

# Little Nine Heaven Internal

## Kung-Fu

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### AFTER THE DEATH OF A MASTER THE NEW BEGINNING ARISES

A few days after the funeral of Master Hsu, my wife and I went to Master Chiao's house for a visit. I told Master Chiao of Master Hsu Hong-Chi's death and explained that I had to come back for his funeral because I respected and loved him very much and it was the least that I could do after all he had done for me. Then Master Chiao looked at my wife and said, "I knew I picked the right one. From the first day I met him, I felt I knew him from another life. I am sure he was a Kung fu brother of mine."

From that day on, a strong bond began to take hold between teacher and student. I loved Master Hsu very much and respected him, but wondered if this strange fate of his death was part of my destiny to expand my knowledge of what was to come, like the death of my beloved son. I wondered if this was what Sui-Mei foretold when she talked of my future teachers. A couple of weeks later we returned to California and I became aware that I had solutions to many of the problems that my students and others faced. I realized, however,

that it would not be possible for me to teach everyone in the same manner in which I had been taught. So in 1984, I produced a video called "Chinese Lovemaking Secrets" and in 1990 I released a Volume Two. Both were done without nudity. These videos did not become the commercial success I had hoped for and I knew I could do better. I swore that I would continue to do everything possible to teach the world the health benefits and beauty of Taoist Lovemaking, without revealing some of the secret things I had learned and promised not to teach until the right person or couple came along.

In October of 1985, Master Chiao accepted me as a true Little Nine Heaven disciple and I went through the ritual at the Huang Ti Temple in Taipei, Taiwan. I was the first and only American to receive such an honor. There are not words to express the excitement I felt going through the Little Nine ceremony. It began with us lining up together and walking inside in silence. We then sat down in our designated places

as the large drum sounded out three times with each of Master Chiao's bows as he offered the incense. Next the witnesses came up to the side of the altar and offered the sword and food and fruit. Master Chiao presented the offering and prayers to the gods. We bowed three times toward the altar, kneeling down touching our head to our hands, then standing up toward Master Chiao, Huang Ti, Chang San Fang and Mo Tzu. I and one other student of Master Chiao said a prayer in unison, pledging our loyalty to our school, our country and Taoism.



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memorial  
★ DAY  
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Master Chiao delivered another prayer before the altar and then I got up and walked up in front of the altar and bowed deeply to Master Chiao as he gave me the yellow admittance certificate. I felt so nervous, grateful and happy after the ceremony as if a new but supremely challenging chapter of my life had turned a page; I believe it has given me stronger purpose, not just in training, but in life too. After the ceremony, we went outside and took some pictures with Master Chiao. It was a great day; and being the only American to receive such an honor was beyond my comprehension. I then promised to Huang Ti and to my master I would do everything in my power to uphold all the Little Nine Heaven traditions.



The Little Nine Heaven system consists of three sets of skills: Ju-Kung (Nine Chamber Fist), Chian Kuan Jen (swordsmanship); and Shih Shui Kung (bone marrow washing). Nine Chamber

Fist has both the characteristics of strengthening the body actively and passively for self-defense. It is mainly based on the Confucian thoughts of the merging of heaven and man, to transform one's disposition. In skill, it is based on the Taoist practice of the balancing between yin and yang, to relax the tendons and bones and to perform bone marrow washing. Even though its name translates to fist, it is actually an exclusive literature and a rich inheritance far beyond fighting that has passed down through the centuries by word of mouth. With each of my teachers I learned and grew:



**Master Haumea Lefiti** taught me how to fight and win he also saved my life and my sanity after the death of my son. He was a great teacher with a good heart and loved all his students.



**Master Ralph Shun** taught me Shaolin Kung fu, Advanced Iron Hand and Chinese weaponry and forms. He was a great teacher and only wanted perfection.



**Master Hsu Hong-Chi** taught me a lot about Chinese traditions, acupressure, strengthening back of hand, Taoist Love-making, Hsing-I and much more. We spent many hours together in Taiwan and California.



**Master Chin Cheng-Yen** taught me Tzu-Men Chuan, Points of the body, and advanced Iron Hand training we had a lot of fun together at my house and his in Taiwan, we also drank a lot of beer together.



**Master Pan Wing-Cho** taught me a higher level of training in the Original Chen Tai-Chi, first and second form along with push hand and fighting application. He was a quiet man with settle power unheard of. In push hands he was unbeatable.



**Master Chiao Chang-Huang,** He perfected my kung fu also teaching me highest level of Meditation, Taoist Lovemaking, Ba-Kua, Little Nine Heaven's whole system and again try to perfect by feeling what I have learned in all of my kung fu systems.

They all died with pride and accepted their fate; the cycle of life is natural and includes death. Yes, we miss our loved ones; we are broken-hearted or do drastic things. But we must remember the good aspects of death... no more suffering, no more pain, no more worry, only peace and tranquility. Many people claim to have died and come back to life, testifying to the beauty of it. If death is beautiful then why are so many people afraid of it? One day I will die and when I do I would like it to be with a smile on my face; I would like to go quietly and meet the after life as a friend rather than an enemy, maybe even saying "Goodbye life, hello new life." Why should we be afraid of the unknown?

