

Hwa-Yu Tai Chi Health Benefits

The Fountain of Youth Exercise

Extraordinary Wellness through Hwa Yu Qigong, Mind Body Fitness

Hwa-Yu Tai Chi is universally accepted as the oldest Temple Style highly advanced closed door healthcare science. It was practiced only by the elite ancient noble class rulers and palace guards. Tai Chi practitioners throughout the world are discovering that Hwa-Yu Tai Chi hold the true hidden secrets of the fountain of youth exercise. Hwa-Yu Tai Chi has been recommended for centuries for the prevention, treatment and reversal of a wide range of common disorders. The breathing flowing together in natural circles with graceful slow movement amazingly increases physical and mental energy and whole mind, body connectedness.

Medical research has confirmed that Qi is the life energy given by God that sustains life and holds the key to health and longevity. The teaching instruction is powerfully pure, astonishing potent, combining the most advanced practical skills for optimal health. Routine practice of this graceful healing form, incredible benefits all who study it. Hwa Yu Tai Chi is a precious rare health treasure that is the key to an abundantly full life. Age and physical condition rarely are barriers to this practice.

Hwa-Yu Tai Chi physical conditioning promotes strength, increases bone density and suppleness in the joints and limbs through twisting, bending and stretching movements that also free limbs from harmful adhesions. It is a moderate daily exercise program that will serve to counter negative, cumulative daily stress while lowering blood pressure, increasing circulation, stamina and re-energizing a person both mentally and physically. The Hwa-Yu Tai Chi methods and principles of practice greatly increases the student's awareness of centered posture and body alignment that will improve their reaction reflex, perception and coordination.

The Hwa-Yu art has a propensity to free its practioner's to be more creative mentally, gaining more flexibility, grace and range of movement physically. The art teaches stress management in handling crisis situations. The effectiveness of this type of self-defense is startling in its simplicity. The art is designed to assist the practioner's to break through the fear of failing, to live more intelligently and responsibly, and to be able to make sensible and healthy lifestyle choices. Hwa-Yu Tai Chi's impeccable movement vocabulary is a must for anyone who is sensitive to the aesthetic beauty of movement arts and for those individuals who sincerely desire to heighten their kinetic balance and excel in any physical endeavor.

Hwa-Yu Tai Chi Ch'uan is an ancient Chinese temple-style meditation in movement, a martial art health care science. It comprises hundreds of sequenced, rounded, graceful,

and balanced movement patterns. These movements are practiced with a precision seldom found in any other discipline.

Hwa-Yu Tai Chi Ch'uan was first known during the early part of the Sung Dynasty as Lop Hop Pak Fat (Liu Ho Pa Fa), which translates as "Six Combinations Eight Methods." Master Chen Hsi-I, founder of Lop Hop Pak Fat, was a Taoist monk who grew up in the village of Ching Yun in the Ho Chow district of China. Hsi-I was fascinated by the fluid, ever-changing character of water. His observation carried over into the Taoist belief that nothing is so yielding, yet possesses so great a force. Hsi-I was also influenced by the "Animal Exercises for Health" which were created prior to the Sung dynasty. He developed Lop Hop Pak Fat after several years of meditation in the Hwa Shan mountain range.

Discover Hwa Yu Tai-Chi Therapeutic Healing Benefits

- Proven beneficial effects on cardiovascular, functions, arthritis, diabetes, strength, balance and general health wellbeing
- Lowers blood pressure, stress and helps eliminate hypertension
- Oxygenates blood, calms the mind and improve reaction time
- Increases energy, relieves muscle and joint tension
- Measurably improves bone density, alertness and circulation
- Reduces bad cholesterol levels, server headaches and low energy
- Enhances concentration, creativity and self-actualization
- Safe, gentle, proven approach to treating chronic pain and disease
- Increases range of motion, flexibility, agility, speed and endurance
- Heighten oxygenation, helps the heart, brain, and other organs receive healing chemicals and increase the bodies healing power.
- Increased healing power is facilitated through unison of whole body movement that incorporates diaphragm breathing
- Hwa Yu Tai-Chi exceptional health exercise provides excellent therapeutic restorative healthcare that assists a practitioner in day to day professional and personal relationships. It will help you to reach your full affective, organic, cognitive and psychomotor potential.

