

Upcoming Events

8 Lines Sabre Seminar Sifu Kevin
Saturday June 1st & Sunday June 2nd
12:00-1:30pm

Internal Piqua Seminar Sifu Kevin
Saturday June 1st & Sunday June 2nd
1:30-2:30pm

Cost: \$150 for both or \$100 for one
\$60 Seniors and kids

Concept of Jing Master Wong
June 22nd 9-10:30am

Cost: General \$100; Seniors \$75

Simplified Cultivation of Qi Master Wong
June 22nd 10:30am-12:15pm

Cost: General \$100; Seniors \$75

Wu Tan Summer Potluck & Meditation

Sunday July 7th Potluck 2-3pm

Sunday July 7th Meditation 3-4pm

Q & A with Master Wong:

A discussion about the purpose and importance of practicing form pp. 3-5

April-May Newsletter 2024



Wu Tan Alaska

9900 Old Seward Hwy
www.wutanalaska.com

Acknowledgements

Thank you to all the Moms, Dads, Grandmas, and Grandpas for their continued support, contributions, and for bringing your children/grandchildren to our classes. Thank you Nick for keeping the school stocked with supplies.



萬里無雲一點青
青者凡事皆放心
勿因境來而有心
境來皆有其由因
反觀自心是否青
青青明明青明心

-Master Wong

Cloudless sky with a little spread of the light electric blue. The shade of light blue is saying to let go of the heart and ease of the mind.

No need to be distracted by outside influences.

Everything happens for a reason.

Reflect on whether your heart is clear as the shades of that light blue hue.

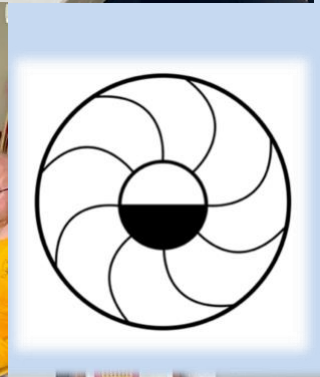
As clearly as the pure light blue brightness.



Above: Master Wong sharing stories and answering questions April 7th, 2024

Right: Master Wong demonstrating Xingyi moves

Master Wong is back in Alaska! We are so excited to have him here. **Welcome back Sifu!** Here are some pictures from his visit to the Kung Fu School on April 7th.





Elemental Dragons and Dragonlings classes practicing weapons, mabu jumps, and kicks.

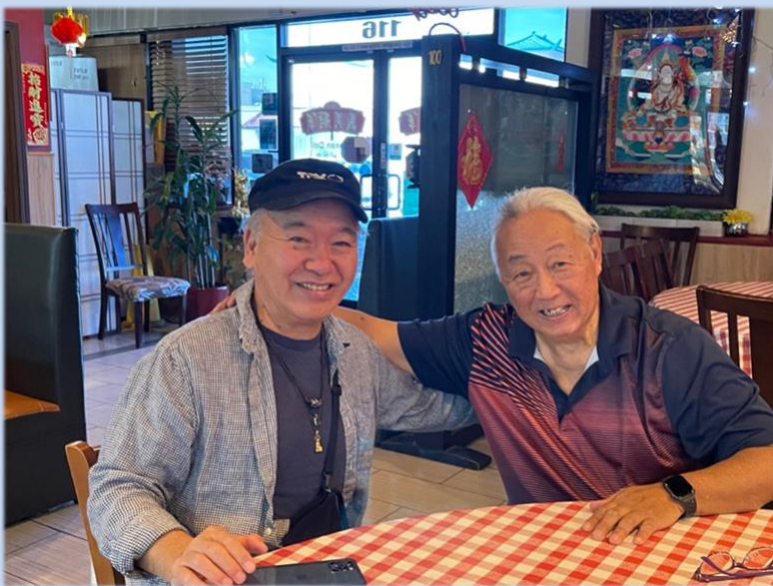


A visit with Master Tony Yang:

A great Thank You to Master Tony Yang for the Gold medals of the 21st Wutang Center Hall of Fame Open Chinese Martial Arts Championship in Ohio 2018, in memory of the Great Master Su Yu Chang. Also, thanks to Sifu James Rodgers II for mailing the medals to Master Kurt Wong in Alaska Wu Tan, they are distributed to all Alaska Sifus in addition to Sifu Paolo Castaneda in Denmark.

