



GOLD SUMMIT MARTIAL ARTS INSTITUTE

中美太極氣功武術館

www.summitkungfu.com

*鐵拳 Iron Fist Boxing

*兒童武術 KIDS Kung Fu 4 & up

*成人 / 青少年武術 Kung Fu Adults/Teens

*中國舞蹈 Chinese Dance

*太極拳 Tai Chi

請上我們的網站 summitkungfu.com

~~~~~中美武術館是一個非盈利教育機構~~~~~

Gold Summit is a Non-Profit Educational Institution

## 我們的使命

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中美太極氣功武術館是紐約水牛城的一個非盈利教育機構，也是金頂東方文化發展組織之下的一個附屬機構。中美武術館致力於提供一個紀律嚴明和諧統一的環境，使不同年齡，不同人種，不同宗教和不同能力的人都能在此修煉自身，而且能受到武術，佛學，東方文化和東方哲學的教育。

我們的使命是聯合各行各業各種宗教背景的人們，使大家能夠超越種種障礙和文化上的差異而逐漸灌輸并掌握建立自我認識，心靈修為，健康身體，以及和諧社區的工具。我們相信，中美武術館為社會所能做的最圓滿的貢獻就是為其成員提供寶貴的工具，以使他們能夠藉此實踐東方哲學所體現的心靈的柔韌與耐性。

我們鼓勵中美武術館的學生，家長，兄弟，姐妹和朋友一道和睦訓練，相互支持如同一家人。如此不僅大家能夠提高自身修習，同時也能夠努力成為我們周圍的人的最佳楷模。

## *Our Mission*

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*The Gold Summit Martial Arts Institute is a Non Profit Educational Facility in Buffalo, N.Y. established beneath the Gold Summit Organization for Development of Eastern Culture. Gold Summit strives to provide an environment of discipline, harmony and unity where people of all ages, races, religions and abilities may cultivate themselves and be educated in Martial Arts, Buddhism, Asian Culture and Eastern Philosophies.*

It is our mission to unite people from all walks of life and religions so that we may transcend barriers and cultural differences for the purpose of instilling tools to create self awareness, self cultivation, good health and community harmony. We believe that giving the tools to practice the eastern philosophies of mental flexibility and patience to those who are part of The Gold Summit Institute is the fullest way in which we can contribute to our society.

We encourage students, parents, brothers, sisters and friends of Gold Summit to train harmoniously together and support one another as family. In this way we may cultivate and improve ourselves while we also learn to be the finest example to those around us.

## 4-12歲兒童武術課程

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中美武術館的兒童武術訓練具有高度嚴格紀律的氣氛，而同時非常悉心培育積極鼓勵孩子們。他們在這裏學到培養品德的重要性，包括尊敬人，懂禮貌，有耐心，不競爭，和高度專心致志。我們的課程取得了極佳的效果，得到了孩子和家長們一致的高度評價！（請到網站閱讀見證）

**小班 武術（4-8歲）**重點在於增進粗大運動技能和身體的協調平衡，在班組裏相互合作，聽從指揮，學習武功的禮儀道德，提高自我意識及他人意識。小班的學生循序漸進地學習武術的基礎，不求快，而求準確。

**中班 武術（8-12歲）**比小班高一級，是一個嚴格而富於挑戰的鍛煉。基本功在中班裏得到進一步擴充，並加入了更多的踢腿和站樁練習。它是一個高能量的運動課！學生們在基本招式，形體建造，翻滾技術和柔韌性方面大量訓練。他們在這裏學到自律和專心的重要性，培養良好習慣—不僅在訓練聽以內，也在訓練聽以外！中班幫助年輕學生做好準備進入更強化的成人／青少年武術班。

## 成人／青少年武術課程

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中美武術館的成人／青少年武術訓練課程提供適合於西方生活方式的傳統訓練體制。學生們在此學習中華武術的哲學，文化，禮儀和歷史，同時得到金頂武術課的嚴格身體訓練和運用打鬥的訓練。

我們的學生已經見證以下的良好結果：

- \*精神旺盛，疾病減少
- \*柔韌和強度大大增加
- \*心理耐力，心理意識，心理控制力
- \*注意力高度集中
- \*面臨高壓力和困境時的耐心，以及對待他人的耐性

我們的武術課極其富於挑戰，嚴格而活力盎然。正如任何在中美武術館長期受訓的學生會告訴你的：祇要持之以恆，你就會訓練成爲一個平衡全面，高度自制，武藝高超的金頂武術實踐者，具備一個武士的力量和心量。

## 鐵拳

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本課從基幹西式拳擊技巧和調節開始，訓練乃非競爭性，基於現實。使用拳擊臺式和非拳擊臺式的原理和技術，此拳擊訓練教訓練生如何培養速度，爆發力，放鬆的心態和訓練有素的身體。

## 天仙舞

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天仙舞是專門為女性設計的健身訓練，目的在于強身及平衡身心，其風格與中國舞蹈相仿，並且融入芭蕾舞技術以及法華太極的美感和動感。天仙舞甚至包含武術瑜伽以及八正道拳裏的蛇與仙鶴的動作。練天仙舞的女士們能夠得到中國文化的價值，哲學及傳統的熏陶。天仙舞同時也給予她們內在的慰藉，超脫和美的感受。

## 太極拳

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中美武術館的太極拳班是為增進身心而設計。雖然每周祇上一到兩次課，您一定會在健康與個人修行上看到積極的變化。不同年齡的學生都反映說中美武術館的太極訓練有助於：減輕焦慮，減輕關節炎，改善睡眠，減少生病，增進身體協調，增加元氣和力氣，增加注意力，控制壓力，諸如此類好處不勝枚舉！與一般流行的觀念不同，我們的太極訓練是鍛煉！正確的校準以及高低站樁的結合導致強有力的雙腿和精力旺盛的身體。有了正確的力學機制和放鬆的心，加上我們這裏的和平氣氛，您的太極訓練將為您帶來正宗傳統的高度有益的結果。

