



A Non-Profit Organization

SiGung Steven Baugh, Director & Founder

Lohan Scroll

September 2011

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The **4th Annual Las Vegas Chinese Martial Arts Championship** was held on **August 13, 2011** at Tuscany Suites and Casino and Fabulous Las Vegas.

Special thanks go out to **Sifu Steven Baugh** and the **Las Vegas Lohan School** for their amazing Lion Dance performance and all the help and support with the body of volunteers.

Lohan students participated in the event as volunteers, judges, and competitors. There were 8 competitors this year and all of them walked away with medals in their category. The Lohans once again proved their fine sportsmanship and enthusiasm. A proud moment for us all...Dashi Steve was once again the arbitrator.



Harvey Politan
 Silver Medal - Sparring



David Valenzuela
 Gold - Sparring



Sydney Lau
 Gold - Chen Tai Chi



Yuko Brazil
 Gold/Silver - Wu Shu



Jason (Buddha Jay) Ymson
 Gold -



Joe E. Ross de Chavez
 Gold/Silver-Sword/Forms



Junior Serrafin
 Bronze-Sparring



Mike Buenavista
 Sparring

Mike's match was disqualified due to excessive contact by both parties... initiated by his opponent;. Angelo (right) at 8 years old was our youngest competitor. He arned 2 gold medals.



Angelo Marvieles
 Gold-Forms



A BAGUA EXPERIENCE IN CHINA

By Keoni Everington
(Part I)

Keoni is a senior student in Lohan School who is in China teaching English and studying more of the Shaolin Martial Arts. He also taught several martial

In early May of this year, I was fortunate enough to be invited to my first Bagua wedding. I refer to it as such because it was the wedding of the grandson of one of Master's Sui's Bagua Shidi (younger brother) and all of the Bagua brothers and their disciples were invited. I jumped at the chance because I knew it would be an extremely rare opportunity to see many of the Bagua masters together for the first time. I knew there would be many adventures and tales to tell from this day.

It turns out that we were invited to the reception held after the wedding ceremony. So I did not see the actual wedding, but the reception was definitely more than enough. The reception was held in a rural northwest corner of Beijing called Xibeiwang. As it was quite far, we had to get up early in the morning to meet at Master Sui's place in Xizhimen where we were all whisked away by sedans specifically sent for us. I remember riding with Master Sui, his wife, and my Italian Bagua brothers Giuseppe and Ricardo. Even though this area is considered part of Beijing, it took us over an hour to get there. The city limits of Beijing extend in a vast swath in all directions covering over 6,000 square miles, and it's always amazing to me how some faraway places such as this are still considered part of the city.

I made sure to take several pictures, and then I saw him - the spitting image of Wang Shujin, the famous, fat Bagua Master in Taiwan that the late Robert Smith wrote about. This man was at least equally rotund if not more so, with a huge layer of blubber that surrounded his whole waist that made his head and extremities seem comically disproportionate. I first spotted him deftly weaving his way through the Nine Palaces, faking to the East with his arms as his belly went to the West. My Bagua brother Riccardo spotted him about the same time I did. We both quickly agreed that he was the quintessential, iconic Bagua hero that he and I want to be when we grow up or maybe be adopted by. What I mean by this is that he has obviously trained for many years, and despite what many people in the west would consider to be a grossly overweight physique, he is in a fact very likely to be in an excellent state of health by Chinese medicinal standards and a very formidable martial artist. All of this thanks to the highly advanced, esoteric art that Bagua is.



Part 2 to be continued next month



STAYING YOUNG

Excerpts from an article written by Dr. Shigeaki Hinohara

At the age of 97 he is one of the world's longest serving physicians and educators. He has published over 150 books since his 75th birthday. As the founder of the New Elderly

Article by Billie Ann Sabala

Energy comes from feeling good, not from eating well or sleeping a lot. We all remember how as children, when we were having fun, we often forgot to eat or sleep. I believe that we can keep that attitude as adults, too. It's best not to tire the body with too many rules such as lunchtime and bedtime.

All people who live long regardless of nationality, race or gender share one thing in common: none are overweight. For breakfast I drink coffee, a glass of milk and some orange juice with a tablespoon of olive oil in it. Olive oil is great for the arteries and keeps the skin healthy. Lunch is mild and a few cookies, or nothing when I am too busy to eat. I never get hungry because I focus on my work. Dinner is veggies, a bit of fish and rice, and twice a week, 100 grams of lean meat.

There is no need to ever retire, but if one must, it should be a lot later than 65. The current retirement age was set at 65 half a century ago when the average life expectancy was 68 years and only 125 Japanese were over 100 years old. Today, we have 36,000 centenarians in our country and in 20 years we will have about 50,000 people over the age of 100.

