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To those who desire to know and experience something real and authentic:

Through out the years I have studied many different styles of martial arts from Karate to Jujitsu to Mui Thai to Kung fu. No matter the amount of time that I spent on any one style there was always this void in me that felt that it still needed to be filled, so I continued to train. I have studied at various schools with various and excellent teachers and before I joined the Boulder Kung Fu Academy and began studying under Sifu Wang I believed that I had a good understanding and grasp on martial arts because I had trained in many different styles.

I feel very lucky to be with Sifu Wang now, especially because I happened to read about Sifu Wang's school in a random e-mail from a friend that I had not herd from in many years. At the time I was not training, unfortunately the school that I was at closed down. I was attending Colorado University at the time and had begun thinking about finding a new school to train at. Luckily I received that e-mail in which my friend told me that she had begun training at Sifu Wang's School. I immediately decided I would go visit the school.

Upon arriving at the school Sifu Wang was extremely polite upon greeting me and took some time to sit down with me and find out who I was, what I was about and why I wanted to study Kung Fu. The fact was I just wanted to train and I had a good reference from a friend and thought it would be a good school to check out. I have lived in Boulder CO for most of my life and knew of the other schools around, none of them appealed to me. Sifu Wang's school was brand new, just opening only a few months before. I was very taken back by the sincerity of Sifu Wang's questions and knowledge in response to my questions. At the time the idea of traditional training was an idea that was completely alien to me. I thought training was training, the harder you train the stronger you get. I began my studies under Sifu Wang within the following week.

Right off the bat I loved the training, it was just what I needed, a good hard and strong workout. For the first year stances, basic techniques, forms, and more stances were drilled over and over again providing a solid foundation to build upon. This was the first time I had had a teacher place so much emphasis on stances, little did I know that the type of training that I had begun would jump start a whole new perspective on Chinese martial arts and Chinese culture for me.

Over the past two years I have been directly involved in learning traditional Chinese Kung Fu. This is truly and honor and privilege to be able to study something so authentic in its teachings and real that I am left speechless. A person like Sifu Wang is hard to come by, he is a person who has dedicated himself to something real and authentic, though he may appear to be a nice mild mannered man, he is at heart a true martial artist who has continued to demonstrate to me the kind of attitude, mind set, and dedication that it takes to excel in and propagate traditional kung fu.

Northern Shao Lin Seven Star Praying Mantis is a style that is over 300 years old and has been persevered through the teachings of teacher to willing and dedicated students through the centuries. Sifu Wang has managed to preserve the Seven Star style in his teaching at the boulder kung fu academy, instilling the ideas and techniques of proper training and understanding of traditional culture. There is no room for leniency in training and attitude when studying a traditional martial art, the only thing that will get you through is an open mind and a willingness to train. It is through my training with Sifu that I know when I first came to this school I had a big head on my shoulders about my martial arts, but after a short time only two years with him I can honestly say to my self and others that I have a long way to go. Through the conversations and time spent with Sifu Wang he has explained over and over again that Kung Fu is a life long endeavor and should be treated as such taking the time to truly understand something before moving on. I am excited and thrilled to know that I have this wonderful opportunity to study something real and authentic that has been passed down in the same way for hundreds of years.

It is my sincerest hope that those who read this get a chance to study a form of traditional kung fu and feel how powerful and life changing it can be to study under an authentic teacher who is dedicated to the preservation of an authentic style. It is wonderful feeling knowing that every time I train I am bettering my self and in tern bettering others, and helping to allow the hard work of he ancestors of the lineage to stay alive through the efforts for Sifu Wang and the students of the Boulder Kung Fu Academy.

Sincerely

Seth Drake