

In honor of the late Grandmaster Liu Yun Qiao
OCTOBER 13, 14, & 15TH 2006

10th ANNUAL HALL OF FAME OPEN MARTIAL ARTS TOURNAMENT
 featuring tai chi/push hands, northern and southern style forms, wing chun/chi sao, baiquan/piqua, weapons and masters demonstrations

presented by
武壇 WU TANG Center for Martial Arts

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傳承中華文化 創辦愛克隆武壇

— 武壇創始人楊曉東 浦瑛

中國武術歷史悠久，是中華民族傳統文化的重要組成部分，它結合了中國古代哲學思想，具有深刻的文化內涵。海外的武館，作為重要的教授武術的場所，在傳播技藝的時候，也傳播了中華文化和優秀品德，將武術的優秀精神發揚光大。

衆多武館和武術院校，它們向美國民眾教授中國武術，更向美國人民傳播了中華文化。通過它們，越來越多的美國人開始學習武術，越來越多的美國人開始瞭解了中國、熱愛上了中國文化，喜歡上了中國。

在愛克隆有一所武術學校，它的名字叫武壇。創始人是楊曉東(Tony)先生。楊曉東先生給我的第一印象是他說話很少，但也能感受到他為人正直，他像小說中武俠人物，留著長髮，有幾分神秘。我第一次邀請他是在三年前，我請他一起去參與匹茲堡餐飲協會舉辦的年慶活動，那次活動由我擔任主持，楊曉東帶他的學校老師為大家表演了精彩的武術節目。隨後2003年中國年，他帶著二十多位學生又幫我在 TWINS-BURG 的圖書館舉辦的中國新年活動表演了武術。記得那一次辦得轟轟烈烈，八方支援，我把克城許多文化人都請去了，這次表演後，隨之而來的城市圖書館紛紛打電話到報社求援，實在是本報不從心，但本報還是盡力為各社團組織提供免費服務。

Grandmaster Tony Yang Owner and Operator Wutang Center for Martial Arts

Grandmaster Tony Yang was born in Ping Dong, Taiwan, 1950 and raised in Taipei. He began his martial arts practice at age 6 when his uncle instructed him in plum flower praying mantis. After serving in the military, he returned to his career in martial arts and began to study, as a disciple, eight step praying mantis, seven star praying mantis, and mi men praying mantis systems under Grandmaster Su Yu Zhang. From there, he entered into discipleship with the late Grandmaster Liu Yun Qiao of the Wu Tan Development Center of Taipei, Taiwan.

Grandmaster Yang studied eight years, full-time, under the tutelage of Grandmaster Liu and learned his entire martial arts system including the historically famous bodyguard styles of baiquan/piqua zhang and bagua zhang. Under the supervision of Liu, he also instructed the presidential bodyguards of Taiwan and also taught martial arts at five colleges in Taipei: Si Fan College, Fu Zen Da Xue, Dan 3iang Wen Li, Taipei Song Zen and Gong Zhen Da Xue. He was also certified, in Taipei, as an international martial arts judge.

In 1980 Grandmaster Yang immigrated to the United States and began teaching these traditional martial arts to the public at large. In 1997 he opened a new school, The Wu Tang Center for Martial Arts, in Akron, Ohio. During this time, he has also taught classes throughout the nursing homes and hospitals of the Greater Akron/Canton area and conducted workshops for the Ohio Physical Therapy Association conference. He also has taught classes at the Stark Campus of Kent State University and published a number of articles in the academically renowned Journal of

Asian Martial Arts. Other articles on his martial arts have appeared in Inside Kung Fu, and Wu Gong Journal/ Chinese Martial Arts. Grandmaster Yang has also appeared on ESPN Sports channel and has produced videos on taijiquan and other martial arts.

