



SiGung Steven Baugh:Founder/Director

# Lohan Scroll

August 2011

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## INTERNATIONAL CHINESE MARTIAL ARTS CHAMPIONSHIP (ICMAC) AUGUST 12-14 AT TUSCANY CASINO

### LOHANS TO PARTICIPATE AGAIN

Once again ICMAC is at our door step for 2011. So I hope whomever is entering the tournament is practicing daily whether in Mind, Body, and Spirit. Not in any particular order, but all three are vital in your success to excel in your training to grow.

Last year and years pasts, the Lohans have always made a grand appearance. The true Lohan spirit exists and is not just a myth. While we have been encouraged at times to keep this as a hidden treasure, it is something we must uphold and on occasion reveal from the shadows. The fact is that our Lion Dance troupe is chosen specifically by Nick Scrima (ICMAC HOST) to open the ceremonies in Las Vegas above any others schools out there. Nick Scrima has also asked for us on both occasions to open the San Diego ICMAC tournaments because of the true traditional essence and spirit we bring with us.

Keep in mind that what makes ICMAC so special it's the only true National (and soon to be) World Wide Kung Fu only tournament. So, to all Lohans competing, this is your time to express yourself and your training. Represent your school, teacher, & Lineage. Have Faith in your training, have faith in your school, and in your Teachers. Most importantly have faith yourself. "One is, or becomes Kung Fu. It's not something one does". Lohans are there for each other, to guide and protect, "Lohans alone can be separate and strong, but together we are in invincible".



Amitoufo,-

Sifu Lance Brazil

## 2010 LOHAN COMPETITORS In San Diego ICMAC



Lohan lions open up event with traditional Chinese Lion Dance in both Las Vegas and San Diego



Lohans that competed all walked away with medals. A proud day for us.  
Front row(left to right) Kate Andaya, Joey Ross, Billie Ann Sabala (co-ordinator), Renee Ogawa, Jason (Buddha Jay) Ymson, E.Z.Ortega,  
Back Row (left to right) Todd Takeuchi (Lohan Godfather), Jet Zandel, New C., Carlos Estrada, SiGung Steve Baugh (Arbitrator), LanceBrazil, Keone Everington.



## BASIC PRINCIPLES OF CHI KUNG

By

Sifu James (J.C.) Cox

*J.C. is one of our internal teachers in both Tai Chi & Chi Kung. He is an ordained priest in our temple and is also*

*the owner of Rainbows End, a health store on Sahara west of Maryland.*

Chi Kung (Qigong) is the art of developing internal energy particularly for health and vitality, mind expansion and spiritual cultivation.

Chi Kung uses body movements, rhythmic breathing, visualizations and healing sounds.

Chi Kung is a combination of 2 ideas:

- Chi “Qi” (pronounced chee) means air, breath of life, or vital energy that flows through all things in the universe. In other cultures around the world it is Prana, Aether, Life Force Energy, etc.
- Kung “Gong”(pronounced gung as in lung) means the skill of working with, or cultivating self discipline, learned skill and achievement.

Together Chi Kung means the skill of cultivating vital energy or the ability to work with the electromagnetic energy, breath and other natural hormonal systems of the body.

The way you breathe has a lot to do with how you feel, physically and emotionally. All ancient sages and systems of health regard breathing as the first and most important aspect to health. Chi Kung is a system of healing that has been around for over 5 thousand years.

In Chinese medical philosophy emotional disorders are caused by disharmony or blockage of chi or energy. Chi flows around the body in meridians, somewhat like the way the blood flows in arteries and veins. When we practice Chi Kung, we stimulate better chi flow. There are time proven chi kung exercises that can help build exuberant health and vitality.

Technique: Close your eyes, take a deep breath, and visualize yourself breathing in universal chi into the lower dan tien. If your stomach area is getting warm, then you’re on the way to building chi power. This is the basic foundation for Acupressure, Tai Chi, Chi Kung, Martial Arts and most forms of massage and healing.

*“Breathing control gives man strength, vitality, inspiration and magic powers”*

*Chuang Tzu*

### CHI KUNG CLASSES AT LOHAN

Mondays and Wednesdays

10:00am

6:00pm

## LITTLE LOHANS. . .

By Sifu Raul Baugh

Dear Lohan Students and Parents,

First, I want to say thanks to the parents for encouraging your child’s interest in the martial arts. Numerous studies have shown it greatly affects children’s character and development for their future. Increased focus and concentration plays a big role in their growth. It provides a positive release of aggression, self-discipline and confidence, respect, fitness and self-defense. It also gives kids a chance to be part of a large group building social skills.

Even though I have been teaching at the Lohan School for ten years, taking over the kids’ classes within the past few years has been a great building process for me. I want to give them the excitement of learning a classical Kung Fu system while still incorporating self defense needs and exposing them gradually to the training regiment they will experience when they move on to the basic Shaolin class.

