

Little Nine Heaven Internal Kung-Fu

WHAT MAKES A MASTER

The word "MASTER" is very misused in today's world. What makes a master of any sport is hard work, dedication and a life time of learning/training. I know a few kung fu and karate teachers who call themselves "Master", "Grandmaster" or even "Great Grandmaster" and they don't feel they need to practice what they teach anymore because they are "Masters". We even have black belts who call themselves "Masters". A black belt means two things; you have something to hold your pants up or you are now ready to REALLY begin learning. I know of a few "Masters" who have gone to many different kung fu schools and learned a little of each of the different styles. They created their own system from bits and pieces they "learned" and now consider themselves a master of that system they invented. Some go to China and have a picture taken with a true Master or maybe study a month or so and return to their country as a Black belt or even a "Master" of kung fu/Karate.

"Kung fu" roughly trans-

lates to hard work diligently done. This does not mean diligent for a year or two then you are a Master. It means diligence over a lifetime of training and a love of what you are doing for the pure joy of doing it, not for accolades, adoration, or money.

There is also the marketing "Master" who writes books, does videos and has a great marketing team to promote them as a "Master" of chi kung, kung fu, meditation etc. They usually can't even show you a picture of the teachers they claim to have learned from, most likely because they never had one.

I practice at least 4 to 6 hours a day, five days a week when I am home, not counting two hours of meditation. I do not consider myself a "Master" even though two of my Masters have handed down their system to me. I practice because I feel I still have much to learn and practice trying to perfect what my Masters have taught me. In the last 50 years, I have never been without a teacher for more than 5 weeks, now my new teacher is the one Master Chiao said I

would have. I feel I have not missed more than a total of 6 months of training in the last 50 years. I still practice daily. My body is stronger and healthier. My teacher, Master Pan Wing-Chou practiced Chen Tai-Chi every morning until his passing at 92. Master Chiao Chang-Hung practiced Ba-Kua, Tai-Chi, L9H Wu Tao, and meditation every day and he only slept two hours a day until he journeyed on at 87. Master Chin Chen-Yen practiced Tzu Men Chuan, and Tai-Chi until his passing at the age of 75. These were Masters who continued their training their entire material lives so they could perfect their system to make their Masters proud.



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In past times, one was either a student or a Master. I know of a few students/teachers who left their Asian country as a student and landed in the United States with the title of Master. It is called the “Master’s magic flight” and it is amazing how many times this happens. Many Asian student/teachers land in the US and many other countries and consider themselves Masters. They introduce themselves as a Master and are usually believed without having to show any knowledge or skills.

Anyone can do a form and make it look beautiful or powerful. But when doing that form, do you understand and feel every part of your body’s movements? If not, then it is just a meaningless form. Do you know the fighting aspect of each and every move? If not, it is only a form. Do you understand the chi kung aspect of the form? If not, it is only a form. When working with weapons, do you understand the fighting aspect of each little move? If not, it is only a useless form. Do you feel and understand the reeling of the silk aspect of the form in every movement? If not, it is only a form. A true Master understands all these things and more because it is knowledge that needs to be learned in order to evolve the form to perfection.

It is sad that most of the old true Masters today have passed away. They were Masters because they practiced and tried to perfect their system. They would say they learned something every time they practiced or taught their art to a student. Their learning never stopped. They also realized that they had to master the basics before they could effectively teach others.

There are people who have only trained for 5 years, stop training/

exercising for 15 to 20 years, and come back 15 to 20 years later saying they have 20 to 25 years’ experience and claim to be a Master. Closely related is the student who barely grasps the basics and tries to teach what little they know, which is far from perfected. It’s a joke!

Chinese kung fu has been around for thousands of years. The only bad thing is that the old ways are being thrown aside and the new modern kung fu is replacing the traditional ways. The so-called “new style” Chen Tai chi falls into this category as well as some Ba Kua, & Hsing-I systems. Many even shorten the move from 64 to 24 moves. I do not teach Wu Shu or the new styles, I teach the old traditional styles of kung fu. The Little Nine Heaven Wu Tao system has never been changed and is still pure today.

I respect all the martial artists who have kept the traditional martial arts alive by practicing and teaching for many years without altering the styles. I am only against the word “Master”, “Grand-Master” for those who don’t deserve it. True Master seem to be very few and far between these days.

The question many asked me is why I train or practice every day for the past 50 years? One reason is: I love kung fu and I enjoy training and learning. If you read last month’s newsletter, you should understand, I am still trying to feel and trying to perfect what I have learned. I want my Masters to be proud of me and I promised them I would train daily. I enjoy teaching my students in hopes they will continue in my Masters’ and my footsteps to keep and preserve the old ways of kung fu.

My training schedule is as followed:

- 1 hour meditation both morning and evening.
- Shih Shui kung- 1 hour in the morning
- Next is standing meditation-30 minutes
- Situp, pushup, pull-ups, jogging, bicycling, and my ab rollers-2 hrs
- complete Iron Hand training-1hr
- Chen Tai Chi first and second forms, Ba Kua and Little Nine Heaven Kung Fu- 2 hrs

I follow this schedule 5 days a week.



No, I do not consider myself a **Master**. I only want my Masters to be proud of me as I promised them I would always continue to practice hard. A name is only a name, it doesn't make your kung fu good.

Sincerely
Sifu James McNeil



Upcoming Seminars and Events

APRIL

Deerfield, IL
April 20th to 30th
Internal Systems

Copenhagen, Denmark

July 30th to August 15th (Pending)
Shih Shui/ Taoist
Lovemaking

SEPTEMBER

Deerfield, IL
September 14th to 24th
Shih Shui Kung & Chi Kung

MAY

Manhattan, New York
May 14th to 30th
Shih Shui Kung

Irvine, CA

July 30th to August 15th (Pending)
Shih Shui Kung

OCTOBER

China
October 10th to 22nd
Beijing, Yi Wu-Lu Mountain,
Grandmaster Chiao's home, San
Quin Temple (where he trained),
Shanghai and
Ping Zu temple

JUNE

Seattle, WA
June 14th to 22nd
Private Lessons

AUGUST

Brazil
Dates Pending
Taoist Lovemaking
Seminar/ Private lessons

TRIP IS FULL

JULY

Irvine, CA
July 1st to 13th
Shih Shui Kung

Special Announcement!!!

I am offering a 3 month course: 4 hours per day 6 days a week for two people who want to train hard together.

The first month is a trial month. If I accept you, then we will go forward in our training.

Price: \$5,500 per student, per month, plus airfare, and a place to sleep.



HAPPY MOTHER'S DAY

Donation Page

Little Nine Heaven now has a donation page setup which can be found here:

<https://littlenineheaven.com/donate/>.

Donations are tax deductible and will be used to further our mission.

We also have a page setup through yourcause.com. Many companies have a matching contribution programs for donations to non-profits and use yourcause.com to facilitate the transactions. You can find Little Nine Heaven through your company's yourcause.com portal by searching for our EIN number 82-2791646.