

Penn State Karate Club
University Park, PA

August 16-17, 2008

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PRESS RELEASE:

Penn State Karate Hosts Tai Chi Masters

Dates and Times:

August 16 from 9:00am-6:00pm, and Sunday, August 17 from 8:30am-12:30pm

Place: Intramural Building, Gym 3, Court 3, University Park, PA.

Demonstrations and Training Sessions

On August 16 and 17, 2008, Penn State Karate Club Members and Tai Chi practitioners from around the country will convene on the University Park campus for demonstrations and special training sessions. Distinguished PSU alumni Black Belts and world-renowned Tai Chi Masters will provide Penn State students, and faculty with free training in the ancient internal martial art of Tai Chi.

Events will kick off with a traditional Lion Dance Opening Ceremony by the performance group Steel Dragon. Tai Chi masters will demonstrate examples of the internal arts: Taiji, Bagua, Xingyi, Tong Bei Quan, Shaolin, and San Da. This will be one of the most authentic presentations of Tai Chi outside of China.

Grand Master Zhang Yun will lead the seminar instruction. Master Zhang is head of the North American Yin Cheng Gong Fa system, which he inherited during his youth in China from the Da Shi (Great Master) Wang Peisheng of Beijing, China. The group currently consists mainly of American students trained here in the states by Master Zhang since he immigrated here in 1989.

Instruction will also be provided by master Tai Chi instructor Professor Paul Cote, MS, Ph.D.; Professor of Microbiology, Georgetown University. Master Cote obtained his BS and MS degrees from Penn State in 1974 and 1977. He is also a 5th Dan, Instructor, and alumnus of the Penn State Karate Club under Master Dane Sutton.

Seminar participants will include members of Yin Cheng Gong Fa schools from Pennsylvania, New York, New Jersey, Delaware, Maryland, and Tennessee, along with student and alumni members of the Penn State Karate Club and their invited guests. Those participants new to Chinese martial arts will have an opportunity to try some of the scheduled activities, as well as to obtain some basic instruction in Wu style Tai Chi.

About this Martial Art

This system of martial arts is called Yin Cheng Gong Fa, which means 'seal of sincerity in the martial arts'. It was established in China by Da Shi (Great Master) Wang Peisheng, and includes the famous Chinese internal martial arts of Xing-Yi Quan, Bagua Zhang, and Wu Style Taiji Quan (aka, Tai Chi, or Tai Chi Chuan), along with some other rare and eclectic

systems, such as Tong Bei Quan. Many martial arts, including the Okinawan Isshin-ryu Karate taught at the Penn State Karate Club under Sensei Dane Sutton, 8th Dan, have their roots in Chinese martial arts.

About the Founder of Yin Cheng Gong Fa

The late Grand Master Wang Pei-Sheng was president of the Beijing Wu Style Taiji Quan Association and one of the most outstanding martial arts masters in China. He started practicing martial arts when he was twelve years old and went on to study with some of the most famous masters in China. By eighteen years of age, he had become the youngest professional martial arts master in Beijing. Throughout his life, he defeated many famous masters, giving him the reputation of a great master of real fighting techniques. Grand Master Wang was also a scholar of traditional Chinese arts, philosophy, and culture.

About the seminar's lead instructor

Since his youth, Grand Master Zhang Yun has loved the martial arts. During his teens, he studied several different styles including Chinese wrestling and Tongbei Quan. After many years of rigorous study and training directly under Grand Master Wang, Zang left Beijing and immigrated to the United States in 1989. Since then Master Zhang has been teaching Taiji, Bagua, Xingyi, Tongbei, and Changquan throughout the U.S. He combines rigorous practice with a penetrating exploration of traditional martial arts principles. In 1993, Grand Master Wang Pei-Sheng appointed Master Zhang President of the Yin Cheng Gong Fa Association-North American Headquarters.

About the Penn State Karate Club

The Penn State Karate Club (PSKC) is the oldest university-based martial arts program in the U.S. It has been an active part of the Penn State University experience for over 36 years. Founding member Master Dane Sutton, 8th Dan, is presently the head instructor and a club advisor. While at Penn State, Kiyoshigo (Master Instructor) Sutton, has taught Karate to more than 7,000 PSU students and promoted more than 250 Karate Club members to Black Belt. Many of these Black Belts have gone on to establish their own schools or are instructing for law enforcement agencies or the U.S. military. In June of 2007, Okinawan Grandmaster Kichiro Shimabuku presented Kiyoshigo Sutton with a special award for his extraordinary accomplishments and dedication to Isshinryu Karate.

