

Little Nine Heaven Internal Kung Fu

March 2020



I am pleased to announce we will be offering intensive, live-in classes at our retreat in Banning, CA. Students will have the opportunity to train 4-6 hours per day during our upcoming courses. Please contact siful9h@gmail.com. Classes will start in June 2020.

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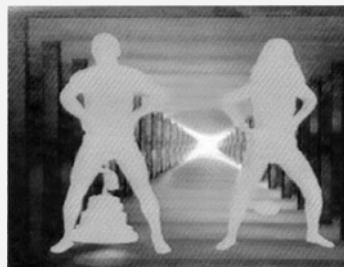
The Truth About Genital Weightlifting

I am writing this newsletter because another person has reached out asking me for help as he hurt himself practicing genital weight lifting recently. I have gotten many such emails in the past with those who have learned from others or on their own and have hurt themselves. Genital weight lifting, Shih Shui, Iron Crotch, Vaginal Weight Lifting, Iron Body, Pelvic Floor Exercise, and Testicle Weight Lifting, are some of the common names for some of this system. Many of those teaching are not teaching the complete system and are doing it incorrectly leading to injury and no benefit.

I started learning Shih Shui Kung in 1977 from Master Hsu Hong-Chi, then in 1984 Master Chiao Chang-Hung. He corrected my mistakes and perfected my Shih Shui Kung. I started teaching men in 1980 and started teaching women in 1986 with Master Chiao Chang-Hung's permission. This was before most people knew anything about swinging weights from their genitals. Master Chiao had written the original book on the practice of Shih Shui Gong. Many Chinese people started reading Master Chiao's book on Shih Shui and soon started teaching it around the world. Then they put together a system they knew nothing about.



Master Chiao's book on Shih Shui



James McNeil Swinging over 200lbs and a female student swinging 15lbs.

In today's media you find many men and women swinging weights with their genitals in many different ways. Swinging a surf board from her vagina, tying and wrapping different types of weights on the testicles and penis, one even tried to swing weights from their anus. Many claim they have learned it from a great teacher, and many more have only just read it from a book or saw it on YouTube and tried it before they started teaching. Many of the people they taught saw little or no benefits and others have gotten injured severely. I have helped many who learned it wrong or tried it without any instructions.

We go to various health clubs to tone our external bodies so we can look good, but seldom do we give a thought about toning our internal organs. Bodybuilders both men and women strengthen every part of their bodies except the most important muscle/organ the one they have the most fun with, the one that is most useful, the muscle/organ that is keeping us healthy, happy and strong and that is their sexual organ. Why? The Shih Shui exercise is the most powerful exercise there is that does this and more and is very simple to do, if taught correctly. Most importantly, it is natural with no side effects.

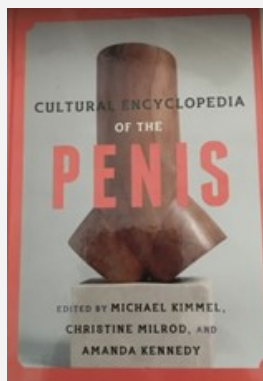
The Truth About Genital Weightlifting

Genital weight lifting is only a magnificent exercise if it is done correctly and completely, and is beneficial for both men and women. Swinging is only a small, but important part of the true authentic Shih Shui kung training. Some benefits are increased testosterone levels in men, it prevents premature ejaculation, builds up the immune system, purifies the bone marrow, increase bone density, make your whole body stronger, reduces high blood pressure, and strengthens the prostate to prevent problems that have become a major concern for men's health in the past few years. For men, it will increase the blood supply to your penis which will keep the erection stronger even well into his senior years. Shih-Shui can provide these and many more benefits that address a variety of health issues that have a direct correlation to aging and diseases associated with aging.

For women, the exercises differ from the male exercises and are designed to strengthen and tighten the vaginal muscles which can greatly enhance her sexual pleasure. By learning to put energy into the ovaries and vagina, it will make her arousal and orgasm easier to achieve. It also teaches women how to physically and emotionally reconnect to their vaginas so they become more in tune with their sexual energy. Sexual energy is the strongest energy we have. Shih Shui can also help women increase bone density.

There are many things that can affect our natural lubrication levels. Hormones and arousal both play a part in poor blood flow. This can affect your lubrication level even when you are aroused. Having a strong vaginal wall can help increase the blood flow and circulation to the vaginal canal.

This training can also prevent a variety of conditions including vaginal prolapse, the condition in which pelvic organs such as uterus, small bowel, bladder, and urethra and sometimes the vaginal wall itself begins to protrude through the vagina. Often, major surgical procedures such as hysterectomy are required to alleviate these serious conditions. Through the practice of Shih-Shui, many women may find that these radical and invasive treatments can be eliminated.



