

Little Nine Heaven Internal Kung Fu

June 2025



Throughout my life of teaching, I've been very blessed to have many students who have stayed with me for years. They still keep in touch and many continue to train. My very first student began training with me in 1975 he is still training— and these are just a few among many who have been part of this journey. This month is about our Seminar in Philadelphia.



On May 28th, Ajay, Nick, and I flew to Phoenixville, Philadelphia for a five-day seminar. We were joined by 11 students from across the United States: three from California, one from Delaware, two from Philadelphia, one from Florida, one from New Jersey, one from New York, one from Virginia, and one from North Carolina. The group came from diverse professional backgrounds, including a doctor, a military member, a massage therapist, Kung Fu instructors, a business owner, a senior manager, and one retired individual.

Each day began at 9:00 a.m. with Chi Kung exercises, standing meditation, and correction and practice of various forms requested by the students. These included Ba-Gua, Chen Tai Chi (first and second forms), Splashing Hands, Tzu-Men, and Hsing-I. We trained until noon.



Afterward, we all went out for lunch, during which we had relaxed conversations and students asked questions about the material and related topics.

From 2:00 to 2:30 p.m., we practiced different kinds of push hands. Then we focused on maintaining connection and sensitivity with the opponent. From 3:30 to 5:00 p.m., we worked on precision striking, which I referred to as "Point Practice."



Dinner was from 5:00 to 6:30 p.m., followed by candle meditation in the evening. I taught both beginning and advanced techniques, explained their differences, and discussed the potential dangers of incorrect practice. We then transitioned into sitting meditation, usually finishing around 8:00 p.m.



Afterward, we gathered upstairs for open Q&A. The students asked about pressure points, astral projection, lovemaking, and other in-depth topics. These conversations were engaging and often extended late into the evening.

The training lasted five days. On Monday night, five of us bought lottery scratch-off tickets. We didn't win, but we shared a lot of laughs.

One night we had pizza, while on the other nights, Adam and some students prepared wonderful dinners. One evening, we went out and enjoyed a beautiful Chinese meal together.



On Tuesday, we wrapped up the seminar by presenting each student with their original Little Nine Heaven certificates.

Little Nine Heaven Certificates



Adam K.—Started 1997

Adam S.—Started 2002



Ajay K.—Started 2006

Beth T.—Started 2005



Ethan K.—Started 2002

Kai C.—Started 2013

Little Nine Heaven Certificates



Nick B.—Started 2013



Rich M.—Started 2002



Tony P.—Started 2000



Eric F.—Started 2012



Upcoming Events

June 29th – July 7th – Anchorage, Alaska

Internal Kung Fu & Taoist Lovemaking

****November 2025 – Final Class in Thailand****

This November will mark my final class in the beautiful and vibrant country of Thailand. We currently have 3 students enrolled, and I am accepting only 2 more participants. The course will focus on Taoist Lovemaking and Shih Shui Kung and will run for 10 days, with 2-hour sessions each day.

If you're interested in joining, please contact Sifu McNeil at siful9h@gmail.com.

February 2026—China Tour

This will be mark my final time bringing students to China. We are planning to visits different areas such as the Little Nine Heaven Temple and Peng Zu Mountain. If interested, please contact Ajay Kumra at akumra89@gmail.com.

