

Contents

Foreword by Grandmaster Wong Kiew Kit	5
About The Author	6
Acknowledgements	7
Introduction	8
Disclaimer	9

PART ONE

HOW TO GET THE MOST BENEFIT FROM THIS BOOK

Yin and Yang	11
There is Only One Illness	11
The Meridians	12
Thematic and Holistic Approaches to Health	15
Everything in the World is made of Energy	16
What is Chi Kung?	16
Different Levels of Chi Kung	17
A Brief History of Shaolin	18
How to Use This Book	20

PART TWO

THE ROUTE OF MASTERS

The Difference Between Masters and Students	22
Vision	24
Your Plan	24
Be S.M.A.R.T.	25
Why Do You Really Want What You Really Want?	26
Action	27
Route of the Masters work sheet	29

PART THREE

7 STEPS TO THE P.E.R.F.E.C.T. SHAOLIN CHI KUNG SESSION

An Overview of Your 15-Minute Practise Session	32
The Four Stages of Mastery	33
Step 1 – P – Preparation	34
Step 2 – E – Enter a Chi Kung State of Mind	37
Step 3 – R – Really Smile From Your Heart	39
Step 4 – F – Form: Your Choice of pattern from the 18 Lohan Hands	39
Step 5 – E – Energy Flow: Flowing Breeze, Swaying Willows	40
Step 6 – C – Cosmic Harmony	44
Step 7 – T – Time to Complete	45

PART FOUR

THE SHAOLIN 18 LOHAN HANDS

Introduction			50
Both Hands Lift Sky	雙手托天	SHUANG SHOU TUO TIAN	53
Shoot Arrows Left Right	左右開弓	ZUO YOU KAI GONG	57
Plucking Stars Change Galaxies	摘星換斗	ZHAI XING HUAN DOU	61
Rotating Winch	轆轤旋轉	LU LU XUAN ZHUAN	65
Big Turn of the Cosmos	大轉乾坤	DA ZHUAN QIAN KUN	69
Punching With Eyes Wide	怒目衝拳	NU MU CHONG QUAN	73
Look Back to Carry the Moon	回頭抱月	HUITOU BAO YUE	77
Reverse Hands Bend Waist	攀足固腰	PAN ZU GU YAO	81
Three Levels Down to Ground	三盆落地	SAN PEN LUO DI	87
Divine Crane Starts Dancing	仙鶴起舞	XIAN HE QI WU	91
Second Son Carrying Mountains	二郎擔山	ER LANG DAN SHAN	95
Lohan Draws Saber	羅漢拔刀	LUOHAN BA DAO	99
Fierce Tiger Pushing Mountains	猛虎推山	MENG HU TUI SHAN	103
Green Dragon Separating Water	青龍分水	QING LONG FEN SHUI	107
Green Dragon Presenting Claws	青龍現爪	QING LONG XIAN ZHUA	111
Big Windmill Hand	大風車手	DA FENG CHE SHOU	115
Lift Heels Bend Knees	提踵彎膝	QI ZHENG WAN ZUO	119
Divine Crane Rotates Knees	仙鶴轉膝	XIAN HE ZHUAN XI	123

PART FIVE

PRACTICAL ADVICE

Troubleshooting	126
How to Live For 120 Years	128
How to Deal with Disturbances During Your Practise	129
Relaxed and Gentle	130
How To Really Speed Up Your Healing Process	131
Top Ten Dos and Don'ts For Your Practise	131

PART SIX

NEXT STEPS: YOUR CALL TO ACTION

The History of Shaolin Wahnam	136
Shaolin Wahnam Lineage	139
The Three Requirements For Success	140
Books Are a Good Start: Instructors Are Better	140
An Important Little Exercise	143
After word	144
Courses and Classes with the Shaolin Wahnam Institute	145
Reading and Website List	146
Index	147
Quick Order Form	150

Foreword



Let us start with a great, inspiring truth, that is, good health is our natural birth-right. This means we are naturally healthy. In other words, if all our cells, tissues, muscles, organs and systems are working the way they are supposed to work, we will not be sick. However, so many people today are stressful and ill that they think, mistakenly, it is natural to be ill once a while. Some even resign themselves to a prolonged life of illness and pain. Illness and pain are unnatural, which means that one or more parts of their body are not functioning naturally. For those who are sick or in pain, this book brings hope and good health. Those who are already healthy will also benefit much from this book as it will show them not only how not to be sick at all, but also to have vitality and mental clarity to attain better results no matter what they do. They will also have longevity and inner peace.

It is understandable that some people may think this claim to be too good to be true. But it is suffice to say that we in our international Shaolin Wahnam Institute of Chi Kung have helped literally thousands of people overcome pain and illness, and attain good health, vitality, longevity, mental clarity and spiritual joys irrespective of race, culture and religion. Our students come from all walks of life, including top scientists and doctors and presidents of international corporations, and from all the six continents.

