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**CENTRAL PIVOT OF
THE WAY OF FIST**

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INTRODUCTION

The value of the way of martial art is based on the fact that it is related to the needs of nation spirit, to the fundamentals of science, that it is the live stream of society education. Its mission is improving peoples' characters, so people can express positive feelings, can improve health condition of their bodies, can reveal their natural human potential, so a practitioner will be healthy, fit and full of vigor, which will be beneficial for country and for people. The stress is not only on developing combat skills. If an art can fulfill this mission, I call it martial art, otherwise it would be some heresy. Learning heretical martial art is as harmful as drinking a poison! Being a good man is most important for me. My heart aches when I see people doing wrong. I cannot sit without doing anything.

Learning martial art for over 40 years, I studied its essence, researched the concepts, experiencing everything by myself. I rejected what was wrong, revealed secrets, I gave up what was without value and accepted what was good, in order to make the martial art great. Today it has become a kind of martial science. Friends experienced its sweetness and pleasure of study, so they started calling it dacheng (great accomplishment). I tried to persuade them to give up this name, but they didn't listen. So it is called like this.

The stress in this art is put on mind, feeling, training the natural force. Generally it can be said that it is developing the state of feeling interrelation between body and surrounding air. Talking about more details, it can be said that the basis is principles of nature, developing roundness of feeling and square force at the same time, when form is curved but force straight, when there is no fixed division between empty and full, developing the ability of using alive force according to situation, based on feeling. If we are talking about basics, there is no lack of any force which could be used. If we are talking about using, this is based on reacting according to the feeling.

Other martial art people usually put stress on techniques and outside form, using wild force. It cannot be compared to what I teach. As they put stress on appearance and learning techniques, their martial art has turned into demonstrating complicated and weird forms. Because they put stress on increasing wild force, they do all kinds of violent exercises, transmitting wrong methods and still they feel extremely content. They don't know that those exercises harm

health. Their nervous system, limbs, breathing system, tendons and muscles are harmed already. How could you expect that they would be able to fulfill mission of martial art?

Although I don't think that what I teach is ultimate science, when I think about past and about present time, I'm sure that others haven't got what I have. In science each generation should achieve level higher than previous generation. Otherwise it will be something wrong. Why should something wrong exist?

I believe that this art is good for training nervous system and body, that it helps to develop intellect, that it is proper for gentle training of muscles, it improves blood circulation, it works especially well for improving natural functioning of breathing system. Natural force is gradually increasing, the ability of yi chu ji fa - being on verge of issuing force at any moment - is developed. As for demands and methods of training, I will discuss them later in this work, so I will not talk about it in this introduction.

Please remember that this text was originally planned for my students, to help them in their study, and it was not intended for open publication. But because I'm getting older, everybody insists that I should leave something for next generations. So I collected various notes to create this work which could be used as referential material for consultation. In the future, when everybody will have this book, it will be easier to understand some issues. My quest and responsibility which I have accepted is seeking for knowledge. If some wise people will correct my teachings or even will teach me something I will be grateful and I will praise them loudly. Even someone stupid can have good idea sometimes, and it can be used. I hope that students will humbly search for knowledge from various sources. That they will question this science and at the same time they will develop it. When someone will achieve something, I hope that he will research it together with others, to reach the essence and to benefit people, increase the level of physical culture of society. Only then it will be valuable. If my work is not bringing this result, maybe I don't put enough effort into it, or maybe I'm not able enough. This science belongs to human kind. Why am I to keep it secret, only for myself? So without caring whether it will not be describing some issues in simplified way, I decided to write this work. I'm not educated enough, so it is very difficult for me to express the essence and subtleties of this science. Actually this work is only kind of a list of main issues and nothing more. It is difficult for me to express what I would like to express. But I hope that students will be able to make reasonable conclusions and relate it to next issues.

As I sincerely love this way, sometimes it is difficult for me to avoid harsh words. When I talk about it, sometimes I'm too vehement. Those who know me can appreciate what I'm saying or blame me for it. When others laugh at me or curse me, I just don't care.

DEMANDS OF MARTIAL ART

Martial arts people of present times usually focus on exhibiting muscles, demonstrating how strong and hard they are, impressing spectators, they think that this is what physical culture is about. They don't realize that this is something which developed in wrong way, that it harms health, that there is not benefit from it, that the knowledge of physiology warns against such practices. It has no value from the point of view of physical culture. In interviews for newspapers I pointed to this fact. Although those who understand principles express support, most are vulgar and ignorant, they insist on harming the truth or they slander me repeating some gossip. In result there are people who blame me or develop grudge against me. Generally people usually don't understand those who have something unusual to offer, who are wise and honest, who want really to work for happiness and prosperity of everybody. You can see how low is the level of society. I'm thinking only about preserving the way, not about my own benefit. I hope that wise people will be able to understand it and forgive me my shortcomings.

If we are talking about origins of this way of martial art, at beginning people observed birds and beasts fighting, borrowing from them what decided about their success, following form of their movements and mastering the principles behind it. It was gradually modified and developed. Principles of mind work, of using imagination were added. This is how this art started.

But when we talk about present martial arts, even the form is not alike, the more there is no benefit for spirit, for mental perception. There are also those who say that "using force creates stiffness, using mind creates agility". But if you ask them about it, they are not able to explain anything.

If you use force in typical way, muscles are too tense and stiff, agile changes in bones and joints system are impossible. This is not beneficial from the point of view of physiology. If we are talking about fighting, using force in typical way limits the possibility of using force. If you use fixed methods, this is partial, this is something artificial, this is not the science of using natural potential. You will not be able to unify spirit, use of force will not be complete and proper, you will not be able to feel the interrelation with the surroundings, with whole universe, the possibilities based on natural functioning of nervous system will be limited. This

is as if you tried to walk with your legs tied. Such use of force is result of resistance which is not necessary. This resistance comes from the fear of being attacked. But actually it means accepting opponent's attack. How could you avoid being hit then? There is a big harm caused by using force!

You should know that using force and using intention have one source, they are interrelated. Using intention is using force. Intention is force. This is not force based on tensing muscles which would disturb natural blood flow. If you are not using mind support, while your body is relaxed and in harmony, you will never achieve the ability of free, natural stretching and contracting, you will not develop the ability of using natural alive force. I don't know how could you achieve real benefit for your health and fighting skill? You should know that intention is born from form, force follows intention, intention is commander of force, force is a soldier of intention. This is described as: intention tense, force relaxed, tendons and bones empty and agile, hair on your body is as if standing up, as if it wants to fly away, force bears blades and edges. Without this you will not be able to achieve natural satisfaction.

