

Little Nine Heaven Internal Kung-Fu

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MASTER HSU HONG-CHI

First visit to Taiwan continues Part 2 of 3



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When I had time I would explore and walk around the streets close to Master Hsu's house. He gave me his business card in case I got lost. There were many small side streets and old buildings. I truly felt at home. I only wish I spoke Chinese. One day I got lost and couldn't find my way back.

I flagged down a taxicab and showed him the business card. He looked at me like I was crazy; in two minutes we were home, as I was just around the corner. Boy did I feel stupid. The people in Taipei were kind, considerate and treated me like I was one of them.

Most of the time Master Hsu did show up and watch me practice in the morning, he would only watch for a while. He would sit at his desk and watch me closely, while he drank his tea and smoked his cigarettes. Then

all of a sudden he would correct me and tell me, "You must practice and perfect everything, as it is not quantity but quality that counts." I remember one day after correcting me on different things, he told me to do the Dragon Form. This form has a lot of jumps. I did this form for over an hour. Towards the end, Master Hsu asked, "Are you tired?" I would always answer, "No sir." After another 20 minutes of jumping only about two inches off the ground, if that far because I was so tired, the Master asked me again, "Are you tired?" I again answered, "No sir." He in return said, "I am tired of watching you, so let's go shower and eat lunch." I said, "Thank you, sir."

While eating lunch, he would explain many Chinese traditions, as many Americans don't

understand them. Master Hsu said, "I respect you. I have very few students who refuse to give up like you." A few days later, we had the fighting tournament. It was large. There were people from Australia, Japan, Hong Kong, America, and a few other countries. It lasted all day and was on television. Many people got hurt or knocked out. A Chinese doctor on the sidelines treated the injured fighters. I fought three times and won first place in the middleweight division. Master Hsu had the head instructor from each country do a demonstration of some kind. I did a Shaolin form, which was a very old form, taught to me by Master Ralph Shun. After the tournament, there was always a big celebration dinner for the winners and head instructors. It would last until early morning; everyone had fun and hopefully learned a lot.



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For the two and half weeks longer that I stayed, I trained at least six hours a day, seven days a week. Master Hsu perfected my Hsing-I forms and taught me special chi-kung, tui-na and acupressure techniques.

The art of Chi-Kung acupressure that he taught me is for health and healing and can be traced back over 4,000 years to the reign of Huang-Ti, the Yellow Emperor also known as the father of Traditional Chinese Medicine. The techniques will open up the meridians that are obstructing the chi flow, which will keep the body in balance and harmony. You must also know where the meridians and acupressure points are located and how to apply the proper pressure for the maximum enjoyment and relaxation of the partner.

Tui-Na (pronounced “tway-nah”) or Anmo as it was known in ancient Chinese times, is the practice of manipulation or massage to alleviate pain. After centuries of practice and observation, it was discovered that by pressing on one part of the body or by twisting at a certain angle or pulling a certain part of the body, people could be relieved of pain and illness. Sometimes you may also use the combination of herbs and moxa. Tui-Na is a developed, therapeutic system passed from China and spread to neighboring countries such as Korea, Japan, and India. Tui-Na techniques are very effective. Master Hsu always said, “It is very important that you learn sensitivity in your hands and fingers so you will be able to feel the tension in your partner’s body.”



Second Visit to Taiwan

It wasn’t until my second visit the following year, in 1979, that Master Hsu formally accepted me as his “indoor” student, a student deemed worthy to receive secret teachings. He signed a copy of his book for me and on the first page he wrote “to my student Jim McNeil.” This made it official. Tears came to my eyes. I was so happy that he accepted me as I did not have a teacher anymore back in the States. I had no I idea that this day would change my life completely as my journey took on a new phase of learning.



A few days after the Tang So Tao tournament, which I won again, some of my senior brothers were at the school one night when

nine of us to accompany him to a fancy hotel. I had no idea what we were going to do. We went into the room and found it fully stocked with food and liquor. We had been there only a short time when there was a knock on the door.

Master Hsu opened it and escorted a beautiful young woman into the room. I remember thinking to myself, "What could this beautiful, innocent looking girl possibly want here?"

Later about 5:30 am when Master Hsu and Mr. Huang told all of us to go home and that they would see us later that evening at class. The other students went to their homes to sleep and I headed for the kung-fu school to begin another grueling day of training. This was just the beginning of what would be many nights of going without sleep followed by a full day of kung-fu training. Although I hadn't realized it at the time, that first night at the hotel had been my first introduction to the Taoist art of lovemaking.

The Beginning

A couple of days later in the afternoon, Master Hsu and I were having lunch at a restaurant when he told me of his feelings for me as a student and how he felt compelled to teach me. "Our ties run beyond this world, for we have met before

and that meeting has drawn us together again. You train hard now, but you must train harder than everyone else if you want to be truly good. I only hope you will never let me down for it has happened many times before."

He then offered to teach me, with the help of Mr. Huang, the highest level of kung fu, Taoist lovemaking: the art of loving, controlling ejaculation, and circulating sexual energy to name only a few of its benefits. They explained that the system had been handed down secretly for thousands of years through the works of Huang-Ti, the Yellow Emperor (2698 BC). The earliest known records of human sexual practices and techniques were passed down to us by Huang-Ti. He is known as the father of Chinese civilization and is credited with having discovered the secret of immortality, or deathless awareness, through the blending of male and female energy during sexual intercourse to produce pure energy and spirit or "shen".