Master Yang opened the **Taiwan Deli**. You can find it here: <http://taiwandeli.com/>

We wish you all the best in the success of your restaurant!



Q & A with Master Wong

Question:

Some martial arts schools claim that forms are pointless or they're not important. Will you please explain the value and purpose of learning and practicing forms?

Master Wong:

Time has changed

Okay, that is a very good question, as a matter of fact, because time has changed okay, time has changed meaning that nowadays a lot of people don't have the time and dedication to work on the art in detail and so they wanted to make it more effective and learn how to use it and how to quickly achieve the goal.

Okay, I believe studying, personally I feel it's important and I cannot know the mentality of the people that thinking the form is useless. Must be a reason maybe they think the usage is more important but I feel when I started 50 some years ago that when I learned, they put me in the form and I didn't know too much about what I was doing and I just follow what they did and as the years gone by and I realized 50 years later that those masters who created these forms must put a lot of thoughts into it. And the reason they put a form I believe is that, to have the students follow the direction so that they can utilize some of the movements in connection with the form to make the best benefit of it.



The purposes of learning the Form

The form would provide some important basics, it gives us some focal points to practice what it should be, and remind us to pay attention to certain moves, to build up the energies we need, to change the angles that needed, to broaden more possibility of the movements, and to practice our Yi (the intent) of learning and listening to not only yourself but also others. So the reason the ancient masters created those forms was to figure out what would be the better movements to connect them together when it needed to be used or room for improvement. I believe this

must be the reason behind those form creation. And I think it's important that if we take the time to learn how to do the form, it helps to calm us down and learn the patience.

Time is the Essence

But before doing the forms, the basics had to be established okay, so if people don't have time to hanging around for a long time, you wanted to jump from the actions, movements usage, it's okay, it's no problem. For example, you know days when you were in the battlefield say 300 years ago, or 500 years ago, or even thousands of years ago, you wanted to train the soldiers. They didn't have enough time to face the enemies, so they had to train the more effective and crucial movements - how to take down the enemies in a shortcut and I can understand why they did that because they didn't have time to develop a whole person. Okay, and so to use that shortcut, you know, for example during the Republic of China in 1940s, they had to train the Big Saber Team to defend the Japanese invasion, they might just teach the soldiers five moves, or ten moves, that's it, that's all they have to do, okay and I can see they could perfect it if they kept training on those few moves. They could actually perfect their moves and use it right away. And I can see the reason and so, when they say the form is pointless, it depends on what's their objectives.

Respect All Ancient Masters

We have to find out why they do that, you know a Japanese kata (Form) is important to the Karate people. The forms in the Korean Taekwondo or different disciplines, the forms are important to them. You know unless they wanted to just do the kicking, punching, and doing the application, like the other school, it is okay, it is not saying that they cannot do that, okay, but they have to understand the other side of the story, is what are you doing with the form? Right? They have to understand because those people be respectful to their ancient masters who created those forms, they must have a purpose, and they provided a purpose for the student to hang on for a long time, to understand the form itself because the human body does not learn things quickly. A very basic philosophy in all martial arts is to be loyal and respect to your teachers (尊師重道- zūn shī zhòng dào – **Respect the teachers and emphasis on the Path**). Practitioners need to know that without our teachers we are nothing. It will take time to digest the movements with ourselves, in our brains, and learn how to use it and further to incorporate with the body and mind as a whole. So from the form, it can provide philosophies. For example, I spoke about three tiers of training. You know, the form can also establish our energy (練形養精- Liàn xíng yǎng jīng – **Practice the form to nourish the energy**). Meaning that, to practice a form to cultivate and nourish one's energy, but if you just cultivate a move can

