

EDWARD D. TOTH

HEAD INSTRUCTOR • INNER-CHAMBER DISCIPLE • CHAMPION

A Martial Arts Biography of Traditional Training, Competition, Teaching and Preservation

Training under Sifu Louis Diaz since 2008 across Southern Chinese boxing, Wushu and the internal arts.



EARLY BEGINNINGS

Edward D. Toth grew up in New Jersey, where his journey into Kung Fu began as a young boy, inspired by his father, Douglas Toth. His father would bring him to the park while he trained with his teacher, and rather than just sit and watch, Edward would practice off to the side, working on the basics he was shown - stances, punches, and kicks. Edward remembers his father telling him stories of training with other Kung Fu and Karate schools, where the rule was that the winner would get to keep the other person's belt. He remembers his father coming home with a handful of belts and throwing them into a bin of martial arts gear they had. To a young boy, there wasn't much cooler than that. What began in those early days would grow into a lifelong journey in martial arts.

TRAINING UNDER SIFU LOUIS DIAZ - 2008 TO PRESENT

In 2008, Edward met Sifu Louis Diaz and began what would become a long-term teacher-disciple relationship that continues today. He spent nearly every weekend training with Sifu Diaz while also attending the classes he taught at night. Over time, Edward became a coach and an inner-chamber disciple, receiving extensive training in traditional Chinese martial arts.

His studies under Sifu Diaz have included Tang Fong Family Hung Gar, Lam Sai Wing Family Hung Gar, Five Family Five Animal Fist, Bak Mei Pai, Lama Pai, Taijiquan, Baguazhang, and China's national sport of Wushu. Edward continues to maintain his training under Sifu Diaz, preserving the traditional teacher-disciple relationship that has guided his development for many years.

COMPETITION & GRAND CHAMPIONSHIP

Edward's years of dedicated training led to considerable success in competition, where he earned more than 15 gold medals at the national and international level. One particularly significant achievement came at a Jow Gar tournament, where Edward competed using traditional Hung Gar and captured the Grand Championship.

The accomplishment held special significance for both Edward and his teacher: Edward became Sifu Diaz's first student to win a Grand Championship in traditional Hung Gar, doing so at a tournament representing another respected Southern Chinese martial arts tradition. The victory became an important milestone in the competitive history of Sifu Diaz's school.

INTERNAL ARTS DEVELOPMENT

After years of training and competing extensively in the external arts, Edward's journey with Sifu Diaz began moving deeper into the internal arts, particularly Taijiquan and Baguazhang. This progression expanded his training beyond competition and strengthened his understanding of the broader principles connecting traditional Chinese martial arts, movement, and lifelong practice.

TEACHING & PRESERVATION

Today, Edward serves as Head Instructor at the Shaolin Hung Gar and Tai Chi Institute. His focus has grown beyond competition and personal achievement to include passing on the knowledge that has helped shape his own life. Through teaching and community outreach, his mission is to help preserve these traditional arts while using them to promote health, wellness, mobility, discipline, and personal growth. Edward continues his own training while helping make traditional Chinese martial arts accessible to students of different ages and levels of experience.