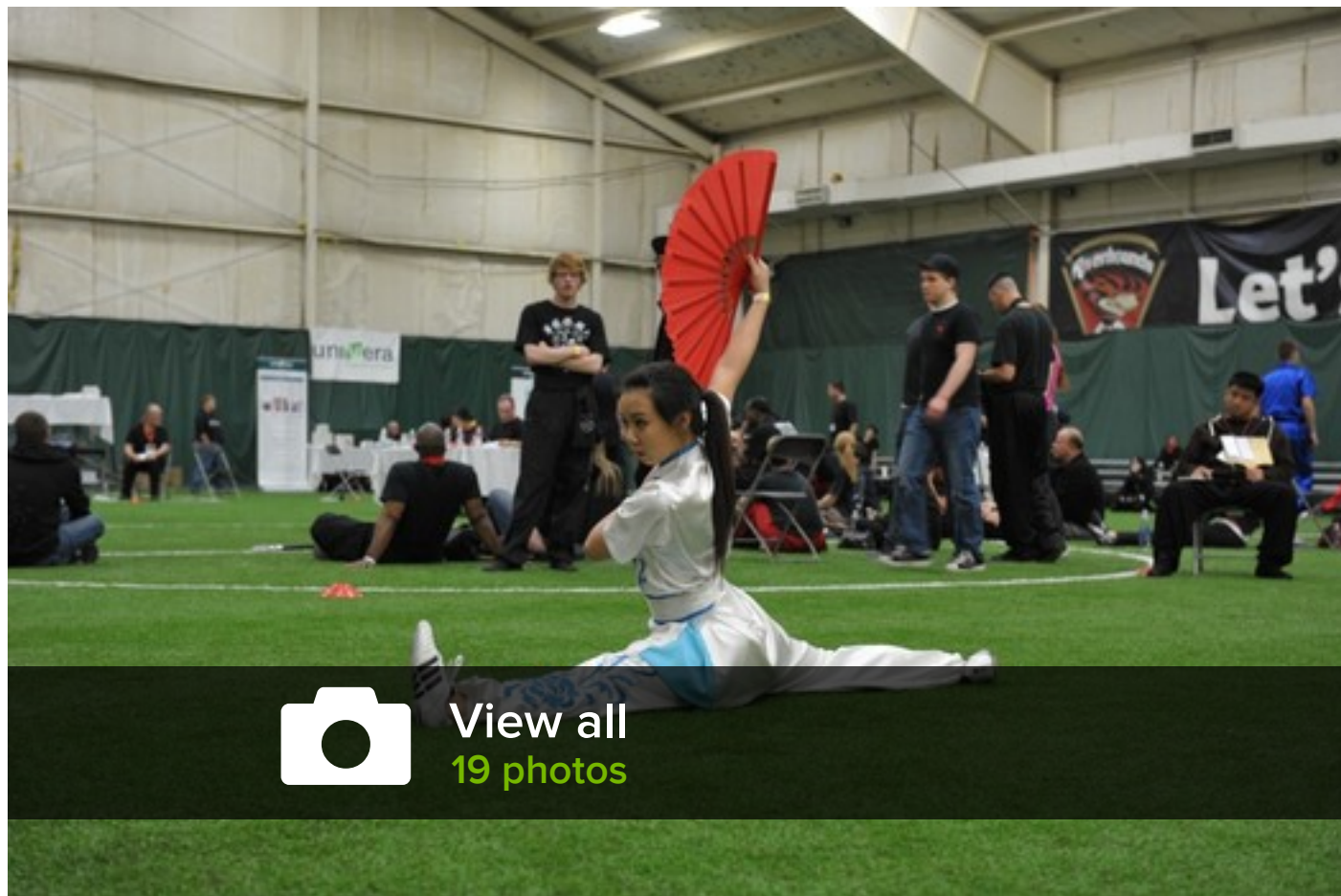


Congratulations, Gina!

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Gina Bao competed in 2012 ICMAC Tournament.

Win-Win Kung Fu Cultural Center

Beautiful Gina Bao from [Win-Win Kung Fu Cultural Center](#) of Pittsburgh, PA recently won a gold medal in [Tai Chi Straight Sword](#) and a bronze medal in Tai Chi Hand Form in [the 5th World Traditional Wushu Championships \(WTWC\)](#), November 5-11, 2012, in Huangshan, China.



Win-Win Kung Fu Cultural Center

Born in Pittsburgh, the 15-year-old Gina is a sophomore of North Allegheny High School and daughter of Chinese [Martial Arts](#) master Dr. Hesheng Bao. To keep in touch with her heritage, she took her parents' recommendation and participated in [Kung Fu](#) classes at age 8. But she was not serious about learning [Wushu](#) until Master Bao opened Win-Win Kung Fu Cultural Center in 2009. She has been trained under several Kung Fu and Tai Chi masters from China to learn and improve her skills. She practices 90 minutes each day and at least four times a week. The past summer, she even went to [Hefei, China](#) to participate in an intensive Tai Chi training camp for two weeks.

Gina is multi-talented. Besides martial arts, she has studied ballet and piano. But her true talent has been exhibited in martial arts. Since 2009, she has competed in a dozen or so national and international tournaments in hard style martial arts as well as Tai Chi. Prior to this year's World Traditional Wushu Champions, she won 21 gold medals, 2 bronze medals and one 4th place and a grand champion. Besides competition, Gina has been active and participating in many community events to promote the traditional culture and martial arts.

When asked whether she likes hard style martial arts or Tai Chi better, Gina said that she enjoyed both but Tai Chi is more fascinating to her because it involves a lot of internal development. You can tell from her sword performance that she has internalized Tai Chi fundamentals. Chen Style Tai Chi Sword is difficult to learn. It is built upon Chen Style Silk Reeling energy with at least thirteen different sword techniques. There are slow movements mixed with fast explosive ones with Fa Jing. Gina's form is exquisite and you can see it by clicking the link here <http://www.youtube.com/watch?v=1LL8FpC3KhU>. She outperformed athletes from Macau China, Singapore, Russia, Ukraine, Italy, and Brunei to win a gold medal in Women Tai Chi Group B. She also won a bronze for Chen Style Competition Hand Form in Women Tai Chi Group B.

Known as the Wushu Olympic Games, the World Traditional Wushu Championships consists of individual, dual and group events and includes traditional Quanshu such as Tai Chi, Nanquan, Xingyiquan, Shaolin, Wudang and traditional weapon styles, such as broadsword, sword, staff, spear, whip and walking stick.

Selected from traditional Wushu team trials the past summer, Gina Bao and 25 other athletes represented the U.S. Team. They joined more than 2,800 contestants from 55 countries to compete in 2012 the World Traditional Wushu Championships. After three day intense competition, the USA team brought back three gold medals.

This year's World Traditional Wushu Championships was jointly sponsored by the International Wushu Federation, the Chinese Wushu Federation and the Huangshan Municipal Government. Huangshan is famous for its mountains. The previous games were held in Songshan and Wudangshan, both of which are also famous for their mountains. The Huangshan Municipal Government spent 20 million yuan (US\$3,142,000) on facility renovations to make it a world-class arena.

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Violet Li

Tai Chi Examiner