Mr. Huang went on to say that many people claim to have learned the art of lovemaking, but their knowledge came strictly from books, not direct instruction. Traditionally, a teacher who learned this art will pass his knowledge in its entirety to only one student. He said, "You can learn the knowledge of this system if you commit yourself to learning it."

This was one of the highest honors that could be bestowed upon any Chinese student, but for it to be given to an American student was unprecedented. Master Hsu often liked to tell me that I was only "American on the outside but Chinese on the inside." Mr. Huang agreed and I did not hesitate to accept their offer to teach me. Overcome with emotion, tears came to my eyes as I nodded my head and said "Thank you, Master" (not realizing at the time that the promise I made would

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cause many heartaches and was a tremendous responsibility and a promise that most men could never keep).

OPENING UP THE KUNG FU SCHOOL

In 1979 I opened my first kung-fu studio in a small industrial area in Buena Park, California. It was a small building, but big enough for me to teach. Al Lam was still with me, so I started off with one student. I knew a few other teachers in kung fu and we got together and had a kung fu demonstration in the parking lot. I slowly got some new students - now it was looking like a school. The class grew to about eight and everyone trained hard. While many of my truck-driving colleagues drank beer, smoked marijuana and watched television after a full day on the job, I headed to the studio to begin a full evening of training and teaching. The difference now was that this was my own school where I would teach kung fu as well as train myself. My students gave me my first plaque.



I had many people come in and challenge me in different ways. Some would come into the school and say, "What if I threw a side-kick or a roundhouse kick at you. What would you do?" I think I was a humble teacher, but I was confident at what I did. I would respond, "Let's go into the exercise room and we'll see." I would take them in the back of the exercise room. Then in a relaxed manner I would say, "Do whatever you feel like doing. Always the visitor would say "Are you ready?" And I would answer, "Do whatever you have to do to beat me whenever you're ready." My students would say to themselves "There goes another one." I was never defeated and I never hurt anyone; but when they left, they knew they were beaten and respected me even more. I would explain that this was fighting without

fighting, and it is not always necessary to hurt someone to win. After a while, the challenges stopped.

In the summer of 1980, Master Hsu came to my house in California to stay with me. John Price, his senior student in Torrance California and Master Hsu had a falling out; so he decided to come to my house and teach me as he had already accepted me as one of his students. I still had my school in Buena Park and the Master came to the school and talked with the students. He expressed how important it was to train and to listen to their instructor. We continued my training after the school hours and when we went home. We would go over fighting applications, acupuncture /tui-na, and lovemaking techniques. I had my girlfriend living with me. Sharon was very beautiful and about twelve years younger than me. She was a great help and enjoyed having Master Hsu at the house. Sometimes he would even help Sharon in the kitchen. Even though he said he never cooked or helped in the kitchen at his home in Taiwan, because it was not the custom there.





breakfast or whatever he wanted until Sharon or I got home.



Master Hsu said that he had a hard time taking a shower by himself, because at home his wife would always bathe him. A couple of times, I found a lady friend who would help him bathe and keep him company. This made Master Hsu very happy. That year Master Hsu taught me how to make the back of my hand so strong that I would be able to one day pound a spike into a piece of wood. Learning this training was very painful for the first two weeks. After that, my hands were conditioned enough so that it didn't hurt anymore. Since I was working during the day, I would hire a Chinese lady named Sho to come over in the late morning and cook the Master



This time, I stayed next door to Master Hsu's house in a small room that I rented. It had only one bed and a small dresser.

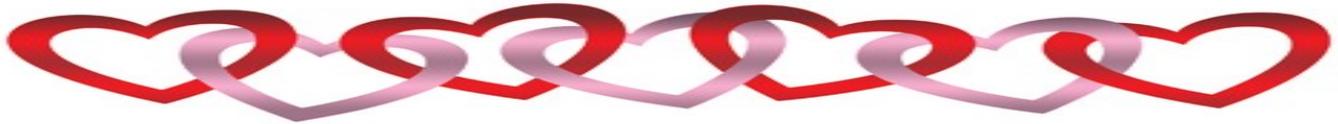
In October of 1980, I went back to Taiwan for my third visit. I performed a demonstration as usual at the Tang So Tao tournament. I won in my division for fighting again. There were not as many people at the tournament that year. Of course, there were students from Japan, Hong Kong, America, and Taiwan.



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Students from all the different countries stopped by Master Hsu's house to say goodbye until next year. After they left the next day, I continued my intensive training at the kung-fu school from 6:00-11:30am and again in the evening with the Taiwan students.

Next month will be part 2 of 3 articles on Master Hsu Hong-Chi



Upcoming Seminars and Events

FEBRUARY 2017

Deerfield, IL

February 5th to 18th

Shih-Shui Kung & Hsing-I

MARCH 2017

Deerfield, IL

March 16th to 27th

Lovemaking/Shih-Shui

Seattle, WA

March 31st to April 3rd

Meet old students & private
sessions

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,
please feel free to
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