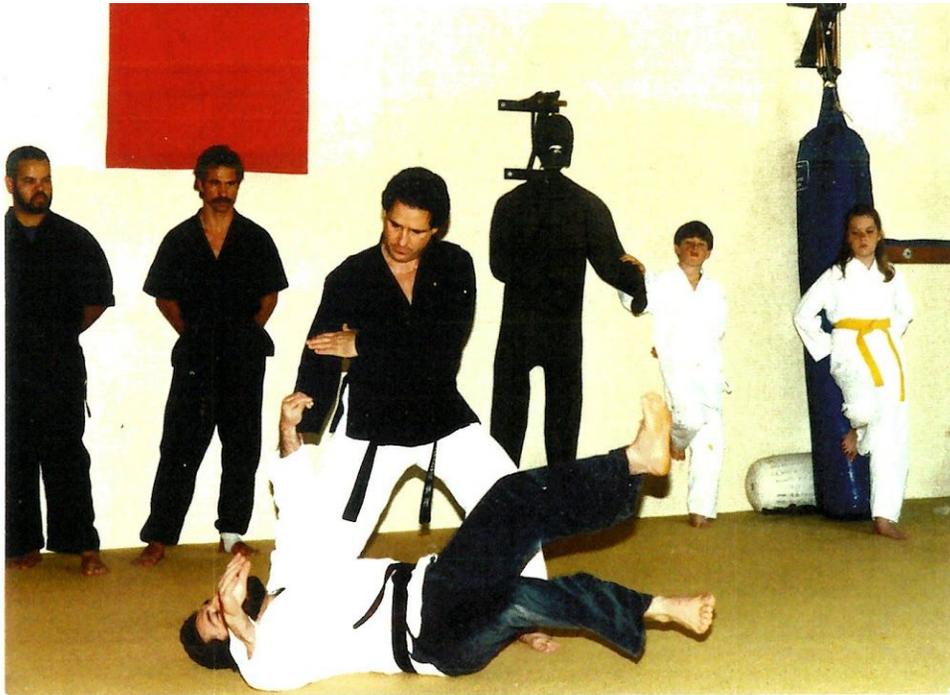


History, Lineage, and Families of Kung Fu San Soo



By: Sifu Marty J. Reeder - 6th Degree Black Belt
Reeder's Kung Fu San Soo School
Huntsville, Texas



Huntington Beach demonstration 1994. Master Ted Sias taking down Neil Kagan. In the background from left to right: Terry Spalding, James Irwin, unknown young man and yellow belt Cara Hicks-Beach.

Reeder's Kung Fu San Soo School is dedicated to my friend and mentor, Master Ted Sias of Huntington Beach California. Master Ted often tells us stories of "Jimmy". I am too young to have ever met "Jimmy", I will tell stories of Master Ted.

Thank you, Master Ted, and congratulations on your 50th Anniversary of teaching San Soo California.

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The Ancient Art of Self-Defense

Kung-fu San Soo

Award of Recognition and Affirmation for
Marty Reeder

A martial arts teacher of the highest quality, with a deep understanding on the purpose and benefit of what this art of Kung-fu San Soo offers to humanity.

Having observed his technique in training over the years and his depth of knowledge concerning this art, there is no doubt in my mind that if this is your teacher, you are blessed and lucky to be taught by him.

Master Ted Sias
1st generation student of the **Karate-Kung Fu Studio** that was located in El Monte, California, headed by **Grandmaster Jimmy H. Woo**. Ted had 20 years of training directly under **Lo Sifu Chin Siu Dek**.

By Ted Sias

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History and Lineage

The following is the best history I have found on the origins of our art. It is taken from Master Ted's book "Ted Sias Kung Fu San Soo Huntington Beach, Book 1". More importantly, it is written by Master Tim Cartmell.



Jimmy H. Woo (a.k.a. Lo Si Fu, Chin Siu Dek, Grand Master, Friend) with the books from the Qwan Yin Monastery.

Kung Fu San Soo is properly composed of Choy, Li, Ho, Fut in Cantonese of Tsai, Li, He, Fo in Mandarin. The first three characters are family names. The fourth character signifies the Buddhist influence. According to Jimmy, in the area around his

home, Tsai, Li, and He were powerful families, each controlling a certain geographical area. Each also practiced their family's own style of martial arts.

At one point the three families got together and built a Buddhist temple. The temple was dedicated to Quan Yin, which is the Buddhist Goddess of Mercy. Jimmy says she is like our Mother Nature. She's a very popular deity in the Orient. The monks in this temple learned and synthesized the three family's arts and practiced the "complete art" in the monastery. The monastery was located across a river (on the edge of a jungle) from the village Jimmy grew up in. One emphasized balance, one striking and one leverage: together they formed a complete art. The "fut" or "fo" signifies the art's Buddhist influence.

Chin Leong Kick was Jimmy's great, great grandfather. He was the Monk who left the monastery with the two books from which Grandmaster Woo taught the art of Kung Fu San Soo for more than forty-five years.

