

# Stanford Martial Arts Program 2001-2002 Handbook



## A Guide to Martial Arts Activity at Stanford University

### Stanford Martial Arts Program (SMAP)



The Stanford Martial Arts Program (SMAP) is a collective of the various martial art student groups practicing on the Stanford campus. Its main goals are to educate the Stanford community through outreach programming about the variety of martial arts available on campus, serve as a centralized communications network between the different martial arts groups, and preserve the martial arts as a vital and distinctive component of Stanford life. This, the inaugural edition of a handbook that compiles detailed information about the specific martial arts groups at Stanford, is a result of SMAP's efforts to achieve these goals.

An ASSU-sponsored meeting of the martial art student leaders at Stanford formed the basis for SMAP in January 2001. Previously, martial arts at Stanford were supported and offered as PE classes by the Department of Athletics. This relationship officially ended in the summer of 1999, and SMAP arose in response as a student-initiated umbrella organization to help individual groups deal with issues such as practice space, publicity, and funding.

SMAP campaigned for and successfully acquired ASSU Special Fee funding in April 2001 for the 2001-2002 school year. This funding helps support the operating budgets of its member clubs and specific SMAP initiatives, including this handbook. Other planned initiatives for the 2001-2002 year include dorm-based self-defense seminars, multi-group martial arts demonstrations, and the establishment of a program director to assist in the ongoing activities of SMAP.

We would like to thank those of you who support the martial arts and hope that this handbook is of use to those less familiar with the martial arts community here on campus. SMAP is committed to sustaining the martial arts at Stanford and can only do so through your interest and involvement.

**Contact:** Chris Kim, President

**Email:** [chriskim@pangea.stanford.edu](mailto:chriskim@pangea.stanford.edu)

**URL:** <http://smap.stanford.edu>

**Mailing address:** P.O. Box 20208, Stanford, CA 94309

**Office:** Rogers House, Stanford University

**Email list:** [martialarts@lists.stanford.edu](mailto:martialarts@lists.stanford.edu) To subscribe to this list, which provides information about SMAP and other martial arts events on campus, send an email to [majordomo@lists.stanford.edu](mailto:majordomo@lists.stanford.edu) with the words "subscribe martialarts" in the message body.

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**NOTE:** Listed practice times may vary from quarter to quarter. Check the individual club websites for the most current information.

## Acknowledgements

Funding for the printing of this handbook was provided by ASSU Special Fee funds granted to the Stanford Martial Arts Program. Additional printing assistance was provided by Xerox.

The 2001-2002 Stanford Martial Arts Program Handbook was designed by Sherman Lo and edited by Chris Kim and Sherman Lo.

Thanks to all SMAP club representatives for contributing content to this handbook.



## Aikido



**Club:** Stanford Aikido Club

**Contact:** Michael Malkin, President

**Email:** mikeym@stanford.edu

**URL:** <http://www.stanford.edu/group/aikido/>

**Head Instructor:** Sensei Frank Doran

**Instructors:** David Kunis, Niall Gow, Ron Chestnut, Michael Bachmann

**Meeting Times:** Monday, Tuesday, Thursday, and Friday, 11:30 AM -12:45 PM

**Meeting Location:** Arrillaga Sports Center - Wrestling Room

**Description:** Aikido, purely in its practical application, is an art of self-defense. Using Aikido properly, violent aggression can be neutralized swiftly and cleanly with demonstrable control over all the aspects of attack and defense, so that effective self-defense becomes possible without the necessity for inflicting serious injury.

Aikido is more than a physical art, though. Into its techniques are woven elements of philosophy, psychology, and dynamics. It is a way of life that unifies life energy, ki, a way of being in harmony with one's environment and centered within oneself. At its highest levels, it is an effective discipline for the development, integration, and utilization of all of one's powers - mental as well as physical.

**Email List:** Send an email to [majordomo@lists.stanford.edu](mailto:majordomo@lists.stanford.edu) with the words "subscribe stanford-aikido" in the message body.