In 1997, Grandmaster Yang opened his international martial arts school, The Wutang Center for Martial Arts, in Akron, Ohio. His school provides a complete training curriculum in traditional Northern Chinese martial arts. In 1998, he trained a team of martial artists and took them to China to compete in the major international tournaments of Qingdao and Jinan, Shandong Province, Peoples' Republic of China. Subsequently he has been taking teams to compete in these tournaments annually and has been recognized throughout China as one of the worlds most highly ranked traditional Chinese martial arts. He has appeared on Chinese TV in 3inan, Shandong Province.

As a consequence his travels to the Peoples Republic of China, Grandmaster Yang has sponsored and directed one of the areas premier international Chinese martial arts tournaments, The Hall of Fame Opening, and this year marks its 10th annual event. The tournament is currently held on the University of Akron campus and attracts martial artists from throughout the world and has sponsored some of the most famous martial artists from China for workshops.

Today, Grandmaster Yang continues his successful martial arts business and travels throughout China as an internationally recognized judge and renowned professional Chinese martial artist instructor.

生意做的很大。我說楊曉東你想得很開，說實在我們活在這個世界上需要的並不多，就是因為有人貪婪心，不滿足，有了這要那個，沒有一個盡頭，其實人都是跟自己過不去，記得阮康成先生教導我：你活著只要記住三個字：GIVE-ING AND FORGIVE 你的日子就會天天陽光燦爛。可是做起來真的不容易。

楊曉東 1950 年出生台灣，屬虎，六歲開始和叔叔學習武術，他喜愛武術，傳授武術，研究武術，他的專長是螳螂拳 LangTangQuan。螳螂拳是中國著名拳種之一，是象形拳的一種。相傳梁武帝時，為山東即墨人王郎受螳螂捕蟬等動作的啓發，至今有二百餘年。在少林長拳基礎上，吸取螳螂快速、靈活的拳前動作特長，創成此拳。創出的一套拳名為“崩捕”。螳螂拳是一類長短兼備、剛柔相濟、勇猛快速的術。螳螂拳基本手型仿螳螂前爪，類似刁勾，名“螳螂爪”。主要手法有勾、搗、採、挂、刁、纏、劈、按、崩、扎、滑、截等。主要步型有虛步、四六步、麒麟步等。主要步法有滑步、跟步、踏步、拖步等。基本身型要求頂頭、沉肩、垂肘、活腕、擰腰、坐胯、扣膝。身法要求腰部和上肢靈活，臂以下要穩固，即所謂“枝搖根固”。只動腰，不走胯”。勁法講究柔緩、剛發、脆快快彈。一般都是纏纏與抖抖結合為用。發勁多通過腕腕抖抖，形於手指。其運動特點取螳螂擋車不長，勇往直前之意，多短手快打，招勢連環。講究隨其勢打，尋其隙打，見空就打，出手打，回手也打，以打為守，實劈硬砸。拳法有砸、彈、劈、挑、崩、勾等。套路結構嚴謹，卸接巧妙。發勁剛而不僵，柔而不軟，短中寓長，快速敏捷。具有螳螂的形象。螳螂拳派別雖多，但都強調象形取意，重在取意，“重意”不“重形”。手法、步法、腿法、身法密連而巧妙，穩健而靈活，活中求快，快中求穩，穩中求精。楊曉東從高中開始學習和操練螳螂拳到現在長達 40 年之久。他愛說：練拳不是唯一的目標，而是通過平衡陰陽來達到健身強體，進而引導人向善、向上的目的，常常他的武術會有一些小孩子想學武術，但沒有錢，楊曉東就說：沒有問題，只要你喜愛，為了讓更多的人能瞭解中國功夫，共同分享這一傳統的中華文化，楊曉東默默無聞地去實現他理想的武術，對生活他要求不高，雖然清苦一些，但他十分自足，他愛他所做的一切。

弘揚中華武術，期待您的支持！

See you in October

武壇 群英會萃

Dear Friends and Supporters:

Our Center is an international school of Traditional Chinese Martial Arts dedicated to the teaching and promotion of Traditional Martial Arts of China. This art is well over 2,000 years old and is one of China's greatest cultural treasures to the world. Each year we sponsor our annual international tournament in celebration of the teachings and art of the late Grandmaster Liu Yun Qiao. Participants come from all corners of the world and include some of the most widely recognized Chinese masters with schools known throughout China.