Chin Siu Hung was Jimmy's great uncle. His nickname was Neow Gee, which means "Crazy Devil". Most of Jimmy's early training was with Chin Siu Hung, who was shot by the Japanese during World War II.

San Soo in Mandarin is pronounced Sah Shou. San literally means "to disperse". San Shou implies the practical, free-style application of a martial style. All Chinese arts have San Shou. Jimmy chooses to call our art San Soo to denote its emphasis on practical application of the forms (all techniques comes from forms) rather than the forms purely health benefits. Old masters taught the students forms first. The

applications were taught only after a student had showed him/herself responsible enough to learn them.

Hung-Gar is supposedly directly related to the original Shaolin 5 animals (tiger, leopard, crane, snake and dragon) and emphasizes the tiger and crane. Choy-Li-Fut was founded by Chan Heung. The Choy is after another teacher and (just as with San Soo) the Fut was added to commemorate the art's Buddhist origins. Hung Gar and Choy-Li Fut have definite similarities with San Soo, but they are apparently not directly linked. The Henan Temple is referred to as "Shaolin" because the temple is (or at least was) located in a pine forest. Shaolin means young forest. Jimmy's books do not have any direct link with the Shaolin Temple. The books weren't brought to the Qway Yin monastery, they were written there, over the years, by the monks.

In summary, as far as I know, Choy, Li, Ho, Fut (Kung Fu San Soo), has no real link to the Shaolin temple. But in reality, all Chinese martial arts, and all martial arts in general, have similarities. San Soo is quite like some styles such as Hung Gar and Choy-Li Fut probably due to their relative proximity of development. Northern Kung Fu styles favor leg technique and long range tactics, while Southern styles favor shorthand techniques. Hung Gar, Choy-Li-Fut and San Soo are all southern styles.

Tim Cartmell
Master
Kung Fu San Soo



--From Master Ted's Kung Fu San Soo, Huntington Beach, CA Training Manual

Lineage of Kung-Fu San Soo

QWAN YIN MONASTERY

Leung Kick (Monk)
Jimmy's Great-Great-Great Grandfather

Chin Moon Don
Jimmy's Great-Great Grandfather

Chin Siu Don
Jimmy's Great Grandfather

Chin Siu Hung
Jimmy's Great Uncle

Chin Siu Dek
Jimmy H. Woo



Jimmy passed the art to Master Ted and many others. At the time of this book, Master Ted is celebrating 50 years of teaching San Soo in California.

Master Ted has passed the art to us.

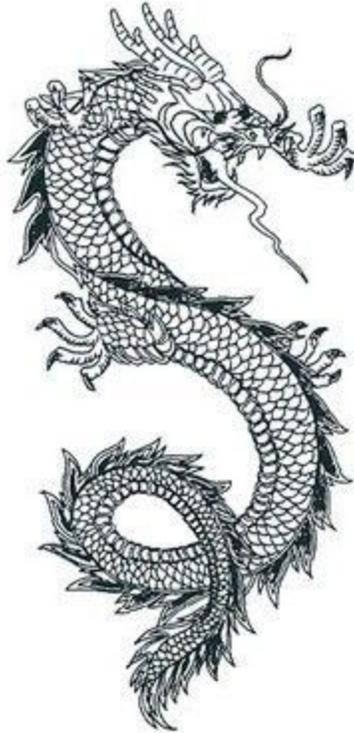
*--From Master Ted's Kung Fu San Soo,
Huntington Beach, CA Training Manual*



Master Jason Schaffsma, myself, Master Ted and Sifu Adam Jordy (5th Degree Black Belt) circa 2012

