

# Learning San Shou from Grandmaster Li Tai Liang

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San Shou or Sanda is a Chinese self-defense system and [combat sport](#). San Shou is a martial art which was developed by the Chinese military based upon traditional [Kung Fu](#) and modern combat and fighting techniques; it consists of full-contact punches, kicks, wrestling, takedowns, throws, sweeps, kick catches, and in some competitions, even elbow and knee strikes. It is a practical fighting technique. It is widely taught in Chinese military and police forces. Now you can learn this powerful skill from [Grandmaster Li Tai Liang](#) in Los Angeles on June 2nd and 3rd, 2012.



*Li Tai Liang*

Master Li Tai Liang is a top [martial arts](#) master in China. Master Li spent most of his life in Shanxi province in China where he learned modern Xinyiquan from a direct lineage as well as Dai Style Xingyi, or the origin of the modern Xingyiquan. He was awarded the 5th generation inheritor of the Shanxi Xingyi Quan. Master Li Tai Liang also learned Bagua from Grandmaster Zhang Fung Jing and Master Wang Rong Tang (1913-present).

Academically, Master Li Tai Liang was selected to join the Beijing Sports University of Physical

Education in the [Wushu](#) Department to study San Shou and various forms of internal and external martial arts, including Tai Chi, Pao Quan, western boxing and modern Wushu. Master Li developed special expertise in San Shou. He won the National Chinese Martial Arts Competition in San Shou and the National Police Combat Competition. After retiring from competition, Master Li became the first coach of the Beijing San Shou team. He instructed Chinese Special Police forces and was the head coach for the Shaolin Temple's San Shou program, as well as having served as the National San Shou Competition's chief referee. He has published numerous books and articles on martial arts in Chinese. He authored the rules for Chinese national San Shou competition.

As a result of his extensive and unique experience in traditional and modern martial arts, he developed a system called Xinyi Dao, which integrates Dai Style Xinyi and modern Xinyiquan as well as training elements used in San Shou into a powerful and effective fighting style. But Xinyi-Dao also includes an exercise regimen that is good for health and longevity.

Master Li is currently working on promoting professional San Shou bouts in China and the U.S. Below is the schedule of his LA workshops, sponsored by *Joy of [Kung Fu](#)* and *Dacheng Quan & Zen Culture Association*:

- Saturday June 2: 9 am – noon – Xinyi-Dao Fundamentals and Internal Training
- Saturday June 2: 2 pm – 5 pm – Xinyi-Dao Applications & Self-Defense Techniques
- Sunday June 3: 8 am – 11 am – Xinyi-Dao Internal Exercise for Health and Longevity

For more info or registration, contact Peter Wang at [maaguaa@gmail.com](mailto:maaguaa@gmail.com) or Chester Lin at 562-631-5628.

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## **Violet Li**

Tai Chi Examiner

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