



教中國武術的美國人

Sifu Slaughter

浦瑛



2006年3月,我認識了匹茲堡開武術館的老師 Sifu Slaughter,這位從八歲開始就對中國武術着迷的美國人,讓我十分好奇,因為在他的身上我也能感觸到中國武俠人士的品位和對人的尊重。他說話間幾乎每一句話了都帶有 YES,MA'M, YES MA'M。他一學一練 35 年,連他自己都沒有想到武術會成爲自己的專業,在武術界,他一路發展順暢,現在他在匹茲堡已經是一位有聲譽的中國武功師傅。他有一百多位學生,平時除了教學生外,他還在老人院教中國太極拳,他每年固定帶學生去各地參加比賽。他曾經去過中國,用他的話說:中國太美麗了。

在他的眼里,中國功夫有一種震撼人心的力量。通過練功,他更加喜歡中國文化了,在我與他短短的交談中,他從武術談到中國

氣功,並說現在他在傳授鷹爪拳、少林拳、楊式太極拳、氣功,還一對一地教學傳統中國兵器知識和自衛術。我在他的課堂上待了三十分鐘,看到他一絲不苟地教課,學生十分認真聽他指導,如果有哪一個學生沒有符合他上課的要求,他就讓他在一邊做二十多次仰臥起坐。不過他教課特有一招,不是單一的拳術,有劍術和扇術,有的連我也叫不出名字來。

Sifu Slaughter 在學習中國功夫的過程中,也愛上了中國飯菜,他每年都在 NI'S BUFFET 中餐館舉辦他的慶祝活動。我邀請他今年十月來愛克隆參加武壇十一周年比賽,他十分高興地說,他們一定來參加比賽。同時他們也將組織隊員前往中國少林寺等地,去尋踪中國傳統武術功夫發源文化。



Sifu Slaughter 和 John Sisk

teacher is his socioeconomic diversity in dealing with all walks of life. He strengthens confidence in individual abilities and will add personal time to anyone who might need extra help.

Kung Fu/Tai Chi is not only an art, it is a way of life. It provides young people (boys and girls) confidence, discipline, respect and protection. It supports business executives, professionals and middle agers physical, mental and spiritual strength in the sometimes stressful world we live in. The elderly are strengthened with joint and muscle flexibility. In conjunction with all the conditioning it also teaches everyone simple yet effective techniques to protect themselves.

Over and above all the tremendous benefits Kung Fu and Tai Chi offer, ITS ALSO FUN! Its enjoyable because of the dedication, commitment and skills of Sifu Slaughter.

Thank you,
John Sisk
President/CEO
ACI/CSO

My home has peace

Lauren Gohh

For the last eight years since I was five years old I have been taking Kung Fu. I started Kung Fu because when I was growing up in Canada, my cousin was always doing Kung Fu with my uncle, who was a Kung Fu Sifu in Hong Kong. Whenever I would go visit them, I would watch them do their forms, weapons and locks. I thought it would be cool to learn that kind of self-defense.

Whenever I go out somewhere, I feel much more confident since I know that I can defend myself. I really like Kung Fu because I get to learn forms and swords and fans. I am a lot stronger with ev-

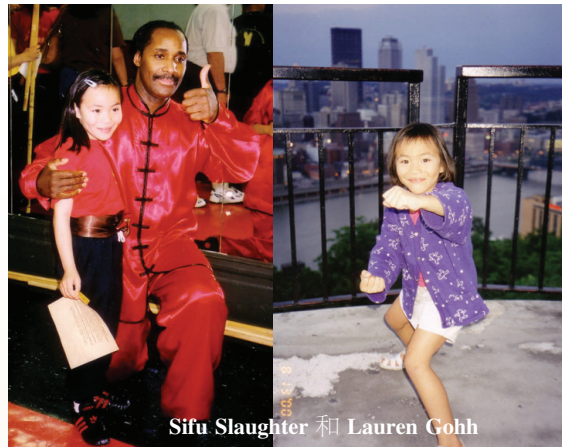
ery class. Even though practicing isn't sometimes fun, I still do it because I know that if I do, I will get better no matter what.

Over the past years, I have made a lot of friends. Everyone there is really nice and friendly. Whenever someone needs help on a form, there is always a person there to help him or her out. When I get into the classroom I see a lot of smiling faces. Every one seems ready to have fun and work hard.

Every once in a while we will have a demonstration or performance. We have gone to the CAST-P performance for Chinese New Year. We have also gone to High mark for international day, the dragon boat festival and more. We are doing another performance at the Dragon Boat Festival again this year.



Lauren Gohh



Sifu Slaughter 和 Lauren Gohh

Mrs. PU,

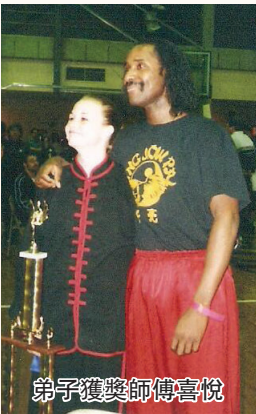
I wanted to drop a note in respect toward my Sifu and you, for taking the time to photograph Sifu Slaughter's new school. I have studied Kung Fu under the tutelage of Sifu Slaughter for fifteen (15) years.