When a doctor recommends you take a test or have some surgery, ask whether the doctor would suggest that his or her spouse or children go through such a procedure. Contrary to popular belief, doctors can't cure everyone...so why cause unnecessary pain with surgery? I believe music and animal therapy can help more than most doctors imagine.

To stay healthy always take the stairs and carry your own stuff. I take two stairs at a time to get my muscles moving.

Pain is mysterious and having fun is the best way to forget it. If a child has a toothache, and you start playing a game together, he or she immediately forgets the pain. We all want to have fun.

Science alone can't cure or help people. Science lumps us all together, but illness is individual. Each person is unique, and diseases are connected to their hearts. To know the illness and help people, we need liberal and visual arts...not just medical ones.

Learn from Life's incidents. As a doctor, I've seen many different emergencies and was amazed at how the body slows down in a crisis.

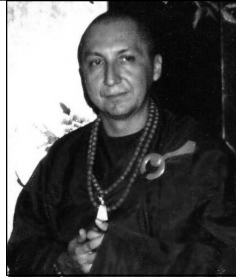
Find a role model and aim to achieve even more than they could ever do.

Retirement and contribution to society...it is easy to work for one's family and to achieve one's goals...but in our later years, we should strive to contribute to society...Since the age of 65, I have worked as a volunteer...I still put in 18 hours/seven days a week and love every minute of it.

**Note by Sifu Billie: I chose this article because at 75, I could totally relate to what he wrote about...I think people of all ages could benefit from his advice.*

(Sifu Billie is the administrator of Lohan School and a Tai Chi teacher. She has been a Tai Chi practitioner for over 25 years.)

DASHI'S CORNER "My Opinion"



Lately parents have asked me "what is the difference between traditional Kung Fu and modern Wu Shu?"

Actually, they were used together for generations as "KungFu WuShu". Meaning "Aquired Martial Arts through Hard Work". It was my first Kung Fu teacher, Grandmaster Ark Wong who did the first ever article on the Chinese Arts for Black Belt Magazine the very early 60's. The publisher for the magazine thought the name KungFu WuShu was too long and shortened it to Kung Fu as they were used to shorter names like Karate, Judo, Kenpo, etc. So, this is how the name became used by Westerners.

Actually, it wasn't totally accepted until the "Kung Fu" series and Bruce Lee made the term a household name. China has only recently accepted the name within the past few years, thanks to traditional martial artists like Jackie Chan, Donnie Yen, Sammo Hung, etc.

Getting down to the nuts and bolts of the matter, traditional Kung Fu comprises the Chinese Martial Arts before the Cultural Revolution...being kept alive by the Chinese Community that left before the Communist takeover in China.

Traditional Arts still comprise of, and encompasses the Physical, the Spiritual and the Emotional theories of the Martial Arts that can trace its' history back almost 3000 years ago.

Kung Fu still retains the fighting and practical applications of the Arts. Also, kept in tact is the making of a Chinese Medicine and the Healing method that was part of ALL Kung Fu schools. Kung Fu was taught to everyone to keep them fit and to help make people strong, giving them the ability to protect their family and villages.

There was, and still is, no separation between Spirituality, Martial Arts, Chi Kung, and Chinese medicine. Traditional schools still try to maintain this essence, although sadly, a lot of knowledge is starting to get lost. Luckily, many good teachers had schools (like our lineage through the Jing Wu System), throughout the world.

Sadly, and unfortunately, most of all the great teachers, including the Shaolin and Wu Tang monks that stayed behind in China were executed during the Cultural Revolution. As for modern Wu Shu, the People's Republic realized and accepted the fact that Kung Fu was an important part of their culture. Their fear was that because Kung Fu practitioners were always the backbone of almost every revolution, the Communists in embracing it, "took the teeth out" and placed a heavy emphasis on gymnastics and theatrics.

The biggest difference of all is...Traditional Kung Fu was for EVERYONE in need, and I mean everyone who had the heart and desire to learn. Size, age, health, athletic ability, were never factors. Teachers would choose students because of their ambition and drive. If you wanted to become a monk you would simply show up and take the

(continued)

Vows, and make a life long commitment.

Today, on the other hand, the People's Republic formed committees after the Cultural Revolution to start a "new, improved" system to impress the world.

