



竹濤武術中心簡介



竹濤武術中心是由馮以德博士於1980年所創立，至今已屆滿廿九週年。馮博士(Sensei Yee-Tak Fung)擁有空手道五段，並精研太極拳，中國武術及刀、劍、棍、扇、峨嵋刺、雙節棍等多種武器。雖然馮博士於2004年仙逝，但是他大部份的功夫已傳承下來。目前中心是由李仲森(Sensei Jong-Sen Lee)擔任總教練。李教練擁有空手道三段，同時研習太極拳，中國武術及多種武器。目前該中心已培養多位年輕一輩的黑帶教練主持各分校。

本中心以傳授空手道及太極拳為主。教學宗旨除了在於鍛煉強健的體魄與自衛防禦術之外，並特別著重武德訓練，以培養學生堅忍不拔、鍥而不捨、不卑不亢及自律自信的精神。在29年以後，事實證明，凡是由中心畢業的學生，目前在職場上更是獨領風騷；同時中心的教練都是上上之選。

中心位於惠特曼高中(Walt Whitman HS, MD)。空手道班設有神龍(華府中文學校)、祥龍(慈濟中文學校)及北維中文學校等三所分校。成人太極拳班則名為雅竹，設於美京華人活動中心(Tilden MS, MD)，由陳鳳凰、師秋萍及蕭麗娥主持。太極拳班以傳授楊式太極拳與馮博士自創的音韻太極拳為主，活動時間為每週六下午12:00-3:00。

空手道學生依程度分級佩戴色帶，分別為白、黃、紫、藍、綠、褐及黑帶。升上黑帶即成為本中心教練，並可繼續研習更上乘的武術及武器。學校開學期間，所有空手道班學生每週末均於各所屬的分校上課；每週五晚上7:00-10:00則集中在中心(Walt Whitman HS, MD)上課、練習，同時家長們可以同時在此修習太極。此外，中、高級學生並可於每週二晚上7:00-8:30至該中心加強集訓，其中前半段時間

是提供給所有綠帶以上的學生。

本中心每年均開設暑期訓練班。今年自6月19日起至7月27日為止，每週二及週五晚上7:00-8:30在惠特曼高中餐廳(Walt Whitman HS, MD)上課。所有新生只要年齡八歲以上，不分大人小孩，有興趣學習空手道者，均可免費加入受訓。The Walt Whitman High School (7100 Whittier Boulevard, Bethesda, MD 20817) 離 George C. Marshall High School, VA 只有16分鐘的路程，歡迎前往參觀。

本中心為政府立案的非營利組織，所有教練均提供義務教學，所收取的費用均用於場地租金及學校活動。中心另設有家長會，以協助教學以外各項事務。現任會長為高桂芸女士。若您對該中心有任何疑問請逕洽高桂芸(Kuei-Yun Hsu)女士：電話(301)217-9018 (Email:kueiyun1227@yahoo.com)。

北維中文學校 Karate class 將由出自該中心的 Sensei Jeffery Chang 及 Sensei Tim Yee 一同主持。兩位 Sensei 習武均有 10 年以上的經驗，他們分別畢業於 DC 喬治城大學及紐約州康乃爾大學。Sensei Jeffery Chang 更是以不到廿六歲的年齡，便同時擁有了註冊會計師(CPA, Certified Public Accountant) 和特許財金分析師(CFA, Chartered Financial Analyst)等執照的專業經理人。兩位教練目前均服務於不同性質的跨國公司，各領風騷，並獨當一面，獨立自主，未來前途無可限量。他們都不可諱言地認為，他們之所以能有今天，除了父母，就最感謝 Sensei Yee-Tak Fung 的全心教誨，他們著實地秉承了該中心的堅忍不拔、鍥而不捨、不卑不亢及自律自信的精神。今天，他們更是竭盡所能地回饋他們的時間給下一代，是孩子們學習的榜樣。北維中文學校家長們對於該課外活動若有任何疑問亦可逕洽 Kevin Tseng (k2tseng@yahoo.com) or adacywu@yahoo.com。

The Jue Tao Martial Art Center is a non-profit organization that has been promoting and providing martial arts training in the metropolitan DC area since 1980. The martial arts training include Karate, Tai-Chi, and other branches of martial arts. All Sensei of the center are volunteers. The Center was founded by Sensei Yee-Tak Fung (馮以德老師) in 1981, and currently has four branch schools throughout Washington area and a central training facility at Whiteman High School to serve the community. Each year, about one hundred students are enrolled in the training program; many come from the same family. Over the past twenty some years, thousands of students have benefited from the training. Unfortunately, Sensei Tak passed away on June 17, 2004. He is a highly respected and honorable master in martial arts and a prominent leader of the Center for the past 29 years.

Sensei Tak has trained thousands of students and developed numerous training materials and programs. Students have performed and demonstrated martial arts in many occasions and festivals in the community. The discipline, perseverance, confidence and modesty acquired through many years of vigorous training enrich their life and contribute to the success of their career. Sensei Tak have not only demonstrated strong leadership in Karate, but they have also been the source of inspiration for their students. With their strong leadership, clear vision, and dedication, the Jue Tao Center will continue to maintain its reputation as an outstanding and one of the most prestigious martial art centers.

