

# Little Nine Heaven Internal Kung-Fu

## Master Hsu Hong-Chi



In 1975, Sandy, my ex-wife and I went to the Scottish Rite Temple in Los Angeles. They were having a kung-fu demonstration there. Sandy and I got there early to get a good seat. After sitting for a few minutes, I had this strange overwhelming feeling to get up and go outside. I told Sandy, "I will be back in a minute." Sandy quipped, "Where are you going, to meet your girlfriend?" I ignored her remark and got up to leave. She followed me as I opened the double doors. Walking by at that same moment was a Chinese man, and I said without thinking, "That's my teacher." Sandy said, "What?" I pointed, "Look at that man," as he was walking away, "he is a kung fu master." Sandy asked, "How do you know?" I said, "I know." and then we went back to our seats

to watch the show. I forgot all about the master we saw. My life was forever changed in 1976 when I was 34 years old and had been involved in kung fu for some nine years. I started teaching kung fu in my garage in Stanton, California. I had one student named Al Lam. He was from Hong Kong and had a lot of experience in Wing Chun. Al was a good student - he trained hard and was very loyal and dedicated. We became very close and I started taking him camping and hunting as well as other activities. He was like the son I had lost. We are still very close and I truly consider him to be my son.



But despite my accomplishments and proficiencies, I knew there was more to learn. I needed to find a teacher who could help me move on to the higher levels in kung fu, even though I was still learning from Master Shun. I looked for my new teacher during the evenings or on weekends that I was not at the school training. This led me to many different places and some bitter experiences. However, as with anything of great value, one cannot expect to find it easily.

I went to different schools trying to find the right teacher. When entering a school, I pretended not to know anything so I could



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get the true understanding of the quality of the teacher. Many of them claimed to be something they were not. I was disappointed with the quality of teachers and none of them were what I was looking for. Some were too graceful and had no power; some too hard and weak, some knew nothing but claimed everything. I grew frustrated, so I continued with Master Ralph Shun, who was very good. I was very lucky to have him but something inside kept telling me to keep searching.

In June of that year, my search took me to a kung-fu school in Torrance, California. As I entered the waiting room, I immediately felt an overwhelming sensation that I had found what I was looking for. Strangely, my feelings were not inspired by the surroundings, the students, or even the teacher, but by a picture on the wall. It was a photograph of the school's Master Hsu Hong Chi (pronounced "Shoo Hong Chee"). This was the same man that I had seen at the Scottish Rite Temple in Los Angeles a year before! When I opened the double doors and saw his face, I knew Master Hsu would be my teacher one day.



The benevolent gaze of this man touched me deeply and spoke to me in a way that I found hard to describe. Although Master Hsu lived in Taiwan, I didn't ask any questions. I immediately joined the school. I knew it wouldn't be long before I met this remarkable man. The teacher at the school asked me "Don't you even want to know what style we teach or anything about our school?" I said, "No. I just want to join."

It was Monday, December 3, 1976. Master Hsu was coming from Taiwan and most of the students at the school went to the airport to meet Master Hsu. We carried a large banner to honor and welcome him. The following day there were about twenty students practicing Hsing-I kung fu when Master Hsu arrived at the school. We all bowed to him out of respect and when my eyes met the Master's eyes, I was again struck by that same feeling I had from the photograph. It was as if I already knew this man, as if we had met someplace before. As we continued to practice, Master Hsu made his way around the room watching everyone carefully. Before long he was in front of me, observing and correcting my mistakes. As we looked into each other's eyes, a smile came across his face; he knew and I knew. There was a connection between us, a feeling hard to describe, a feeling of warmth

and the feeling of knowing I had finally found the teacher I was destined for.

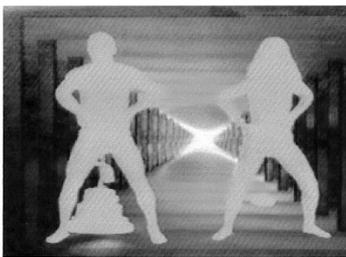


In June of 1977, Master Hsu returned to California and stayed with the instructor of the class, John Price. John did everything he could to keep Master Hsu and me apart; but Master Hsu wouldn't allow it and made sure I was always allowed over to John's house when Master Hsu was there visiting him. A few weeks after he arrived, I was honored to have him as a guest in my own home. This was a rare privilege for me since only senior students were usually accorded such an honor. I was inspired tremendously by Master Hsu's visit, during which he not only talked to me about kung fu, offering his advice and insights, but also took a great interest in my own upbringing. It was during this visit that he confided in me: "From the first night I saw you, I knew I had to teach you, since I feel we have known each other in another life." When I heard this, everything I had felt previously was confirmed. The photograph I had seen that first night at the school had indeed spoken to me in some strange way. I felt more strongly than

ever that fate had brought me to this great master.

