

Little Nine Heaven Internal Kung Fu

June 2024



On May 28 through June 2 our Little Nine Heaven Non-Profit has again put on another successful seminar at the L9H retreat in Banning Ca. Students came from Chicago, Chino, Banning, Hawaii, So Caralina, San Diego, Florida, England and Idlewild. Thank you to all students who came or donated to make this happen! We would also like to announce Sifu James McNeil's newest upcoming book on Ba Kua which should be available in the coming months.

We had an invigorating and enriching day of training recently, packed with diverse and dynamic exercises. Our day began with Chi Kung exercises indoors, fostering a serene and focused start. We followed this with standing meditation and rigorous Iron Hand training outside, embracing the early morning's fresh energy.

The rest of the day was dedicated to intensive training in various forms and styles. We practiced Little Nine Heaven, Chen Tai-Chi, Tzu-Men, and Ba-Kua. Some of the students learned new forms, while others focused on perfecting forms they already learned. We

also delved into practical fighting applications, sharpening skills and techniques.

In the midst of our training, I took the opportunity to take pictures for my upcoming book on Ba-Kua. A few students were kind enough to assist by posing for photographs. I am also thrilled to share that my next book on Tzu-Men is nearly complete, with 85% of the work done.

Reflecting on my journey, I am often touched by the connections that span decades. Many of my students from 10 or even 30 years ago reach out to say hello and share that they are still practicing or have resumed their training. It warms my heart to welcome them back, whether we train together or simply catch up. Recently, Eric Wipen, who trained with us from 1992 to 1994 before joining the armed services, visited. We revisited Shih Shui Kung, Chi Kung, and standing meditation over a few days, rekindling the spirit of our past training sessions.

I am always delighted to hear from all of you. Your dedication to Kung Fu and your respect for me and your grand teachers inspire me daily. Thank you for being part of this incredible journey.



Students who came to the seminar



Standing Meditation



Practicing Ba Kua forms



Push Hands



Iron Hand



Students who have trained with me over 40 years



Eric Wipen 1993



Eric Wipen 2024



A couple of days after our recent seminar, we had a special visit from Chris Lomas, a dedicated practitioner from England who began training with me back in 1999. Chris's visit was not only a nostalgic reunion but also an opportunity to dive deeply into our shared passion for Kung Fu.

Chris's visit was a blend of rigorous training and relaxing moments. We started each morning with training and ended the day by enjoying the jacuzzi and the swimming pool.

Our training regimen was intense and thorough. For six hours each day, Chris revisited all the forms and applications he has learned over the years. It was a comprehensive review that covered every aspect of our training, from the fundamental techniques to the more advanced

forms.

Chris's visit also provided a perfect opportunity to take some pictures for my upcoming Ba Kua book. We meticulously went over many of the topics and techniques that will be featured in the book, ensuring that each movement was captured with precision and clarity. Having Chris assist in this process was invaluable.



Having Chris here was a truly rewarding and reminded me of the enduring connections we build through our Kung Fu practice. Seeing how far Chris has come since he started training with me in 1999 was inspiring. It was a testament to his commitment and the strength of the bond we share as a Kung Fu family.

I am always thrilled to welcome back former students and hear about their journeys. Chris's visit was a wonderful reminder of the impact our practice has on our lives and the lasting relationships it fosters. Thank you all for your continuous dedication and love for Kung Fu. Your passion and commitment keep the spirit of our practice alive and thriving.



I am proud to say that I have found two students who have practiced very hard and traveled to Thailand, China, and trained in United States many times with me and have learned both advanced Taoist Lovemaking & Shih Shui Kung and Shih Shui Ching. I have a few students' men and women who are teaching Shih Shui kung and Taoist Lovemaking, but they only know the basics. Ajay and Bianca are working on our new Little Nine Heaven Non-Profit Website www.littlenineheaven.org. It will be beautiful and educational about what we are doing and what we will accomplish in coming years.

For those who have been donating to our Little Nine Heaven Non-Profit I want to truly thank you personally very much. For those who wish to join or donate I thank you very much your donation is appreciated than you very much. <https://www.paypal.com/us/fundraiser/charity/2897251>

Forever in Our Hearts



Last month, My twin brother John, who lived in Mosier, Oregon at the age of 82, departed from this world. Though he lived a long life, his departure feels all too soon.

John was a sweetheart, a kind soul whose presence brought joy and warmth to everyone who knew him. His absence leaves a profound emptiness in our hearts, and I will miss my brother dearly.

John, we love you and will cherish your memory always.

It is with a heavy heart that I share the sad news of the passing of our beloved school brother, Larry Amkraut. Larry has been an integral part of Little Nine Heaven since its inception, and his departure leaves a profound void in our community.

Larry's dedication and spirit have touched us all deeply. His unwavering commitment and the bonds he forged with each of us are a testament to the remarkable person he was. We will miss him dearly, and his memory will forever remain in our hearts.

For those who wish to pay their respects, Larry's funeral will be held on Friday at 10 AM at Miller Jones in Sun City. I sincerely hope that his dear friends and fellow school brothers will come together to honor his memory and celebrate his life. Larry, we love you, and you will always be a cherished member of our Kung Fu family.



Congratulations



Cayia and Jada



Special Awards



A Flower Made of \$1 bills



My daughter and I



Celebrating their Graduation

Congratulations to my two beautiful granddaughters, Jada and Cayia Holmes. Jada graduated from 6th grade and will be attending junior high next year. Little Cayia will be moving from Kindergarten to 1st grade. I'm very proud of them.
CONGRATULATION GIRLS!

Upcoming Events

May 30th to June 2nd—Little Nine Heaven Non-Profit Retreat - Banning, CA

June 7th to June 14th—Private Lessons in Banning, CA—Internal Kung Fu

July 1st—10th—Women's Taoist Lovemaking Class

August 2024—Philadelphia, PA—Internal Kung Fu

September 3-14 - Bangkok, Thailand—Shih Shui & Taoist Lovemaking (Group 1)

September 13th—22nd - Bangkok, Thailand—Shih Shui & Taoist Lovemaking

(Group 2)

For those interested in the Bangkok seminar: Please contact Sifu McNeil at siful9h@gmail.com or call (949) 636-1573 and leave message if no one answers. Only 2 spots left!