Twenty years ago I gave this art name yiquan. I used the word yi – mind, intention, to stress that it was based on spirit, mind, mental feeling. I wanted to wake up other martial arts people, to turn their attention to the meaning of the name, so they realize their mistakes and start moving in right direction. But I know that typical martial arts people stick to their ideas, their mistakes accumulate and it is difficult to give this up. Most people are not able to reject mistakes and to use what is valuable, thinking about the difference between right and wrong. They prefer to stick to the wrong and preserve mistakes. This is hopeless. But I will give all my efforts. I will not follow the waves, because it would mean losing the true meaning of martial art. Sometimes I will cry out loudly to destroy this paralysis and wake people up. I'm completely sincere in this, but I will not be able to achieve it alone.

FORMULAS AND RULES

The way of the martial science is not just exercising body, there is deeper meaning in it. If we are talking about tradition, character and moral values are stressed. This is abiding to some rules, like respecting relatives, respecting elders, respecting teacher, friendship, human attitude to others, love. This is very important to aspire to have “bones of a warrior and heart of Buddha”, to be able to give up wrong ideas in order to achieve the truth. Someone who is not like this is not the real high level martial art master. If talking about character, resolute and persevering spirit, compassion, sensitivity and courage, those are basic qualities of a researcher. Without it, it is hard to transmit science in right way. Even if it is transmitted, it is hard to get to the essence. So masters of previous generations were very careful about teaching someone. They didn't accept student carelessly. The teaching was based on formula of four external appearances: head straight, eyes watching straight, spirit solemn, voice calm and five demands: respect, carefulness, sincerity, harmony.

Now I will present explanation of the five characters formula, to express its meaning.

*When you start learning martial art, you should respect your teacher,
Value friendship and justice,
Moral values of a warrior should be especially stressed.
In movement you should be like a dragon or a tiger,
In non movement you should be like a Buddha.
State of mind should be
As if you received a respected guest.
When you keep such a state, spirit is not scattered,
You are careful as if standing above abyss,
Your mind has no limits,
Spirit is permeating whole body.
You are sincerely seeking the truth in the emptiness,
Without losing harmony,
Force is like a thunder,
What you are learning is gradually becoming deeper and deeper every day.
Voice is coming out from the deepness,
It is like a dragon's roar.
Respect, carefulness, attention, sincerity, harmony.
Five characters formula was explained this way.*

When you see the essence and understand the principles, you should seek further, without sticking too much to methods and principles. There is no limit in learning how to be a human.

SINGLE AND DOUBLE WEIGHT, NOT REVEALING FORM

If we are talking about principles of martial art., no matter if it is about training or a combat situation, body must be unified and in harmony, there mustn't be even slight disorder. Even slightest imbalance means revealing form, force is breaking body. Form should not be revealed by spirit or by body, by intention or by force. When form is revealed, it is not good for cultivating health, and opponent can use it against you during fight. You should avoid this.

Harmony and balance mean that there is not stiff, mechanical action. Even a little bit of stiff action means the illness of double weight. But there should not be excessive freedom and looseness, as this can mean lack of solidity. There should be feeling of being comfortably stretched, in bent form force is accumulated. When you issue force, there should not be breaks, force should not disappear. Double weight is not just about putting weight on both feet. If we are talking about head, arms, legs, shoulders, elbows, knees, hips and all big and small joints, everywhere, where there are even slightest forces there can be division into single and double, relax and tension, empty and solid, light and heavy.

Present martial arts people always move from superficial single weight to complete double weight, from complete double weight to dead stiffness. This way the science of single and double weight perishes.

If we are talking about present books about various martial arts, we could say that they are generally wrong. Their authors are those who do reveal form, their movements are opposing principles, breaking unity of body. All those fantastic and absurd postures, this harms human bodies. The longer you learn it, the further away you move from the right path. When they don't move, they don't reveal form, but they are stiff. When they move, they reveal form, they become scattered and disordered. Even if sometimes they use the principle of single and double weight in the right way, they are not aware of this, so actually it is not different from the illness of double weight. They don't achieve comfort, they don't achieve the feeling of being natural, their bodies lose the ability of proper acting. This is the way of mechanical, fixed methods, without ability of movement adjusted to situation in fluid way, without the ability of unlimited changes. The chance for developing natural potential is lost this way. What a pity!

If talking about revealing form by spirit and intention, it is difficult to explain in other way than just demonstrating „alive force” – the wonderful possibilities of using sensitivity of touch. During fight, in the face of danger, there is no place for any delay. When it comes to a bout but it is not decided yet, you don't know which method you will use. After fight you don't know which method you have used. This is described as: “You don't think about it and don't expect this, but you just do it, you hit opponent before he realizes it”. This is the expression of ultimate harmony, the spontaneous use of natural force.

ABSTRACTIVE, EMPTY AND SOLID, EXPERIENCING

The method of learning basics in martial art is not focusing on one aspect. It is about unified use of mind and form, intention and force. If you watch this way of using force, it is without form. If you listen to it, there is no voice. There are no fixed forms or manifestations. But if we want to talk about form, we could say that it is like a flag moving in the wind, without fixed position. When wind blows, the flag reacts. This is interrelation with surrounding air. We could also compare it to a fish in water. The fish is moving all the time, never staying at one place. You move in all directions, “listening” to the feeling of touch, reacting according to situation, issuing force according to feeling, spirit is focused and agile. You should move from emptiness to manifested, in manifested seeking the emptiness. This is in accordance with teaching of Taoism and Buddhism. There is no action, but still there is action. All methods come from the emptiness, this is the reality. All sciences are similar. This is like painting. Everybody has his style but the essence is common. This is in the resemblance of spirit, which is without form. You can seek this, when you move beyond form. This is why you shouldn't practice in front of a mirror. If you only seek resemblance of form, there is no real contents and spirit is harmed.

When you practice, imagine that in range between 3 and 7 feet around you there are mighty enemies with halberds and axes, poisonous snakes and wild beasts fighting with each other and moving in zigzags toward you. You should keep feeling of being brave and fearless. In empty you are seeking real. When some day you will be among many opponents, you will move between them with such state of mind, as if they were not there – this is seeking empty in real. During training you need to experience it, accumulate it and develop it. This comes from abstractive. This is the fullness of spirit and intention, not mimicking form. It is being detached, without sticking to anything.

This is important to practice slowly, but spirit must be fast. Hands should not reach out without reason and intention should not come back without reaching target. There must be reaction even to the slightest movements and changes of forces. External and internal must be connected, empty and full need each other, everything is unified. The natural ability of reacting must be kept all the time. If you are trying to do it fast, it is slipping on a road which

you should learn step by step. How could you then expect results which come only from careful experiencing?

You should start learning from zhan zhuang as a basis, experiencing everything gradually in order to be able to use it later. Spirit, form, intention, force should be one. Four centers should be in harmony (four centers are: top of head, weight center, palm centers and feet centers). Nervous system is unified. When something moves, there is nothing which would not move, there is no slightest lack of harmony. Body is not following some fixed form, it is not stopping clumsily, you feel interrelation between body and air, relaxed force of any point is cooperating with the rest. If you forget about your body, there is nothing you could seek. But if you stick only to your body, you will never achieve it. If you will experience it carefully, you will enter the path of martial art and gradually you will learn its secrets.