What I enjoy about teaching the very young is cultivating their motor skills through martial arts application. Making it like a “play” tactic or a game makes it fun so they want to learn. Because of the diverse and often fickle nature of children, I am constantly thinking of ways to revamp my teaching procedures. I can see what works and what doesn’t work, yet I still keep it within the realm of Shaolin Kung Fu. It is greatly satisfying and rewarding when I see them learning to control their bodies by accomplishing new talents and attributes.

I hope parents will continue to encourage their child’s training. If they see that they are interested in learning more and they definitely have their mind set to it, the basic class would be the next step. I would also like to see more participation in lion dancing and demonstrations as the little ones always “steal” the show.

Children’s Lion dance class is on Sunday’s with Sifu Syd at 4:30 pm. We take beginners, intermediate and advance students. There is no extra fee for this.

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## CONGRATULATIONS LOHANS. . .

**Adult rank promotions to the following:**

Jason “Buddha J” Ymson to Black Sash.

Lance Brazil to Level 2 Black Sash.

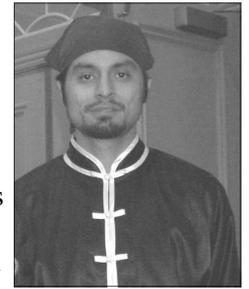
Scott Gilmore to Blue Sash.

Greg Lane to Blue Sash.

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## DID YOU KNOW?

The Lohan Tradition is 1,000 years older than the Shaolin Temple?



## DASHI'S INSTRUCTORS

*Although he has studied with many Masters, the following teachers have been the most influential in his pursuit of the "Way".*

**Grand Master Ark Yuey Wong** - Legendary master of the Southern Five Family Style (Ng Gar Kuen) of Sil Lum (Shaolin) and Five Animal System of the Tiger, Snake, Crane, Leopard and Dragon. Ark Y. Wong is known as the first master to open the "secret" door of Kung Fu to non-Chinese, as well as the teacher of many famous Kung Fu and Martial Arts masters around the world.

**Master Hsu Hong Chi** - Famous Master of the internal Kung Fu styles of Hsing-I Chuan (Mind - Form Boxing) and Pa Kua Chang (Eight Trigrams Palm). He greatly helped Dashi to comprehend the Chinese thought and philosophy.

**Professor Carl Totton** - A psychologist, Taoist priest and Master of Southern Sil Lum Kung Fu, Lima Lama Karate, and the internal arts of Tai Chi, Tao Ga, Hsing-I and Pa Kua. Dashi's most influential teacher in the understanding of application in the martial arts, spirituality, and related philosophies in the real world.

**Dr. Kam Yuen** - World famous Northern Shaolin and Praying Mantis Kung Fu master. He was the fight choreographer for the "Kung Fu" television series. He studied with Chiu Chuk Kai, legendary grandmaster of the Grand Ultimate Plum Flower Praying Mantis, a practical fighting system taught to the bodyguards of many Asian presidents. A chiropractor, Dr. Yuen now teaches his own method of healing, Yuen Energetics, in seminars across the country.

**Master Marshall Ho** - A master of the Yang style of Tai Chi Chuan and bodyguard of famous civil rights activist Caesar Chavez. Renowned as the first master to introduce the concepts and application of Tai Chi Chuan and Pa Kua Chang to the United States. He was also the founder of the National Tai Chi Association.

**Sifu Ken Hui** - One of the leading authorities of the Northern School of Shaolin, he is the third generation master of Northern Shaolin in the lineage of Ku Yu Chong (one of the Ten Tigers of Shaolin who was famous for his Iron Palm).

**Sifu Eugene Lau** - A master of Choy Li Fut Kung Fu and teacher of the traditional and spiritual form of the Lion Dance taught in the Lohan School. We carry his flag when we perform the Lion Dance in demonstrations and parades.

## DaShi's Corner.

Greetings Lohans. . .

Well, before we know it, our most important and busiest time of the year will be here. Now is the time to focus on Lion dance, your forms, your endurance, and your support for the school and each other.

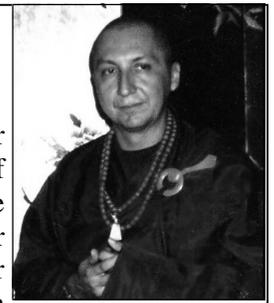
Traditionally, the Lohans were known as renegades and loners as well as skilled martial art practitioners. They were very independent and very powerful fighters, strong in their practice and strong in their spiritual faith. Although loners, they would unite together to defend temples from bandits and mercenary armies not friendly to their belief system. The Lohans were of various cultures and races throughout China as well as Japan, Tibet, Persia, and the Southeast nations of Vietnam, Burma and Thailand. Though not well liked by most of the standard temples of China because of their independence and lack of uniformity to "proper" rituals and practices, these same temples would call for them first when attacked and when the going got tough for the standard warrior monks. The Lohans were famous for traveling from temple to temple to assist in protection of a temple or village.

Well, today, the Lohans aren't involved in any war, but we still carry on a form of our tradition. We still travel from temple to temple as we've gone to San Diego, Calexico, Los Angeles, Guadalajara, etc. to assist them when in need. Today, we demonstrate and lion dance in place of fighting, by showing our prowess and support at various locations, including many places here in Las Vegas.