## Aiki-Weapons

**Club:** Aiki-Weapons Club of Stanford University

**Contact:** Michael Malkin, President

**Email:** mikeym@stanford.edu

**URL:** <http://www.stanford.edu/group/aiki-weapons>

**Instructor:** Mark Lim, Nelson Tan

**Meeting Times:** TBA (Please check the website for updates)

**Meeting Location:** Roble Gym - Room 33

**Description:** The Aiki-Weapons club practices Japanese sword and staff forms related to the study of Aikido. The movements emphasize balance, breathing, control of center, distance, timing, and blending with the actions of your partner. Weapons training is complementary to the empty hand techniques of Aikido, using many of the same hand, foot, and body movements. However, the weapons training does not require any particular proficiency in Aikido, and can be studied independently as its own art.

**Email List:** Send an email to [majordomo@lists.stanford.edu](mailto:majordomo@lists.stanford.edu) with a blank subject line and only the line "subscribe aiki-weapons" in the body of the email.



## Capoeira

**Club:** Stanford Capoeira Club

**Contact:** Brian Laing

**Email:** [blaing@stanford.edu](mailto:blaing@stanford.edu)

**URL:** TBA (see SMAP website)  
<http://smap.stanford.edu>

**Head Instructor :** Mestre Beizola

**Meeting Times:** Mon/Wed 10-11am, Open session Friday 10am

**Meeting Location:** Roble Gym



**Description:** Capoeira is a breathtaking Afro-Brazilian martial art that combines practical self-defense, dance, acrobatics, music, history and philosophy. The mysterious origins of Capoeira are rooted in the Afro-Brazilian slave trade. It is thought that movements from traditional Angola dance evolved into techniques of self-defense and rebellion. When Capoeira was outlawed by slave owners, the fighting art became disguised as a dance through the addition of music and acrobatic movements. Unlike most martial arts which use fixed fighting stances, capoeiristas "play" in a continuous flow of unique kicks, handstands, flips and takedowns. In the 1930's Capoeira was legalized in Brazil and is now spreading throughout the world.

The Stanford Capoeira Club began in 1999. We are proud to have classes taught by world renowned Mestre Beizola, native of Rio de Janeiro.

**Other Activities:** Our group's principal activities outside of classes are campus performances. We usually have demonstrations several times a quarter ranging from quarterly martial arts demos to Sanskriti's "Rhythms" show to Bechtel's International Festival. Mestre Beizola's Batizado (Capoeira encounter and belt testing) is held at the end of every fall quarter at the YWCA in Palo Alto. He also offers a Capoeira/Samba trip to Brazil every summer.

## Hwa Rang Taekwondo-Hapkido

**Club:** Stanford Hwa Rang Taekwondo-Hapkido Club

**Contact:** David Vengerov

**Email:** vengerov@stanford.edu

**URL:** <http://www.stanford.edu/group/hwarang/>

**Head Instructor:** Grandmaster D. K. Shin

**Instructor:** Master Y.S. Ha

**Meeting Times:** Tuesday, 9:00-10:30 pm,

Wednesday, Thursday 9-10:00 pm

**Meeting Location:** Arrillaga Sports Center (basement floor, #010)

**Description:** Hwa Rang is an ancient martial art introduced to Korea by the Buddhist priest Won Kwang Popsa over 1,800 years ago in the small Kingdom of Silla. In Hwa Rang the principles of anatomy were developed by monks studying vital points of the nervous system and weak joints. They applied knowledge in the techniques of punching, kicking, throwing, and weaponry. The monks acquired mental powers that gave rise to great legends among the common people about their mysterious powers. These secret arts were preserved by the monks for many centuries and later taught to members of the royal family. From Hwa Rang many other schools evolved. In all there are about 180 categories of this art and 4,000 individual techniques.

Hwa Rang Taekwondo-Hapkido emphasizes a traditional approach, although we do incorporate competitive training in our curriculum. Our traditional taekwondo curriculum includes forms (poomse), one-step sparring, and combination kicks. Competitively, our HRK black belts participate in local, State and National tournaments. We occasionally will have guest instructors from Korea. Our hapkido curriculum includes traditional techniques and practical self-defense, and free-style hapkido sparring. We teach an eclectic variety of Korean martial arts, including Kumdo and gigong. Our small and relaxed group also allows for more attentive and personal instruction.