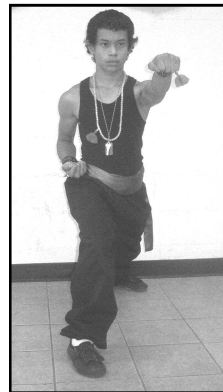
In order to become a practitioner in China, the committee sends out scouts looking for exceptional athletes who get special training and schooling, developing them into professional athletes. This method also includes scouts looking for "Monks" for the Shaolin and WuTang temples...rebuilt for commercial and tourist purposes. The one exception is that you can join the temple if your family is wealthy, or if you are a Westerner. This picking of the best of the best and becoming semi-professional is why only a handful of people outside of China ever reach the potential of Wu Shu practitioners in China. Communists play to give the image of superiority.

Now mind you, Wu Shu performers are exceptional athletes. But, because someone looks athletic, is good at gymnastics, dance, or can bend backward, do hand stands, or is good at a sport, doesn't, mean he or she can fight or protect himself. In fact, through watching others I found it quite the contrary, growing up in South Central L.A. where "jocks" and athletic people were often targets by bullies and gangs.

Also, in traditional Kung Fu, your skill gets better with age. Many of the moves are practical and help you age gracefully. One of my teachers, Share Lew, is well into his middle 90's. Modern martial art practitioners are usually "over the hill" by age 30.

Very interesting indeed.

STANCE OF THE MONTH



**Bow and Arrow
Stance
(Gong Bu)**

(left) Front view

(Bottom) Side view





Lohan School of Shaolin Rules and Regulations



1. All students should salute when entering or leaving the training area in this school and all other martial arts schools.
2. The respectful Chinese term for instructor is *Sifu* and for blue sash disciples is *Si-hing* (males) or *Si-jeh* (females).
3. All Lohan students and instructors are family – respect, protect and work with each other. Students who enrolled before you shall be respected for seniority, and all new students shall be treated as though they were *your* students, by helping them learn our traditions and movements.
4. Class fees are due each month on the day of the month you started and should be paid in a timely manner. Feel free to discuss problems concerning finances.
5. Students should avoid practicing or demonstrating the art of Kung Fu in public places. Do not show off in public just to boost your ego. (The ego should be conquered – it is not the same as pride in your art).
6. Martial arts knowledge and skills are to be used for legitimate self-defense purposes only. Fighting and misuse of the art is grounds for your immediate dismissal. Treat the art like a hidden treasure.
7. Students should only practice what the Sifu or an assistant instructor has taught them. Students should not teach new moves to each other unless approved to do so. This prevents our movements and principles from being diluted, regulating our art and keeping our tradition consistent.
8. The required workout uniform is black Kung Fu pants and Lohan school T-shirt or approved Kung Fu or sports top. T-shirts are available for \$15. All jewelry and watches should be removed during class.
9. Regular and prompt attendance is required. If you are going to miss class for a week or longer, notify Sifu in advance.
10. Be on time for class. If you arrive late, salute the instructor, do 20 pushups, warm up quietly by yourself and then join the class.
11. When practicing with others, maintain respect and consideration by using control at all times. You and your classmates are here to help each other learn and develop. *Egos are not allowed on the workout floor.* Do not practice dangerous or advanced techniques without proper supervision.
12. There is to be no horseplay or acting stupid during class. TRAIN HARD. Practice seriously and confine socializing to breaks and after class. Weapons may not be used without instructor supervision. Children especially may not touch weapons without permission.
13. Do not leave the training area without permission once the class has started. Rest in the Warrior Sitting Position when necessary. The chairs are strictly for guest use.
14. Personal hygiene and cleanliness is necessary and required. Show respect for each other by showering and keeping your uniform clean. The training area, bathrooms, kitchen and meditation room must also be kept clean at all times. This is the responsibility of all students without being told.
15. *Respect, loyalty, humility, tolerance, patience, endurance, self-restraint and common sense* are some of the more important attributes martial artists must cultivate. Without respect and loyalty to instructors and each other, there is no martial art. Therefore, these virtues must be demonstrated at all times to the art you are learning, the instructors who are helping you, your school, and all other martial arts and instructors.
16. Students are expected to read widely on the martial arts, meditation, yoga, chi kung, Chinese medicine, philosophy and similar subjects. Many have learned the martial arts but few have been educated in them. The purpose of martial arts training is to teach you how to live, not how to fight.
17. Students will not engage in any activities or conduct themselves in any way which would bring disrespect to the art of Shaolin, the Lohan School, Sifu or your instructors.
18. Students are to practice earnestly during class. However, class is only a small fraction of the time necessary to achieve real skill. Practice daily at home for at least one hour. Meditation should also be practiced daily.
19. Failure to adhere to these Rules and Regulations may result in suspension or expulsion with forfeiture of rank. Always remember: *“Many are called, but few are chosen.”*