUT TO SIZE.

ACCS



# KUO SHU TOURNAMENT RESULTS FOR NY SCHOOLS



## **Brewster**

Anne Boorman

Silver – Intermediate woman’s Tai Chi short form

Silver- Intermediate woman’s Tai Chi Weapon

Judges: Sifu Ellen Hollenbeck

Sifu Prasad Guruprasad

## **Croton**

Ramy Ahmed – Bronze, Shuai Chiao

James DeMaria – Bronze, Men’s Intermediate Bau Gua

Michelle Eskin – Competed in Youth Division

Nick Despoelberch –

Silver, Kungfu, Adult Intermediate Weapons

Bronze, Intermediate Kenpo

## **Somers**

Maryellen Acosta

2nd Place Silver medal ..Womens Intermediate other style Tai Ji

3rd place Bronze medal Womens intermediate Kenpo Form

4th place medal Womans Senior division Form

Christopher Mc Laughlin

3rd place Bronze medal Mens Intermediate Tai Ji weapons

Amy Walker

3rd place Bronze medal Womens Intermediate tai ji weapons

Linda Schnarwhiler