### **18 GROUND MANEUVERS**

I went to Taiwan again in October of 1987 and trained with my three masters as before. As usual, for the first week my body was sore but after a week or so, I told my wife that I was not sore anymore. "There is nothing more they can do to me", I proclaimed, "I am pain free." I really did feel good and anticipated the training day with great enthusiasm. I trained with Master Pan and Master Chin and then my wife and I went to Master Chiao's office which was richly appointed and had a

quality polished marble floor. This time, as if somehow Master Chiao had heard what I said that morning to my wife, he decided to teach me something new...the 18 ground maneuvers of the Little Nine Heaven system. The nightmare started off with me standing upright and then with lightning speed I had to block a punch and at the same time drop to the ground behind the opponent, all in one move of seeming abandon. Without trying to break my fall I had to simultaneously kick my opponent behind the knees to knock them over.



After about an hour of dropping to the marble floor about 100 times, my wife threw up her hands and got up, "I cannot watch this anymore." She couldn't stand to watch me knowing I was suffering and that I would never complain or show pain. After she left it lasted for another hour, at which time my wife returned. With barely concealed anger she asked Master Chiao in Chinese how he could do that to him. Unphased by her question, Master Chiao said, "There are not many people today who could have done that. He is a remarkable man who will let nothing defeat him. I know now that I chose wisely"

The next morning at 4:30 am I awoke to train as was my habit. My brain sent the signal but I couldn't move; every muscle, tendon, ligament and bone in my body hurt, I was almost in tears. Finally, I crawled out of bed creaking like the door of a haunted house as I willed my body to work. I painfully went over everything I had learned before leaving for Master Pan's house and my daily Chen Tai-Chi lesson. After about an hour of watching my practice, which was probably pitiful looking,

he asked me, "What did Master Chiao teach you yesterday?" I replied simply with, "The 18 ground maneuvers," and Master Pan laughed and waved his hand saying, "Now I understand, just keep going."



I thought I had hidden the pain and suffering that I was going through from Master Pan but his practiced eye knew better. Later I went to Master Chin's house to train and he said, "Today I am going to teach you different spots on the human body where you should not hit someone, for you could kill, paralyze, or hurt them badly." Even though I realized the significance and rarity of what he was teaching me and enjoyed the novel way he was presenting it, I was truly thankful because this lesson was much easier on me physically. Afterwards, I went back to Master Chiao's office and continued the grueling 18 ground maneuvers without complaining. Even warmed up after the morning training it was one of the hardest things I have ever forced myself to do. This all continued for another two weeks and by then my pain was gone. Master Chiao told me, "Not many people could have withstood what you went through. Keep practicing and one day you will be very good." Master Chiao told me his dream to have a Little Nine-Heaven Temple where the old ways could be preserved and to bring L9H back to China.

**NEXT MONTH'S ARTICLE:  
TRAINING WITH MASTER CHIN  
CHENG-YEN THE LOST STYLE  
OF TZU MEN-CHANG**



# RECONIZING GRANDMASTER CHIAO CHANG-HUNG IN CHINA

**Liu Sifu and myself traveled to Shanghai and Beijing between April 7<sup>th</sup> to 24<sup>th</sup> promoting GrandMaster Chiao Chang-Hung and Little Nine Heaven Wu Tao system which included Shih Shui kung.**

**Many men and women in China practice lifting weights by their genitals but none of them know the complete and original system as presented to Grand Master Chiao Chang Hung years ago. Grandmaster Chiao preserved the Little Nine Heaven Wu Tao system by taking it to Taiwan. Currently, it is no longer a forgotten art and is being spread throughout the world and now back to China were it originated.**

**I was asked to demonstrate and explain parts of the system to several groups of people so they understand the system goes deeper than they have learned. The trip was a great success.**



Explaining how to put chi in organ at will



Demonstrating chi moving



Professor Choong Speaking On Taoism



Answering  
Questions

# Upcoming Seminars and Events

## MAY 2017

Miami, Florida  
April 28th to June 25th  
Private Lessons

## JUNE 2017

Deerfield, IL  
June 14th to 26th  
Taoist Lovemaking and Shih Shui

## SEPTEMBER 2017

Malaga, Spain  
(Cabopino Camp Grounds)  
September 8th to 16th  
Little Nine Heaven  
Gathering  
Chen Tai-Chi, Tzu Men, Ba  
Kua, Splashing Hands, Chi-Kung,  
and Meditation

## OCTOBER 2017

Deerfield IL.  
Dates Pending  
Shih Shui & Taoist  
Lovemaking

## 2018

### MAY/JUNE 2018

#### 10 days Tour (Dates Pending)

- ♦ Yi Wu-Lu Mountain,  
Grandmaster Chiao's home
- ♦ San Quin Temple (where he  
trained), Shanghai and  
Beijing
- ♦ Ping Zu temple and other  
Taoist Temples
- ♦ Taking only Ten- L9H  
Students
- ♦ Sightseeing and training.

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