GENERAL FORMULAS

The basis of this art. is engraving everything in heart. People suggested name dacheng – great accomplishment. This art is simple and easy to learn. But it is based on deep principles. Studying them brings immense satisfaction. There is not one fixed method, and there is no method which would not be included. The basis is no fixed method, even if there is some method, it should be empty too. You follow the principles, improving quality, developing character, trust, justice, humanity, courage. This is the science. Force is natural, you are full of vigor like a dragon, your breath is unified with everything. You will experience the effects – development of natural skill. Your attitude is without too much intimacy and without too much distance, humble and yielding. Your force is as if force of whole universe. You are developing the wonderful natural potential, finding the pivot in the circles. Doing changes without fixed form you are watching and listening inside, you are training your nervous system. When you are moving you are like a fierce tiger, when not moving, you are like a dragon in its den, your spirit is like a leopard walking in fog, your force is as if of attacking rhinoceros. You are focused and agile, ready for uncountable forms of reaction, according to changing feeling.

DEMANDS PUT INTO VERSES

Verses were used traditionally as a tool of teaching. I used this way too. I compiled these verses, so students can use them.

*The way of martial art is extremely subtle and refined,
It is not about minor tricks.
Firstly you should respect and appreciate martial art,
Everything starts from this.
But presently transmission was lost in most cases,
Completely nonsense things are propagated.
This art is based on engraving everything in heart,
There are not any valuable elements which could not be absorbed by it.
I want to propagate the science of martial art,
To give it its original face back.
Engraving in heart, penetrating through the principles,
Fighting skill is of secondary importance.
If you want to learn the essence of martial art,
You must start from zhan zhuang.
The intention is as if you were floating in the air,
You start experiencing, learning testing the force.
In whole body there is a balanced expanding force,
All surfaces are diagonal.
You feel as if standing on a cloud floating in the air,
Your breath is very subtle.
You feel harmonious comfort,
You are as if astounded.
Mind is clear, without disturbing thoughts,
Focused, as if listening to raindrops gently falling on ground.
Whole body agile, as if empty,
If a feather falls on it, it will not be able to stay there.*

*If form is visible, you are as if flow of water,
If form is not visible, you are as if air.
Spirit soft, as if you were drunk,
As if you were floating in water.
Silent in the space of universe,
Empty and agile, with stable mind.
Body as if a big melting furnace,
Everything is melting in it.
Natural changes happen inside mind,
Breath is calm, you are listening to the silence.
In non-movement you are like a shy virgin,
In movement you are like a dragon ready to fly.
Force relaxed, intention tense,
Hair on your body is standing up, as if small blades.
Tendons and muscles are full of force, ready to issue it,
Force is as if reeling thread.
Spiral force is formless,
Body is as a spring.
Joints are like wheels of a machine,
You are estimating force in your mind.
Muscles and tendons are like startled snakes.
You are moving like wind,
As if great waves were billowing,
You are like a whale cruising in the sea.
Force of top of head is agile,
Body as if suspended.
Eyesight focused,
Listening inside.
Lower abdomen naturally rounded,
Chest slightly contracted.
As if there was electricity in your fingers,
Bones as if had blades.
Mind agile like monkey,
Steps like of a cat.*

*Force ready to be issued, slight touch is enough to do it,
The explosions are continuous.
You should not seek miraculous,
Actually in usual there is miraculous.
You feel that when you move, it is as if a mountain flied,
The move of force is like a tide of sea.
You return to the state of a baby, using natural potential,
Body is soft as baby in a bath.
Don't forget about anything and don't force anything,
Make progress and achieve higher levels gradually.
As for reacting to opponents attack,
This is of lesser importance,
Firstly the force should be homogenous,
The pivot should not incline if not necessary.
Movement and non movement have root in each other,
You use imagination to achieve real results.
You shift center in stable way,
The changes between relax and tension are made without too much looseness of stiffness.
Turning is done carefully, with stability, in proper way,
Hooking and drilling supplement each other.
Clever or dumb, wise but as if stupid,
Observe opponent's intention.
After bending to follow opponent, then straighten,
Changes between empty and solid come naturally.
Force accumulated as if in a bow,
When you hit opponent, it's like electric shock.
You are brave like a hawk, there is power of tiger in your eyes,
Feet as if walking through mud.
You fall down like a falcon, like a dragon,
There are contradictory forces everywhere in your body.
You are focused and ready to attack fiercely,
You are full of courage and at the same time sensitive to even slightest changes.
You are chopping, twisting, drilling, wrapping and attacking sideways,
In contact you can feel the proper opportunity.*

*When you practice for long time, you don't try hard, but you achieve goal,
There are changes of form, as if there was no form.
In all actions there is intention, but as if there was no intention,
When you cry out, you create wind and move clouds,
You are embracing small universe.
If you compare it with Taoism and Buddhism,
Old texts of Bangu and Sima Qian,
The most famous calligraphers,
Paintings of great Li and Wang Wei,
Everything is based on similar principles.
How to achieve this?
Cultivate solemn spirit.
This all is very abstractive,
But you should see it as real.*

FORMS OF TRAINING

In this art zhan zhuang is a basic form of training. Its efficiency is based on the fact that we are training nervous system, regulating breathing, improving blood flow, comfortably stretching muscles and tendons. This is a science of cultivating health, strengthening body, improving mind abilities. This is training for health, and this is experiencing principles through shi li, shi sheng, using mind activity. Next aspect is self defense. You experience interrelation between body and surrounding air, changes between relax and tension moving like a wave. Solid and empty are rooted in each other.

Now I will describe stages of practice.

Zhan Zhuang

Zhan zhuang is keeping a stable, balanced standing posture. This is a basic method for beginners. When you practice, first you should assume appropriate posture. Mind should be clear, not disturbed. Be naturally relaxed, with head straight, eyes watching straight, body in proper position, as if lifting something on top of your head. Spirit solemn, force even, breath calm, you are watching at a distance place, hair on your body is as if standing up, waist is relaxed, all joints slightly bent, disturbing thoughts are removed, you are standing silently in great space. Mind doesn't escape outside, outside matters don't reach inside, spirit is shining, you feel wonderfully agile, as if there was only you in whole universe, hair on your body is as if stretching and standing up. Whole body is as if pulsating. You are as a precious tree high on a cloud. You are as if suspended from above and as if supported from below. This state of spirit can be compared to swimming in air. You experience slight pulsating of all body cells. After some period of practice this will become natural state of movement. Natural means beneficial for body, improving its functioning. In case of anemia level of hemoglobin will increase. In case of hypertension blood pressure will decrease. In this kind of training the heart beat rate never goes beyond reasonable range.

