

Little Nine Heaven Internal Kung-Fu

My Apologies....

In my last newsletter I talked about Michael Patterson and I am sorry for using his name in my article on Hsu Hong-Chi. I'd like to apologize to Mike and assure him that I will never use his name again in my newsletters.

He asked me to also say that I lied about the things I wrote, but I can not do that as everything I wrote was the truth. Mike is a good kung fu teacher and I wish him great success.

SUDDEN DEATH OF MASTER HSU & A NEW BEGINNING

In 1982 after the Japanese team left, Master Hsu and I spent a lot of time together doing many different things. One day, Master Hsu took me to a blind fortuneteller who Master Hsu said was very good. The fortuneteller was an enigmatic looking figure that exuded an aura of knowledge and wisdom and cast my fortune saying everything would be all right with a lot of dedicated hard work. Then it was Master Hsu's turn and grimly the fortuneteller told him if he didn't exercise more, he would die at the young age of 50. On the way home, Master Hsu told me when going to a fortuneteller you believe what you want and throw the other stuff away.

The next mornings, we both took a taxi up the mountain by the Grand Hotel to an area where many other people gathered to practice their various disciplines. He would correct my Hsing-I while chatting with his many friends. This went on for the duration of my stay. He never really exercised when we went to the mountain except talk with a lot of his friends as I exercised on the side.



In January 1984, during the Chinese New Year celebration, I went back to

Taiwan again for three weeks with my new wife, Chou Hwa. We were only able to see Master Hsu a few times but this was the fateful trip that changed my life forever; it was at this time that my senior Kung fu brother Carl Kao, who was also a student of Master Hsu, first introduced me to another teacher he trained with, Master Chiao Chang Hung (pronounced "Chow Chang Hung"). He was the most respected kung-fu master in the Internal Kung fu Society. It was Master Chiao who brought the Little Nine Heaven System and the Shih Shui system from China to Taiwan and was the lineage holder of the current generation.

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Volume 10, Issue 4



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At that time, Master Chiao would not accept me as his student because he had formally retired from teaching. But he did say that he would introduce me to two of his closest friends. He said, "You should learn the best from the best and that is Master Pan Wing-Chou. He is the best Chen Tai-Chi master in all of China and Taiwan. "



"I will also introduce you to Master Chin Chi-Yin who is the last lineage holder of the system called Tzu Men-Chang (pronounced Zoo Men Chong). We will all meet and have dinner together and I will ask them if they will accept you as their first American student. But I cannot promise you their answer because neither has ever taught a foreigner before."



Two days later, Master Chiao, Master Pan, Master Chin, Carl Kao, my wife, Chou Hwa and I all met for dinner. Master Chiao asked them formally if they would accept me as their first American student. They asked me questions about the different styles I had learned and how long I had been practicing. They were good friends of Master Chiao and respected his recommendation so both masters agreed to accept me as their student.

The training started the very next day and the ship of my destiny was launched with the first wave of the hands in the Original Form; at 7:00 a.m. I would practice Chen Tai Chi with Master Pan. He was a great teacher and from the beginning he told me, "When doing the form my thighs must be no higher than a 90-degree angle to the ground, so we will be going over and over the moves until you have learned it properly." I practiced hard and repeatedly went over what my new master was teaching me.

Master Pan Wing Chow was the portrait of health and he continued to perform the original Chen style Tai Chi Chuan as taught to him by Master Chen Fake back in the early 1930's. Master Pan maintained his dedication to the traditional style of Chen style tai chi; maintaining the original form over the entire course of his life. Master Pan was born in 1905 and began to learn tai chi while attending the University of Peking. He was one of a few who learned the old Chen style tai chi outside of the Chenjiagou Village in the Henan Province, where Master Chen lived.