From our many years of experience in helping students, we have discovered that success in attaining good results depends on three factors, namely the art, the teacher, and the students. The art presented here has been time tested. The teacher, Sifu Marcus, has helped many students attain good health, vitality, mental clarity and spiritual joys. Hence, whether good results will be attained will depend on the students, which in this case are the readers. The instructional material has been presented clearly and systematically. Students need only to follow the instructions respectfully. While good results can be attained by practicing from this book, naturally one will attain even better results by learning directly from the master, Sifu Marcus Santer, himself. This is a rare opportunity to attain good health, vitality, mental clarity and spiritual joys which one should not miss.

Wong Kiew Kit, Grandmaster, Shaolin Wahnam Institute

Part I

How to get the most benefit from this book

*“The superior doctor prevents sickness;
The mediocre doctor attends to impending sickness;
The inferior doctor treats actual sickness.”*

Chinese Proverb

Yin and Yang



Yin Yang Theory – I'm sure you recognise this symbol and have heard of Yin and Yang. You cannot go to the shops and buy a bag of Yin or a kilo of Yang. They are just symbols and it is important to know right from the start that nothing is completely Yin or completely Yang. Yin Yang theory is a theory of relativity. At its simplest something is either Yin or Yang **when in relationship to something else**. For example in a relationship between a boy and a girl, the boy is more Yang (male) compared with the girl who more is Yin (female). But if we take a different relationship, say, between a boy and a man, the boy is more Yin compared with the man who is more Yang.

Yin and Yang can be used in all relationships. For example: Front/back, night/day, slow/fast, chronic/acute etc. I'll make the point again because it is so important. **Something is only Yin or Yang in relationship to something else.**

Yin Yang theory is the foundation upon which the Chinese model of medicine is built. It is simple and yet incredibly complex as well. For the purpose of this book we will only focus on Yin and Yang in their relation to good health, or the lack of it!

There is only ONE illness!

You may have heard people refer to the importance of balance in life. In the Chinese model of health, balance is everything. There is only one illness and that illness is Yin Yang disharmony and this can manifest in countless symptoms. When Yin and Yang are in harmony (or balance) we have what we refer to as good health. When Yin and Yang are out of harmony, illness is the result. Regardless of how we label the symptoms, the cause is Yin Yang disharmony.

With regards to overall health we use Yin to represent the natural ability of your body and mind to adjust to the constantly changing environment and the demands made upon you. Yang represents everything that may cause illness.

We are exposed to dis-ease causing agents everyday, we overcome serious illness regularly without even being aware of it, there are millions of germs in our body and many of them deadly but we don't get sick. Why? Because we have Yin Yang harmony our bodies adjust and overcome these agents before they can cause illness or dis-ease.

Yin Yang disharmony (illness) results when our body's natural ability to manage disease-causing agents fails. This can be caused by anything that weakens our Yin in relation to Yang, for example excessive worry, stress or long term poor lifestyle choices (drinking, smoking, drugs etc).

The other major cause of Yin Yang disharmony is when the amount of Yang is vastly increased. For example eating contaminated food or being exposed to a concentrated amount of germs.

Because good health is our birthright, Yin Yang disharmony is unnatural and temporary. This is wonderful news! In the Chinese model of medicine there is no such thing as an incurable illness, though if the illness has been left untreated for too long, and it has caused much damage, it may not be possible to restore balance fully. If we can restore Yin Yang harmony, we will restore our health.

I make it all sound so very simple. Well with Shaolin Chi Kung, it is. We do not need to know if we have:

1. Relative Excess of Yin compared with Yang
2. Relative Excess of Yang compared with Yin
3. Relative Deficiency of Yin compared with Yang
4. Relative Deficiency of Yang compared with Yin
5. Simultaneous Deficiency of Yin and Yang

All we need to do is to practise Shaolin Chi Kung, generate a flow of chi and allow this energy to go where it is needed most to restore Yin Yang harmony.

How exciting is that? So how does it work? First, we need to look in a little more detail at one other concept involved in the Chinese model of medicine.

The Meridians

The basis of Traditional Chinese Medicine (TCM) is chi, everything is chi. TCM is an incredibly complex subject. People spend years and years studying and practising in order to become proficient in its use. My explanation here is a very simplified overview but will help you to understand the philosophy that Chi Kung is based upon.

As we have already learned Yin Yang imbalance gives rise to illness. Ultimately the cause of Yin Yang imbalance is disturbed energy flow. But what does our energy or chi flow through? The answer is meridians. Like a stream, sometimes the flow of chi is strong and the channel is wide but at other times the stream can be little more than a trickle. These streams, constantly changing, follow a well-defined course. In TCM these streams or “Meridians” have names depending on which system they are related to.

Chi Kung seeks to restore harmonious energy flow. When chi flows harmoniously around our body we have Yin Yang harmony and great health, wonderful vitality and immense inner peace. There are 12 pairs of Primary meridians, Primary because they pass through the internal organs.