**Email List:** Send an email to [majordomo@lists.stanford.edu](mailto:majordomo@lists.stanford.edu) with a blank subject line and only the line "subscribe hwarang-members" in the body of the email.



## JKA Shotokan Karate

**Club:** JKA of Stanford

**Contact:** George Candea

**Email:** [candea@stanford.edu](mailto:candea@stanford.edu)

**URL:** <http://karate.stanford.edu>

**Head Instructor:** Kenichi Haramoto  
(6th Dan, Certified Instructor of the JKA)

**Meeting Times:**

Tuesday, Thursday: 7-8:30 PM,

Saturday: 10 AM –12 PM (check web site for details and directions)

**Meeting Location:** Roble Gym



**Description:** Shotokan Karate is a weaponless martial art developed in Okinawa and Japan, emphasizing power and efficiency in combat. Skilled karateka defeat their opponents with a minimal number of techniques and effort, which is particularly useful when facing multiple opponents. Shotokan, as taught in the JKA (Japan Karate Association), is distinguished from other martial arts by the linearity and strength of its punches, blocks, and kicks. Precise techniques, mastery and focus of energy flows, plus a deep knowledge of the body's vital points make this karate style a comprehensive system for self-defense and combat. JKA Shotokan also constitutes a holistic system in which the training itself has far reaching effects on the trainee, from aerobic fitness and strength to self-discipline, confidence, and understanding of the physical/mental self.

Our typical class starts with a traditional bow-in, followed by warmup and stretching exercises. Then we do *kihon* – basic stances, blocks, punches, and kicks, followed by combination techniques, after which we practice *kata* – complex sets of techniques arranged in a pre-defined order, simulating a fight against multiple opponents. The last component of training is *kumite* – sparring drills and freestyle sparring, meant to turn training techniques into real, effective fighting techniques. We end with strength exercises, followed by stretching, cooldown, and a traditional bow-out.

Our club welcomes all students and members of the community, regardless of experience level. See <http://karate.stanford.edu/enroll.html> for more information.

## Judo

**Club:** Stanford Judo Club  
**Contact:** Jeff Byron  
**Email:** jbyron@stanford.edu  
**URL:** www.stanford.edu/group/judo/

**Head Instructor:** Raul Tamayo

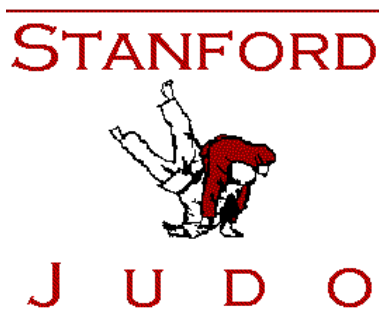
**Meeting Times:** Monday,  
Wednesday, Friday: 1:00-2:30 PM  
**Meeting Location:** Arrillaga Sports  
Center - Wrestling Room

**Description:** Judo is a highly competitive form of martial arts. It was the first Olympic martial art, and it was the only one until 2000, when Taekwondo was introduced. Judo was invented in 1882 by Jigoro Kano, who distilled the essential elements of Jujitsu, the martial art form used in combat by Japanese samurai who lost their sword. The word "judo" in Japanese means "gentle way." He thus created the Kodokan, a school which taught this gentler form. The sport of Judo has grown to be a popular worldwide sport with constantly changing techniques.

When on your feet in Judo, you attempt to defeat your opponent by throwing them on their back. When on the ground, you attempt to succeed through a pin or submission hold. There are no strikes in judo, making it relatively safe for even beginners to compete. As tournament pools are divided by both weight and skill level, you are always assured a fair match.

