



LOUIS DIAZ ALI EL

WORLD CHAMPION • CLOSED-DOOR LINEAGE HOLDER • MASTER INSTRUCTOR

A Martial Arts Biography of Competition, Lineage Preservation, Teaching and Service

More than 40 years of continuous training across traditional and internal Chinese martial arts.

FOUNDATIONS

Louis Diaz Ali El is a world champion martial artist, a closed-door lineage holder, and a master instructor with more than 40 years of continuous training, competition, and lineage preservation across traditional and internal Chinese martial arts.

Born in New York City, his first mentor and foundational influence was his mother:

Sharon Diaz — the reason he entered the martial arts path.

At age six, he began formal training in Tang Soo Do, followed by Hapkido.

His path evolved when he began training under:

Greg Walraven

Head Instructor — Shorinji Kempo / Wushu

Sifu Leon Trescott

First Hung Gar Instructor / Southern Boxing Coach

Under their guidance, he won his first major traditional championship:

1993 — Traditional Southern Chinese Boxing Champion (Choy Li Fut Division)

They then prepared him for his first international Chinese martial arts tournament in 1994 (Florida), where he won:

- 1st Place — Fighting Set
- 1st Place — Nan-Quan (Southern Fist)

Because of Greg Walraven and Sifu Leon Trescott's coaching, Louis qualified for:

U.S. NATIONAL WUSHU TEAM — FIRST SELECTION (1994)

under the United States of America Wushu Kungfu Federation (USAWKF) — the official national governing body for Wushu in the United States.

Soon after, he entered the peak of his competitive career under:

COACH LU XIAO LING

U.S. National Wushu Team Coach / Direct Teacher

Under Coach Lu Xiao Ling:

- Selected two additional times, becoming a 3× U.S. National Wushu Team Member
- Starter for two years
- Team Captain in his final year
- Competed in two World Games and one Pan-American Games

During this period, he represented the United States internationally through USAWKF, competing under the jurisdiction of:

THE INTERNATIONAL WUSHU FEDERATION (IWUF)

The global governing body for Wushu, recognized by the International Olympic Committee and a member of:

- ARISF
- GAISF
- FISU
- IWGA
- ISF

With Coach Lu Xiao Ling's coaching:

- He dominated national and international Wushu from 1995–2001

He earned:

- 80+ Gold Medals (national & international)
- National & International All-Around Grand Champion — Men's Contemporary Wushu

COACH LI PEI YUN — 1997–2002

Wushu Training • New Jersey

In 1997, after leaving Virginia and returning home to New Jersey, Louis continued his Wushu development under Coach Li Pei Yun.

From 1997 through 2002, Coach Li Pei Yun became an important part of Louis's continued Wushu training and development in New Jersey.

This period overlapped with the height of Louis's national and international competitive career. Rather than representing a break from his earlier Wushu development, his training with Coach Li represented a continuation of the work already established through his previous teachers and his experience as a U.S. National Wushu Team athlete.

For approximately five years, Louis trained in Wushu under Coach Li Pei Yun while continuing to develop the technical foundation, athleticism, precision, and performance standards that characterized his competitive career.

Coach Li Pei Yun therefore represents a distinct and important chapter in Louis Diaz Ali El's Wushu development:

Virginia → Return Home to New Jersey → Coach Li Pei Yun → Continued Wushu Training, 1997–2002

His relationship with Coach Li was not simply an entry on a teacher list. It represented years of direct Wushu training during one of the most accomplished periods of Louis's martial arts career.

TRADITIONAL SOUTHERN CHINESE BOXING

In 1994, he met:

SI-GUNG NORMAN SMITH

Traditional Southern Chinese Boxing — Hung Gar / Combat Conditioning / Power Development

Si-gung Norman was the senior authority and introduced him to full-contact realism and traditional southern power.

In 1998, a key moment:

SIFU JAMAL RASHAD EL

Sifu Jamal Rashad El returned to the school as a direct disciple under Si-gung Norman Smith.

From that point forward:

- Sifu Jamal handled all day-to-day personal training of the core students, while
- Si-gung Norman remained the senior authority and lineage overseer.

Beyond his official responsibilities at the school, Sifu Jamal underwent extensive closed-door training in other traditional Hung Gar branches, including:

- Five Family – Five Animal System (五虎拳)
- Private non-commercial Hung Gar lineages preserved outside the mainstream

- Lam Sai Wing Hung Gar
- Tang Fong Hung Gar

He didn't just accumulate curriculum — he preserved body method, internal mechanics, and transmission logic.

He personally taught Louis Diaz III both Lam Sai Wing Hung Gar and Tang Fong Hung Gar, giving him direct access to two of the rarest and most respected branches of modern Hung Gar.

He didn't just teach the system — he opened the door to the real internal art.