Part 2

The Route of Masters

*"The starting point of all achievement is definite knowledge
of what one wants"*

Andrew Carnegie

The difference between Masters and students

I'd like to start by sharing two stories with you that will explain why having a clear Vision, comprehensive Plan and then taking Action is vital to your success.

Story One

One of my Mentors, John Eggen, tells a story about his mentor a man named Tom Flamma. During a conversation Tom asked John, "Do you know the difference between a master and a student?" John thought for a moment and said, "No, I don't". Tom said "John, a student does less and less by doing more and more. But, a master does more and more by doing less and less".

Read on to discover the secret of doing more and more by doing less and less.

Story Two

After years of watching Kung Fu movies, four friends decide that they are going to leave their house in London and go to the Shaolin Temple in China to learn Shaolin Kung Fu. Dave, Mary, Mark and Lucy have a **Vision** and that vision is to learn Shaolin Kung fu at the Shaolin Temple in China.

Dave is the "Action Man" of the group, he doesn't think, he does. He decides he is going to jump in his car and start driving. He knows that the sun rises in the East and sets in the West. He's going to keep driving east until he gets to China. Unfortunately, due to a poor **plan**, he makes many wrong "turns". His car breaks down; he runs out of money and ends up stranded in Turkey. Which is a long way from his Vision of learning Shaolin Kung Fu at the Shaolin Temple in China. Dave took massive amounts of **action**, but with a poor plan his action comes to nothing.

Action itself is ignorant, by ignorant I don't mean bad or stupid. Ignorance means not knowing. It's not taking action that is important; it is taking the right kind of action that makes the difference. The right kind of action uses far less energy and can be 100 times more effective than just taking action. When Action is based on clear Vision and a detailed Plan, success follows swiftly.

Meanwhile, Mary and Mark decide to visit the local library to gain some more information. They ask the library assistant for a map of the world and a map of China. Clare, the library assistant asks them why they are looking at China, and Mary and Mark share their **Vision** with her. Clare points out where the Shaolin Temple is located in Henan province and shows them what a long way it is from London.

Mary comes up with her **plan**, she is going to fly to China and take a bus to the Shaolin Temple. She shares her plan with Mark, but Mark decides to stay at the library a little longer.

Mary gets her visas arranged and catches a flight from Heathrow to Shenzhen Bao'an International Airport. There she uses various forms of local transport and finally arrives at the Temple, only to find it does not teach Shaolin Kung Fu. However, she easily finds one of the many schools nearby where "monks" teach modernised Wushu and although she feels that something is missing from her practise, she is happy that she has made it to China. Mary had a much better plan and took **action** on it, but her feeling of something "missing" is because her Vision was not clearly thought out.

Meantime, Mark stayed and talked further with Clare in the library. She seemed to know an awful lot about China and the Shaolin Arts, and he asked her how she knew so much.

Clare explained that she practised Shaolin Kung Fu under the guidance of a 4th Generation Shaolin Grandmaster called Wong Kiew Kit of Malaysia. She booked Mark onto the internet and guided him to her Sifu's website (www.shaolin.org). Here he found out that Shaolin Kung Fu has not been taught in any of the Temples for around 150 years, since the two in the South of China were burnt down by the Qing army. .

He discovered that the Northern Temple, restored in the 1970s is now one of the country's top tourist attractions and that the many Wushu schools set up around the Shaolin Temple have been removed, only to set up again in neighbouring towns and cities. The Wushu taught by the many schools near the Shaolin Temple is not traditional, authentic Shaolin Kung Fu; but rather a modernised demonstration sport.

Most importantly, Mark learnt that Sifu Wong offered courses in authentic, traditional Shaolin Kung Fu and would soon be visiting the UK. Clare was learning with one of Sifu Wong's certified instructors and advised him to come along so he could learn some basics before attending the Summer Camp.

Through allowing Clare to act as a **Mentor**, Mark gained understanding from her experience and, as a result, his Vision is a lot clearer. He now knows what Shaolin Kung Fu is and what it isn't, and has learned in great detail why he wants to practise it, having discovered the benefits that the Shaolin Arts bring. His **plan** is to study with an authorised instructor, in London, and attend the Summer Camp so he can learn direct from Sifu Wong as well. Because his Vision is clear and he has a plan that will achieve his vision, Marks, **actions** will be far more productive and in line with his vision.

Oh, and the fourth friend I mentioned, well Lucy is still on the sofa watching Kung Fu movies. She still dreams of learning Shaolin Kung Fu, she has a great Vision, and she often thinks about her plan, but like many people with dreams, she hasn't taken any action to manifest it. And it doesn't matter how great your Vision and your Plan are, because if you don't take action on it, nothing will happen.

What this second story shows is that a clear Vision, combined with a sound Plan and correct Action equals the difference between success, or ending up stranded in Turkey.

