

THE SHAOLIN TEMPLE

The Shaolin Temple, the birthplace of Martial Arts, which has existed in spirit and somewhat structurally for over 1,500 years, survived numerous army attacks, three fires, 7 foreign invasions, numerous dynasties, the rise and somewhat decline of Communist ideals into the emergence of Capitalism.

SHAOLIN GREAT MASTER SHI SUXI

“Today’s Wushu (Kungfu) practice should not be a pastime but should be our path in life. Kung Fu is a way of Chan philosophy, a way of meditation to recover your true self, to overcome your ego. Rather it is often perceived as a few kicks and strikes. “

- Great Master Shi SuXi

Out of the most humble beginnings and extreme life difficulties arose the most respected Chan (Zen) Buddhist and Kung Fu (Wushu) great Master of this generation, the Zen spiritual leader of the Shaolin Temple, His Holiness, Shi Su Xi. Known as the “Bodhisattva (enlightened one)” of the modern era, over a billion people have followed Master SuXi’s spiritual Chan (Zen) and Kungfu practice throughout the world producing world acclaimed masters such as Masters Shi De Ru, Shi De Yang, She De Jian and Shi De Qian.

Great Master Su Xi first came to the Shaolin Temple in the 1930s from the nearby county Dengfeng, a few miles from the temple. In his teenage years he assisted his teacher in preventing many Japanese invaders from stealing the temple’s spiritual treasures: ancient Zen literature as well as ancient Kungfu and internal exercise scripts. Shortly after the end of World War II and the civil war, China began to change drastically under Chairman Mao. In the 1950s the Communists moved into the Shaolin Temple and claimed it as a commune. After a decade of starvation and torture throughout the Cultural Revolution Su Xi went into meditation and predicted that this system could not last and that many would die. Both were to occur.

Despite having to overcome, seemingly, impossible circumstances, Great Master Shi Su Xi’s devotion to Chan Buddhism never wavered since the day he entered the Shaolin Temple. His firm beliefs brought him through unimaginable inhumane times. He used the lessons of Shaolin Kung Fu, and the spirit of Chan philosophy to assist many others through those difficult times. Since returning to the temple he has lead thousands on the Chan Buddhist path. He has changed and saved thousands of lives. As a Buddhist, he believes he has done nothing. He believes that nothing should be praised or said about him because he did only what was expected of him as a Monk. He lives on emptiness of this material world and is only happy to live with the Qi (vital energy) needed to remain at peace and teach others to do so.

His work became the model for many devoted Chan masters and teachers. His devotion to teach and cultivate young Chan Buddhist monks and leaders as well as those who practice Kung Fu never stops. His compassion towards all prevails wherever he is present. He constantly distributes funds and donations to wherever there is a need. When people around him talk about his love and generosity he always says with a smile: “Don’t mention the little things I am supposed to do”.

Great Master Shi Su Xi never tires of promoting and rebuilding not only the physical temple but the image and spirituality of the temple for the world to follow. He has traveled throughout China even in his old age. He never stops to amaze everyone of his tireless effort to heal people and save them when they are in danger either physically or mentally. His disciples and students follow his footsteps to promote Chan and Kungfu to the world. His great contribution to the world of educating and promoting Chan and the Shaolin spirit has even reached the attention of the Chinese government. In 1990s the Shaolin Temple was formally recognized by the Chinese government as a “national treasure”. Although the government had some influence on who would replace the great Master Shi Su Xi as the Abbot of the temple the monks are now allowed to practice their faith, internal arts and external arts of Kungfu in peace.

SHAOLIN MASTER SHI DE RU (Shawn Liu)

As a young child, 31st Generation Shaolin Grand Master Shi De Ru was brought to the safety of the Shaolin Temple village when his family was forced apart due to the political persecution of his family by the Chinese Communist Party. He was raised and taught by a few masters, especially the Great Chan (Zen) Spiritual Abbot, His Holiness, Shi SuXi and for the next 30 years trained intensely as a direct disciple of Great Master, His Holiness, Master Shi SuXi in Shaolin Chan (Zen), Traditional Kungfu, Medicine and QiGong.

Considered an Enemy's Kid of the State before he ever had any comprehension of what was happening, Master DeRu, like his teacher, endured and barely survived both natural and human disastrous storms from the Great Famine in early 60s through the 10 years Cultural Revolution.

After graduating from formal Chinese Medical School training in the late 70's, Master DeRu served in both traditional Chinese Hospitals and Chinese-Western rehabilitation hospitals as a QiGong and Acupuncture/Acupressure physician. Using these traditional treatments, in addition to herbal medicine and Chinese Nutritional Theories, Master DeRu helped to bring thousands of patients back into good health.

In the late 80's Master DeRu received a full scholarship and teaching assistantship consecutively to the University of Mobile and University of South Alabama to study English, Western Physiology, Biology and Psychology and was named the head coach for the US Kungfu Sanshou Fighting Team.

Master DeRu has offered his health services to all people and integrates the practices of both the Eastern and Western worlds, providing optimum non-drug therapy and self-cultivation for physical and mental health. In the last 5 years alone, he conducted seminars in over 30 cities and 4 continents across the United States, Europe, Asia and Pan America including Wizards of the Coast in Seattle, Center of Chinese Medicine, George Washington University Medical Center, integrative medicine in Washington D.C., Italy Wushu Association, Armenia in Europe and the Brazil Wushu Federation in Brazil. He served as the head coach for the US Kungfu Sanshou National team and partially funded the team from his own savings for the World Championships.