## 我們的教練

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我們所有的教練都經過了多年的武術，太極，拳擊，腿擊，氣功，瑜伽，泰拳腿擊，或組合式樣的各種訓練。他們還訓練了全面接觸格鬥。許多人已經成功地完成了訓練。此外，他們已經完成了中美武術館的高强度高信息度的教員訓練課程，而且仍然不間斷地繼續每周訓練。您將發現我們所有的老師都非常知識淵博，有耐心，善于激勵。如想更多知道有關我們教練的信息，請上我們的網站 [summitkungfu.com](http://summitkungfu.com) 或者到我們武館等候處查看工作人員與教練資料。

## 中美武術館獨一無二的特別學習班

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為增進學生的訓練，一年四季我們經常提供各種學習班。我們所有的教練和學習班祇是在中美武術館獨此一家。我們有諸如以下的有趣活動：\*特技功夫，\*素食烹調，\*習武人的翻滾技術，\*佛教坐禪與念誦，\*電影之夜，等等！活動及學習班將公布于我們的網站上，廣告單以及時間表通常也會張貼在武術館內。

若欲了解更多信息或登記下一次的注册或指南，請務必該我們辦公室打電話。

## *KUNG FU PROGRAM AGES 4 to 12 years*

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Gold Summit Kids Kung Fu classes have a highly disciplined atmosphere and yet are still very nurturing and positive. Children learn the value of being respectful, patient, non competitive and highly focused. We have had fantastic results with our Programs, and overwhelmingly positive reactions from kids & Parents! (Please read the testimonials on our website)

**The Xiao Ban Kung Fu** (Ages 4-8 yrs.) focuses on improving gross motor skills, coordination, balance, working together with a group, following directions, learning the Kung Fu etiquette and respect, and heightening awareness of self and others. Xiao Ban kids learn Kung Fu basics, slowly and properly. With time and patience, Our young students are trained to be fully prepared to move into the next level of training, in the Zhong Ban.

**The Zhong Ban Kung Fu** (Ages 8-12 yrs) is the next step up from Xiao Ban. It is a rigorous and challenging workout. The basics are now expanded upon and more kicking and stance drills are added. This is a high energy class! Kids work extensively on basics, formwork, tumbling and flexibility. Students learn the value of discipline, concentration and the development of good habits-inside the Training Hall and out! This class also helps prepare our young students for the more intensive Adult/Teen classes. \*\*

## *TEEN/ADULT KUNG FU PROGRAM:*

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The Gold Summit Adult/Teen Kung Fu Program offers traditional training regimes that are suitable for the western lifestyle. Students learn the philosophy, culture, etiquette and history of Chinese Martial Arts, along with the rigorous physical training and fighting applications training of their Jin Ding (Gold Summit) Kung Fu classes.

Some of the positive results our KUNG FU Students have attested to are:

\*Renewed energy, less sickness \*Flexibility, dramatic increase in strength, \*Mental stamina, Mental awareness, Mental Control, \*higher levels of Concentration \*feeling more patient with stress, difficulties and other people. The Kung Fu classes are challenging, rigorous and highly energetic. As any long term Gold Summit student will tell you, with time and perseverance, you can become an extremely well rounded, highly disciplined, proficient Gold Summit Kung Fu practitioner, with the strength and heart of a warrior.

## *IRON FIST BOXING*

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This class begins with training hard core Western Boxing techniques and conditioning. The training is a non-competitive, reality based training. Using both Ring style and Non-Ring style principals and techniques, this boxing training will teach the practitioner how to develop speed, power, a relaxed mind and a disciplined body. Western boxing footwork, punching, and punching combinations are the foundation for the IRON FIST BOXING style and later, a student