Sifu Slaughter has not only been a teacher but also a friend and mentor. I began studying Kung Fu for health-hand medicine. By that, simply stated Kung Fu helps individuals reach unparalleled heights in their life physically, mentally and spiritually. Age is not a factor. Sifu Slaughter teaches children ages 5-6 and up, as well as senior citizens 70,80 and above.

His clientele consists of: boys, girls, executives, doctors, professionals, women, youth groups, law enforcement etc. What makes Sifu Slaughter a unique individual and



教授武功



弟子獲獎師傅喜悅



一招一式都要按照中國武術的規矩



和 Master Leung-Shum 切磋武藝

中華武術的起源和發展

武術在中國有悠久的歷史,它的產生,緣起于中國遠古祖先的生產勞動。人們在狩獵的生產活動中,逐漸積累了劈、砍、刺的技能。這些原始形態的攻防技能是低級的,還沒有脫離生產技能的範疇,卻是武術技術形成的基礎。武術作為獨立的社會文化現象,是同中華民族文明的產生同步的。

武術萌芽于原始社會時期。氏族公社時代,經常發生部落戰爭,因此在戰場上搏鬥的經驗也不斷得到總結,比較成功的一擊、一刺、一拳、一腿,被模仿、傳授、習練着,促進了武術的萌芽。

武術成形于奴隸社會時期。夏朝建立,經過連綿不斷的戰火,武術爲了適應實戰需要進一步向實用化、規範化發展,夏朝時期的武術活動主要在以下兩個方面發展:一、軍隊的武術活動,二、以武術爲主的學校教育。

商周時期,相傳在周時期出現了一部中國武術史上重要的著作《周易》,亦稱《易經》, "一陰一陽爲之道" 這本書有涵很豐富的哲學思想,對中國養生學的發展影響極爲深遠,其 "易有太級,是生兩儀,兩儀生四象,四象生八卦。" 產生了太級學說,從此奠基中國武術體系,進入春秋戰國以後,諸侯爭霸,都很重視技術在戰場中的運用。齊恆公舉行春秋兩季的 "角試" 來選拔天下英雄。在這時期,劍的製造及劍道都得到了空前的發展。

武術發展于封建社會時期。秦漢以來,盛行角力、擊劍。隨着 "宴樂興舞" 的習俗,

手持器械的舞練時常在樂飲酒酣時出現,如《史記·項羽事紀》記載的 "鴻門宴" 中 "項莊舞劍,意在沛公",便是這一形式的反映。此外,還有 "刀舞", "力舞" 等,雖具娛樂性,但從技術上更近於今天套路形式的運動。

唐朝以來開始實行武舉制,對武術的發展起了促進作用,如對有一技之長的士兵授予榮譽稱號。裴民將軍的劍術獨冠一時,裴民的劍術,李白詩歌,張旭草書並稱唐代三絕的美譽,可見武術作爲一種文化形式已相當具有影響。

宋元時期,以民間結社的武藝組織爲主體的民間練武活動蓬勃興起,有習槍弄棒的 "英略社",習射練習的 "弓箭社" 等。由於商業經濟活躍,出現了浪迹江湖,習武買藝爲生的 "路歧人"。不僅有單練,而且有對練。

明清時期是武術大發展時期,流派林立,拳種紛顯。拳術有長拳、猴拳、少林拳、內家拳等幾十家之多,同時形成了太極拳、形意拳、八卦拳等主要的拳種體系。

到了近代,武術適應時代的變化,逐步成爲中國近代體育的有機組成部分。民國時期,民間出現許多拳社、武士會等武術組織。1927年,在南京成立了中央國術館。1936年中國武術隊赴柏林奧運會參加表演。

1949年後,武術得到了蓬勃發展。1956年中國武術協會建立了武術協會、武術隊等,

形成了空前廣泛的群衆性武術活動網,爲武術的發展開拓了廣闊的道路。1985年,在西安舉行了首屆國際武術邀請賽,並成立了國際武術聯合會籌委會,這是武術發展中歷史性的突破。1987年在橫濱舉行了第一屆亞洲武術錦標賽,標誌武術走進亞運會。1990年武術首次被列入第十一屆 "亞運會" 競賽項目。

1999年,國際武聯被吸收爲國際奧委會的正式國際體育單項聯合會成員,這是武術發展中的又一歷史性突破,意味着在不久的將來,武術即將成爲奧運項目,意味着 "把武術推向世界" 的雄偉目標的進一步實現!

武術是中華民族傳統文化的一顆璀璨的明珠,現在在美國的土地上也大放異彩,中國功夫學校或武館已遍及全美各州,學習中國功夫的美國人計其數,一個中國功夫的熱潮悄然在美國興起



率衆弟子參加匹茲堡龍舟節活動