

About Sifu Mai Du



Sifu Mai Du, 8th generation of the Wah Lum Tam Tui Northern Praying Mantis Kung Fu Style, has been practicing kung fu for more than 20 years and teaching for more than 15 years under the instruction and guidance of Sifu Bob Rosen, Chief Instructor of the Wah Lum New England Headquarters in Boston and Grandmaster Chan Pui, founder of the Wah Lum System in the U.S. Sifu Mai is one of the few female certified Wah Lum instructors and kung fu instructors in the Greater Boston Area. She has competed locally, nationally, and internationally, winning a gold medal in 1994 and silver and bronze medals in 1994 and 2001 in China.

Sifu Mai strongly believes that kung fu is a form of fitness for all ages and practicing it can greatly benefit the body, mind, and spirit, as well as promote physical and mental health, self-discipline, self-confidence, respect for self and others, fellowship, and hard work. A Tufts University graduate, receiving both a BA and M.Ed, Sifu Mai especially advocates for children and young people learning kung fu as a form of exercise and self-defense to positively guide their development to healthy and socially-aware adolescence and adulthood. The traditions that are rooted in the kung fu culture are so rich and grounding to one's identity that Sifu Mai is proud to be one who will help continue these traditions with the generations to come.

Through kung fu, Sifu Mai hopes to foster healthy and caring citizens, and thus a healthy community. Sifu Mai also practices Yang Style Tai Chi and Qigong. She believes that the internal art of Tai Chi and Qigong should be practiced alongside kung fu to harmonize the internal and external energy forces and to bring balance to the hard and soft. The ultimate goal is to be in harmony with one's own body, energy system, and the surrounding environment.

Sifu Mai is very involved in various nonprofit organizations in the Greater Boston Area. She is a past-President of the Board of Directors for the YWCA Malden and a former YWCA of the U.S.A. Delegate to the 2007 World Council in Kenya. She worked for the American Red Cross of Mass Bay for eight years as Director of Youth Programs, Volunteer Resources, and International Social Services. She continues to serve the Red Cross as a volunteer for both the local chapter and its National Office. She also serves on the Board of Directors for the Asian American Civic Association in Boston and is the co-Founder of Youth A.C.T., a state-wide youth leadership organization aims to promote peace, justice, health, and green space.



Additional Training

- Instructor Program
- Lion Dance
- Demo Team
- Competitions

Wah Lum Kung Fu & Tai Chi Academy

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Wah Lum Kung Fu & Tai Chi Academy



"A Center for Healthy Development for All."

Wah Lum Tam Tui Northern Praying Mantis Kung Fu & Yang Style Tai Chi

Style has been taught for
40 years in the U.S.A.

Traditional Training

Different Programs for All Ages

Family Culture &
Community Engagement

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Wah Lum Kung Fu & Tai Chi Academy

Wah Lum Kung Fu & Tai Chi Academy, a certified establishment of the Wah Lum Kung Fu of the U.S.A. founded by Grandmaster Chan Pui about 40 years ago, serves as a center for healthy development for all through the teaching of traditional Wah Lum Tam Tui Northern Praying Mantis Kung Fu and Yang Style Tai Chi. We believe learning the philosophy and practicing the internal and external arts of tai chi and kung fu can help to gain strong mental and physical well being, good health, and positive cultural and community connections. Wah Lum offers a wide variety of training programs to allow members to become well-rounded martial artists. Whether training as a sport, a hobby, or a life-style, one will reap the many benefits of traditional Chinese martial arts as a member of the Wah Lum Family.

Welcome.



Upside-down 'Fire' means 'Patience' & 'Control.'

What is Kung Fu?

The words *kung fu* means *hard work*. It is a colloquial term to describe the Chinese martial arts, rooted in more than 4,500 years of traditions. Kung fu exercises may be classified as internal or external and Northern or Southern style. The many aspects of kung fu include body and mind strengthening, self-defense, hand forms, weapons, philosophy, and herbal medicine. The total number of different kung fu styles is estimated to be over 300.



What is Tai Chi?

Tai Chi (Chuan) is a slow moving exercise for the individuals who wish to practice a less strenuous exercise program. Tai Chi improves balance, tones the body and promotes

longevity. "Chi," or internal strength, is acquired after practicing Tai Chi properly for an extended period. It is an exercise program for overall health and is known to cure certain ailments and illnesses such as high blood pressure, nervous tension, rheumatism and digestive disorders. Tai Chi is also ideal for regaining strength especially after a sickness or lack of energy.

The Origin of Wah Lum Tam Tui Praying Mantis Kung Fu

In the early 1900's an already accomplished martial artist, Lee Kwan Shan, entered into the Wah Lum Monastery of Ping To district in Shantung province. There he committed himself to an arduous ten year discipleship in the Praying Mantis system. His teacher, Abbot



Ching Yeung, was the 4th generation of the original Praying Mantis system. When Master Lee left the temple he traveled widely, eventually settling down at Sha Cheng village in Canton province. Before his death in 1948, Lee accepted his youngest and last disciple, Pui Chan. Master Pui Chan studied with Lee Kwan Shan and then continued to learn and train with his older Kung Fu



brother, Chan Wan Ching making him the sixth generation master of Wah Lum. In the late 1960s, after finding his way to Boston, MA, where he first took a job as a cook, Grandmaster Chan founded the first Wah Lum School at North Station. In 1980, Grandmaster Chan built a Kung Fu Temple in Orlando, Florida. Calling it the *Wah Lum Temple*, he allows instructors from all over the country to live there and undertake intensive Kung Fu training in an atmosphere free of distractions. Master Chan has done this in order to preserve the traditional ways of Kung Fu training, and to provide an atmosphere of serenity and sincerity in the modern world.

Traditional Kung Fu Group Program: For Ages 18 & up. Kung fu is taught in a group setting in the most traditional ways. Students will build a strong repertoire of kung fu fundamentals through basic exercises, hand & weapon forms, and self-defense. Students will progress at their individual pace.

Youth/Junior Kung Fu Group Program: For ages 7 to 17 yrs old. Students will learn kung fu as described in the Traditional Kung Fu Program. Classes will emphasize respect, patience & control, teamwork, self-discipline, and hard work. The program will help young people gain self-esteem and confidence and develop healthily through meaningful and fun kung fu training.

'Little Mantis' Pee Wee Program: For Ages 3 to 6 yrs old. Children will engage in fun exercises designed to aid early development. Classes will teach respect & hard work and inspire social interactions, self-discipline, and self-motivation. Students will gain good body coordination, build interest to learn kung fu, & develop good basics for kung fu training.

Kung Fu Private Instruction: Private students will receive weekly one-on-one special attention with Sifu to be coached & moved along in the curriculum at a faster pace, if necessary. Group classes are included and optional.

Tai Chi Group Program: Recommended for ages 7 and up. Students will learn Yang Style Tai Chi in a group setting. Classes will teach tai chi basics as a part of class exercises and forms, including 24, 42, 108 -Movements, sword, & Broadsword.

Tai Chi Private Instruction: Private students will only learn one-on-one with Sifu on a weekly basis or as scheduled.

Extra-Curriculum: Special kung fu training, lion dancing, gymnastics, and meditation are periodically offered to all students with no additional cost to enhance students' personal training and enrich their Chinese Martial Art journey.