

JARRED REISS

INNER-CHAMBER DISCIPLE • HEAD INSTRUCTOR • COMPETITOR • COACH

A Martial Arts Biography of Training, Competition, Teaching and Long-Term Transmission



EARLY FOUNDATIONS — MERCER KUNG FU

Jarred Reiss's martial arts journey began in 1988, when, as a young child, he began training in Wushu under Sifu Leon Trescott at Mercer Kung Fu. His connection to the school placed him within a circle of instructors and practitioners who would have a lasting influence on his martial arts development. At the time, Greg Walraven, one of Leon Trescott's senior students, was actively training and teaching within that environment.

It was also during these early years that Jarred first came to know Louis Diaz. Long before Jarred would formally become his student, Louis was himself training under Greg Walraven and Sifu Leon Trescott and later served as an instructor at Mercer Kung Fu. As a result, the relationship between Jarred and Louis reaches back to Jarred's childhood and to a period when both were part of the same martial arts community.

DIRECT TRAINING UNDER SIFU LOUIS DIAZ

As the years passed, that early connection eventually developed into a direct teacher-student relationship. By 2003, Jarred had begun training directly with Louis Diaz, continuing a martial arts relationship whose foundations had already been established many years earlier at Mercer Kung Fu.

Jarred's direct training with Sifu Louis Diaz continued through Southern Shaolin Academy, the school where Jarred and fellow longtime student Edward D. Toth would train under Sifu Diaz. Southern Shaolin Academy would later evolve into the Shaolin Hung Gar & Tai Chi Institute, continuing the traditional Chinese martial arts instruction and lineage transmission established through the earlier school.

INNER-CHAMBER DISCIPLESHIP & SYSTEMS OF STUDY

Over time, Jarred's training under Sifu Louis Diaz developed into a long-term teacher-disciple relationship. He became an inner-chamber disciple and received extensive instruction in both traditional and internal 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.

COMPETITION

Jarred also developed into a successful competitor. His competitive experience spans different periods of his life, having competed both as a child and later as an adult under Sifu Louis Diaz, earning victories in martial arts competition. Although the complete record of individual tournaments and placements has not been preserved, competition became another important part of his development, allowing him to represent his teacher and school while putting his years of training into practice.

HEAD INSTRUCTOR & TEACHER

As Jarred matured as a practitioner, his responsibilities expanded well beyond his own training and competition. He eventually became Head Instructor under Sifu Louis Diaz, taking on one of the most important teaching positions within the school. In that capacity, Jarred taught the majority of the school's classes and became deeply involved in the day-to-day development of its students.

His influence was particularly important among the younger generation. Jarred helped teach and train numerous children who came through the school and played a significant role in helping shape their fundamentals, discipline, confidence, and martial arts development. He also assisted in the training and development of Sifu Diaz's son, extending his responsibilities beyond ordinary classroom instruction and becoming a trusted part of the school's teaching structure.

IMPACT ON THE SCHOOL

Jarred's contribution therefore cannot be measured only by the systems he studied or the competitions he won. As Head Instructor, he helped Sifu Diaz mold an entire generation of students. He was present on the training floor, taught the curriculum, corrected students, helped prepare practitioners for competition, worked with the children, and reinforced the standards of the school. His years of service made him an important part of the development and continuity of both Southern Shaolin Academy and the Shaolin Hung Gar & Tai Chi Institute.

This progression represents far more than a conventional student-teacher relationship. Jarred's martial arts history crosses multiple stages of his life—from his beginnings as a child training under Sifu Leon Trescott at Mercer Kung Fu, through his later direct training and competition under Sifu Louis Diaz, to becoming an inner-chamber disciple and ultimately serving as one of his teacher's senior instructors. Few students share that length of personal and martial connection with their teacher.

CONTINUING TRANSMISSION

Today, Jarred continues to maintain his training under Sifu Louis Diaz, preserving a relationship that spans decades and reflects the traditional process of long-term martial arts transmission. His development represents a direct connection between the Mercer Kung Fu era, Southern Shaolin Academy, and the present-day Shaolin Hung Gar & Tai Chi Institute.

From young student, to competitor, to inner-chamber disciple, to Head Instructor and teacher of the next generation, Jarred Reiss has played an important role not only in preserving what was taught to him, but in helping pass that knowledge forward.