The PSKC promotes physical fitness, self-defense, leadership, and cultural exchange through the practice of traditional Okinawan Karate. The club is recognized worldwide for the quality of its training and has won top team honors at several World Championships. Several times in its history, the PSKC has been rated as the top school out of more than 850 such schools worldwide. Okinawan masters have frequently visited the club to provide instruction in the martial arts and culture of Okinawa. Recent visitors include Grand Master Kichiro Shimabuku, Grand Master Angi Uezu, and Master Tsuyoshi Uechi.

In addition to fitness and self-defense, the club promotes academic excellence, teamwork, diversity, and cultural exchange. The membership includes a diversity of students from throughout both the U.S. and the world. A true diversity of backgrounds, ethnic origins, and political and religious affiliations is represented. It is a model for those who wish to learn about goal setting and cooperative effort to achieve success. The effectiveness of this training is seen not just in the many tournament victories but also in the academic and professional achievements of thousands of PSKC alumni.

The Penn State Karate Club is a student-run sports club sanctioned by Penn State. Membership in the club is open to all Penn State students, faculty, staff and local residents. No previous martial arts experience is necessary. Classes meet three times a week from 7:00-9:00 PM in 106 White Building on Tuesdays, Thursdays and Sundays. In addition to self-defense and fitness, training includes non-violent conflict resolution. Information about the club can be found at: www.pennstatekarate.org

The Penn State Karate Club is lead by:

- President: Joel Steudler, *Physics*
- Vice President: Joe Anstine, *Agriculture*
- Secretary: Andrei Antonescu, *Security and Risk Analysis*
- Treasurer: Stephanie Drzal, *Environmental Resource Management*
- Advisor: David Willey, *PSU Schreyer Institute for Teaching Excellence*
- Advisor: Dane Sutton, *Kinesiology*
- Coaches: Jennifer & Jaeson Koszarsky, *Penn State Alumni*
- Assistant Coaches: Tom Liebner, Sidharth Iyer, Bruce Mackin

Links to websites for more information:

Great Master (Da Shi) Wang Peisheng: http://www.ycgf.org/YC_Dashi_YCGF/ycyc.html
Grand Master Zhang Yun: http://www.ycgf.org/Shifu_ZY/shifu_zy.htm
Penn State Karate Club: <http://www.pennstatekarate.org/pskc/>
Professor Paul Cote: <http://www.academictrainingtraditions.com/>

Please see attached seminar schedule.

TAI CHI CHUAN and CHINESE INTERNAL MARTIAL ARTS DEMONSTRATIONS and SEMINARS

*Sponsored by
The Penn State Karate Club
hosting the
Yin Cheng Gong Fa
Internal Martial Arts Family
Headed by Grand Master Zhang Yun*

University Park, Intramural Building, Gym 3, Court 3

Saturday, August 16, 9:00AM-6:00PM

9:00AM-10:30AM	Opening Ceremony Lion Dance & Introduction to Chinese Internal Martial Arts	
11:00AM-12:00noon	Chinese Martial Arts Free Form Fighting Methods	Master Strider Clark
1:30PM-2:30PM	Tai Chi Push Hands Basics	Master Clayton Shiu
2:30PM-3:30PM	Push Hands Training Drills	Grandmaster Zhang Yun
3:30PM-5:30PM	Introduction to Wu Style Tai Chi Form	Yin Cheng Gong Fa Instructors

Sunday, August 17, 8:30AM-12:30PM

8:30AM-9:30AM	Comparison of Liu and Gao Styles of Linear Bagua Zhang	Master Paul Cote
9:30AM-11:30AM	Bagua Straight Sword (Form and Applications)	Grandmaster Zhang Yun
11:30AM-12:30PM	Question and Answer Period for All Styles	Grandmaster Zhang Yun

Participation in some of the above seminars is free only with invitation and registration via the Penn State Karate Club.
Spectators may attend the event for free as available space allows.