Master Hsu told me that I must train harder than ever because endurance was most important and that I would have to overcome whatever difficulties lay ahead. Knowing John Price's jealousy, it would be difficult for me, so I must endure his abuse. He let me know that such a road would not be easy and only a person of very strong will and determination would make it through the test.

Before he returned to Taiwan, he began teaching me a special method of training called Shih Shui (pronounced "shee-sway") kung fu. This is an ancient and extremely effective system of exercises designed to strengthen the internal organs, increase vitality, and develop awareness. Over time, this training will actually slow the aging process and dramatically enhance the immune system and sexual functioning.



A student of Shih Shui strives to unite his or her physical body and chi or spiritual body as one. The system of shih shui consists of three levels: Transfer of the ching (sperm) to the chi; transfer of the chi to the shen (spirit); and cultivating the

shen to return to the stage of shu (emptiness). By cultivating this chi into a higher form, one will be in harmony with nature and the universe.

The many health benefits of shih shui include chi organ restoration, organ detoxification, and nourishment of the vital organs through chi energy generation and storage. One can cleanse and build the blood, thus causing a reduction of the work the heart must do. Bone marrow will also be revitalized. In mid-1978, Master Hsu wrote a letter to both instructor John Price and me. He asked us to come to Taiwan where we would train and compete in a martial arts tournament. Not long before we were scheduled to leave John Price decided not to make the trip and forbade any of his students from going as well. I did not question his reasons for not going; however, I told John Price that Master Hsu had personally invited me to go and I was determined to do so, with or without his permission.

Although I didn't have the money to fund my trip, I had made up my mind to go to Taiwan no matter what it cost me. I enjoyed hunting and shooting, so I had a few very nice guns. I was very proud of my gun collection and was sad to give them up. I remember that I almost disliked the people who bought them from me, but I knew I had to raise the money or else I couldn't go to Taiwan. I sold all my guns and every item of value I had to raise the money

I needed. By making this decision, I knew that upon my return to the United States, I would no longer be permitted to train at the Torrance kung-fu school.

### FIRST VISIT TO TAIWAN

In October of 1978, I left for Taiwan. It was my first overseas flight. The trip took seventeen hours. We first stopped in Alaska for fuel and then an hour or so later continued on to Taipei. I remember being so scared at takeoff that I was gripping the seat as hard as I could. I wouldn't look out the window because I was afraid of heights. We hit some turbulence and the plane dropped. I thought we were going to crash, my face turned white and the stewardess came by to ask if I needed a bag. I told her I was fine, but inside I was frightened. I kept asking myself the same question, "I am so scared, why am I going here?" I landed in Taiwan, but didn't know what to do, so I just followed someone I thought was an American to watch what they did and I copied them. It was strange being in a foreign country for the first time.

I was concerned that Master Hsu would most likely assign me to one of his senior instructors, which is the customary practice. To my surprise, Master Hsu himself met me at the airport. I was taken into his house and stayed with his family. When we got to his house, he introduced me to

his wife and children and explained the different customs that I would have to get used to. He took me downstairs where the school was located. I was even given my own key to the school. He told me, "You have to be in the school every morning at 6:00 am and train." He said he might be there or might not, but if he wasn't, that was not a reason for me not to train. He said we eat lunch at 12:00 noon sharp and we have dinner at 6:00 pm. If you're late, don't expect to eat. I told him I understood and would do my best.



Master Hsu and his brothers



Outside Master Hsu's House

**NEXT MONTH PART  
TWO WITH MASTER  
HSU HONE-CHI**

## Upcoming Seminars and Events

### JANUARY 2017

Irvine, CA

January 9th to 21st

Private Chi-Kung

### FEBRUARY 2017

Deerfield, IL

February 5th to 18th

Shih-Shui Kung & Hsing-I

Thailand

February 26th to March 10th

Taoist Lovemaking

### MARCH 2017

Deerfield, IL

March 16th to 27th

Mix Classes/Shih-Shui

### MAY 2017

Miami, Florida

May 1st to 28th

Internal Kung-Fu & More

### SEPTEMBER 2017

SPAIN: Little Nine Heaven  
Gathering

September 8th to 16th  
Chen Tai-Chi, Tzu Men, Ba  
Kua, Splashing Hands,  
Chi-Kung, and  
Meditation

If you are interested  
in individual or  
group seminars,  
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