As for mind, you should see body as a big melting furnace. You should observe if your whole body, all its cells are working together in natural way. Nothing should be forced. You shouldn't also have fantastic illusions. If you practice in proper way, body is trained without typical exercises, nervous system is cultivated without special cultivating, you feel comfort in your whole body. Character is gradually formed. Natural force is gradually developed. But you should remember not to use force in typical way, as it would disturb blood flow, you would lose relax and harmony. Without relax, energy is stagnated, force is stiff, proper intention is stopped, spirit is broken. Summarizing, no matter if we are talking about zhan zhuang, shi li or actual fighting, if you lose breath, diaphragm tenses, this is mistake. I hope that practitioners will put attention to it and will not neglect it.

Shi Li

When you get some basics from above described exercises, when your natural potential starts developing, after some time you can continue work by using shi li exercises, experiencing feeling of various forces to achieve real results. This is most important and at the same time most difficult part of training. Shi li is basis for developing force. Thanks to testing you get to know the force. Thanks to knowing it, you can start developing ability of using it. Whole body should be coordinated and balanced, you should feel agility inside, hair on your body is as if moved by wind. From bones to hair, everywhere there is intention of accumulated force and being ready to issue it. The more subtle movement, the fuller spirit. Better slow than fast. Better with calm than in hurry.

You want to move and at the same time as if you want to stop. You want to stop and at the same time as if you want to move. When you move it is as if you can't prevent stopping. When you stop it's as if you can't prevent continuing movement. You are observing if the feeling of force in whole body is full and round, if you are ready to react at any moment, if you can feel unity of your force with force of universe, if force in mind can be manifested as real force. To develop the feeling of unity with force of universe you should develop feeling of relationship between your body and surrounding air. When you can feel this contact, pressure and resistance of air, you can gradually learn to react according to this feeling. Then you are testing feeling related to the waves of air and opposing the force of gravity.

When practicing, you should try to feel how big is resistance of air. Your force should be equal to pressure of air. This way your force is not too big and not too small. At beginning you can start from hands, later it should be gradually extended to whole body. When you experience this kind of force, wonderful natural abilities are gradually awakened and developed. If you practice for longer time, the effects will be better than you expect – you will be able to use all kinds of forces freely, intention will not be broken, spirit will not be dispersed, everything will be connected – when the smallest part moves, whole body moves together, nothing should be neglected or lost. If feeling of comfortable force, the state where fascinating discoveries are being born all the time, is not achieved, we cannot say about learning the secrets of martial art.

There are various names related to force, like accumulating force, elastic force, startling force, opening and closing, and also speed and solidity, centering, softness and circling, expanding and embracing, inertia, triangle of forces, spiral, lever, wheel and pivot, force of a braking car, diagonal surface. You are learning all this in shi li. In all joints there is feeling of being bent, of being ready to straighten and expand. Accumulating and issuing are related, at each joint there is obtuse angle, there is no even surface. There are no constant angles. Those names are the same as when we talk about some machines. In practice there are some differences though.

In this art you learn force by mindful experiencing. If it is revealed in form, it can be revealed only slightly. When you watch from outside, many of the movements are hardly visible, but there are spiral, ever changing movements all the time. You should know that if form is clearly visible, force is dispersed, when there is no form, spirit is accumulated. This cannot be understood without personal experience. As for spiral force, from my experience I can say that it will not appear without using force of triangles (joints bent). All forces are result of connected use of work of muscles and tendons and work of mind. Everything is closely related. If you divide it into parts, this will be typical way of fixed, superficial methods. What I'm talking about is difficult to achieve without direct transmission. It cannot be described fully in a short text. So I will not try to do so.

Summarizing, all forces are used with engagement of focused mind. Everything is unified, closely connected, inside and outside. If you think about something as separated from the rest, then form will destroy natural use of body, that would be mechanical martial art, not the deep meaning of martial art. Basing on my over 40 years experience I can say that all forces are born in emptiness, from expanding the unity of hunyuan in space. But if we are talking about emptiness and unity, you should start from experiencing small aspects gradually, only then you will be able to achieve this. I think that there are contradictions in any science or art, but at the same time there is some kind of harmony in them. When you see unity in contradictions, you start understanding the issue. Then you can use some aspects jointly or separately. Otherwise it will be difficult to understand principles.

As for methods of using force, the demands of unity, it is not about how form looks, whether it is simple or complicated. No matter if starting attack with one hand, and moving back both or starting attack with both hands but finishing it with one, moving to the side and attacking

straight, joint use of straight and bent, sections of body, point, surface, line, in all those principles there is division of front and back, light and heavy, relaxed and tense. But form should not be revealed, force should not move behind tips, it should not be broken, there should not be impression that some direction is stressed and other neglected. No matter if it is shi li or fa li, there should be some relax and harmony. In fa li there should be accumulating and listening to force, being ready to react according to change of feeling. Spirit must be focused, bones as if had sharp blades. Imagine that around your body, some 3 feet distance from it, there is a net protecting you from attacks from bigger distance. And closer there are knives and many bows with arrows pointing toward you. But when there comes attack, with slight movements of tendons, muscles and hair on your body you are making the blades and arrowheads fly to the sides. In whole body, inside and on the surface there is feeling as if pearls were rolling and blades appeared. Uncountable forces are born in emptiness. This is difficult to express in words, so I'm not talking more about it. Students will come to understanding by practice.

When you achieve what was discussed above, you should not think that it is the end of the way. It's only basics, the start of the possibility of learning martial art. It is difficult to achieve the appropriateness of changes between relax and tension, the balance of changes between full and empty, without long time practice of combat with advanced practitioners and experts. You need the highest level of abilities, special character, a lot of work, then gradually you will be able to develop the alive force related to the sensitivity of touch, when you don't need to think, you don't need to try hard, you don't need to force anything, and it just happens, when you defeat your opponent before you realize how you did it. As for the force of whole and of smallest parts, you should avoid issuing force randomly. But without achieving the ability of issuing force randomly, it will be difficult to achieve higher levels.

Shi Sheng

Shi sheng serves supplementing some minor insufficiencies of shi li. The efficiency of it is based on using the voice wave to stimulate pulsation of cells in whole body. It is not about trying to scare opponent by shouting at him. But those who will hear it will feel fear. Because there is issuing voice and force at the same time, it is different from just shouting. Shi sheng is not about breathing the air out from mouth, but it is so called issuing voice from inside. At beginning you issue voice, but then it changes into issuing without voice. Everybody's voice is different, but if we are talking about shi sheng, it is similar for everybody. It is like a sound of a bell in a silent valley. Masters of old used to say: "Shi sheng is like the deepest sound of the big Lu instrument, you will not be able to describe it with words". Student must observe, listen, understand principles and meaning, and then by testing force and voice, he can achieve this.