A. Discover the elite benefits of the most authentic Hwa Yu Chi-Kung exercises of Rowing, Walking and Standing:

- You will be astonished by the rejuvenating feelings of whole-body movement connection and the wonderful heighten oxygenation of your muscle skeleton system.
- Eliminate and minimize illnesses, restore and avoid critical injuries, reduce effects of negative stress, and dramatically revitalize your health and well-being.

B. Give yourself and those you love the ultimate benefits of Hwa Yu Tai-Chi, recognized as the oldest, authentic Tai-Chi in the World:

- Renowned to aide longevity, provide terrific social opportunities, universally recommended for assisting individuals with prevention, treatment and reversal of arthritis, diabetes, hypertension, cancer and a wide variety of other health maladies.
- Guaranteed to provide your family and friends an easy-to-do exceptionally enjoyable, safe activity with unsurpassed life-time benefits. You won't be disappointed. Order now and enjoy your journey of optimal health enhanced peace, harmony, joy and heightened inner-personal and social assets necessary for the experience of a healthy fulfilling life and bright future.
- YOU ARE GARENTEED TO EXPERIENCE OPTIMAL PHYSICAL, MENTAL AND SEXUAL ENERGY BY PRACTICING THE FOUNDATIONAL PRINCIPLES OF PERFECT KINATICALLY MOVEMENT ALINEMENT.

Summary of Health Benefits of Hwa-Yu Tai Chi

Hwa-Yu Tai Chi physical conditioning promotes strength, increases bone density and suppleness in the joints and limbs through twisting, bending and stretching movements that also free limbs from harmful adhesions. It is a moderate daily exercise program that will serve to counter negative, cumulative daily stress while lowering blood pressure, increasing circulation, stamina and re-energizing a person both mentally and physically. The Hwa-Yu Tai Chi methods and principles of practice greatly increases the student's awareness of centered posture and body alignment that will improve their reaction reflex, perception and coordination.

The Hwa-Yu art has a propensity to free its practitioners to be more creative mentally, gaining more flexibility, grace and range of movement physically. The art teaches stress management in handling crisis situations. The effectiveness of this type of self-defense is startling in its simplicity. The art is designed to assist the practitioners to break through the fear of failing, to live more intelligently and responsibly, and to be able to make sensible and healthy lifestyle choices. Hwa-Yu Tai Chi's impeccable movement vocabulary is a must for anyone who is sensitive to the aesthetic beauty of movement arts and for those individuals who sincerely desire to heighten their kinetic balance and excel in any physical endeavor.

Medical Research Endorses Therapeutic Tai Chi Health Benefits

Hwa-Yu Tai Chi Ch'uan is an excellent Healthcare system for individual and group therapy sessions. It is excellent for both mind and body. Tai Chi is a martial art healthcare

system that helps people develop balance and body awareness through slow, soft, graceful physical movements.

Many hospital and clinical studies from around the world support the effectiveness of Therapeutic Tai Chi (TTC). Two of the best known studies are from the United States. They were part of a special frailty reduction program sponsored by the National Institute on Aging (NIA). The reports appeared in the May, 1996 issue of The American Geriatrics Society.

Dr. Steven Wolf of Emory University School of Medicine in Atlanta, Georgia, found that older people who participated in 15-week Tai Chi program reduced their risk of falling by 47.5%. Dr. Leslie Wolfson of the University of Connecticut Health Center in Farmington found that older people who participated in Tai Chi gained strength and improved their balance. The participants kept their strength and balance throughout several months of Tai Chi practice.

Falls among older people in America are responsible for more than 12-billion dollars in health-related costs each year. The cost of physical frailty is much higher. The NIA study recommends Tai Chi as a "low tech" way of improving the strength and balance of older people.

"The FICSIT studies have shown that a range of techniques, from the most sophisticated medical interventions to more "low tech" methods, can help older people avoid frailty and falling" says Chhanda Dutta, Ph.D., Director of Musculoskeletal Research in the NIA's Geriatrics program. "We must make sure that we look at every approach, especially inexpensive ones like Tai Chi for Seniors" says Dutta. "People can do this at home and with friends once they have had the proper training."

Therapeutic Tai Chi has also been proven effective in helping heart-attack victims recover faster. In 1996, Sheffield University in England tested 126 heart-attack patients. Researchers had them practice Tai Chi, do aerobic exercises or do no exercise. The British Medical Association's Postgraduate Medical Journal reported that: "Both forms of exercise reduced blood pressure, but only Tai Chi showed a significant reduction." The researchers said exercise is important in helping heart-attack patients recover, but that many do not feel strong enough to exercise much. They said the gentle, graceful movements of Tai Chi could be just the trick.