Through intensive and vigorous training, students in the Karate Program move up in ranks recognized by the color of their belts: White, Blue, Green, Brown, and Black. Forty-eight students have attained the Black Belt rank and many of them are serving as instructors at branch schools. As Sensei Tak often mentioned, attaining the Black Belt is only the beginning of a long journey towards mastering Marital Arts. As many Black Belt students continue practicing Karate, the Center currently has formal program for recognizing their achievements beyond the Black Belt, promoting to Shodan (First Degree Black Belt), Nidan (Second Degree Black Belt), etc. To enhance the Post-Black-Belt training, the Center has developed training materials and programs for students to advance beyond the Black Belt.

The Jue Tao center teaches Karate, Tai-Chi, and other forms of martial arts. Karate training takes place at Walt Whitman High School, Bethesda, MD every Tuesday and Friday nights. Tuesday night training sessions are only for HIGHER-ranked students (Brown belts and above). As for Friday night training sessions are open for students of all ranks and the training time runs from 7pm to 10pm. During this time period, parents can also join Tai-Chi class if interested.

Sensei Jeffery Chang and Sensei Tim Yee are team coaches of NVCS. Sensei Jeffery Chang graduated from Georgetown University in Washington, DC, and is also a certified CPA (Certified Public Accountant) and CFA (Chartered Financial Analyst) by the age of 26. Sensei Tim Yee graduated from Cornell University, located in Ithaca, New York. Both of them are working for two different remarkable International companies and are also very successful in theirs fields.

Together, they are thankful for Sensei Tak's training and with his help, they were able to successful concentrate on their academics and career with integrity and triumph. Volunteering to teach karate and contributing growing experiences at NVCS with students is greatly appreciated while students also look up to these sensei as role models and someone who they would like to become in the future. If your children are interested to challenge themselves, welcome to join with NVCS Karate class.



For more information, please contact the Chairman Mrs. Kuei-Yun Hsu of the Jue Tao center at (301)217-9018 or Email:kueiyun1227@yahoo.com

Tentative Dates for Events in 2008 – 2009

Jue Tao Martial Arts Center 竹濤武術中心年度行事曆

<u>Date</u>	<u>Event</u>	<u>Place</u>
Oct. 12 (Sun)	Deadline for membership fee submission	
Oct. 11 (Sat)	Test	TBD
Nov. 21 (Fri)	Probation Test	Whitman
Nov. 27-28	Thanksgiving	no class
Dec. 19 (Fri)	Music & Martial Arts (kata)	Whitman
Dec. 24 – Jan 2	Christmas and New Year Break	no class
Jan. 31 (Sat)	Test	TBD
Feb. 6 (Fri)	Chinese New Year Party	Whitman
Mar. 13 (Fri)	Probation Test	Whitman
Apr. 6 – Apr. 13	Spring Break	
Apr. 24 (Sat)	Test	TBD
June 5 (Fri)	Graduation Party	Whitman
June 12 (Fri)	Probation Test	Whitman
June 19 (Fri)	Starting summer training session	Whitman

No class at the following dates:

Nov. 4	Election Day
Nov. 28 (Fri)	Thanksgiving Holidays
Dec. 24 – Jan 2	Christmas and New Year Break
Apr. 6 – Apr. 13	Spring Break

Note: In case of emergency, such as snow storms, when Montgonmery County Schools are closed, the training class will be canceled.

Whitman: Walt Whitman High School, Bethesda, TBD: To-be-determined

Jue Tao Martial Arts Center Year 2008 Fee Schedule

竹濤武術中心 2008 年年度收費表

1. Membership fee 會員費

- Jue Tao Center : \$90/person or \$150/family

2. Training fee : 武術訓練費

- Branch Schools : (set by branch schools, 各中文學校自行收費)
- Jue Tao Whitman : \$70/person or \$110/family (per year excluding summer 整年費用)

(For students not paying training fees at branch schools, 該項收費是針對沒有參加任何中文學校的學生)

- Summer : \$20/person or \$30/family (all, 所有學生)

3. Test fee :

\$30/rank (blue belts & above 申請藍帶以上的考試)
\$ 5/rank (below blue belts – Collected by branch schools
藍帶以下的考試, 由各中文學校自行管理)

- To be due one week before scheduled tests. 測試前一週務必繳交費用

4. Deadline : Sunday, October 12, 2008

5. Late fee

The following late fee will be imposed if you miss the deadline.

- Jue Tao membership : \$10/person or \$20/family
- Training (Whitman) : \$10/person or \$20/family

6. Fee Submission :

Make checks to Jue Tao Center and submit it to the treasurer of your branch school listed as follows :

北維中文學校學生若有興趣參加竹濤社的練習, 請將會員費支票交給 Kevin Tseng, 若非參加中文學校的學生, 請逕自將會員費及武術訓練費用一併交給 Huey Chang

NVCS	(Marshall High School)	Kevin Tseng	k2tseng@yahoo.com
Jue Tao	(Whitman High School)	Huey Chang	(章蕙儀) 301-330-5116