Self defense

Self defense is combat skill. You should know that small movement is better than big movement, non movement is better than small movement. You should know that non movement is actually a movement which is always being born and never ceasing. For example a wheel of a machine or a spinning top, when they move fast, they seem as if not moving. You will notice the movement, when it slows down before it stops – actually this is expression of lack of force. So called movement in non movement is faster than typical movement, the extremely fast movement looks like non movement. Movement and non movement have root in each other. The wonder of using it is based on support of nervous system, leading with mind, and elastic force of breath, stability of pivot, changes of path of movement of the center. If you are able to use a method according to situation, it can be said that you mastered basics of martial art. You should develop habit of being ready to attack and defense in any situation, no matter what you do. In emptiness there should be agility and focus, this is valuable. As for combat methods, there is no need to study techniques deeply, but on the other hand it is a stage through which you must pass. If opponent is stiff, acting mechanically, revealing path of his center, there is nothing worth discussing. But if he is agile like a monkey, without fixed position, even if he is not able to use various forces efficiently, but just because he is moving fast, it will be difficult to defeat him. This is why you should study some methods. When you practice, your lower abdomen should be full, round, buttocks as if you were sitting on something. Head, hands, shoulders, elbows, hips, knees and feet can be used as tools to attack opponent.

As for lifting, hooking, pressing, pulling, splitting, drilling, rubbing, crushing, brushing, folding, wrapping, stepping, pushing, blocking, chasing, redirecting, rolling, supporting, slipping, sticking, round step, swallowing, entering, retreating, attacking with front hand and with back hand, full step, half step, straight attack from diagonal position, diagonal attack from straight position, partial technique based on the whole, using whole based on partial technique, downward and upward hook, attacking from the left and from the right, from inside and from outside, from back and from front, force broken, but intention not broken, intention broken, but mind as if was linking everything, on verge of issuing force, suggestion and deception, although it is all partial, but if you don't learn this, it will be difficult to achieve anything. But this is the practice of lowest level. If someone is able, he doesn't need to learn all of this.

COMBAT ZHAN ZHUANG

Combat postures are a bit different from basic postures both in form and mind activity. Position of feet is similar to the character 'eight' (八). It is called dingbabu, it is half ding (丁), half ba (巴). 3 parts of weight are on front and 7 parts on back leg. In arms there is 7 parts of embracing and 3 parts of expanding. At some moment there is issuing of force. At beginning force is balanced, after issuing force there is immediate return to original situation. This is like a spring in a machine gun. The changes in position of palms and feet, if big, are not bigger than one foot, if they are small they are smaller than one inch. Innumerable changes are possible. The longer you practice, the deeper you experience the wonders. You are gradually studying using the changes between relax and tension, softness and calmness, sudden elastic force, distance, body structure, empty and solid aspects of fa li, feeling of the wave of force of universe, timing. When you practice, imagine that there is a tiger or leopard in front of you. You are ready to fight for life. This is beginning of mastering basics of martial art, the starting principle.

Next I will talk about using mind and force.

USING MIND

In combat zhan zhuang body should be balanced, empty and agile, spirit should be full, you are vigilant like a leopard walking in fog, you are agile like an attacking rhinoceros, like a galloping horse, like a dragon. Head straight, you feel some pressure on top of your head, whole body is pulsating, as if dancing, everything is connected, toes as if grasping ground, knees as if embracing something and at the same time pressing outside, there is also some lifting upward force, heels slightly raised. You feel a force as if tornado was to pull a tree out of ground, as if you were a dragon which landed for a moment, ready to fly again, ready to twist and sway. There is expanding, wrapping, standing up and feeling of body swelling with force. Hair on your body as if had force of blades, all joints bent, enabling hundreds of circles, you are naturally opposing the force of gravity. You feel power great as if heaven and earth were fighting. Shoulders and elbows are expanding outward. There is continuous wrapping and rolling, pulling out and whirling never stop, there are changes between rising and sinking, pushing and embracing, the unity and balance is never lost. You are as if sticking your fingers diagonally into something, hooking and twisting, turning outside, and wrapping inside, you feel as if you were able to push a big mountain or even whole Earth globe. Force is accumulated in muscles and tendons, bones as if had sharp edges. Whole body is unified, you should know about mind work: swallowing and spitting out, force in all directions, rolling, pushing, lifting, wrapping, hair on body as dense woods, body straight, lower abdomen naturally round, chest slightly concave. When you move, you are like a fierce tiger, as if you intend to crush mountain slope with your hand, body as if startled snake, as if it was on fire, like a dragon throwing thunders and flying away, muscles are pulsating, force like gun powder, hands like bullets, slight body movement and bird will not be able to fly away, you are full of great courage. No matter what happens, your mind is like a big fishing net, catching everything, like a dance of the branches of lightening, like scales covering body of a fish, like snow and frost on grass and trees. The speed which is in there cannot be compared to anything, I call it hyper speed. This is all abstractive, but you should feel it as real in your mind, it should not be just empty thoughts.

USING FORCE

Apart from using mind, using force is important. I'm talking about force based on the wonderful natural potential, not superficial, partial force. You are seeking it through shi li. You start from part in order to finally find unified, balanced force. When there is some balance, you study solid and empty aspects, relax and tension, finding proper conditions for fa li. Then you are working with deeper perception of movement, the wave of elastic force. Then you work with the state as if all hair on your body was like many sensitive receptors, developing the ability of issuing force at any moment. There should be readiness for attack and defense, for fighting with a dangerous opponent. You should remember about demands of fa li, you should not issue force blindly. When you see weak point of opponent, don't attack there. Attack point which is solid at the moment. You should know that solid is weak. Only by long time practical experience you will be able to understand the changes between solid and weak, to be able to attack where there happens change from solid to weak. Random hitting can be useful too. It depends on who is your opponent. Frontal position will become diagonal after slight turn. You absorb attack diagonally and attack frontally. You must study and practice diligently to understand the meaning.

FIGHTING AND MORALITY

If we are talking about fighting for saving your life, this is very extreme situation. There is no point talking about rules, morality and justice in such situation. You must be resolute, determinate, fierce, careful, stable and accurate in your action. In such situation you must be ready for everything, attacking in such a way which will bring result. Only this way you will be able to win in such extreme situation.

What I said is only about really extreme situation and dangerous opponent. If his skill is lower, and he is not creating danger, it is better to let him get out of fight without harm.

And when we talk about comparing skill with other martial arts practitioners, it should be based on the principle of friendship and mutual help in the study. This has nothing to do with fighting for life. Here what is important is rules, morality, justice. You should consider opponent's skill level. If your skill is much higher, you should treat him in such a way, that he realizes the difference of skill, and appreciates your attitude. Before the fight you should be gentle and use polite expressions. You should not show arrogance and contempt. This would harm the peaceful, harmonious relations. In the future the moral values of warriors will revive, the ancient way will survive. My way of fist is not perfect, but I have hope for the future.

