

LOS ANGELES SHAOLIN WUGONG & TAI CHI ACADEMY



Since the early 1990's, the Los Angeles Shaolin Wugong & Tai Chi Academy of Los Angeles has offered the study of Chinese Kung Fu by promoting traditional practices and techniques passed down from Grand Master Chen, Gouwei (San Paolo, Brazil) to Shifu, Dou Wanchun (Los Angeles, USA) and once again entrusted to the next generation of his dedicated class instructors and students.



Media Park – Culver City
Sunday Morning Class Location

Contact Us About Los Angeles Kung-Fu Classes

Please contact John Scatoloni at Los Angeles Shaolin Wugong & Tai Chi Academy for qualification criteria and more information. Cell: 310-663-6688

THE NORTHERN SHAOLIN KUNG FU SYSTEM

Northern Shaolin (北少林拳門), in general terms, the name refers to the external martial arts of Northern China, however, the umbrella term can also refer to more than one style of Kung Fu, which were practiced and perfected at the Northern Shaolin Monastery in Henan province, China. As the basis of the system, Northern Shaolin refers to a style called Northern Shaolin Boxing, and may include Seven Star Praying Mantis and Tan Tui. Together, these theories and practices were disseminated by Gu Ruzhang (1894-1952) throughout China, and is by whom this school traces its lineage, one teacher at a time, back to the Shaolin Temple. The knowledge that was passed down makes up the curriculum of study for each student and the basis of the core knowledge in the greater family of many Northern Shaolin Schools worldwide.

Generation 1 – 10:

1. 朝元 和尚 (Monk Zhao Yuan)
2. 甘鳳池 (Gan Fengchi)
3. 萬邦才 (Wan Bangcai)
4. 嚴德功 (Yan Degong)
5. 嚴三省 (Yan Sanxing)
6. 嚴機(繼)溫 (Yan Shangwu)
7. 顧汝章 (Gu Ruzhang)
8. 嚴尚武 (Yan Shangwu)
9. 陳國偉 (Chen Guowei)
10. 竇萬春 (Dou Wanchun)



Tai Chi Sword

NORTHERN SHAOLIN KUNG FU



THE DOCTRINE OF NORTHERN SHAOLIN

The doctrine of Northern Shaolin has been refined for nearly 1,000 years in China and served as the basis for not only self defense in a perilous world, but also for health, spiritual development and comradery. Through practice and perfection, the culmination time tested practices were formalized, and due to modernization, war and revolution, the knowledge traveled by teacher to disciple from Mainland China through Hong Kong and onto the West.



Shaolin Spear

Los Angeles Shaolin Wugong & Tai Chi Academy is a growing and traditional martial art training program specializing in external and internal arts. Our classes meet 3 days a week and are challenging and rewarding. We encourage student participation and offer personalized training to increase your physical and mental confidence.

EXCLUSIVE LOS ANGELES KUNG FU & TAI CHI CLASSES

Kung Fu Instructor: John Scatoloni
Phone: (310) 663-6688

Tai Chi Instructor: Linda Ninomiya
Phone: (310) 994-5021



Class Schedule:

Wednesday & Thursday Classes: 7pm – 9pm

Location: Crossroads High School Gym (Arts Bldg)
1714 21st St, Santa Monica, CA

Sunday Classes: 10:30am – 12:30pm

Location: Media Park, across from Trader Joe's

Come Try a Class for Free

At Shaolin Wugong we want every prospective student to try a class before signing up for membership with the school. By visiting with our instructors and participating in a trial class, the student will know what to expect and meet classmates in a traditional training environment. We encourage a free class and also the opportunity to explore what each new student wants to achieve in Shaolin Wugong.

INTERNAL ARTS

Yang Style Taiji

We teach an ancient, traditional form of Yang tai chi / taijiquan. Its great health benefits are proven and well known. We also offer other internal styles such as baquazhang and xingyiquan, as well as associated weapons forms.

The 128 Form Táijíquán

The 128 Form Táijíquán set is the first to be learned. This is one of the oldest tai chi forms and has not been shortened or simplified. It contains all of the original martial moves. It forms the foundation for all subsequent training. This training allows for the correction and perfection of one's stances and posture, which improves balance, leg strength and circulation / breathing. Tai Chi / Taiji is often called walking meditation and has been known to improve blood pressure and other ailments. You will achieve this in addition to training a defensive martial art! After the form has been learned, a student can learn other internal forms and styles, including weapons forms for the sword, the broadsword and the lance.



Mental Development – Shaolin Wugong

The mental training of Shaolin Wugong is demanding but rewards with body and mind unison perfected by dedication and memorization. With training and movement theory introduced to challenge physical and mental limitations, students' confidence and concentration are sharpened. Internal arts compliment each student's experience by learning time tested methods to relax and refreshd ones state of mind. Additionally, the class environment offers a traditional teacher / student dynamic where respect for knowledge and direction are paramount and consideration for class members builds comradery and brotherhood.

Our yoga stretching program is well known in the class to create flexibility for your whole body and especially for Kung Fu which requires full range of motion for flexibility to be effective. Our instructors encourage physical development, whole body conditioning & confidence in every student.



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