Part 3

7 steps to the P.E.R.F.E.C.T Shaolin Chi Kung session

"Just as a door which is not frequently used will rot, a person who does not regularly exercise will be sick"

Hua Tuo – Famous 2nd Century Chinese Physician

An overview of your 15 minute practise session

An average Shaolin Chi Kung practise takes around 15 minutes from start to finish. It is important that you practise at least once a day. The reason is that the benefits of Chi Kung are accumulative, not instantaneous. It is possible to gain immediate benefits from your practise; sensations of feeling good, inner peace and mental clarity at the end of each practise session are good indicators that your practise is correct, and are to be expected. If all you want from your practise is an occasional pick me up then feel free to practise occasionally. But if you want the benefits of practising High Level Chi Kung that I mentioned in What is Chi Kung? (p16), then you must practise correctly and daily.

These are the 7 steps to P.E.R.F.E.C.T. practise I use when teaching new students Shaolin Chi Kung:

Step 1 – **P**reparation

Step 2 – **E**nter a Chi Kung State of Mind

Step 3 – **R**eally Smile From Your Heart

Step 4 – **F**orm: Your Choice of pattern from the 18 Lohan Hands

Step 5 – **E**nergy Flow: Flowing Breeze, Swaying Willows

Step 6 – **C**osmic Harmony: Standing Meditation

Step 7 – **T**ime to Complete

To help you learn, separate your practise into three distinct time zones of around five minutes each. Though feel free to adjust these times, for example you may prefer to spend longer on the steps in Zone 1 and less time in Zones 2 and 3. As your practise develops find what works best for you.

Zone 1 Step 1 (**P**reparation), Step 2 (**E**nter Chi Kung State of Mind), Step 3 (**R**eally Smile from Your Heart and Step 4 (**F**orm).

Zone 2 Step 5 (**E**nergy Flow)

Zone 3 Step 6 (**C**osmic Balance) and Step 7 (**T**ime to Complete)

When you are learning any new skill it takes time before you become competent enough to move from step to step smoothly and effortlessly. Hence for the first few weeks your practise may take longer than 15 minutes as you grow accustomed to it.

The four stages of mastery

When you learn any new skill you move through four stages:

1. **Unconscious Incompetence** – at this stage you don't know that you don't know how to perform Shaolin Chi Kung because you've never heard of it or practised it.
2. **Conscious Incompetence** – when you picked this book up and looked through it for the first time, you began to become aware that there was a lot you did not know.
3. **Conscious Competence** – After a few weeks of practising the steps outlined in this book, you begin to be able to practise Shaolin Chi Kung, but you have to do a lot of thinking and referring back to the book in order to do it correctly.
4. **Unconscious Competence** – At this stage you start and finish your practise by moving so smoothly through the 7 Steps that you don't have to think about them at all. Instead of 7 Steps, it's as if there are only two: starting your practise and finishing it.

Here are my guidelines on how to move from Conscious Incompetence to Unconscious Competence as quickly as possible:

1. Read Part 3 all of the way through and then start by practising Steps 1, 2 and 3 together for 2-3 days. Continue to familiarise yourself with Steps 4, 5, 6 and 7 by reading through them daily during this time.
2. Then choose one pattern from Part Four and spend 2-3 days becoming familiar with the **Form**. Complete Steps 1, 2 and 3 beforehand (P.E.R.).
3. Once you are happy with your understanding of the **Form** you have chosen to practise, include the **Breathing** (if applicable). Practise this stage for another 2-3 days.
4. You are now ready to add Steps 5, 6 and 7 to your practise.

After 4 or 5 more days you should be moving easily through the 7 Steps. Remember the acronym P.E.R.F.E.C.T. for the steps and that will help you.

1. **P**reparation
2. **E**nter Chi Kung State of Mind
3. **R**eally Smile from Your Heart
4. **F**orm
5. **E**nergy Flow
6. **C**osmic Harmony
7. **T**ime to End

Part 4

The Shaolin 18 Lohan Hands

“Keeping your body healthy is an expression of gratitude to the whole cosmos – the trees, the clouds, everything”

Thich Nhat Hanh

Introduction

Remember that high level Chi Kung like Shaolin Chi Kung is a marriage of form, energy and mind. The Form is not the Art and as has been mentioned earlier, if you practise Chi Kung at the level of Form only, the benefits you will receive are minimal.

In the descriptions of the 18 Lohan Hands that follow I have used the following format:

The front page for each pattern has a picture of me performing it along with an “Also Known As” guide. One of my objectives for this book is that it will serve as a reference for Shaolin Wahnam Institute instructors therefore I have given the full correct name for each pattern. Many of the patterns are known by different, easier to remember, names. To avoid confusion I have also given the more popular name for each pattern. After that there is an “At a Glance” guide which gives you a quick reference to two or three benefits the practise of each pattern is known to give.

Form “Name of Form”

1. Step by step instructions are given along with photographs that outline how the pattern is performed. It is important that you familiarise yourself fully with the components of the pattern. At this stage do not worry about when or where to breathe in and out. Just breathe in when you need to and out when you need to. Your primary focus is to perform the pattern correctly. Whilst the Form may be the least important part of Chi Kung it is still important that you do it correctly. Once you know the Form of the pattern you are practising well, then you are ready to add the breathing.