FORMS AND TECHNIQUES

The martial art is profound. Even if a student is exceptionally able and is practicing with dedicated spirit, it will still be able to penetrate it thoroughly. But forms and techniques are something created artificially. During last 300 years, beginning from the end of Ming dynasty, through Qing dynasty, for people who don't really understand the essence of martial art it has become a tool of earning a living by doing impressive demonstrations. If someone wants to learn the way of martial art, why should he learn something like this? This not only has no practical use, but it limits body, nervous system, brain abilities, it harms the complete use of natural potential. Those who practice something like this lack knowledge and wisdom. It cannot be used practically. There is a lot of harms resulting from it. If talking about mission of martial art, about principles of practice for health, it is useless. If talking about fighting, if you reject all those techniques and forms and hit at random instead, the risk of being defeated will be lesser than when you are trying to use those techniques and forms.

As for using the principle of five elements giving birth to each other or destroying each other, it is extremely absurd. In a fierce fight there is no time for thinking. When you see opponent's action, then think about it, and then do defensive action, it will be really strange if you will not be defeated. Even a small child would not believe in such theory. Who are those who believe it then? If you ask someone who experienced situation of dangerous fight, he will confirm that my view is not wrong. Han Huan's theory of five elements, which is included in history of earlier Han dynasty, says about using metal, wood, water, fire and earth for needs of government and people. Later generations, because of lack of knowledge, used it improperly, creating false concepts, which turned into theory of elements being born from each other and destroying each other. Swindlers repeat it. But how true scholars can read it?

Forms are something made up artificially. Is it different with fixed techniques? This all has nothing to do with the science about principles of developing natural potential in martial art. Even if some people put a lot of effort and time into it, believing in persistence and they practice according to it, it will still be something which rejects the essence and concentrates on trifling issues. You should know that at basis of martial art there is lack of fixed methods. We could also say that there is nothing which would not be a method. If you use fixed

method, spirit is not unified, force is not solid, movements are slow and clumsy, you will not achieve unity of everything, this is against the principle of using natural potential.

When I'm teaching using a method, it is a method of principles, not superficial techniques. If you learn those superficial techniques, it is as if a doctor made prescription first and then expected that patient's illness will be exactly the one which can be cured with prescribed medicine. Those who maintain that martial art is based on mimicking forms and techniques do harm to the true way, they are evil-doers. Unfortunately those who practice martial arts presently, even if they want to study deeply, they don't know the gate which is leading to the way. So even though I'm not able to see everything, but I swear that I will try to reveal their mistakes.

Forms and fixed techniques cannot be used actually, only bringing harm. But so many people teach them and so many people are learning them. Why? This results from shallow knowledge, from fondness of weird things. Even if you tell them about right way, it will be difficult to understand for them. Even if they understand it, it will be difficult to put into practice. Those who practice, use forms to impress other people. Those who teach use forms to cheat people. This is only a form of leisure or of earning money. They have no idea about the essence of martial art. So people are deceiving themselves and deceiving others, and this becomes more and more popular. If it continues like this, it will never end. It's a pity. This is reason for crying and for being angry. Unfortunately this is not only in the field of martial art. I have impression that development of other sciences and arts is also going in wrong direction. It is difficult to accept situation when people choose path of superstitions, and you cannot save them. This is why I'm explaining all the time what I have achieved during years of practical experiencing, to eliminate rubbish, to awaken people, so they don't continue going the way of superstitions and non understanding. All greatest sciences and arts are simple in form, and rich in content. And what is complicated in form, usually hasn't got much essence. This is true not only in martial art. Think about it.

UNARMED COMBAT AND USING WEAPONS

Ancient masters said: “When you develop unarmed combat abilities, it is easy to learn using weapons, you should not only practice with sable and spear”. If you understand essence of combat, functions of various forces, changes in the position of sections and surfaces, empty and full in long and short, diagonal and straight, using three sections and nine parts, paths, directions, high and low, proper timing, when you understand it and master it by intuition, then when you use sable, sword, spear, stick or other weapon, even someone who is specialist of that kind of weapon but doesn't understand and has not mastered those basics will not be a dangerous opponent for you. This is a difference like between an engineer and a worker, between a doctor and a nurse. These are not levels which could be compared.

ATTACKING „DEADLY POINTS”

People think that attacking “deadly points” is something marvelous. They say about specific points, about proper time when attack brings some effect. Those discussions never stop. I want to vomit when I hear this. This is all rubbish. During a fight, when level of opponents is similar, it is not only difficult to hit specific point, but even any of those points. If you could attack only some points, before you would be able to hit, opponent would have a lot of time to hit anywhere. If there is lack of basic skill, even if you hit such point by chance, this will not be efficient. And if you develop ability of using efficient force, no matter where you hit in the area of ribs or chest, it may result even in death. Without trying to hit “deadly point” you will achieve this result. If you are learning attacking some points at fixed times, it means going further and further away from the way of martial art.

INHERITED ABILITIES AND LEARNING

People say that someone is 8 feet tall, has tremendous strength and incredible courage. You should know that those are inherited attributes, it says nothing about martial art, about science of martial art. People say that someone is splitting big stones with his fist, crushing bricks with his palm, can jump 8 feet. Even if someone can do this, those are only partial skills, related to the way of training which harms human body. This is not what I'm trying to explain. This is not proper way of martial art. But people usually think that those who demonstrate something like this are great and wonderful. But skills of such people are useless when they meet real expert. As for jumping over walls and roofs, it is all fantasies from novels, you can only smile when you hear about it. As for those stories about crushing big rocks and resisting cuts of a sable, those are the worst absurd inventions. There is no point in discussing something like this.

REJECTING MYSTERY AND SECRETS

There are people who don't possess abilities and their knowledge is shallow too. But they are quite sincere and honest. They master what teacher passes to them, they have some achievements, they develop some specific skills. Although those skills are partial, many people don't listen to explanation of their basis, they only watch the effects and because their knowledge is shallow, they see it as something magic. They don't understand that this is a mistake. This comes from lack of knowledge, lack of thinking, lack of experience in some field. Even if sometimes they understand some bits, they are not able to understand it thoroughly and reject their usual views. Each time when they encounter something difficult to understand, they see it as something supernatural. And if someone is practicing long time and achieves real understanding, it will become something familiar, easy to understand, and there is no need to seek for using supernatural concepts. It's the same in any field. Why should it be any different in martial art?

KNOWLEDGE AND PRACTICE

As for the way of martial art, you need to know and you need to be able to put it into practice. You need to be able to do something and you need to know what is the principle behind it. Otherwise it would be deceiving yourself and deceiving others, it would be continuing the repeating of rubbish. Knowledge and practice are simple words, but the meaning is complex. Some say that it is easy to do something but difficult to explain. Others say that it is easy to explain and understand something, but it is difficult to do it. Sometimes people say that it is difficult to explain something and difficult to do it. Or that theory and practice are related. Or that actually there is not such thing like being easy or difficult. There is some basis for each of those statements. But they are all very general and shallow. They will not enable understanding the issue completely.

