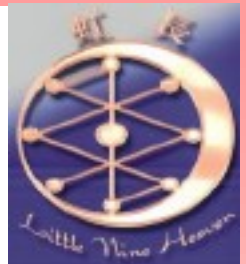


Little Nine Heaven Internal Kung Fu

February 2025



The Year of the Snake is a time for introspection, transformation, and strategic growth. Representing wisdom, intuition, and elegance in Chinese astrology, the Snake encourages careful planning and thoughtful decision-making. This year, individuals are inspired to focus on self-improvement, cultivate inner peace, and embrace opportunities for personal and professional transformation.

The Snake's calm and calculated energy promotes patience and the importance of listening to one's instincts. Whether pursuing new endeavors or strengthening existing paths, the Year of the Snake reminds us that success often comes from quiet perseverance and keen insight.

The Year of the Snake in the Chinese zodiac symbolizes wisdom, adaptability, and transformation. Known for its stealth and precision, the snake represents a deep connection to intuition and fluidity—qualities that resonate strongly in traditional Chinese martial arts.

In kung fu, the snake form is one of the Five Animal Styles created within the Shaolin system, characterized by its elegant, coiled movements and focused strikes. The form captures the essence of the serpent: a creature capable of sudden bursts of speed and precision, striking vital points with uncanny accuracy. This form also emphasizes internal energy (chi), fluid coordination, and controlled breathing, reflecting the spiritual dimension of martial arts.

Each kung fu style interprets the snake's characteristics differently. In Ba Gua Zhang (Eight Trigram Palm), the snake's coiling and evasive nature comes alive through circular footwork and flowing, spiraling techniques. Practitioners move like a serpent navigating through complex terrain, focusing on redirection and unpredictability.

Ba Gua, rooted in Taoist cosmology, reflects balance and continuous change, much like the snake's adaptability. In contrast, Hsing-I Quan (Mind-Form Fist) channels the snake's precision into straight, powerful movements.

Known for its simplicity and explosive force, Hsing-I embodies the snake's ability to strike with intent and unwavering focus, often blending its movements with other animal principles like the dragon or eagle.

Little Nine Heaven Kung Fu offers a unique perspective, blending martial techniques with Taoist energy cultivation practices. This esoteric system incorporates snake-like forms designed to increase flexibility, internal strength, and overall vitality. Its focus on breathing and meditation highlights the deep connection between physical movement and spiritual well-being.



BaGua Snake



BaGua Snake



Hsing-I Snake



Hsing-I Snake



L9H Snake

Meanwhile, Shaolin kung fu's snake form, developed in the legendary Shaolin Temple, is a blend of tradition and practicality. The movements are swift, graceful, and calculated, mimicking a serpent's precise strikes and defensive coiling. The Shaolin Temple's influence has made the snake form an enduring symbol of kung fu's discipline and versatility.

Historically, these styles evolved over centuries, shaped by the philosophies and challenges of their time. The Shaolin Temple, often regarded as the cradle of Chinese martial arts, became a melting pot of techniques and philosophies as monks refined their skills for both self-defense and spiritual enlightenment. Taoist influences brought a focus on nature and harmony, deeply embedding concepts

like yin and yang into Ba Gua and Hsing-I. These styles spread across China, carried by wandering monks, warriors, and teachers who

adapted them to the needs of their students and the regions they traveled through.

Today, the snake's spirit lives on in modern kung fu practice, not only as a tool for combat but also as a way to cultivate health, mindfulness, and personal transformation. Whether practiced in traditional dojos or depicted in martial arts cinema, the snake form continues to inspire with its elegance, precision, and timeless symbolism. It reminds practitioners of the balance between power and subtlety, aggression and control, making it a fitting emblem for the art of kung fu and its enduring legacy.



L9H Snake

Upcoming Events

February 15-16 - Banning, CA - Private student class

Late March/Early April—Banning, CA Private lesson for women. Advance women Shih Shui Ching, all meditations and L9H Jokong

L9H Yearly Seminar—Phoenixville, Pennsylvania

May 30th. To June 2, 2025 Students arrive on May 29, 2025, Leaving June 3, 2025

This will be a 4-day seminar. For those interested contact Adam Sharp

Please Contact: Adam Sharp at adsharp23@gmail.com or (484) 716-7616 Spaces are limited. Call or text Adam for more information about food and lodging.

June 30 to July 7. 2025 Alaska Trip

August (Dates Pending) - Shih Shui kung & Taoist Lovemaking

Grandmaster McNeil is planning on another trip to Thailand for Shih Shui kung and Taoist Lovemaking. Each class is 2 hr. per day for 10 days. To sign up, please email Siful9h@gmail.com