The Stanford Judo Club began in the Fall of 1980 and has grown since then. Today, Stanford Judo is active both in SMAP and as a member of club sports, competing regularly in local tournaments. There is a strong focus on competing as a team and as individuals, although members do often just come for the exercise and recreation. Our team is co-ed, open to undergraduate and graduate students of any skill level.

**Competition:** Tournaments are held on some Sundays.



## Jujitsu

**Club:** Stanford Jujitsu Club  
**Contacts:** Joyce Hung, Michael  
Friedlander, Ben Escoto  
**Email:** joyceh@Stanford.edu,  
mpf@stanford.edu, bescoto@stanford.edu  
**URL:** http://www.stanford.edu/group/ujjitsu/

**Head Instructor:** James Moses (8<sup>th</sup>  
degree, *Hachidan*)

**Meeting Times:** Monday, Wednesday,  
Friday: 7:00-8:45 PM (Fall, Winter, Spring),



Monday, Wednesday, Friday: 6:30-8:15 PM (Summer)  
**Meeting Location:** Arrillaga Sports Center - Wrestling room

**Description:** The Stanford Jujitsu Club practices an eclectic style of martial arts known as Aiki Jujitsu. Our club belongs to the larger school of Zen Budokai, which was founded by Dr. Duke Moore (10<sup>th</sup> degree, *Judan*). The discipline includes throws, striking, groundwork, joint locks, submission holds, and police control techniques. Our main emphasis is on mastering practical methods of self-defense. We do not compete in tournaments.

The Stanford Jujitsu Club is open to beginners all year round, and students who choose to stay with us longer can further refine their basic skills while learning more advanced techniques. Students may continue as long as they wish, with the possibility of receiving formal belt rankings in Aiki Jujitsu.

All Stanford students, faculty, and staff members are invited to join our relaxed atmosphere, as we work on conditioning, coordination, and learning self-defense. For more detailed information on our history and curriculum, please check out our website. You will also find some eye-catching video clips and other useful things, such as FAQs and a martial arts dictionary.

**Email List:** To join the Stanford Jujitsu Club's mailing list, send email to majordomo@lists.stanford.edu with the word "subscribe jujitsu" in the email body.

## Kenpo Karate

**Club:** Stanford Kenpo Karate Club

**Contact Person:** Wade Gupta

**Email:** [wgupta@stanford.edu](mailto:wgupta@stanford.edu)

**URL:** [www.stanford.edu/group/kenpo](http://www.stanford.edu/group/kenpo)

**Head Instructor:** Barbara Minneti

**Instructors:** Tom Shem, Ken VanVleck, Greg Stein, Rob Neivert

**Meeting Times:** Monday, Wednesday: 7-9 PM, Saturday: 10-12 AM

**Meeting Location:** Roble Gym

**Description:** Kenpo karate is a martial art that teaches self-defense and self-control through three primary methods: self-defense techniques, forms/katas, and kumite/sparring. Self-defense techniques help students develop their skills by allowing them to practice with different threatening situations and experiment with what-if scenarios. Initially, forms and katas help students to develop mental concentration and mental discipline. As they progress, the forms and katas help them to develop self-awareness and self-expression. Kumite (also known as freestyle or sparring) is an exercise in which students test their skills, self-confidence, and self-control in a friendly competition among other classmates. It gives students the opportunity to develop their reflexes and timing in a controlled environment. The Kenpo style strives to maintain a balance between its "martial" aspect and its "art" aspect. The "martial" aspect is expressed by effective efficient self-defense concepts and techniques. These techniques fuse kicking and punching with joint locks and grappling moves. The "art" aspect is expressed by creativity, self-expression, and presentation of form.

**Competitions:** The Stanford Kenpo Club attends and competes at local and regional competitive tournaments annually.

**Other Events:** The Stanford Kenpo Club produces and sponsors an annual Women's Self-Defense Seminar. It strives to provide participants with a framework to understand better ways for self-protection and defense in a safe and supportive group environment. Other public demonstrations are available upon request.

**Email List:** [kenpo@lists.stanford.edu](mailto:kenpo@lists.stanford.edu) To subscribe to our e-mail list, send your request to [majordomo@list.stanford.edu](mailto:majordomo@list.stanford.edu). On the first line of the message, write: "subscribe kenpo". (in message body, not subject ).