Master Chen Fake was hired by a group of people to come and teach in Peking. There, Master Pan was introduced to Master Chen at the home of his friend, Mr. Liou, who

belonged to the Honan Association. Master Chen Fake, who was the 16th generation lineage holder of Chen Tai-Chi he was living at the Honan Association headquarters and it was here that young Pan started learning the Original Form of Old Style Chen Tai Chi. Chen Tai Chi Chuan (pronounced "tie chee shwon") was created by the Chen family of the Henan province and had been passed down from generation to generation for over 600 years.

The foundation of Chen Tai Chi Chuan is based on the theory of the yin and yang principle which means it can be active or passive, solid or void. The chen sa chin (silk cocoon energy) of Chen tai chi circles around the body's meridians like latitudes around the globe. The circulation of chi (inner energy) blends with the open and closed, is substantial yet insubstantial (chin) and is like the longitudes of the globe. These principles are incorporated into the hard yet soft, fast and slow movements of Chen Tai Chi. The body should be erect, the spirit of the inner energy should reach up to the head, the breath should be natural and the chi should sink to the tan tien. Chen tai chi contains both hard and soft motions. It can be fast or slow, offensive or defensive, neutralizing or forcefully overpowering. It is a miraculous martial art that also emphasizes using the mind to cultivate chi through abdominal breathing. Its goal is to promote good health, to heal or prevent sickness, and achieve happiness along with great self-defense capability that is highly under-rated. People that think you cannot fight with Tai Chi know nothing about Tai Chi.



After training in Chen, I then went to meet Master Chin Chi-Yin at Master Chiao's school at 10:00 am. Carl Kao and I began with the Five Exercises and progressed to the Three Forms; we practiced over and over again. Master Chiao would come in for about an hour every day and watch us then he would leave without saying a word.

Master Chin Chi-Yin was a student of the late Master Hsiung Chien-Hsun. He was assigned the duty of Executive Secretary of the Tzu Men Chuan Association in 1975 and held it until his death in 1998. He was born in 1925 in Canton City. He also learned Tai Chi from Master Tao Ping-Siang and Master Wand Yen Nien. He learned chi-kung from Master Chiao Chang-Hung. In 1941 he joined the armed forces and retired in 1981, with the rank of colonel. He is among the very few teachers who knew the **special points (death touch)** of the body and the fighting techniques that accompany this knowledge. Master Chin was handed down the system from Master Hsiung. I was Master Chin's first and only student at that time in this unique but quickly disappearing style.



Tzu Men-Chuan is a soft style of Shaolin Kung fu that was developed in the Shaolin Temple. Like many of the different styles practiced in the Shaolin Temple, this style's origin and development is shrouded in mystery. The earliest recorded history of Tzu Men-Chuan is in the Ching dynasty during the reign of Emperor Chenlung (1736-1796). During this period, the style was transmitted to the Keangse Province and rapidly gained popularity and spread around the country. Many of its secrets were jealously guarded and at some time its popularity waned and all but vanished from the Kung fu world.

I would go home and practice what I had just learned repeatedly until about 9:00 pm. Then I would wake up at 4:30 am to begin practicing again before I went to meet Master Pan. I could hardly get out of bed the next morning and I could barely walk. But I knew I had to do it, I could not let my new teachers down. I knew the Chinese tradition in which a student never shows pain or complains about anything and I had forgotten the lesson I had learned with Tiny and my groin injury years ago. I met with Master Pan, trying my best to conceal my pain and discomfort. The pain gave way to my excitement as I learned new things and couldn't wait to get home to practice more. Afterward, I met with Master Chin to train and learned more of the Tzu Men Chuan system.

I practiced daily for another two weeks until a few days before it was time for my wife and I to leave.

After practicing with Master Chin, Master Chiao came up to me and asked, **"Would you like to become my student?"** I was almost in tears as the emotions and deep feeling from such an honor overwhelmed me and choking back that swelling feeling

said "Yes, sir," and bowed. "Meet me at my house at 10:00 am tomorrow," he said. Head bowed with tears in my eyes I said, "Thank you, Master."

