

History

Practicing Martial Arts is a way of being part of a heritage and cultural tradition dating back thousands of years. The practice of Wushu (**Chinese Martial Arts**) reflects the cultural climate, understanding of the body, the philosophy, and the concept of warfare at a historical point in time. Exercises that were developed thousands of years ago exist to this day because they have remained culturally relevant and physically beneficial.

Art

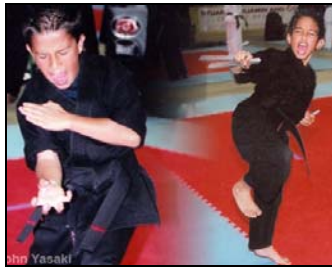
Sport transcends boundaries. Wushu has developed into a highly demanding and aesthetic sport known for its grace, performance grandeur and high level difficulty. With followers and admirer's not only in China, Wushu has filtered into the main stream media and can be seen on the big screen in movies such as "Hero" and "The Matrix." The study of Wushu can be an excellent tool for those looking to improve their stage and camera presence.

Health

Our classes are suitable for those who want an alternative or addition to their current workout regimen. Whether you are a runner, dancer, gymnast, or basketball player, you can gain much from martial arts. **Martial arts** is an excellent cross training tool for all sports because it embodies the external or physical aspects of sport, such as power, balance, coordination, muscle explosion, lateral and circular motion, flexibility, reflex, and endurance. It also incorporates the internal or mental aspects of sport, such as focus, confidence, competitive mind set, spatial awareness, and muscle awareness.



艺术
精神
文化



Philip Sahagun pictured with China's "King of Boxing" Zhao Qing Jian after Philip won a gold medal in the flexible weapons category at the 2006 World Traditional Wushu Festival, Zhengzhou, China.



Dedicated to **empowering** and bringing forth the athlete and champion inside all who desire to accomplish their goals through the proper and rigorous training of the Martial Arts.



Instructor Credentials

Over the years, South Coast Martial Arts Weapons Coach Philip Sahagun has earned quite a reputation in martial arts circles for his dynamic stage presence and style. Performing for live crowds of over 10,000 both locally and overseas, he has worked with and appeared for televised event's hosted by Pepsi, CCTV, Shenzhen TV, Henan TV and even The Shaolin Temple.

Philip began his training in a family of martial artists at the age of five. As a young teen he received his Black Belt in American Kenpo and later went on to learn and develop his passion of weapons play. Since then, he has become a 7-time National Champion and quickly progressed to traveling the world seeking top level instruction and competition... Recently he has begun to share his knowledge with many young athletes developing National and International level martial arts champions of his students. Garnering attention by such notable groups such as Cirque de' Soleil, who show a special interest in the unique skills possessed by his high level student's.

His recent achievements are as follows.

- 7-time National Level Weapons Champion
- 2003, 2004 & 2005 International Martial Arts Council (Weapons Play Grand Champion)
- 2006 Chosen as one of the top 3 athletes representing North America in the Global Kung fu star reality TV show, Kung Fu Zhi Xing (China)
- 2006 1st place flexible weapons category (Gold Medal) 2nd World Traditional Wushu Festival (Zhengzhou China)
- 2006 2nd Place, Martial Bangyan Award Recipient-Global Martial arts Competition "Kung Fu Zhi Xing" (Shenzhen, China)
- 2006 Recipient of "Success Award" CCTV "Wanna Challenge" show, Beijing China
- Member US Traditional Wushu Team (USAKWF) 2006
- Trainer and coach of National and International level Champions
- Champion and coach of over 30 traditional and rare martial arts weapons i.e. straight sword, chain whip, fan, three-sectional staff, bullwhip etc

Why SCMA?

We have a system of **learning** dedicated to developing uniquely high levels of mental and physical performance. Our world class coaches will guide students through the rigors of basics into advanced curriculum while emphasizing fun, sportsmanship, teamwork and the development of self-esteem. For those who show a special interest in preparing for international competition we are able to provide the latest in scientific Wushu training just like in China. For those looking to just having a great, fun workout we can tailor the class for you as well. With the incredible depth of Martial culture, there is an aspect of practice available for every student.



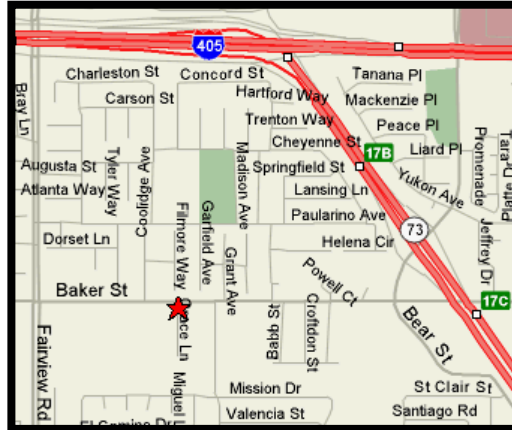
Weapons

Weapons training is offered as the core curriculum in our program to complement the empty hand training of Wushu. In addition to the four principle weapons of Wushu, students also have the opportunity to learn a variety of other weapons. The training of which helps the body and mind develop a level of coordination not possible with a strictly non-weapon curriculum.

Instruction

Our facility is home to over 20 coaches that have trained and competed consistently overseas and members on national and international level teams. We offer you the best of **Competitive** and **Recreational** Practice.

You can feel the difference



LOCATED INSIDE SOUTH COAST MARTIAL ARTS



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Increasing the Potential
Of the Human Body



art / spirit / culture / grandeur

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