STANFORD



KENPO KARATE

## Muay Thai Kickboxing

**Club:** Stanford Kickboxing Association

**Contact:** Thomas Hoelen, President

**Email:** [hoelen@stanford.edu](mailto:hoelen@stanford.edu)

**URL:** <http://kickboxing.stanford.edu>

**Instructors:** Cole Corbin, Thomas Hoelen, Watanee Sriwatanapongse

**Meeting Times:** Monday, Wednesday: 8:30–10 PM, Friday: 4–5 PM



**Meeting Location:** Roble Gym, Main basketball court

**Description:** Muay Thai or Thai Kickboxing is a martial art developed in Thailand about 500 years ago to defend the country against invaders. Muay Thai combines Western-style boxing with various kicking techniques, and includes the use of elbows and knees.

The goal of our classes is to teach fighting skills and reflexes that are applicable to real life situations. Though traditionally Muay Thai is designed to be fatal to the opponent, we focus on self-defense and counter attack. Usually light sparring is practiced with minimal use of elbows. During class, students wear boxing gloves and proper protective gears. In order to excel in Muay Thai, one will need to develop endurance, strength, flexibility, concentration, and reflexes. One will learn to adapt the techniques according to their strengths and weaknesses at their own pace.

Classes are held four quarters a year and are open to everyone regardless of experience. New students can join the class at any time during the quarter.

**Competition:** Students do not compete for Stanford Muay Thai due to the risk of severe injuries. However, students can compete on a personal title during monthly amateur sparring competitions in San Francisco.

## SKA Shotokan Karate

**Club:** Stanford Shotokan Karate of America

**Contact:** David Barkin

**Email:** barkin@stanford.edu

**URL:** <http://www.ska.org/>  
<http://www.stanford.edu/group/shotokan/>

**Head Instructors:** Jim Sagawa (5th Degree Black Belt), Manfred Chiu (5th Degree Black Belt)

**Meeting Times:** Tuesday, Thursday: 7-9 PM, Sunday: 11 AM-1 PM (brown and black belt only)

**Meeting Location:** Burnham Pavilion (Tu, Th), Roble Gym (Sun)

**Description:** Karate is a martial art involving a variety of self defense techniques including blocks, strikes, and escapes. Our process of training emphasizes breathing, stretching, balance, perception of others and self, and elements of leadership. The intent is to provide students with tools for developing character.

Shotokan Karate of America (SKA) was founded by Tsutomu Ohshima. Mr. Ohshima began studying karate at Waseda University in 1948 under Master Gichin Funakoshi, the founder of modern Karate. In 1955, Mr. Ohshima came to the United States and was the first person to teach karate to the US public. Mr. Ohshima received the rank of Godan (5th degree black belt) in 1958 from Master Funakoshi, the highest rank ever awarded personally by the Master, and therefore the highest rank attainable in SKA.

Stanford Shotokan has had regular practices on campus since 1981 and is currently led by Jim Sagawa (Godan, past president of SKA) and by Manfred Chiu (Godan).

Students of all experience levels are welcome at any time. Please feel free to visit any regularly scheduled practice and join us for a workout. Bring or wear loose and comfortable clothing.

**Other Activities:** One of the unique features of karate training in SKA is what we call Special Training, an intensive 2 to 4 day training camp. Special Trainings are held annually at Stanford in late January.



## Taekwondo

**Club:** Stanford Taekwondo Club

**Contact:** Vincent Lo, President  
vlo@cs.stanford.edu

**Email:** stanfordtkd@yahoo.com

**URL:** <http://tkd.stanford.edu>

**Head Instructor:** Master Tim Ghormley,  
tghormley@gostanford.com

**Meeting Times:** Tuesday, Thursday:  
6:00-7:30 PM (Beginner, Intermediate),  
7:45-9:30 PM (Advanced);  
*Optional sparring:* Saturday 10 AM-noon



**Meeting Location:** Ford Center - Burnham Pavilion

**Description:** Taekwondo is a Korean martial art that is most famous for its dazzling array of fluid and powerful kicks, complemented by other techniques like punches and blocks. Admitted into the Olympics as a full medal sport in the year 2000, Taekwondo displays to the world the beauty of its attacks as well as the importance of its footwork.