Of all the men and women who are teaching genital weight lifting around the world, I was chosen to write an article for the book *Cultural Encyclopedia of the Penis* in 2013. This book, compiled by a group of medical doctors and experts in the field, learned about me through word of mouth and I was recognized as an expert in Shih Shui Gong and for health and longevity. The article is on page 177 of the book for those who are interested in reading it.

I have traveled to 26 countries teaching this training and have many men and women who also learned in the United States. I have never done large marketing or advertising as most of my clients learn about me from my website or from word of mouth. I only teach personally, one on one, in a private setting for men or women.

The History of Shih Shui Gong



The origins of Shih-Shui (pronounced she-sway) can be traced back to the time of Huang-Ti the Yellow Emperor of China (2698 BC). Little Nine Heaven Wu Tao Kung Fu, originally passed down to only one Taoist priest per generation, has recently been introduced to the outside world. Honorable Grandmaster Chiao Chang-Hung, is the 33rd generation teacher



of this little known martial arts system, which is the oldest Taoist system known today. It consists of three skills: ju kung (nine chamber fist), chiankuan jen (swordmanship); and Shih Shui (bone marrow washing). In skill, it is based on the Tao's practice of the balancing between yin and yang to relax the tendons and bones, and to perform marrow washing. It is actually an exclusive ancient literature and a rich inheritance passed down through the centuries by word of mouth.



The lineage of the Little Nine Heaven system, which includes Shih-Shui, was handed down from generation to generation until it reached the Taoist priest Lushan Daoren. In the early 1800's Lushan Daoren established a new Little Nine Heaven temple on Yi Wu Lu Mountain in northeastern China. He was believed to have been over 150 years of age. Young Chiao would often visit a Taoist temple located on the family property in Northeastern China. With his grandfather's permission, Chiao entered the monastery at the age of 17 to study the Hsiao Chiu-Tien (Little Nine Heaven We Tao) system.

In the early 1900's Lushan Daoren taught the system to Chiao Chang-Hung. Years later with the take-over of Mainland China he immigrated to Taiwan and started teaching Hsing-I, Pa-Kua and Little Nine Heaven Wu Tao. The Honorable Grandmaster Chiao Chang-Hung became a living legend in the martial art world of today for his many incredible skills. James McNeil is Grandmaster Chiao's only American student. In 1986 he received the highest honor any man could receive, that was the Little Nine Heaven sword, which signified James McNeil is an official Little Nine Heaven Wu Tao indoor student of Grandmaster Chiao Chang-Hung. In 1999 only James W. McNeil received a letter from Master Chiao stating James W. McNeil is the next generation gate keeper of the Little Nine Heaven Wu Tao system.

In China I am now recognized as the next generation gate keeper of Little Nine-Heaven and teacher of Shih Shui kung. I have been to Thailand and China many times talking, teaching and demonstrating these two remarkable systems.

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The History of Shih Shui Gong



On October 17, 2016, while in China, the Chinese Government, experts in sexual health, and the news media welcomed me as a special guest to speak on the subject of Taoist Lovemaking and the importance of Shih Shui kung. I was the only foreigner and a special guest speaker on the subject.



We traveled to Shanghai and Beijing in 2017 between April 7th to 24th promoting Grand Master Chiao Chang-Hung and Little Nine Heaven Wu Tao system which included Shih Shui kung. I was asked to demonstrate and explain parts of the system to several groups of people in order to help them understand that the system goes deeper than they realize. The trip was a great success.

I have also visited China promoting Shih Shui kung in 2018 and 2019. I feel at my age my body is stronger and healthier than many men in their 40's. In October 2018 a few of my students from United States and England came to witness the remarkable event of accepting my first five students in China in 2019. I accepted another student in Beijing privately.

My teacher, Grandmaster Chiao Chang-Hung gave me the title of Gate Keeper of Little Nine Heaven Wu Tao system and told me to spread it throughout the world. I am happy to say that my my teacher's name and the system of Little Nine Heaven Wu Tao is now known in the United States and in 26 different countries. It is also back in its own country, China, from where it originated.



If you want further information about learning this magnificent training contact Sifu McNeil at:
siful9h@gmail.com

Upcoming Classes In 2020

2020年即将开课

April 2020

**Chicago, Illinois
(April 18-27)
Chen Tai Chi/Shih Shui
Kung**

2020 年 4 月 18-27

芝加哥, 伊利诺伊州
骨髓清洗, 陈太极

May 2020

**Bangkok/Pattaya, Thailand
(May 4rd -14th)
Shih Shui Kung, Taoist
Lovemaking
(2 Spots left)**

2020 年 5 月 4-14

曼谷/芭堤雅, 泰国
洗马, 道教做爱

July 2020

**Pennsylvania
July 7th to July 21th
Chen Tai Chi, Splashing
Hands**

2020 年 7 月 7-21

宾夕法尼亚州
陈太极, 飞溅的手

Please Contact siful9h@gmail.com to reserve your spot!

Happy Chinese New Year!