I think, that in any field, if you put enough time to it, you will achieve some results. But because of limitation of knowledge it may happen that it is difficult to explain the essence of what you are doing. This can be described as “easy to do, difficult to explain”. If knowledge is rich and skills developed through long practice are deep, it is “easy to understand and easy to do”. If there is no knowledge and skill, you “cannot do and cannot explain”.

There is no limit for development of science. There is some knowledge and some skills. What kind of level of skill could be regarded as true skill, true knowledge? I’m not able to tell. But if someone knows about something and can do it, if he can do something and he understands how he is doing this, it can be seen as a beginning of unity of knowledge and practice. If you don’t understand something well, you will not be able to achieve the level of really deep skill. If you cannot do something in practice, it cannot be said that you have real knowledge about it. Knowledge and practice cannot be separated. It is the same in any science. It must be like this in martial art which is based on moral values. This must be embodied in any moment of practice. When there is a fight, there is no time for thinking. And you cannot only keep talking about it whole life.

On the way of science, you should try to understand the principles clearly. You should put time and effort to practice. If someone doesn’t understand principles, doesn’t know demands of practice, he will easily go astray. Then the more time he practices, the bigger harm. No

matter which field of science or art, it is easier to teach young people. Those elder, who have some achievements or even are famous, will not learn new things easily. If something which teacher teaches is not valuable, if student is not truly dedicated to the study, only mimicking what others do and repeating what others say, it is only following blindly. If someone is studying, but results cannot be seen, there must be lack of what is really important – practical experience. If it is like this all the time, when there is no real connection between theory and practice, it leads to thinking about mysterious and supernatural. Such people will never really enter the gate of the field which they study, they will never get practical experience. What a pity!

You should know that skill is only the gate of science. It is said: “even if children are stupid, they should not be freed from the duty of study”. They also should understand principles, learning to use them in practice. External and internal, what on surface and what inside should help each other, otherwise it will be difficult to enter the right path.

REASON OF FALL OF MARTIAL ART

There are three reasons for practicing martial art: health, self defense, benefit for society.

Benefiting society is my mission, this is the basic thing. Benefit for society is result of health of body and spirit. Without health there is no full, strong spirit. If your spirit is not strong, stories full of glory, moving peoples hearts and making them cry, will not be left behind you. Not talking about sacrificing life for just case, I'm afraid that if person without strong spirit will see that someone else is trying to commit suicide, he will get scarred and will not react. What if there will be need to pull out sword to help others when something wrong happens?

This is not the only problem. Those with weak body and poor health often lack energy and spirit, they are often in bad mood. Tolerance and good mood are not possible when there is no health. Health is basis. Martial arts training helps cultivating health. Everything depends on it. This is really important. How could people allow situation when false is seen as true, when people are being deceived for centuries and are not able to tell one from the other?

At beginning martial art was simple, but later people started changing it into something complicated. Martial art is a tool of improving physiological functions, a key of developing wonderful abilities of body. From simple to complicated – this is proper way. From complicated to simple, against physiology – this is wrong.

At beginning in xingyiquan there were three methods, and all three methods where one movement. Jian (stepping), zuan (drilling), guo (wrapping). It was like horse galloping, without separating one from the other. Three kinds of forces were linked into one action. Later five elements and twelve forms were added. Five elements originally were five ways of using force. As for twelve forms, each of twelve kinds of animals and birds has its own characteristic abilities which give it some advantage. They should be collected and linked. This is should not be twelve forms – fixed sets of movements.

The same with baguazhang. At beginning there was only single and double palm change. Later, because there were many people with shallow knowledge, who did not understand meaning of this art, they created illusory 64 palm methods, 72 kicking methods etc. This is not only useless, but harmful.

In taijiquan deviations are especially big, but at least it doesn't create such big danger for health. The principles don't go against physiology. But all those postures and forms are useless. If we are talking about classical theories of this art, the texts are quite refined, but unfortunately there is not enough essence in it, instead there is a lot of empty talk and too much generalization.

Summarizing, if we are talking about all present martial arts, there is no much point discussing whether they are valuable from point of view of health or combat. There is no one single method which would be in accordance with demands of physiology. I've been traveling all over China for over 40 years, meeting thousands martial arts practitioners, and I couldn't see even that someone's posture would be balanced, not talking about essence and deepness of martial art.

The basis of martial art is simplicity of form and richness of intention. But there are people who practice whole life and are not able to understand it. Those who achieved high level are so scarce as feather of phoenix and horn of unicorn, and still what they represent is not what I'm talking about. This is not because it is difficult to understand principles of martial art, but because people lack common reason and strong will.

There are so many sectist schools nowadays. There are so many techniques and methods, that it is difficult to name them all. Why? This is result of seeking external beauty for need of demonstration. If you practice martial art in order to give others enjoyment, wouldn't it be better to engage in opera choreography instead? And actually opera artists who specialize in martial arts scenes do possess some basic skills. If you compare them to typical present martial artists, you must admit that opera artists level is higher.

Martial art people of present time boast that they know so many forms and techniques. Even those who don't have much idea about martial art laugh at them. What a pitiful situation! Isn't it forms and artificial techniques which caused fall of martial art? Unfortunately after several hundreds years this way of practice has become habit. It is difficult to change this situation now. The wave is moving. And most absurd concepts, like theory of four manifestations and five elements, nine palaces and eight trigrams, mythical scriptures on turtle shell were

absorbed. In result students don't understand the essence, stupefied by the rubbish which they hear, they follow illusions. How the true art would not be destroyed?

There are such people who learned some number of forms with sable, spear, sword and stick and they deceive people to earn money, and they are successful in this actually. And in result other people who seek for a way of earning living, see opportunity and are choosing this way. There are more and more of them in society. This is not only against the right idea of martial art, but it is also reason for the attitude of righteous, brave warrior being lost now.

Even if there are some exceptional people who are able to penetrate the core of martial art., because customs and prejudices they don't want to pass this to others. Why don't they know that water of river and sea belongs to all people who wants to use it? Why are they so narrow minded. Science belongs to all human race. If someone has some achievements, he should share it. How can he keep it only for himself, making others ignorant?

Lately there many who say about Buddhism, talk about spirits and demons, tell lies about cultivating Tao and how to meet immortals. This is extremely absurd and harmful. How dare they now, in the era of science flourishing, popularize such wild, false theories and publish them in magazines? How is it possible that those plain idiots can commit such shameful deeds? What Buddha, if he knows about it, can think about this category of people, who popularize false views? There are many ways of earning living. Why must they use the weak points of society, deceive themselves and others? When I'm talking about it, I'm so sad, sighing over the world and people.

