



# UNITED STATES SHUAI CHIAO ASSOCIATION

Spring 2011

Volume 19.1



Competitors and Officials at last year's 2010 Great Lakes Shuai Chiao Nationals

## ***19TH ANNUAL GREAT LAKES KUNG FU CHAMPIONSHIPS AND USSA SHUAI CHIAO NATIONALS TO BE HELD TWO WEEKS EARLIER THIS YEAR: Saturday, April 9th, 2011, Veale Center***

CASE WESTERN RESERVE UNIVERSITY, CLEVELAND

For GLKF tournament information: [www.shaolininstitute.com](http://www.shaolininstitute.com) (216) 431-4991 or (216) 410-8785  
Or contact Jan-yu Weng, USSA President: [Jyweng@aol.com](mailto:Jyweng@aol.com)

## USSA FOUNDER HONORED BY PRESIDENT MA OF TAIWAN



Story on page 3 inside...



## **SAN DIEGO ICMAC 2011 SEASON STARTER TOURNAMENT A SUCCESS**

The 2nd San Diego tournament sponsored by ICMAC in conjunction with the United States Shuai-chiao Association was held at the beautiful Town and Country Resort facility. Schools from the USSA family that participated were from San Diego, Los Angeles, San Jose (Cupertino), and Washington. We also had some other schools join from Sacramento ...cont. Page 2

[WWW.SHUAI-CHIAO.ORG](http://WWW.SHUAI-CHIAO.ORG)

## Shuai Chiao Lifecycles

by Una Martin

Shuai Chiao comes slowly to me, and it's certainly not for lack of enthusiasm. In fact, one of the reasons I have stuck with Shuai Chiao is precisely because it's been so challenging, unlike just about every other physical pursuit I've attempted. When I began my martial arts training nearly ten years ago, I was certainly no stranger to physical movement and exertion. Shaolin Kung Fu came easily to me, just as I had expected it would. A few months into my studies I was introduced to Shuai Chiao, and was blown away by it. It was amazing to watch my teacher, Master Mollica, execute throws with speed, grace, and alacrity. He made it look almost effortless. It was a whole different story when I tried it, however. It was a disaster. I simply couldn't grasp the basics that would allow me to build a strong foundation. While I understood that perfecting any technique can take a lifetime and there is always room for improvement, my inability to grasp Shuai Chiao was a different sort of issue than simply being a novice. My body just didn't get it. There was nothing I could do but jump into it with even more vigor.

I plodded along for a while, doing my best to make sense of it, and making slow progress over time. I got a few throws under my belt that I was able to execute somewhat consistently (my favorites in those early years were knee seizing, chopping, and foot sweeping), and I took my throws and started competing. Well, that presented a paradox. Despite my lack of confidence in my Shuai Chiao ability, I managed to do fairly well in tournaments. I competed well enough that I was invited to join the US team and compete at the International Tournament in Paris in 2003. That was both an inspiring and humbling experience that further strengthened my resolve to keep at it, keep practicing and improving. However, that was not to be.



Una Martin faces Tamera Lake at the OSU 2002 Year of the Horse Tournament

Shortly after Paris, I began what would turn out to be a multi-year sabbatical from Shuai Chiao, during which my body went through its most dramatic transformation to date; namely, having a child. During my pregnancy and the first sleepless, hormonally addled months of my son's life, my Shuai Chiao experiences were the furthest thing from my existence. I almost couldn't believe that the same person, who wasn't doing much more than nursing, changing diapers and perpetually holding a tiny infant through an oxytocin and prolactin-induced haze, had trained and practiced so hard and so long once in the distant past. I could not imagine my matronly body ever doing those things again. However, my son grew and my body transformed once again. Not to where it had been before pregnancy, but to a place that embodied both my past Shuai Chiao and other athletic experiences as well as the more dubious athleticism of pregnancy, childbirth, and child-rearing. This latter athleticism doesn't require the typical physical exertion one associates with sports, but it does require what seems like infinite stamina and patience. Childbirth itself is quite rigorous, to say the least. Even the most difficult and intense Shuai Chiao match will be over in a matter of minutes, but labor keeps going and going. Making it through what was hands down the most difficult physical task in my whole life provided me with strength and endurance, both mental and physical, like I had never experienced before.

When I finally made it back to Shuai Chiao training, I expected to be quite rusty. For a while I was, but apparently that long "break" was just what I needed for things to start making sense in a way they hadn't before. And believe it or not, holding that tiny infant day after day had changed the musculature in my back and shoulders so that I had an incredibly solid foundation to build on, and I was able to make huge gains in my upper body strength. (Revisiting the traditional training methods didn't hurt, either.) Although I was very busy taking care of my son, staying home with him allowed me a certain amount of flexibility with training. I could practice forms during nap time, and sneak in a few training postures while he toddled around, exploring the backyard. Eventually, with this piecemeal training and the instruction I received in class, I finally felt confident enough to compete, and so I attended the 18th annual Great Lakes Tournament in Cleveland just this past spring. It felt so good to be competing again, and it felt great to know that I had risen to the challenge and had succeeded. Now that I'm back in my groove, so to speak, the furthest thing from my existence are those first post-partum months during which I was convinced I would never get out from under that baby, let alone compete in Shuai Chiao again.

Una Martin, Team USA member in Paris, took 1st place in the 2010 Great Lakes Kung Fu Championships in the female Middleweight division. Una took 2nd at OSU in back in 2002, took two 1st places at the 2002 GLKF, 2nd at the 2003 GLKF, and 2nd at the 2003 CAAT in California.