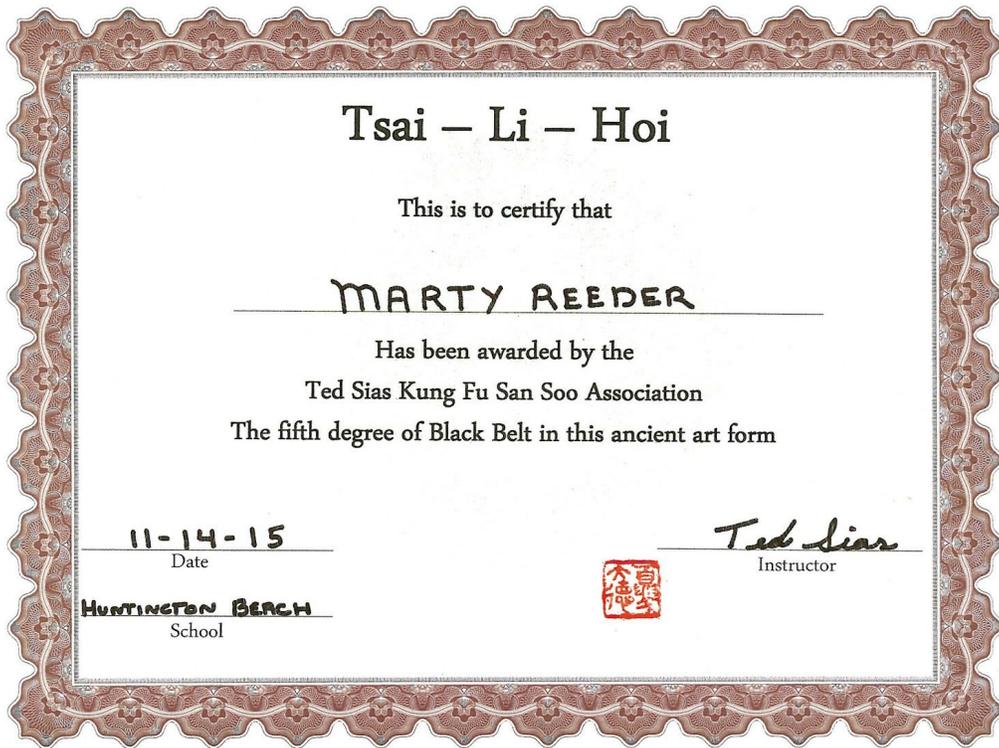


Myself and Master Ted June 10, 2017 - 6th Degree Black Belt Promotion



I received my black belt in 2008 from the Dragon's Temple Kung Fu San Soo School in Huntsville, Texas. I met Master Ted at a seminar there in 2009. I was a second degree black belt before leaving my original school in 2010. Probably the hardest earned and most gratefully accepted degree was my third degree of black belt under Master Ted's school in 2012.





Tsai – Li – Hoi

This is to certify that

MARTY REEDER

Has been awarded by the
Ted Sias Kung Fu San Soo Association
The fifth degree of Black Belt in this ancient art form

11-14-15

Date

HUNTINGTON BEACH

School

Ted Sias

Instructor



Tsai – Li – Hoi

This is to certify that

MARTY REEDER

Has been awarded by the
Ted Sias Kung Fu San Soo Association
The 6th Degree of Black Belt in this ancient art form

JUNE 10, 2017

Date

HUNTINGTON BEACH

School

Ted Sias

Instructor



Mission Statement

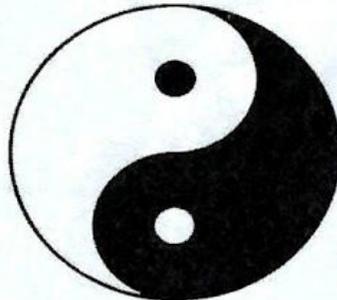
I pledge that Kung Fu San Soo, as taught to Master Ted Sias by Lo Sifu Chin Siu Dek, will live on and spread to as many as will learn from me, for as long as there is warm blood in my veins. It is a mission I will fulfill in the purest form of our art of Kung Fu San Soo.

With respect and honor,

Marty Reeder

Marty Reeder

11/20/2013

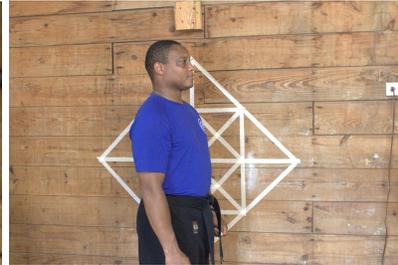


This is hanging on the wall in Master Ted's studio in Huntington Beach, California. It is a humble reminder every time I walk in that place. I am lucky to be one of the hundreds of students that Master Ted has shared his knowledge with.

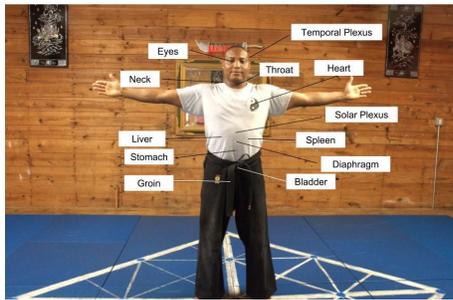
The San Soo Families



TSOI GA



LI GA



HOI GA



FUT GA



HUNG GA

THE SAN SOO FAMILIES

When we combine all these families together, we have the art of Kung-Fu San Soo. This, we believe, makes it one of the most powerful arts in existence today.

TSOI GA

Tsoi Ga is the art of striking. This includes punches, chops, pokes, elbows, forearms, head butts and all forms of kicking.

LI GA

Li Ga is the art of balance. It deals with how to control your opponent when applying leverage, throwing and takedowns especially dealing with larger and stronger opponents in close-in fighting.

HOI GA

This is the study and application of pressure points. By learning the vital points of the body and certain pressure points one can direct the striking and balance moves of the Tsoi and Li Families to more vulnerable areas where it does not take a lot of force to control an opponent.

FUT GA

This is the Psychology of fighting. The attitudes, internal power, self-confidence, proper breathing and strategy for sudden attack. The proper use of mind and body coordination. Mind over body.

HUNG GA

This deals with the physical conditioning of the body in order for it to perform up to its maximum potential. It includes dynamic tension exercises along with fighting forms. The use of geometry, trigonometry and physics help deliver maximum power.