Our demos and lion/dragon dances will start picking up in the next few months, starting in November, going into Chinese New Year and into our big performance in Chinatown mid February. These demos are very important to us as, besides being our largest method of fund raising (allowing the school to keep our monthly rates lower than most schools), we are able to demonstrate our pride with our martial art skills.

So, train yourselves hard. Have pride in yourself and your school. Support the demos and get involved in the flag team, the lion dance, the dragon team and the music group. Invite friends and family members to join the school.

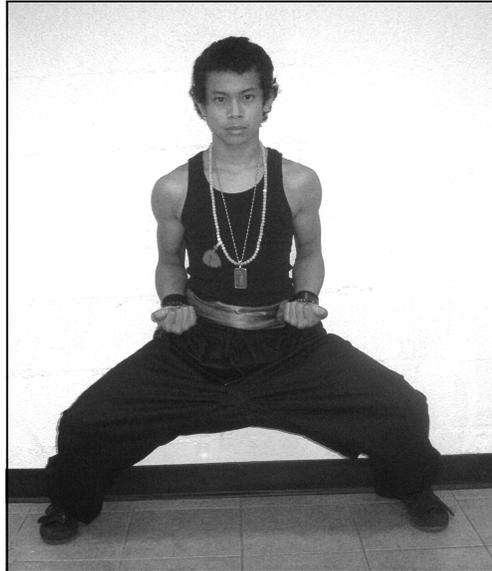
We need newer students to become active as we lose many older students to the work force, lovers, marriage, and starting families. **BECOME ACTIVE.** Join the lion dance class on Thursdays after Kung Fu class.



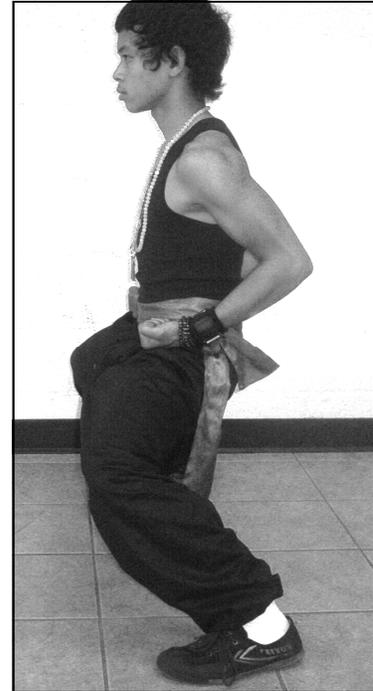
## PROPER STANCES

### HORSE STANCE (Ma Bu)

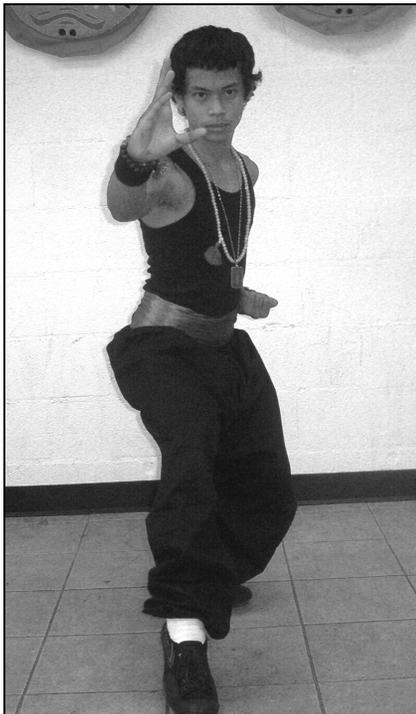
- Knees Out
- Toes Forward
- Tailbone tucked in
- Elbows back
- Weight distribution 50/50 on the feet
- Power should be centered in the Dan Tien



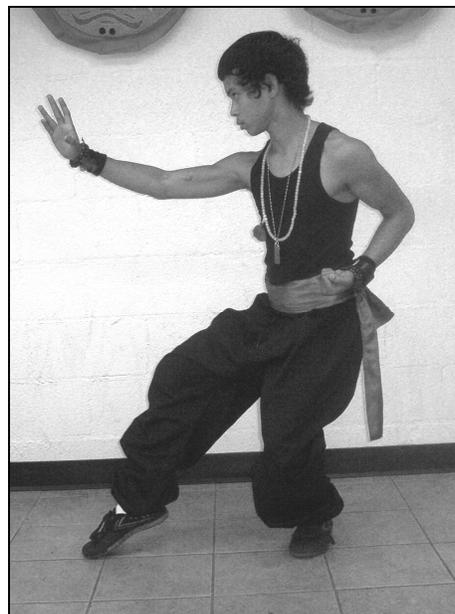
Front View



Side



Front View



Side View

### CAT STANCES (Shee Bu)

- Resembling the back legs of a cat.
- 90% weight on the back leg.
- Front toe should be light enough to draw your name.

**TRAIN HARD...TRAIN WITH SPIRIT...YOU ARE A LOHAN!**

(Because they are one step below a Buddha)