In Taekwondo one will gain flexibility through routine static and dynamic stretching, mental fitness through meditation and *poomse* (forms), strength through the various drills, endurance and cardiovascular health through the generally vigorous workout, and of course new friendship through various social activities. It is truly an excellent martial art and sport for people of all ages and types.

Stanford Taekwondo holds classes all year round (including summers) and is open to both the Stanford and surrounding communities.

**Competition:** The Stanford Taekwondo Club hosts the Stanford Taekwondo Spring Open every year around the first week of June. Members also attend and compete at multiple tournaments during the year, mostly in the Bay Area.

**Other Activities** In addition to public demonstrations at the start of every quarter, Stanford Taekwondo holds various demonstrations around campus, special workshops, and seminars throughout the year.

**Email List:** To subscribe, send an email from your favorite email account to [majordomo@lists.stanford.edu](mailto:majordomo@lists.stanford.edu) with the words "*subscribe tkd*" in the body of the email.

## Universal Karate

**Club:** Stanford's Universal Karate Club

**Contact:** Louise McCormick

**Email:** louisem@stanford.edu

**URL:** <http://www.stanford.edu/~acamaren/>

**Head Instructor:** Sensei William Hinton

**Meeting Times:** Monday, Wednesday, and Friday: 6:30-8:00 PM

**Meeting Location:** Roble Gym - Room 33

**Description:** Universal Karate is a martial arts system effective for both competition and realistic street self-defense. The Universal Karate System is derived from the Okinawan style of Shorei Ryu and includes additional concepts from Kung fu, Aikido, Judo, Jujitsu, and the hard and soft systems of karate. The Universal Karate System is structured around a core of theories, basic techniques, kata, basic animal forms, and self-defenses. Traditional karate training is combined with a realistic approach to self-defense that recognizes the value of having both an effective technique and an indomitable fighting spirit. Sparring, utilizing controlled and focused techniques is included in the curriculum. The ultimate goals of the instructors of the Universal Karate System are to cultivate individual spirit, encourage critical thinking, and teach sound martial arts fundamentals based on scientific principles.

**Competition:** Stanford's Universal Karate Club competes at local, regional, and national tournaments recognized by either the Amateur Athletic Union (AAU-Karate) or the United States of America National Karate-do Federation (USANKF).

**Instructor's credentials:** Sensei William Hinton has been studying and promoting the martial arts since 1967. Specifics can be found at the Universal Karate website.

## Wing Chun Kung Fu



**Club:** Stanford University Wing Chun Student Association (SUWCSA)

**Contact:** Dimitris Pachakis, Student leader

**Email:** dpach@stanford.edu

**URL:** <http://wingchun.stanford.edu>

**Head Instructor:** Sifu Eddie Oshins,  
Eddie@QuantumPsychology.com

**Meeting Times:** Saturday: 11AM-1PM,  
Wednesday: 8-10 PM

**Meeting Location:** Basement of Mathematics building (building 380), in the hallway in front of room 41.

**Description:** Wing Chun Kung Fu's roots can be traced from the Southern Shaolin Temple in China to the late Grand Master Yip Man. It is one of the few martial arts that attributes its origins to a woman. Taught as a predominantly internally-oriented style stressing technique, sensitivity, and subtle awareness instead of brute force, Wing Chun provides practical self-defense for men and women and a means for developing the mind and spirit.

The Stanford University Wing Chun Student Association (SUWCSA) is a formal Stanford University Voluntary Student Organization, but is also open to members of the surrounding community. Classes are quite informal. There are no uniforms and no ranks. Students of all skill levels practice with each other. The instructor typically gives some personal attention to each person, and there is plenty of informal interaction among students as well.