Important notes:

Any points you need to pay special attention to have been highlighted in this section. A key to getting the most from your practise is not to worry. So if I haven't mentioned something, don't worry about it. Just follow the instructions. If something is important to the pattern I have mentioned it. If it isn't, I haven't. All of the patterns are very simple; remember to keep them that way.

Breathing

Once you are confident with the Form you are ready to add the correct breathing (where applicable). Whilst you are practising Shaolin Chi Kung remember that what you are breathing in is not just air, it is cosmic energy. At the beginning of your relationship with Shaolin Chi Kung, breathing out is even more important than breathing in. This is because when you breathe out you have an opportunity to breathe out toxic rubbish that has built up inside you. This is why, as mentioned before, it is vital that you breathe out through your mouth in order to efficiently remove these toxins from your body.

So keep your breathing relaxed and gentle. Not all of the patterns have specific breathing instructions. In this case your breathing is spontaneous, i.e. you breathe in gently through your nose and gently out through your mouth as and when you are ready to breathe in and out. Correct breathing is more important than the Form and is where Chi Kung really starts to bring benefits that conventional Western exercise does not. But you must do it correctly and you must do it relaxed and gently.

Where to focus the mind when you are practising a particular pattern has not been explored in any detail in this book. There are 3 reasons for this:

1. The Mind is the most important aspect of High Level Chi Kung. However, it is also the easiest to get wrong. The nature of the 18 Lohan Hands is that they consist of a number of movements, so if you accidentally perform a few moves incorrectly you will not do any harm. We do not have this luxury with the Mind aspects and so they have not been included.
2. It is still possible to get great benefits from the 18 Lohan Hands without specific Mind instructions. Many of Sifu's students learnt Shaolin Chi Kung and Shaolin Kung Fu from his books before learning from him or a certified instructor. Many of them testify to the rewards they received from book learning, but every single one of them agrees that the benefits they gained from book practise pale into insignificance compared to those benefits received by learning directly with an instructor.
3. If you successfully Enter a Chi Kung State of Mind (Step 2) and maintain this state of mind whilst practising your chosen pattern, your Mind is in the best state to manifest the benefits of that pattern. That is why it is so important to familiarise yourself fully with your chosen pattern. Having to stop and think "What do I do next?" or "Do I breathe in or out here?" only serves to break your Chi Kung State of Mind.

Reasons why you may choose to practise this pattern

For each pattern I have given a concise explanation of possible benefits you can gain from practising the pattern. It is important to remember though that your chi or energy has an intelligence of its own. Chi/energy always flows from areas of high energy to areas of low energy. So you may have chosen to practise the pattern "Fierce Tiger Pushing Mountains" to develop powerful arms for martial arts. Unbeknown to you though, your liver needs an increase of energy and so your practise helps to promote the well being of your liver.

All of the patterns help to promote the harmonious flow of chi/energy through the meridians and to remove energy blockages. This is why any of the patterns from the 18 Lohan Hands can be used to cure a dis-ease and if we have no dis-ease or illness the same patterns can increase our health, vitality, longevity and inner peace.

But, if you know that you have a particular health issue then practising a pattern that is known to bring benefits to that illness is the most cost effective and efficient way to get the most from your practise.

If you look at the list of benefits to be gained from the practise of a particular pattern and think: "how can this exercise give these benefits?" you are mistaking physical exercise for Chi Kung exercise. The two are very different.

Quotes from students about this pattern:

Where possible I have taken quotes from Shaolin Wahnam students so you can benefit from reading about their experiences with a particular pattern.

Both Hands Lift Sky

雙手托天

Chinese: Shuang Shou Tuo Tian



Also Known As: Lifting the Sky

At A Glance:

Excellent for Generating Chi Flow

Treatment of Hemorrhoids

Improves Health in all its aspects

Form “Both Hands Lift Sky”

4. Start from Wuji stance (fig.1).
5. Turn your hands, fingers pointing to each other, palms facing the floor and look down at your hands (fig. 2). See detail 1 and 2.
6. Keep looking at your hands as you raise your arms through 180 degrees (fig. 3, fig. 4 shows the side profile of this move).
7. Gently push your palms to the sky (fig. 5).
8. Straighten you hands and lower your arms gently back to the side of your body (figs. 6 and 7). Your head comes back to the level position.
9. Pause
10. Repeat from step one 15-20 times.

Important notes:

Move your head – look down at the hands (as in fig. 2). Move the head upwards as you raise your arms (figs. 3 and 4). Lower your head to the level position as you lower your arms (fig. 7). Repeat.

Keep your arms straight – (but not locked out) and keep gently pushing forwards all the way through the 180 degree movement (fig. 4). It is very common to see beginners with a pronounced bend at the elbows and when they “lift the sky” all that happens is that their arms straighten out. The arms must be already straight and when you “lift the sky” you will feel a gentle stretch down the sides of your body. This is a very pleasant sensation.