We all love our coaches and teachers but eventually, due to distance or even death, we may have to move on to another instructor. Not everyone will teach the same way. One can learn a lot by being patient and understanding different techniques. There are many different styles of teaching, but almost all teachers want the best for their students. With this in mind, there are a few things that teachers do not appreciate: please do not complain, don't be late or otherwise keep your teacher waiting and don't talk back under instruction or give up when you are tired. Also, it is important to make time to review on your own, to learn and ingrain what you have learned into muscle memory. To truly master an art you must practice and listen to your teacher/coach. Modern physiology says it takes a minimum of ten thousand hours of practice to ingrain a skilled movement into muscle memory and truly master it. With Kung fu it is undoubtedly much longer. Through destiny I was guided to my new teachers, as it was our fate to meet. I have worked hard to walk that preordained path and honor and preserve what they have taught me and I am eternally grateful.

The next day my wife and I went to the honorable Master Chiao's home. I knocked on the door and Master Chiao answered. He told my wife to go shopping and that he would be out in a minute to teach me. My wife left and I found a place to sit on the porch. Several hours went by but

with my understanding of the Chinese custom, I endured the wait and sat quietly, without moving or saying a thing. My wife returned and at that same moment Master Chiao came out of the house, "I am sorry, I forgot, please come back tomorrow and I will teach you." I bowed and said, "Thank you, Master."

After we left my wife was furious but I told her not to worry. I knew Master Chiao was only testing me. The next day after training with the other two masters, I again went to Master Chiao's house with my wife. Again Master Chiao told her to leave. She was hesitant, but I assured her it was alright. This time I was prepared. I found a comfortable place to sit that was more relaxing, knowing it might be another few hours of waiting; and it was but this

time I had flowers, birds and insects to watch and keep me company. My wife came back and Master Chiao came out again. It was a repeat of the day before and just as the first time, he apologized and said that he had forgotten. I was not mad because I knew this test could go on for a long time. I was not in a hurry. I bowed again and with a smile said, "Thank you, Master." After the fourth visit, Master Chiao finally began to teach me. First, he made many changes in the Shih Shui System that Master Hsu had taught me years earlier. Master Chiao brought the Shih Shui training to Taiwan and anyone in the world who knows it learned it directly from Master Chiao, his book or from one of his students.

On October 9, 1984, I received a phone call from Taiwan informing me that Master Hsu Hong-Chi had died unexpectedly and without hesitation I left right away for the funeral. The sad thing is he had many American students he had taught and to this day, they still claim how much he taught them and how they loved and respected him. **But not one of Master Hsu Hung-Chi student in American or abroad had enough love or respect to attend his funeral, because like many, they talk from the side of the mouth and not from their heart.** Of all the hundreds of American students that he taught, **I was the only one who respected and loved him enough to go back to Taiwan for his funeral.** Sadly and incredibly, he died at the age of 50 just as the fortuneteller predicted.



Upcoming Seminars and Events

APRIL 2017

Seattle, WA

March 31st to April 3rd

Meet old students & private sessions

JUNE 2017

Deerfield, IL

June 10th to 20th

Taoist Lovemaking and Shih Shui

OCTOBER 2017

Deerfield IL.

Dates Pending

Shih Shui & Taoist Lovemaking

Shanghai, Taiwan, & Beijing

April 7th to April 24th

Private Lessons

SEPTEMBER 2017

Malaga, Spain

(Cabopino Camp Grounds)

September 8th to 16th

Little Nine Heaven Gathering

MAY 2017

Miami, Florida

May 1st to 28th

Internal Kung-Fu & More

Chen Tai-Chi, Tzu Men, Ba Kua, Splashing Hands, Chi-Kung, and Meditation

If anyone is interested in Private or Group lessons I am available this year in July, August, November, and December. Please contact me at: Siful9h@gmail.com



At long last Jim Doty has finally established his website at: dotylittlenineheaven.com. It is still a work in progress but he already has quite a bit of content and will be updating it constantly for those that are interested. It will contain information about all the different styles we teach and many stories of his time learning from me and his personal exploits. Students are invited to follow along as he adds contents to the website so keep checking back as content is being added on a daily bases.