

Congratulations to Wudang San Feng Pai!

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Master Zhou Xuan Yun (left) presented Dr. Ming Poon (right) Wudang San Feng Pai related material for a permanent display at the Library of Congress.

Zhou Xuan Yun

On Feb. 1, 2013, the Library of Congress of the United States hosted an event to receive Wudang San Feng Pai. This event included a speech by Taoist (Daoist) priest and Wudang San Feng Pai Master [Zhou Xuan Yun](#) and the presentation of important Wudang historical documents and artifacts for a permanent display at the Library.



Wudang Wellness

Re-established in recent decades, Wudang San Feng Pai is an organization in China, which researches, preserves, teaches and promotes Wudang Kung Fu, which was said originally created by the 13th century Taoist **Monk Zhang San Feng**. Some believe that Zhang San Feng created **Tai Chi** (Taiji) Chuan (boxing) by observing the fight between a crane and a snake. Zhang was a hermit and lived in the Wudang Mountains to develop his profound philosophy on Taoism (Daoism), internal **martial arts** and internal alchemy. The Wudang Mountains are the mecca of Taoism and its temples are protected as one of 730 registered World Heritage sites of the United Nations Educational, Scientific and Cultural Organization (UNESCO). Wudang Kung Fu encompasses a wide range of bare-hand forms of Tai Chi, Xingyi and Bagua as well as weapon forms for health and self-defense purposes. Traditionally, it was taught to Taoist priests only. It was prohibited to practice during **the Chinese Cultural Revolution** (1966-1976). According to Master **Stephanie Mayer-Sattin**, Grandmaster **Zhong Yun Long** (14th generation San Feng Pai) saved as much knowledge as possible from masters in their 80's after the Cultural Revolution to ensure the continuance of the Pai. It was not until 1988 that Wudang priests start to teach San Feng Kung Fu to outsiders.

Master Zhou grew up in a temple on the Wudang Mountains, where he was a student and later an instructor of Wudang Kung Fu. He belongs to the Orthodox Unity sect of Taoism, and is trained in ritual arts, chanting, divination, and internal alchemy. At the age of 20, he left Wudang to live as a wandering monk. He traveled alone around China for four years, in order to seek out and dialogue with fellow martial artists. Now he resides in Boston and has taught students from 25 different countries.

Wudang Wellness, Inc., headed by Dr. Lee Lien Jun (Wudang San Feng Pai 16th generation disciple of Master Wang Li Sheng), Supreme Grandmaster John Tran, and Master Stephanie Mayer-Sattin worked

tirelessly for a year and spent much of their own funds to make connection and planning for these events. At the Library of Congress, Master Zhou introduced the origin of Taoism, the internal alchemy or [Qigong](#), and Wudang Kung Fu during his speech. He also led a little practice to let the audience feel the Qi. The material presented to the Library was a mixed media portfolio from China and other countries. The collection was accepted by Dr. Ming Poon, Asian Reading Room Director of the Library. Twenty other Taoist masters and practitioners from the U.S., China and Australia also joined the presentation ceremony. This event marked an important milestone for Wudang San Feng Pai. Stephanie appreciated the support from the 15th generation masters [Zhong Xue Chao](#) (Bing), [Wang Li Sheng](#) and [Yuan Xiu Gang](#) also made these events successful.

Also on Jan 31, the Chinese Embassy of Washington, DC hosted a Lunar New Year Celebration at [the Meridian International Center](#), highlighting the Martial Arts of Wudang Mountain and featured Wudang Masters Zhou Xuan Yun, Benjamin Conway, Corey Hopp and Michael Vollero, Stephanie Mayer-Sattin, [Jesse Teasley](#) and Grandmasters Bai Wenxiang and Nick Gracenin. Famous musicians [Cathy Yang](#) and [Tom Teasley](#) accompanied them with exquisite music. Tom also

Grandmaster [Gracenin's](#) credentials range through all aspects of Chinese martial arts -- athlete, coach, judge, and administrator in national and international [Wushu](#) organizations. Nick is a winner of numerous medals in international competitions and coach of many champion athletes, including the 1995 USA Tai Chi and Internal styles All-around Champions and 18 members of USA National Teams. He is recognized as one of the first non-Asian masters of the art. [Inside Kung Fu](#) named him in 1999 as one of the 100 people who have made the greatest impact on martial arts in the past 100 years. Nick performed Fu style Wudang Kung Fu.

Grandmaster [Bai Wenxiang](#) is highly respected by the international martial arts circle because of his skills, knowledge, accomplishment and integrity. Born in 1947, Bai was trained first by his father, then with Mater Zhang Tong. He was the youngest member of the professional Shaanxi Province team at age 12. He mastered many traditional martial arts Huaquan (flower fist), Chaquan (seeking fist), Paoquan (cannon fist), Shaolin, Liuhe (six harmony), Xingyi, Baguazhang, Fanzhi, Bajiquan and Piguquan (hanging chop). He was a national champion in his 20's and early 30's. He became the Chinese National Team coach as well as the head coach of the Shaanxi Provincial team. [Zhao Changjun](#), who won the most medals in China's national competitions in recent decades, was a protégée of Grandmaster Bai. Super star [Donnie Yen](#), who played Bruce Lee's teacher [Ip Man](#) in [Ip Man](#) and [Ip Man 2](#), and movie star and Chen Style Tai Chi Sifu [Stephan Berwick](#) studied with Grandmaster Bai as well.

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