



Paul J. Cote, Kyoshi

Martial Arts:

- **Head Instructor of Chinese Internal Martial Arts**
(Xing-Yi Quan, Bagua Zhang, Taiji Quan, Qigong, Weaponry)
- **8th Dan IWKA Isshinryu Karate & Kobudo**
- **Student of Shurite Ju-Jutsu**



Biobrief:

Paul is the Head Instructor of Academic Training Traditions in the area of Frederick, Maryland, where he offers training in the Chinese Internal Martial Arts (Xing-yi Quan, Bagua Zhang, Taiji Quan, Qigong, Weaponry) and in Okinawan Karate (Isshinryu Karate and Kobudo).

Beginning in 1974, Paul has spent a continuing 48 years in Okinawan Isshinryu karate under Hanshi Dane Sutton, Judan (10th Dan), where he holds the senior title of Kyoshi, Hachidan (8th Dan) from the Isshinryu World Karate Association (IWKA) of Master Kichiro Shimabuku in Okinawa.

From 1987 to 2011, Paul developed as a student and senior instructor in the Chinese Internal Martial Arts of Hebei Xing-Yi Quan and Gao Yisheng Baguazhang under renowned teacher and historian, the late Master Robert W. Smith, who had trained these systems while in Taiwan in the early 1960's.

Paul continued internal arts study and research from 1997 to the present day with Master Zhang Yun. Master Zhang grew up in Beijing and was a student of the late Grandmaster Wang Peisheng. Paul now includes teaching of their Yin Fu and Liu Dekuan styles of Bagua Zhang, and their Wu style Taiji Quan and weaponry. Paul is a disciple and senior instructor under Master Zhang of the North American Yin Cheng Gong Fa association dedicated to the study of Chinese Internal Martial Arts.

Paul is a member Kyoshi of the Shurite Bujutsu Kai and serves now on its board as a Chief Instructor. He is a Co-Director (with Kyoshi Troy Price) of the Shurite program for Xing-Yi Quan and Bagua Zhang and also plays a role in further developing the Taiji Quan program. Paul has been active as a Chinese Internal Arts instructor with the Shurite group since 2007. He has been awarded on several occasions since that time for his efforts to expand the Shurite programs for teaching and certification in the internal arts and in advancing cross-training among the martial arts.