All movements are relaxed and gentle – with your fingers pointing to each other (detail 1) palms facing the floor; there will be natural muscular tension in your forearms. Only use as much tension as is needed to get the job done, no more, no less. It is common to see new students almost gritting their teeth as they perform “lifting the sky”. Remember you are relaxed and your movements are gentle.

Breathing The breathing for Lifting the Sky is in four parts:



Pause means no breathing in and no breathing out. As you can see from the diagram above the pauses are not as long as the breathing in and breathing out cycles.

Both Hands Lift Sky

雙手托天

Chinese: Shuang Shou Tuo Tian



fig.1



fig.2



fig.3



fig.4



fig.5



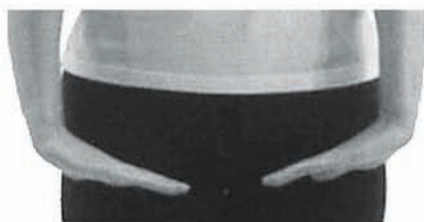
fig.6



fig.7



fig.7



detail 1



detail 2

Part 5

Practical advice

“A man too busy to take care of his health is like a mechanic too busy to take care of his tools”

Spanish Proverb

Trouble Shooting

Practising Shaolin Chi Kung is safer (and much more fun) than crossing the road. However, problems can develop, or, “deviations in practise” as we call them. Here is a short list of some of the most common problems that beginners encounter along with their solutions. If all else fails, stop your practise and seek out a competent Shaolin Chi Kung instructor or Master.

Problem - Pain or Discomfort

Solution - Check your posture at the location of the pain or discomfort. Energy blockages easily get located in areas of the body with poor posture. Improve your posture and the problem will quickly go away.

Problem - Physical Tiredness/Muscular Tension

Solution - Make certain all of your physical movements are relaxed and gentle. No muscular strength is required in Shaolin Chi Kung and yet the effects can be very forceful.

Problem - Dry Mouth or Feelings of Thirst

Solution - It is likely that your breathing is too forceful. Make sure your breathing is relaxed and gentle.

Problem - Headache or Giddiness

Solution - At the beginning stage of your practise breathing out is more important than breathing in. Remember: when you breathe in you are inhaling Cosmic Energy (or Chi) and when you breathe out you are exhaling negative energy from your body. Make sure you are practising in a clean and fresh environment and make certain you breathe out fully through your mouth. Be relaxed and gentle.

Problem - Inattention, Headache, Giddiness

Solution - The other likely cause is mental stress. Once you have practised your chosen form and are confident you know all the moves, do not worry about whether you are doing it correctly. Minor mistakes are okay. Relax, Smile from your Heart and Enjoy your practise.

Problem - Headaches, Nervousness, Inattention

Solution - Make sure your mind is free of distracting thoughts whilst you practise.

If something happened in your day to upset you, it is better to wait until you are balanced again before practising. As your practise deepens you will become more resilient against emotional upsets (anger, worry, fear, anxiety etc). But in the beginning it is better to practise when your emotions are at peace.

Problem - Nothing seems to be happening

Solution - Assuming you have been practising for four weeks or more and you have noticed no benefits, start by checking your form is correct. If it is correct check that your breathing is relaxed and gentle. Then check that your mind is relaxed, that is you're not worrying about whether your form is correct etc. If your Form, Breathing and Mind are all correct then please refer to the paragraph below titled: How to live for 120 years.

How to live for 120 years!

Our bodies were designed to last for 120 years and there are many references to back this statement up. My favourite is Dr.Walter M. Bortz of Stanford University, an expert on aging, who writing in his book "Dare to be 100" states:

"There is now a virtual consensus that the maximum human lifespan is around 120 years, or one million hours."

Initially when you practise Shaolin Chi Kung you may have pain in the legs or soles of your feet for example. This is the toxicity coming out from your internal organs. Many apparently "healthy" people with no sign of illness or dis-ease may wonder why these minor pains are occurring, or even why their practise seems to be bringing no benefits whatsoever. The truth is that our organs are very hardy and can continue to function sufficiently even when not in peak condition. For example, the liver can have up to 80% of its energy blocked before signs of illness begin to manifest. If energy to our internal organs is blocked, we may not show any signs of illness, but it is likely that our vitality and resistance to illness will be affected.

Once you begin your practise you start the cleansing process. Using your liver as an example, let's say it has been operating at 30% of its functional capacity (i.e. 70% of its energy is blocked). You begin practising Shaolin Chi Kung and keep practising regularly. You have no obvious illnesses and wonder if your practise is actually giving you any benefits. But, gradually your liver moves to 40% then 50% of its maximum functional capacity. As you continue your practise so does the cleansing. When all your internal organs are operating at maximum functional capacity not only will you have great health, you'll have abundant vitality, and great resistance to illness as well. A long and healthy life will be yours.

