

## Kung Fu - A Lifestyle

It is difficult to find a true Kung Fu Sifu (teacher). Even in areas where there are many different practitioners teaching, there are few who embody the meaning of those words. Conversely, it is difficult for the teacher to find students who are sincerely looking for the true essence of kung fu. Many teachers emphasize only the competitive aspects of martial art, stressing fighting without laying the proper foundations that develops the whole person. Kung fu means hard work – the potential of skill and time, an unwavering dedication to the traditional Chinese dao (way or path). Today, much of the tradition has been neglected or lost, but there are a few sifus who are dedicated to preserving their traditional art and greatly feel the responsibility to teach their students and future generations. According to Ancient Masters, it would be hard to develop a good Kung Fu without cultivating great virtues and character.

練形養精  
練精養氣  
練氣養神  
練神還虛

Practice the form to develop the energy,  
Practice one's energy to nourish the Chi,  
Practice one's Chi to uplift the spirit,  
Practice one's spirit to return to the nature of emptiness.

## Wu Tan Alaska Kung Fu and Tai Chi Institute

Wu Tan, as a martial arts organization, was founded by Liu Yun Chiao (劉雲樵) in the early 1970s. Grandmaster Liu was well respected for his skill in the styles of Baji, Piqua, and Bagua. Because of his skill, many experienced martial artists joined the organization to study with him. Those people brought their styles into the organization which is why Wu Tan contains the mixture of styles it does today. Wu Tan Alaska was founded in 1979 by Master Kurt Wong (王文勳) to pass on the treasures of his cultural heritage to a new generation on the northern frontier of the American continent. Following in the footsteps of his teachers Liu Yun Chiao (劉雲樵), Su Yu Chang (蘇昱彰), and Adam Hsu (徐紀), Master Wong encourages his students to follow him in achieving a high level of skill as well as high moral standards. Today, Master Wong spends most of his time instructing his senior students and checking in on the beginner classes from time to time.

## Instructors

In Alaska today, there are five of Master Wong's disciples who have been given the title of Sifu and are actively teaching. Sifu Kevin Walle teaches workshops in Anchorage and near his home on the Kenai peninsula. In the studio in Anchorage, Sifu Jacob Carpenter leads the kid's class as well as the Hsing Yi class, Sifu Nick Lynch leads the Tai Chi and Bagua classes, Sifu Krystal Schott leads the weapons class, and Sifu Adam Lewis leads the adult Kung Fu and Preying Mantis classes.

### Metal (金)



Jacob Carpenter  
柯節高

### Fire (火)



Kevin Walle  
臥凱文

### Earth (土)



Nick Lynch  
連取中

### Water (水)



Krystal Schott  
白思葵

### Wood (木)



Adam Lewis  
陸宜登

## Styles

CHEN TAI CHI CHUAN (陳家太極拳) – Most scholars agree that Tai Chi Chuan originated in the Chen Chia Kuo (Chen village) in the Ming dynasty. The main principles of Chen Tai Chi Quan are: the development, practice and mastery of "whole body connection" and "body center". At Wu Tan, Tai Chi is practiced slowly at first then gradually incorporates more explosive movements into the training as the student progresses.

TANG LANG CHUAN (螳螂拳) – or preying mantis, is based on a combination of the monkey's light, nimble steps and the speed of the preying mantis's claws. The preying mantis system was founded in the eastern part of Shantung (山東) province by Wong Lang(王朗) in the later part of the Ming dynasty. Of the many different lineages of the preying mantis system, two of the main ones, Qi Xing (七星 seven star) and Ba Bu (八步 eight step) are taught regularly at the school.

For a complete list of all the styles currently offered at Wu Tan Alaska, please check us out on the internet at [www.wutanalaska.com](http://www.wutanalaska.com).

## Kuo Su Training

Kuo Su (國術) is actually the correct Chinese term for the Chinese martial arts. Constant practice in repetitious drills will enable the student to achieve a high level of competence.

(Bagua Summer Camp – July 2017)



A student's first day can sometimes be a little overwhelming. Given the school's small physical size, all students are training together for the first section of most classes potentially resulting in beginners practicing next to someone with 20+ years of experience.

All beginning students will be exposed to the Ba Shi (八式), basic stances, likely on their first day. These are essential for training the legs, learning to coordinate the whole body, and sinking the chi.

After laying the foundation, students begin to practice individual techniques and applications from their particular style.

Two person training is also practiced to cultivate a relaxed awareness during combat and using that awareness to direct attacking and defending movements effectively.

(Master Wong instructing in Anchorage 1998)



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Tai Chi Institute**

Teaching Alaskans Since 1979

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[www.wutanalaska.com](http://www.wutanalaska.com)

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