

Chinese Martial Arts

Dumplings: Saturday, November 18, 2006

Chinese Martial Arts, or “Wushu” (武术) dates as far back as the 12th century BC, to the mythical Yellow Emperor, a military hero who wrote a long treatise on martial arts. Throughout China’s history, martial arts has played a central role in society, and served as central points of focus for such classics as Sun Tzu’s *The Art of War*. Over the past several thousand years, hundreds of styles of wushu have been developed, which derive their movements from animals, traditional philosophies, harnessing of an inner “qi,” or simple strategy for competition. Commonly known forms today include Kung Fu (or Gong Fu 功夫) and Taichichuan (or Tai ji quan 太极拳). Chinese Martial Arts continues to play a large role in popular culture in movies, television shows, and books, in a genre called “wuxia” 武侠, often containing heroes who serve the public with their martial arts skills.

Schedule

10:30-10:40	Welcome: Arrival, Nametags
10:40-10:50	Introduction: Harvard Wushu Club
10:50-11:05	Martial Arts Performance!
11:05-11:40	Make your own martial arts doll!
11:40-11:50	Snack Time
11:50-12:00	Closing Circle

Harvard Wushu Club

The Harvard Wushu Club was founded in its present form in 2002. United by their love of wushu, a small group of students set up the basic club infrastructure and began practicing. Classes were generally small and peer-taught. In spring of 2003, the club found its coach in Sifu Rick Wong, who offered a deep and varied martial arts background as well as an excellent teaching style. He was named Kung Fu Instructor of the Year by the World Martial Arts Federation in 2004. Harvard Wushu is now a well-established martial arts club on campus, boasting the reputation of doing more performances than any other Harvard martial arts club. Today, the Harvard Wushu Club continues in its efforts to make wushu as visible and accessible as possible to the greater Cambridge community.

--taken from club website at <http://www.hcs.harvard.edu/~hwushu/abouttheclub.html#history>