Part 6

Next steps: your call to action

“Far better it is to dare mighty things, to win glorious triumphs, even though chequered by failure, than to take rank with those poor spirits who neither enjoy nor suffer much, because they live in the grey twilight that knows neither victory nor defeat”

Theodore Roosevelt

The three requirements for success

No matter what you wish to learn and master, whether it is tennis, running, swimming, driving or Shaolin Chi Kung, there are 3 essential requirements for your success. They are:

- 1. The Master** – You must learn from someone who is a master of what you wish to excel at, or at least a competent instructor. Genuine masters of any type are understandably rare and/or hard to come into contact with. If your Vision, Aims and Objectives are all in alignment though, you will do what it takes to learn from the best master you can.
- 2. The Method** – The method you learn must have a history of consistently achieving results that match your Vision, Aims and Objectives. If it doesn't then it is unlikely that you will meet your needs. It is worth researching what methods are available before committing to one. This process will be made easier if your Vision, Aims and Objectives are very clear.
- 3. The Student** – This is the most important requirement of all – YOU! You may have the best master in the world teaching the best method. But if you don't put in the work, follow the instructions and persevere then you will be wasting your time and the master's time. If the master tells you to walk over a bridge and drop a pebble into the stream every day. Do it! Sigung Ho Fatt Nam was told to practise horse stance every day by his master and for 6 months was shown nothing more. Even though Sigung Ho was a martial arts master in his own rights, he followed his master's instructions. This is being a good student. Good students are perhaps even rarer than masters!

Books are a good start

If you read this book, follow the instructions closely and practise them correctly you will start to experience for yourself the many benefits that Shaolin Chi Kung has to offer. Many of Sifu's students world wide started by learning Chi Kung from his books. Every one of them that subsequently went on to learn from Sifu in person or from one of his authorised instructors was absolutely amazed at the differences in experience. It may seem very easy to learn the outward forms from a book, but actually, that's not true. It is quite hard to learn outward forms from a book or a DVD, but it can be done. What is impossible to learn from a book are the "inner" aspects. Remember: The Form is not the Art. For example, let's suppose you've read all there is to know about driving a car, but you've never actually driven one. If you then try to get in a car and drive, let me know first so I can be safely at home!

You need an instructor to show you. Book learning is not useless. This book for example will be a great reference for those who have already learned patterns from the Shaolin 18 Lohan Hands, either from Sifu or from an instructor.

INDEX

- 15 minute practise session, 32
18 Lohan Fist, 116
18 Lohan hands, 39
18 Lohan Hands, 18, 19, 20, 27, 32, 34,
39, 40, 41, 50, 51, 64, 86, 116, 140
Action, 22, 24, 27, 28
acupuncture, 8, 13
Aims, 24, 26, 27, 28, 40, 132, 140, 141
anger, 76, 128
anxious, 72, 114, 129, 133
Art of Flexible Legs, 88, 94
arthritis, 106, 114, 122
Ba Tuo, 19
back pain, 72, 80, 86
backache, 106
bad back, 56
Bang the Heavenly Drum, 45
Big Turn of the Cosmos, 69-72
Big Windmill hand, 115-118
blockages, 13, 15, 16, 18, 42, 43, 51, 86,
106, 127
Bodhidharma, 19, 27
Book learning, 140
Both Hands Lift Sky, 53-56
cannot concentrate, 86
Chee Seen, 136
chi, 12, 13, 15, 16, 17, 18, 19, 20, 24, 25,
26, 27, 32, 33, 35, 36, 37, 38, 39, 40,
41, 42, 43, 44, 45, 46, 50, 51, 52, 56,
64, 68, 72, 74, 80, 86, 90, 92, 94, 106,
110, 122, 124, 127, 128, 129, 130, 131,
132, 133, 134, 140, 143, 144, 145, 150
chi drain, 36
chi Effects, 42
chi flow, 42
Chi Kung, 12, 15, 16, 17, 18, 24, 25, 32,
37, 41, 50, 51, 94, 127, 131, 134, 140,
144, 145
Chi Kung state of mind, 37
confidence, 60, 86, 110
Cosmic Harmony, 44
dan tian, 38, 44, 45, 86, 129
Deepak Chopra M.D, 131
depression, 15, 17, 60, 110
deviations in your practise, 130
diabetes, 64, 72, 114, 116
digestion, 114
disturbances during your practise, 129
Divine Crane Rotates Knees, 123-125
Divine Crane Starts Dancing, 91-94
Dr. Walter M. Bortz, 128
Dragon Claw Force, 114
Drumming Kidneys, 82-83, 84
dry mouth or feelings of thirst, 127
Du meridian, 14
Eight wondrous meridians. *See* Secondary
meridians
energy, 16, 17, 18, 32, 33, 35, 38, 40, 41,
44, 51, 86, 127
energy flow, 12, 13, 15, 36, 40, 41, 56, 86,
100, 122, 133, 134, 142
eyes, 17, 34, 40, 42, 45, 58, 66, 68, 70, 74,
76, 78, 116, 138, 143
feeling fearful, 86, 110, 129
fertility, 86
Fierce Tiger Pushes Mountains, 103-106
Flowing Breeze, Swaying Willows, 3, 32,
40, 41, 42, 130
Flowing Water and Floating Clouds, 41
Form, 17, 18, 32, 33, 39, 40, 50, 51, 54,
58, 62, 66, 70, 74, 78, 82, 84, 88, 92,
94, 96, 100, 104, 108, 112, 116, 120,
124, 128, 140, 150
four stages of mastery, 33
giddiness, 127
Golden Bridge, 26, 90
Green Dragon Presenting Claws, 111-114
Green Dragon Separating Water, 107-110
gynaecological problems, 64
haemorrhoids, 56, 76
headaches, 68, 127
heart, 76, 88, 142, 143
heart and lung problems, 110
Heart to Heart transmission, 141
High Level Chi Kung, 18, 32, 40, 41, 50,
51
history, 8, 18, 19, 110, 132, 133, 136, 140
Ho Fatt Nam, 19, 138, 140, 142
holistic, 15, 16
hyper tension, 60
inattention, 127
incontinence, 56, 86
increase agility, 100
indigestion, 64, 72