**Other Activities:** Wing Chun as practiced in SUWCSA is geared more towards real fighting than competitions. The club organizes videotape nights, common practices with other Bay Area Wing Chun schools and is actively involved in the World Traditional Sports Federation (<http://wtsf.org/>).



## Wushu



**Club:** Stanford Wushu

**Contact:** Luther White; Melinda Kong; Suzanne Gebauer

**Email:** sweetlou@leland, melhk@leland, sgebauer@leland.stanford.edu

**URL:** www.stanford.edu/group/wushu

**Head Instructor:** Philip Wong, Zhang Hong Mei

**Meeting Times:** Monday: 3:30 - 5:30, Friday: 4:30 - 6:30

**Meeting Locations:** Roble Gym

**Description:** Among China's well kept secrets, one caught the imagination of Americans - Chinese wushu. Wushu is an important component of the cultural heritage of China, with a rich content that has remained untarnished over the centuries. Literally translated, "wu" is military, "shu" is art. Wushu therefore means the art of fighting, or martial arts.

Previously, wushu figured significantly in the simple matter of survival through China's many wars and political upheaval. Today, wushu has been organized and systematized into a formal branch of study in the performance arts by the Chinese. It reigns as the most popular national sport in the country of 1.1 billion people, practiced by the young and old alike. Its emphasis has shifted from combat to performance, and it is practiced for its method of achieving health, self-defense skills, mental discipline, recreational pursuit and competition.

To describe wushu, it is best to understand the philosophy of its teaching. Every movement must exhibit sensible combat application and aestheticism. The wealth of wushu's content, the beauty of wushu movements, the difficulty factor, and the scientific training methods are the song of the elements that set wushu apart from martial arts. Routines are performed solo, paired or in groups, either barehanded or armed with traditional Chinese weaponry. In short, wushu is the most exciting martial art to be seen, felt, and ultimately practiced.

**Competition:** Annual National Wushu collegiates (Stanford, 2001 collegiate champions).

**Other Activities:** Lots of demos and performances around campus.

**Email list:** Stanford\_wushu@lists.stanford.edu

## Other Martial Arts and Related Resources

The **Health Improvement Program (HIP)** has been offering a variety of classes to the Stanford community for nearly 20 years. Classes, which include Tai Chi, yoga, and aerobic/weight training programs, are open to students although are primarily aimed towards Stanford employees.

<http://hip.stanford.edu/>

**Stanford Shorin-Ryu Karate** practices on campus and features "a hard, conservative style of karate noted for its defense oriented philosophy. Instruction focuses on basic techniques, Kata, self-defense and physical conditioning. In training simplicity and commitment are stressed to foster mental as well as physical development."

<http://www.stanford.edu/group/shorinryu/>

The **Stanford University Women's Community Center (WCC)** is involved with, among other issues, self-defense, safety, and security. They work with student organizations such as the Coalition Against Sexual Assault (CASA) to coordinate self-defense seminars and other events.

<http://www.stanford.edu/group/womenscntr/resources/index.html>

**New Stanford student groups**, some related to martial arts and other cultural activities, are formed each year. To stay up to date on currently active student groups, check with the Office of Student Activities.

<http://www.stanford.edu/dept/OSA/studentorgs/>

A variety of **private martial arts studios** can be found in and around the immediate Stanford area. If you seek this type of martial arts experience, which can be considerably different from a university martial arts experience, we recommend conducting a geographically-based web search for the particular discipline you want to try.

Several **martial arts supply stores** are located in the Bay Area. If you are interested in purchasing sparring equipment, uniforms, or other martial arts gear, the best points of contact are typically the clubs listed in this handbook, some of which may be able to acquire discounts on merchandise. You can also conduct a web search for local martial arts supplies and equipment stores or order your gear directly online. The closest store to Stanford will also offer a 25% student discount with SUID:

Golden Gloves Martial Arts Supply  
3447 El Camino Real  
Santa Clara, CA 95051  
tel: (408) 243-2533  
fax: (408) 243-8117

# Campus Map / Practice Locations