We would like to invite you to become a supporting sponsor of this annual celebration of global diversity and Chinese martial arts. We offer some of the following options:

- For donations of \$100.00 we will provide you with 10 tickets
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- For donations of \$400.00, we will provide you with 40 tickets;
- For donations of \$500.00 or more, we will provide you with 50 tickets and space for a vendor's table.

Your support and donations will greatly insure the success of this annual event. We hope to see you in October and feel free to contact us for any questions you may have.

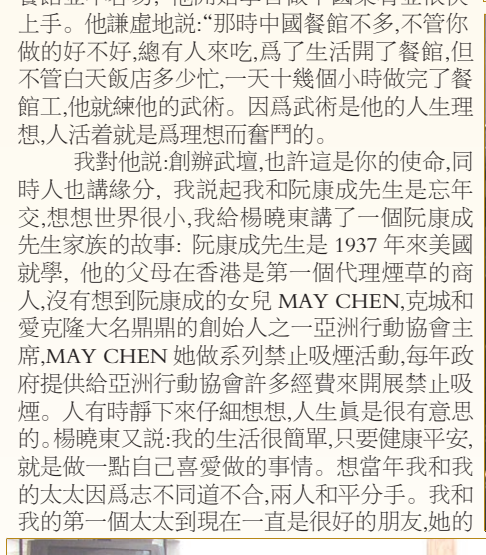
八月十日中午，我到愛克隆武壇(楊曉東創辦的學校)見到了楊先生。他的學校將於十月十三日、十四日、十五日，為期三天在愛克隆大學舉辦第十屆國際名人堂世界武術比賽。華報也是這次活動的贊助單位。我們在閒聊中得知他在美國的創業史。他順手遞給我一本他剛到美國時的照片影集，我一眼看到他和我的人生導師阮康成先生的合影。我們的話題由此展開：1980年楊曉東來到美國的時候就住在阮康成先生家。他說阮康成先生是一位真正的紳士，德高望重，他是一個虔誠基督徒，為人和善。那時阮先生給楊曉東提供了許多幫助。八十年代，在愛克隆 CANTON 的中國人寥寥無幾，唯一能做的就是開中國餐館，於是，幾經準備，楊曉東的第一家餐館“長城”開張了。對一個從事武術的人來說，開餐館並不容易，他開始學習做中國菜，並很快上手。他謙虛地說：“那時中國餐館不多，不管你做得好不好，總有人來吃，為了生活開了餐館，但不管白天飯店多少忙，一天十幾個小時做了餐館，他就練他的武術。因為武術是他的人生理想，人活著就是為理想而奮鬥的。”

我對他說：創辦武壇，也許這是你的使命，同時人也講緣分。我談起我和阮康成先生是忘年交，想想世界很小，我給楊曉東講了一個阮康成先生家族的故事：阮康成先生是 1937 年來美國就學，他的父母在香港是第一代理煙草的商人，沒有想到阮康成的女兒 MAY CHEN，克城和愛克隆大名鼎鼎的創始人之一亞洲行動協會主席，MAY CHEN 她做系列禁止吸煙活動，每年政府提供給亞洲行動協會許多經費來開展禁止吸煙。人有時靜下來仔細想想，人生真是很有意思的。楊曉東又說：我的生活很簡單，只要健康平安，就是做一點自己喜愛做的事情。想當年我和我的太太因為志不同道不合，兩人和平分手。我和我的第一個太太到現在一直是很好的朋友，她的

年輕時的楊曉東

楊曉東在武館裏

楊曉東和武林同行



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