also learns how San Shou (Kung Fu free fighting) elbows, knees and footwork techniques fuse with their Boxing skills. The classes are also great for conditioning, with push-ups, sit-ups, jump rope, great partner drills and more! The discipline and intensity of The Iron Fist Boxing class helps to cultivate the steady strength of mind required in life and the power and fearlessness required to be an Honorable Fighter.

### *Tian Xian Chinese Dance*

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Tian Xian Wu or Heavenly Immortal Dancing is specifically devoted to training Women & Girls for the purposes of creating Excellent Health, a balanced mind and a solid, strong body. This dance style resembles Chinese Classical Dancing fused with some ballet techniques and the beauty and fluidity of Fa Hua Tai Chi. Tian Xian Wu even contains elements of Martial Arts Yoga and snake & crane movements of Ba Zheng Dao Kung Fu. Women who practice this dance learn the value, philosophy and traditions of Chinese culture. Tian Xian Dance also gives each woman an internal sense of comfort, serenity, and beauty.

### *Tai Chi Chuan*

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The Tai Chi classes at Gold Summit Institute are designed to yield a strong mind and body. Though you may only attend classes with us once or twice per week, you will definitely see a positive difference in your health and personal practice. Students of all ages, say their Tai Chi training at Gold Summit has helped with: \*anxiety \*arthritis\* better sleep \*less sickness \*better coordination \*increased strength and energy \*increased concentration \*stress management and more! And contrary to popular belief, our Tai Chi training is a work out! Proper alignment and a combination of high and lower stances create powerful legs and an energetic body. With the proper mechanics and a relaxed mind, in combination with our peaceful atmosphere, your Tai Chi practice will yield genuinely traditional and highly beneficial results!

### *OUR INSTRUCTORS*

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All of our qualified instructors have many years of training in Martial Arts, Tai Chi, Boxing, Kick Boxing, Chi Kung, Yoga, Muay Thai Kick Boxing or a combination of these styles. They have all trained in full contact fighting. Many have successfully competed. They also have been through Gold Summit's intense and informative Instructor Training Program and still continue to train rigorously each week. You will find all of our Teachers to be knowledgeable, patient and motivating. For more information on our Instructors, see our website @summitkungfu.com or our Staff/Instructor Profile Book in our waiting area!

*SPECIAL WORKSHOPS EXCLUSIVELY AT GOLD SUMMIT!*

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To enhance our students training, we also offer various workshops throughout the year. All of our Instructors and their workshops are found exclusively here at Gold Summit. We have exciting events & training in \*Stunt Kung Fu, Vegetarian cooking, \*Tumbling skills for the Martial Artist, \*Buddhist Meditation and recitation,\*Movie nights and more! Events & Workshops are posted on our website, and Flyers & schedules are posted on a regular basis at the Institute.

Please be sure to call our offices for more information or to register for the next available Registration/Orientation!