Mainly Kangxi (1662-1723) and Yongzheng (1723-1736) periods of Qing dynasty are responsible for the fall of martial art, because at that time not what is the essence of martial art was propagated. Those who were not wise enough and let themselves to be deceived, should be blamed. In result until now false is transmitted, and the essence cannot be seen in it. Even though there are some people who understand the essence, because of their conservatism and sectism, the fall of martial art is continuing.

The way of martial art – the teaching is beneficial for body and spirit, brings profit in many fields. But improper teaching can cause problems related to character, personality and body, can negatively affect whole life. If you don't believe this, think about some former famous

masters. How many of them had health problems, were paralyzed? They practiced to improve health, but instead they ruined their health. What a pity!

Presently martial art is praised as a national gem. But isn't this national gem a tool to make people cripple? After 15 years of Republic of China guoshu (national art) institutes were established in many places, with the name expressing that other arts don't deserve the name of national arts. Such national art, which harms people and has no real value can exist only in our country. I don't really know where from come those unusually wise people who gave it such a name? I don't know how can they be such brave, and what they think? As for those big bosses who are promoting sports, do they know that this kind of sport which they propagate can lead to premature deaths? Alas! Why people can be so blind? I hope that people will sit down at evening and will calmly think about it and will understand the problem. Human body is most precious. How can we let it receive harm In result of following wrong teachings? Those who are seeking a teacher, should take care about this issue.

As for martial art., I see only true and false, I don't care about divisions for sectist schools. I just want to pass to next generation what I have achieved. I would like everybody to know about it. So I teach everybody who comes to learn from me. I see all people as my relatives. This is why I don't like the traditional master-student system. Only if sectist views will be destroyed gradually, martial art can flourish. I hope it will happen.

REJECTING THE TRADE MARK OF MASTER-DISCIPLE SYSTEM

The master-disciple system is praised as something beautiful and full of virtue. But in our country even best things become deviated and degenerated. This is especially true in martial arts circles. Students think that if they don't swear loyalty to master, they will not be able to learn secrets. Teachers, when student has not undergone the ceremony, think that such student is not close enough to them to be taught the real stuff. This is typical practice. This is really awful!

Even not saying about those whose knowledge of the art is shallow – they have nothing valuable, what could be kept secret then?. But even if someone has something valuable, keeping it secret leads to fall of the essence of martial art. There are such people who keep secrets even inside their school, and don't teach it to any of their students. I can't understand this. This is the worst behavior. This is why martial art is so obscure. Weird styles and stupid theories are so popular in result. I cannot help sighing!

It can be said that the essence of martial art is as wonderful as principles of nature. It can be said that it is as deep as mysteries of heaven and earth. Practicing without understanding the principles, you will never reach the essence. Even if you practice according to the principles, you can learn for whole life and you will never use up the opportunity of further development. Why keeping secrets then?

Everybody should see others as members of family, think about others as about himself. Only then peace and harmony will prevail. Think about situation when there is no one on the earth except you and your family. When your selfishness would achieve highest level, how would it be? I fear that happiness of human kind would be destroyed for ever.

Our country is in situation of a fall. A lot of things are worse here than anywhere else. This is our illness. And science is common property from beginning of times. There should not be any division because of borders and territories, and the more when we talk about one country, one nation. But we should see other nations and countries as parts of common world. National borders should not create barriers for science. We all live under one sky, in rays of the same sun. How can there be secrets in science? Such behavior is beyond contempt.

Teaching martial art, I don't reject any student. I'm teaching best as I can. When student is asking questions, I'm trying to explain the issue in best way. I most fear that students would not understand and not master what I'm teaching, and there would not be anything valuable in what they would teach further. So I regret deeply when I see that someone is listening, but is not able to understand, or understands but is not practicing it. When I see that someone understands and practices and achieves results, I feel happy. This is great relief for me.

I don't call myself a master. What is important is appreciating the spirit, the feelings, and not concentrating on names and titles. I'm teaching real stuff. Although I don't call myself a master, those who benefit from my teaching are treating me as a master. The empty title disappeared, but the essence remained. Has been anything lost?

And if someone is deceiving people teaching weird styles and stupid theories, and someone will go through ceremony, will bow to him and swear loyalty, calling him a master, and then will find about the absurdness of his teaching, and will start hating him, where will be the master? Only empty title will remain and the essence will disappear.

When there appears division for a master and disciple, there come concepts of respected authority and subordinated follower. Even when student sees mistakes in his master's teachings, he is afraid to offend him and question his authority, so he will not say about it. Or if he will talk to master about it, master will feel offended, will fear that his authority would be in danger, he will rather admonish student and not correct his own mistakes. About what essence of martial art could we talk then? We can see that the master-disciple system is not beneficial for martial art.

And the conflicts between schools often become fierce in result of the master-disciple system being popular. Sectism starts from the master-disciple system. Innumerable schools and chaos of concepts are resulting from sectism. This way there is danger that martial art will never regains its essence and glory. The fall may still continue!

If student makes progress, he has master in fact. But if he bows three thousand times and says the word master eight hundred times, but is not making progress, where is the master? What is the meaning of titles then?

You should know that science is the secrets of nature and nature is our common teacher. So I postulate rejecting the master-disciple system. This is my opinion.

But master-disciple system has been popular in martial art circles for long time, so maybe it will not be possible to remove it immediately. But then I would just suggest to be careful. Both teacher and student should know about knowledge and character of the other before they will decide to go into this relation. This seems quite proper to me.

SUMMARY

Martial art practice is not only based on years of learning, force developed through training, age, small or big number of techniques, fast or slow movements, who is elder and who is younger. What is important is whether principles have been mastered or not. Important is inherited spirit, whether there is real force, what are abilities and will. This way you can estimate achievements of some person, whether he will achieve success in the future and what level. In martial art training important is whether student understands principles and if he has the perception of force. In other words, if there is solid, animal force. If there is, it should be cultivated, to develop courage coming from clear mind and will. Then it will be easy to understand principles of nature, to become one who has penetrated to the essence and achieved the level of wonderful skill. One who penetrated the essence of the principles of nature is not someone who is good only in one field, but he can understand many fields. When you listen to someone like this, you understand what level it is, whether it is right path, if it is something real, practical. It is enough to see when someone is doing something, to estimate what he has inside, if it is solid, full or partial, if it is concrete and subtle, to be able to decide which method to use to supplement it. One word of such person is enough to express the essence. Such person is able to use one thing in numerous situations.

Teacher can tell student about principles, but cannot pass the skill directly, he should not try to do this work instead of student. Student must follow diligently, with focus and should try to experience the essence, then he will be able to observe what is effect of cooperation between mind and body.

What I'm talking about is the way of martial art where each action is engraved in heart, heart is leading, spirit is acting efficiently, this is the meaning of experience. This is completely different from typical martial arts.

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