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Sifu Samuel Widerschein

Introduction:

Sifu Sam Widerschein specializes in the fighting aspects of the 5 Animal Style of Traditional Shaolin Kung-Fu and Yang Style Tai-Chi as well as Self Defense techniques for any and all situations. Sifu Sam also specializes in the various relaxation, meditative and internal strengthening (health related) techniques of Yang Style Tai-Chi, including but not limited to, breathing techniques, standing and seated meditative postures, and exercises that have been proven to strengthen the spleen, liver, kidneys, lungs, etc. Sifu Sam has taught for over 12 years and has taught all ages, races and people with a wide variety of physical and emotional disabilities.

Qualifications:

Has been a "Black Sash" for 10 years.

Inducted as "National Kung-Fu and Tai-Chi Student of the Year" into the US Martial Arts Hall of Fame in 2005.

Was honored as the youngest "Official" ever appointed to the judges panel at the ICMAC (International Chinese Martial Arts Championship) in Orlando, FL (the biggest Kung-Fu and Tai-Chi tournament in the United States of America). Has held the title of "Official" for 8 tournaments.

Was honored with a full page publishing in the exclusive "2009 Book of Recognition" published by the USA Martial Arts Hall of Fame.

Was awarded, by Dr. Jim Thomas, President of the US Martial Arts Hall of Fame, as member of "Hall of Heroes" on July 24th, 2010.

Was honored at the 2011 ICMAC (International Chinese Martial Arts Championship) in Orlando, FL for "Outstanding Judge's Performance."

Has had over a dozen newspaper articles published about him.

Work History:

Has been a full time Kung-Fu and Tai-Chi instructor for 10 years

Has taught at a wide variety of places including but not limited to: various nursing homes, for the St. Augustine School Board, at the St. Augustine Recreational Center, the St. Augustine Beach Civic Association, the Hammock Dunes Country Club in Palm Coast, FL, at the St. Augustine Juvenile Detention Center and a mandatory Women's Self Defense class for all incoming female Freshman at Flagler College in St. Augustine, FL. Also teaches Tai-Chi for 12 Step Recovery at The Brook Hospital KMI.