Si-gung Norman Smith → Sifu Jamal Rashad El → Louis Diaz Ali El

Their combined mentorship forged him into a Traditional Southern Chinese Boxing champion.

Louis also received material passed down from Sifu Abdul Al-Malik, who was Sifu Jamal Rashad El's teacher in:

- Five Animal Kung Fu (五虎拳 / Ng Ying Kuen)
- Lama Pai (龍門派)

This transmission came to Louis privately through Sifu Jamal and is from a different family tree, not connected to the Norman Smith lineage.

It provided additional depth in:

- Animal body method
- Short-power striking
- Lama Pai long-range footwork and shock power

A separate tree — different branch — same loyalty to the art.

TRADITIONAL COMPETITIVE ERA — 1999–2009

From 1999–2009, he dominated the traditional kung fu divisions:

National & International Traditional Southern Fist Champion — 1999–2009

Gold medals across:

- Nan-Quan (Southern Fist)
- Hung Gar Traditional Form
- Drunken Fist / Drunken Sword
- Whip Chain
- Staff, Broadsword, Group Weapons
- Fighting Set
- Di-Tang Quan (Ground Acrobatics)

During this time, he also earned:

Certified Krav Maga Instructor — Krav Maga Worldwide

CLOSED-DOOR LINEAGE TRANSMISSION

Louis Diaz Ali El is a recognized closed-door lineage holder, formally authorized to transmit rare family systems:

Bak Mei Pai — White Eyebrow System

7th-Generation Disciplinary Lineage Holder

Hung Gar Kuen — Hung Family Fist

- Lam Sai Wing Branch
- Tang Fong Branch

(Very rare to have mastery in both branches)

Yin Fu Bagua Zhang — Imperial Palace Bodyguard Lineage

Yin Fu → Men Baozhen → Dr. Xie Peiqi → Sigun Ho → W.C. Bey → Louis Diaz Ali El

Ma Gui Bagua Zhang

Ma Gui → Li Shao'an → Liu Wanchuan → Li BaoHua → W.C. Bey transmitted to Louis Diaz Ali El

Xing-Yi Quan

Shape–Intention Boxing

Yang Family Taiji-Quan

Grand Ultimate Fist

Yang Cheng Fu → Wang Da-Sen → Dr. Steve Sun → W.C. Bey → Louis Diaz Ali El

These are not seminar arts — they are closed-door inheritance systems.

MASTER INSTRUCTOR

Shaolin Hung-Gar & Tai-Chi Institute

Traditional Chinese Boxing & Internal Arts Division

- Trained 40+ National & International Champions
- Numerous students across the United States now operate successful martial arts schools
- Awarded: Best Coach — National Blackbelt League (2000)

He builds inheritors — not students.

SIFU GERALD BATTLE — 2002

In 2002, Louis began training under Sifu Gerald Battle, a disciple within the Cheung Shu Pui → Ho Lap Tin → Tang Fong Hung Gar lineage.

Under Sifu Battle:

- He entered Tang Fong Hung Gar, known for powerful bridge-hands and stance discipline.
- He trained traditional Southern Lion Dance, an essential element of real Hung Gar culture — where footwork, rhythm, and fighting spirit are forged.

Through the combined teachings of Sifu Gerald Battle, Sifu Jamal Rashad El, and Si-gung Norman Smith, Louis discovered the true Hung Gar body method — the internal mechanics, bridge power, and transmission logic that separate real Hung Gar from choreography.

COMMUNITY & NATIONAL SERVICE

In addition to competition and lineage preservation, Diaz Ali El has contributed to community and national service:

- Trained law enforcement personnel
- Trained U.S. military servicemembers
- Taught U.S. Veterans at VA veterans centers (2009–2011)

Through his Taiji and Qigong therapeutic program, results included:

- Reduction of prescription drug dependency

And in several documented cases:

- Veterans were taken completely off prescription medications.

His approach restored mobility, reduced chronic pain, improved sleep, and helped veterans regain quality of life.

PROFESSIONAL RECOGNITION

- Featured in 17 martial arts magazines (Black Belt, Inside Kung Fu, etc.)
- Seen on ESPN, Discovery Channel, Pay-Per-View
- 13 Martial Arts Hall of Fame inductions
- Served as model reference for video game characters

TEACHERS

Chronological Order

1. Sharon Diaz
2. Greg Walraven
3. Sifu Leon Trescott
4. Si-gung Norman Smith
5. Sifu Jamal Rashad El
6. Lu Xiao Ling
7. Pan Qing Fu
8. Li Pei Yun
9. Li Kam Loung
10. Nick Gracien
11. W.C. Bey
12. Gerald Battle

LEGACY

Few martial artists have achieved what Louis Diaz Ali El has:

- International champion
- Lineage holder of multiple closed-door arts
- Teacher of champions, school owners, law enforcement, military, and veterans

He preserves bloodline systems and creates future masters.