Education:

- University of South Alabama, MS in Exercise Physiology, 1991
- University of Mobile, BA in English and Minor in Biology and Psychology, 1988
- Anhui Normal University, BA in Foreign Language, 1988
- Wushu Traditional Chinese School of Medicine, OMD. 1978

Featured in:

- "Master Shi De Ru, Shawn Liu's Teaching", 2 series of Documentaries by CCTV Network, to be aired by the end of 2005
- "Master Shawn Liu Xiangyang in America", 3 series of Documentaries by CCTV network, China, 1999, 2001, 2002
- "Legendary Sanshou Techniques: World Renowned Teacher and Coach Shawn Liu Shows you the Secret to Sanshou Success," Inside Kungfu April 2004
- "Sanshou and Coach Shawn Liu" in Sport Light Kungfu Magazine 1997
- Other 4 Featured Articles in Inside Kungfu Magazine from 1995-2005
- Over 20 featured articles for Kungfu Magazine from 1995-2005
- 3 featured articles in International Tai Chi Magazine from 1991-2001
- Mobile Register Special Article 1999
- Mobile Press, 1998
- Mobile Register 1996, Special Report
- Mobile Press Register, sports front page special report, 1995
- Times Picayune New Orleans and Jefferson Parish, 1996, 1999, 2000, 2003, 2004, 2005
- World Press of USA Edition 1997
- Chinese International Press, East Coast Edition 1997

SHAOLIN MASTER SHI DE YANG

In the early 19080's Grand Master Shi DeYang entered the Shaolin Temple to pursue intensive studies in the Chan and Shaolin Kungfu after having first studied in his home town over a 100 miles from the temple. Master DeYang lived under the guidance and tutelage of the Great Master, His Holiness, Master Shi SuXi and due to his commitment and diligent hard work and mind cultivation he quickly became one of the most skilled Shaolin Warriors at the Shaolin Temple. It wasn't long after that Master DeYang became head of the Shaolin Family of the South Yard and the head master and

coach for the world famed Shaolin Monk Warrior's Team.

Master DeYang has traveled tirelessly to over 50 cities and regions in five continents to present Shaolin Kungfu and Chan Buddhism to the modern era with his team and is well-known as the most respected and revered Shaolin Master in traditional Shaolin Kungfu across the globe. Many documentaries and books have been devoted to his Chan and Kungfu work inside of China and all over the world, and Master DeYang has produced hundreds of traditional Kung Fu forms from ancient art and text in order to preserve the Shaolin tradition as a gift to the world as he believes Shaolin Kungfu belongs to the world.

Master DeYang is easily one of the most educated and practiced Shaolin Masters of the Chan of the Shaolin Temple in history under his great Master, and frequently writes, poetically, on the insights of the Chan and on the freedom of life he has pursued profoundly. Master DeYang continues to travel all over the world insuring the preservation and promotion of the Shaolin traditions and wisdoms for all of mankind.

Brief Bio of Tai Chi Grand Master Chen Zheng Lei

At the age of one, Grand Master Chen Zheng Lei, 's father died of persecution as a counter revolutionary leader. His death forced Master Chen's mother to remarry out of survival and Master Chen, the 19 generation descendant of the Chen Tai Chi family, began his studies of Chen style Tai Chi with his uncle, the Grand Master of the generation, Chen Zhao Bei in the late 50's.

During a 10 year intensive schooling he mastered the Chen Style Tai Chi and its theories both comprehensively and systematically and began competing in Henan and National Wushu Championships winning awards for outstanding performance and excellence.

Master Chen is the most celebrated and distinguished Chen style Tai Chi Grand Master in the world today and has lectured and trained Taiji Quan students and teachers all over the world.

Master Chen was selected as the head coach of the Wushu team of Henan province and chief director of the Tai Chi Institute of the Henan province as well as the Head of the Henan Wushu Hall and a member of the China Wushu Association. Master Chen is also the former President of the Chen Jia Gou Taijiquan School, Wen County, Henen Province and became the only Tai Chi Master among the top 10 Wushu-Kungfu Grand Masters of all of China. He has taught in over 50 countries worldwide and has produced over numerous videotapes, DVD and books in Tai Chi distributed in many languages.

Most recently, Master Chen opened the Chen Tai Chi promotional Institute in Henan province and serves as the world Chen style Tai Chi center for Tai Chi instructors and students alike.

Brief Bio of Master Wang Zheng

Master Wang is an accomplished martial artist in both traditional Kungfu and internal Tai Chi and Qi Gong. She started Yang style Tai Chi in early 80s with Grand master Fu Zhong Wen who was the authority in the most popular Yang style Tai Chi in China of the modern era. Beginning in local competitions and winning silver and gold medals, she, in a surprise move, entered and won the most prestigious international Wushu competition in China in the traditional Tai Chi women's division. As the youngest female to ever win such an award in Tai Chi she began to study with Grand Master Chen Zheng Lei.

After working for a Wushu journal in China she was invited to the US to participate in the New England International Chinese Martial Arts Competition in Hartford, Connecticut receiving high reviews for her international standard skills from the fighting divisional head judge.

Master Wang later returned to China that year where she assisted the US National Wushu Team competing in the 5th World Wushu Championship. She has also participated in three Art of War - US Open International Competitions and other International Chinese Martial Arts competitions held in the US and her performances and demonstrations are recognized as both inspiring and outstanding. In the following years she volunteered her skills to help the Liu Institute International and US Wushu while pursuing her college education in the US.

Master Wang is instrumental to the advancement of the US Wushu standard of excellence and, along with Grand Master DeRu, as taught thousands of Tai Chi and Kung Fu students and instructors alike all over the country.