

老師

Instructors



Almanzo "LǎoMǎ" Lamoureux is Senior Teacher with the Magic Tortoise Tàijíquán School (靈龜太極拳家) in the Triangle area of North Carolina. He has practiced Chinese arts for over three decades, and was the founder and chief instructor, from 1975, of the Tidewater Tai-Chi Club (and a co-founder of the Tidewater Tai-Chi Center) in Norfolk, Virginia. From Oct-Nov 1975, LǎoMǎ made his first visit to China, traveling to various Minority Chinese Regions, and having the grand opportunity of playing tàijíquán (太極拳)

with groups of ordinary people from Beijing to Xian to Kunming, Xishuangbanna, Changsha and Shanghai. He received his M.A. in Asian Studies at Old Dominion University in Norfolk, Virginia in 1980. Living and working in Wǔhàn (武漢), Húběi (湖北) Province, China from 1985 to 1988, he was the first and only foreign student at 91 year old Grandmaster Dīng, Hóngkuí's (丁鴻奎) Wuchang Snake Hill (Shéshān 蛇山) Pavilion School. Under Dīng "YeYe's" tutelage, LǎoMǎ placed first in weapons competition in Hankou's Húběi Provincial Wushu Tournament in 1987 where he demonstrated guǎigùn (拐棍, hooked cane). In May of 1986 LǎoMǎ made his first pilgrimage to Wǔdāngshān (武當山) in western Húběi Province, the sacred Daoist Mountains of Tàijíquán's origin. He has returned to China often, studying with many teachers and visiting sacred sites. LǎoMǎ has served as form and push-hands judge in numerous tournaments sponsored by the U.S. Wushu-Kung Fu Federation, and as chief judge in the U.S.C.K.F.'s United States International Kuoshu Championship Tournaments. Through the Magic Tortoise Tàijíquán School, LǎoMǎ has taught tàijíquán and qìgōng (氣功) at Duke University's Center for Living and Duke Diet and Fitness Center. Since 1994 he has also been the principal internal martial arts instructor at the United Martial Arts Center, Raleigh NC, and the U.S. Tae Kwon Do Institute, Durham NC.

Guhl "Xiǎo Lín" Lentz is in his fourth year of study with LǎoMǎ. He is an instructor in the Wǔdāngshān Tàijíquán lineage, and has been teaching for one year at Duke University's Center for Living, in addition to his teaching responsibilities as a Senior Student in LǎoMǎ's other classes. Under LǎoMǎ's tutelage, he has studied Wǔdāng Mountain 108 Style Tàijíquán, Tàijí Push Hands, internal and external style weapons, Tángquán (唐拳, Táng System Boxing), and Chinese brushwork and calligraphy. He is currently pursuing Chinese language study at UNC Chapel Hill.



*Black Bamboo Pavilion
2nd Month, Year of Fire Dog*