you create an energy? Of course, you could, you could but you still have to get deeper into the moves, not just the fighting moves. There are more than that. Okay, because when you're just doing the techniques and use the usages, the creation of the chi could be diminished because your focus point is different. Okay, so depending on the practitioner, of what they want to do. Okay, so when you have the form, establish your energy, then you start talking about the Chi (氣 or Qi – the vital energy) , the development of one's chi. Chi is the essence of humanity resources. When Qi is developed then we can talk about the Spirit (神-Sheng - Spirit) , which is what make us stand out as a human, because there will be Wisdom hidden within. Okay, so there are sequence of training in the ancient times. Okay, and it's a very traditional way. But as you know, the modern time, you don't have time to take the training to another level or something that is deeper than our body can envision. But that's okay, it is everyone's choice, because it all depends, if they understand what they're talking about and if they know what their purpose is.

Understanding your purpose

If your purpose of training is to defend, to fight, then of course the form is not as useful because it will take some time to develop. The point is that if your purpose is to use it quickly and be effective, and that would be correct. But I'm not using that purpose as my goal of training. Because I have other purposes in life, because there are other pictures in life. Martial arts are not just for the fighting and defending yourself. There are more into understanding about the philosophy, learning how to balance our life, to balance our moves, to utilize our Qi to incorporate with the nature (heaven and earth) to get more connected with the integral part of life. So there is a much more different purposes of training, so when the person say something about that practice the form is useless, they need to understand why all the ancient masters were propagate this type of form training. Otherwise, it won't be fair to those respectful teachers because they are not here to defend themselves. I feel we cannot say something is useless unless we understand the points of those tradition. Otherwise we are not responsible for our comments.

Usages vs the development of the Arts

In the past there was a purpose for the battlefield, and it was created by those military experts and generals. Okay, the ancient martial artists they were in the warfare, we are respectful with what they created, because that's what they did for life. Because, we don't know about what actually happened in the battled field for thousands of years. How can we say all those are useless and then say something derogatory against them? No, I feel we are not qualified to say that, because we don't know them, and we were not in the battlefield to test it. Maybe we happened to be in the tournaments or competitions, we might get lucky to get some trophies or feel competent because we were on the top of our game. But remember that those are not real situation compared to the actual combat in the battlefield in my opinion. You know, as today

the modern time we don't have too much time to learn about this. I know we have professional boxers, professional wrestlers, and other martial art practitioners, they spend a lot of time practicing what they love. They dedicated their lives in their arts, but we should ask ourselves is that what we wanted? Or would you like to spend some time to quiet your mind and develop your Qi and understand more about the training of internal energies?

So my philosophy is that, it all depends on each person's need. Okay, I am not trying to say that they are wrong or right, actually there is no right or wrong. It's just a matter of choice as to what would you like to achieve with the practice of what you are doing. Not necessary to be in Kung Fu, this could be in judo, in karate, jujitsu or many other disciplines as you feel fit. So we cannot say something bluntly about a form is useless, because we need to understand what the form provide from the ancient master point of view, let's see a bigger picture okay, we need to be objective about other people's purposes, before we make comments or no comments at all. As my grandmaster Liu, Yun Chiao's philosophy I consider it very useful to me, which is to understand and embrace each other, instead of putting down each other. It is through understanding each other to make the arts more useful to people and respect each other so that the world will be at peace.



郝家駿-1950 – 2024

In Memory of Master Xi, Jia-Jun

Master Wong visited Master Tony Yang in Las Vegas and learned of Master Xi, Jia-Jun's passing. Master Xi was a renowned teacher who lived in Canada (he had six children.) In 2013 Alaska Wu Tan students accompanied Master Wong on a visit to Wu Tan Taipei and got to meet this great teacher. Master Wong recalled practicing Praying Mantis when he was young and the great admiration he had for young Master Xi – who was practicing Bagua at the same time. Wu Tan Alaska would like to offer our sincere condolences to the family of the Master Xi and his students and friends.



楊曉東老師率印尼及越南學生來訪

Left to right: 黃偉哲 Master Damon Huang, 郝家駿 Master Bill Xi, 楊曉東 Master Tony Yang
季昭華 Master Zhao-Hua Ji, 洪篤昌 Master Du-Chang Hung



郝家駿-1950 – 2024

Master Xi, Jia-Jun