- internal force, 90, 106, 110, 116, 118, 134, 137, 142
- Jiang Nan, 19, 136, 137, 138, 139
- Jing. *See* Three Treasures
- knee problems, 41, 124
- Lai Chin Wah, 137, 138
- Larry Winget, 144
- Lift Heels Bend Knees, 119-122
- lineage, 4, 139
- liver, 51, 64, 116, 128
- Lohan Draws Saber, 99-102
- longevity, 16, 46, 51, 64, 94, 96
- Look Back to Carry the Moon, 77-80
- Low Level Chi Kung, 17
- massaging your internal organs, 72
- meditation, 18, 27, 35, 44, 68, 80, 86
- mental clarity, 8, 32, 86, 106
- meridians, 12, 41
- Middle Level Chi Kung, 18
- migraine, 68
- negative chi, 36
- nervous system, 68, 80, 114
- nervousness, 127
- no pain, no gain, 131
- objectives, 24, 25, 26, 27, 28, 40, 140, 141
- P.E.R.F.E.C.T., 3, 20, 31, 32, 33, 34, 86
 - overview, 20, 32
- pain or discomfort, 127
- Pak Mei, 137
- pancreas, 72, 114, 116
- physical tiredness/muscular tension, 127
- pituitary gland, 86
- Plucking Stars Change Galaxies, 61-64
- point massage, 45, 46
- poor posture, 35, 36, 110, 127
- powerful punches, 76
- preparation, 32, 33, 34, 39
- primary meridians, 12, 14
- problems involving the face, 68
- Punching with Wide Eyes, 73-76
- Qin-na, 114
- quantum physics, 16
- Really smile from your heart, 39
- Ren meridian, 14
- Reverse Hands Bend Waist, 81-86
- rheumatism, 72, 106, 114, 122
- Rotating Winch, 65-68
- Route of the masters worksheet, 29
- S.M.A.R.T, 25, 26
- sciatica, 86
- Second Son Carrying Mountains, 95-98
- secondary meridians, 14, 96, 100
- sex and the practise of Shaolin, 134
- sexual problems, 41, 86, 124
- Shaolin Chi Kung, 8, 12, 17, 18, 19, 20, 24, 27, 32, 33, 35, 36, 37, 38, 39, 41, 42, 45, 50, 51, 72, 80, 106, 110, 122, 127, 128, 129, 130, 131, 133, 134, 140, 143, 144, 145
- Shaolin progress chart, 129
- Shaolin Temple, 18, 19, 22, 23, 136, 137, 139
- Shen. *See* Three Treasures
- Shoot Arrows Left Right, 57-60
- small universe, 14, 90, 122
- spine, 68, 72, 78, 80, 86, 96, 102, 106
- spiritual cultivation, 139, 142
- spleen, 64, 72, 116
- standing meditation. *See* Cosmic Harmony
- stomach, 13, 15, 37, 62, 64, 72, 142
- strong arms, 106, 116
- tennis elbow, 64
- the 10 Don'ts, 133
- the 10 Dos, 131
- thematic, 3, 15
- Three Levels Down To Ground, 87-90
- three requirements for success, 140
- Three treasures, 17
- Three treasures of Shaolin, 19
- Time to complete, 45
- time zones, 32
- tinnitus, 72
- Vision, 22, 23, 24, 27, 28, 40, 140
- why am I here?. *See* Vision
- Wong Kiew Kit, 3, 5, 6, 19, 23, 38, 136, 137, 138, 139, 145
- Wuji stance, 34, 35
- Yang Fatt Khun, 19, 138
- Yin and Yang, 11
- Yin Yang disharmony, 11, 12
- youthfulness, 80
- Zen Buddhism, 136, 143
- Zhang Zhuang, 90