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Mantis' Hu Xi Lin Conducts 1st U.S. Seminar

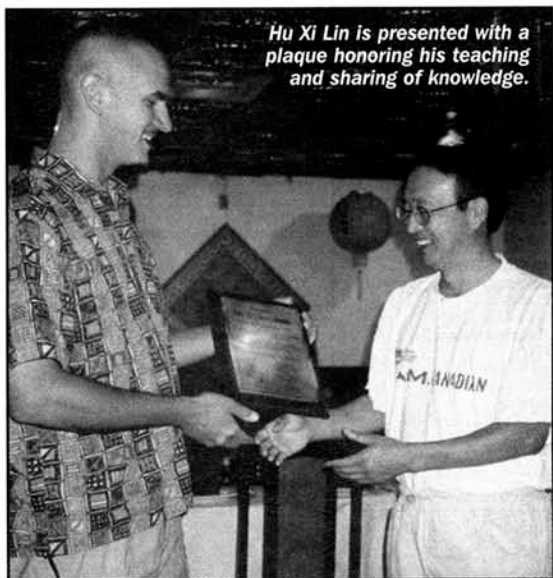
ALBUQUERQUE, N.M. — Mantis players from throughout the United States came here recently for a weekend intensive on mantis fighting theory and technique (san shou) with Hu Xi Lin laoshi. A disciple of Ma Han Qin, the famous plum blossom and six harmonies mantis master from Beijing, and Pu Liu, the renowned shuai chiao expert also from Beijing, Hu Xi Lin was making his first seminar appearance in the United States. His only U.S. student, Jake Burroughs and the Three Harmonies Chinese Martial Arts Center, hosted him.

The workshop covered fighting strategy from all areas of combat shuai, na, ti, da (throwing, locking, kicking, striking), applied with the aggressive, yet effective arts of mei hua (plum blossom) and liu he (six harmonies) northern praying mantis.

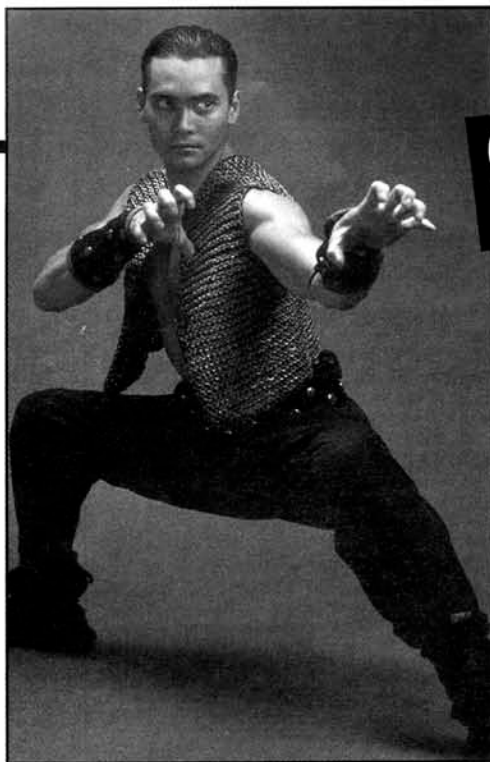
More than 20 students and teachers from as far as Tennessee, Florida, and Texas were taught how to effortlessly attack while flowing from one technique to another using only ting jing (listening power) as their guiding principle. Hu laoshi taught countless techniques and shared the underlying principles of why these techniques work.

The weekend ended with a surprise announcement when Hu laoshi asked that Burroughs become his disciple in the arts of northern mantis. Burroughs accepted and became Hu Xi Lin's third disciple in North America and China.

For more information on Hu Xi Lin's next visit to America, contact Burroughs at three_harmonies@hotmail.com or www.threeharmonies.com



Hu Xi Lin is presented with a plaque honoring his teaching and sharing of knowledge.



Guess Who?

Clue: As "The Crow" Flies

Send your answer to davecater@cfwenterprises.com. The first correct guess will receive a Unique Publications/Video of his or her choice.

Last Month's Answer: Grappling great Vitor Belfort
 Winners: Jeremy Griego and Daniel Lamas

Stuntman Shatters Punching Record

ENCINO — They say that records are meant to be broken, but Ron Sarchian may have one that is untouchable. The 40-year-old stuntman from Los Angeles recently shattered the record (24 hours and 16 minutes) for consecutive hours of punching a heavy bag when he belted a bag for a whopping 36 hours and three minutes.

Thanks to this marathon punching session, he is now the proud owner of the *Guinness Book of World Records'* punch bag marathon record.

"[When they turn 40], some guys buy a red Corvette," said Sarchian. "I stood there and punched a bag."

To stand there and throw punch after punch for 36 hours when your hands are swollen and bloody and your arms feel like lead requires an iron will. And, as you might expect, desire was one of the factors that motivated him.

"I always wanted to break a world record, and I always wanted to be the world's best at something," said Sarchian, who got a five-minute break after every 60 minutes of punching.

He also had a little help and inspiration along the way. Namely, Lance Armstrong, who is a cancer survivor and the winner of professional cycling's Tour de France six consecutive times, and his father, who died at 33 from testicular cancer.

"This was a tribute to my father," said Sarchian, adding that he couldn't have accomplished this feat without the help of Carl Ciarfallo, who was head of the support crew. "I never had a chance to thank him or show any appreciation for being my dad." 🐼



Ron Sarchian (left) beats up the punch bag record as stuntman legend Gene Lebell cheers him on.