**San Diego  
Tournament**  
*... continued  
From page 1*

and Wisconsin. As expected, it was a small tournament with quick-paced round robin style brackets that gave every competitor a chance to gain experience, and for some, tune up for the upcoming Nationals in the Great Lakes Kung Fu Championships. The results were as follows:

#### Childrens Division:

1st: James Liang (Los Angeles USSA branch)  
2nd: Addison Zhou (LA),  
3rd: Corey Wong (Cupertino Kung-fu Club)

#### Female Adult:

1st: Christina Roman (Cupertino KC)  
2nd: Katie Brown (Three Treasure Kung-fu)

#### Male Lightweight:

1st: Brandon Dahl (CKC)  
2nd: Brian Calauastro (LA)  
3rd: Jodie Perry (Perry's full Circle, Sacramento)

#### Male Light Middleweight:

1st: Shaun Donahue (Perry's Full Circle)  
2nd: Trevor Wong (CKC)  
3rd: John Furda (Three Treasure)

#### Male Middleweight:

1st: Sudan Jeffers (LA)  
2nd: Allan Chan (LA)  
3rd: Charles Miller (Perry's Full Circle)

#### Male Heavyweight:

1st: Philip Chen (LA)  
2nd: Payne Casey (Black Horse Taiji)  
3rd: Emeric Chen (CKC)

**The next 2011 ICMAC sponsored events  
which will have Shuai-chiao divisions are:**

**August 13th - Las Vegas, NV**

**October 8th - Washington, D.C.**

Info: [www.kungfuchampionship.com](http://www.kungfuchampionship.com)

## DR. WENG AWARDED TAIWAN CHINESE HERITAGE PRIZE 2010 Global Chinese Culture Martial Arts Award: Weng Qixiu



President Ma Ying-jeou met on the evening of November 11 at the Presidential Office with the recipients of the 16th Global Chinese Culture & Arts Award. The president emphasized the significance of the award in passing along the legacy of Chinese culture. He also welcomed the award winners to participate in celebrations next year to mark the ROC's centenary, which he said will be an opportunity for the world to appreciate the meaning of Chinese culture with Taiwan features.

The president noted that the award is granted by the Republic of China Senior Jaycees Club. Now in its 16th year, the award has been presented to over 200 individuals who have helped to bring attention to traditional arts with their work, and to pass their skills on to a new generation of practitioners. The president stated that this year's award recipients come from Taiwan, mainland China, and the United States, and all have attained a high degree of achievement in their respective cultural and artistic pursuits. News of this prestigious award to Dr. Weng was also published in the current (March/April) issue of **Kungfu Tai Chi** magazine.

## NEW SHUAI –CHIAO SCHOOL SERVING WASHINGTON, DC METRO AREA

By Nick Masi



The Northern Virginia Shuai-chiao Club began as just a meeting between friends. Once a week, we would get together to practice our throws and toss each other around a little. We worked out of parks, garages, and the occasional Kungfu school. A few years later and we've added many new friends and have finally found a new and, hopefully, permanent home.

First Defense Martial Arts Center in Herndon, VA is now the main home to our club. This is major step in the development of a club to a school and we are looking forward to growing our presence in the Shuai-chiao community and serving as the premier Shuai-chiao training facility in the DC metro area.

First Defense was started by Nick Masi in October of 2010. Nick has been involved in Shuai-chiao since about 2001 and is a 2nd degree black belt under Dr. Chi-hsiu Daniel Weng. Check out their website at: [www.FirstDefenseMAC.com](http://www.FirstDefenseMAC.com).

## NEW TAIWAN BRANCH OF INTERNATIONAL MMA ORGANIZATION FORMED

Dr. Weng was recently appointed as an Honorary Vice President of the Taiwan Branch of **Toa and Unifight Federation**; an international mixed martial arts organization with more than 100 country members. The Speaker of the House of Taiwan, Dr. Wang Jin-pyng, was invited as the Honorary President of this newly established organization, formed just this March.

## International Chinese Martial Arts Tournament

in San Paulo, Brazil  
September 23, 2011

## RECENT USSA PROMOTIONS

### Black Belt Promotions by Dr. Weng

Fong Liu (9<sup>th</sup> Teng)

Antonio Ting (Junior Black Belt)  
Trevor Wong (Junior Black Belt)

### Chieh Promotions

#### **OSU Kung-fu Club by Mike Grigsby**

Amir Ahmed (4<sup>th</sup> Chieh)  
Marya Barrios (5<sup>th</sup> Chieh)  
Fabricio Castellano (5<sup>th</sup> Chieh)  
Sean Duffy (5<sup>th</sup> Chieh)

#### **Cupertino Kung-fu Club by Dr. Weng**

White / Green Belt:  
Diego Chavez

— continued on back

*USSA Belt Promotions ... cont.*

**White / Green**

Kirk Liu  
Michelle Lee  
Natalie Chen  
Vanessa Chin

**Green / White Belt:**

Chi Lin  
Harmon Kay

**Green Belt (5th Chieh):**

Chien Ye Liu  
Emily Goes  
Gina Wang  
Jennifer Liu  
Jordan Nguyen  
Madelyn Lee  
Mikaela Lee  
Maisie Lee  
Max Chavez  
Natalie Chin

**Green / Blue Belt (4th Chieh):**

Anton Chian  
Chengau Hsieh  
David Liu  
Leon Hsieh

**Blue Belt (3rd Chieh):**

Elizabeth Chang  
Shangyu Hsu  
David Liu

**Blue / Purple Belt (2nd Chieh):**

Carl Patience  
Corey Wong  
Shangway Hsu  
Shangyu Hsu  
Tom Shih



**Best of Luck to you in the  
Year of the White Rabbit!**



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Check us out at: [WWW.SHUAI-CHIAO.ORG](http://WWW.SHUAI-CHIAO.ORG)