Many Recent Medical Studies support the Effectiveness of Therapeutic Tai Chi:

Therapeutic Tai Chi Continued:

Steven Blair and Melissa Garcia of the world-renowned Cooper Institute for Aerobics Research in Dallas, Texas are quoted as saying: "The principal advantage of Tai Chi exercise

is that it is a low-technology approach to conditioning that can be implemented at relatively low cost in widely distributed facilities through the community."

Significant improvement in balance maintained (Wolfson 1996)

Most recommended aerobic exercise for coronary artery disease (Ng 1992)

Reduced tension, anxiety fatigue, depression and confusion (Jin 1989)

Improved mood states, reduction of anxiety states (Jin 1992)

Reduced falls by up to 47%, reduced fear of falling (Wolf 1996), (Wolf 1997), (Henderson, 1998) , (Myers & Weiner, 1996)

Marked increase in Blood T-Cells during and after practice (Sun 1989)

Enhanced ventilary capacity without cardiovascular stress (Brown et al, 1995)

Efficient use of ventilatory volume, efficient breathing patterns (Schneider 1991)

No exacerbation in joint symptoms of individuals with RA (Kirstens 1991)

Improved co-ordination, skeletal muscle strength (Koh 1982)

Relaxation therapy for chronically ill (Jin 1992)

Hwa-Yu Tai Chi - Frequently Asked Questions

1. What is Unique about Hwa-Yu Tai Chi?

Hwa Yu Tai-Chi is the oldest, most elite, closed-door Temple Style healthcare science in the world. The health benefits of Hwa Yu Tai chi are unsurpassed compared to the Public Style Tai Chi. The spherical, coiling movement patterns and natural ovate body alignment is one of the keys to Hwa Yu Tai Chi ability to enhance the health of nearly every cell in your body. The close coordination of the hands and spherical shape of the arms are also key to the impenetrable physically defense movement principles. Hwa Yu Tai Chi is endorsed as the best Tai Chi by practitioners throughout the world. Hwa Yu Tai Chi is the most advanced, authentic grand father tai-chi healthcare movement meditation.

Another key to a supreme component in Hwa-Yu Tai Chi art is the utilization of oxygen's ability to nourish and heal the body's cells. Hwa-Yu Tai Chi incorporates vertical, horizontal and lateral movements simultaneously. This highly advanced easy-to-learn movement principle provides the practitioner exhilarating capacity for the body's cellular system to become wonderfully oxygenated. To maintain an even balanced movement in one direction is directly related to its opposite (to and fro, up and down, left and right, in and out). The movement patterns are uniquely (Yin Yang) soft and hard, easy-to-learn, gentle and esthetic.

There is an equal measure of simplicity and complexity in every physical expression. Feelings of ecstasy are experienced in the advanced stages. Every movement posture is kinetically faultless and directs it's self in spherical harmony and perfection without conscious thought. Hwa-Yu Tai Chi also teaches you easy-to-learn Qigong techniques that are best known for building bone density and felicitates the body's ability to release its own medication. Anyone can learn and benefit from these traditional Chinese secret health maintenance methods. In just a few minutes a day you can amazingly increase your vitality, endurance, longevity and feeling of wellbeing.

2. How Can One Effectively Learn Hwa-Yu Tai Chi?

To reach a natural state of movement meditation is to have no preconceived ideas, timetables or goals. Most importantly enjoy the process of your practice, simply experience the magnificence's of the art. Let the natural energy of your whole body movement guide you effortlessly. This is the beginning of your harmonious exercise journey that can release an awesome river of (Chi), vibrant health and well-being.

3. What Is the Movement Like in Hwa-Yu Tai Chi?

The inner force of the movement is as natural as the powerful forces of nature. The most beneficial quality about our exercise is that all our movement is harmonious. Each movement moves without effort, in continuous flow and impeccable harmony of whole-body connectiveness. No one part of your body moves irrespective of the other. Rather each part of the body moves in combination with the whole. The movement becomes smooth as flowing silk, balanced in a circular fashion. All of the major joints begin moving in harmony together and end together. You muscles become relaxed by the slow, smooth, spherical movement patterns. Loose muscles enable your Qi, pronounced (chee) and circulation to go through all parts of your body, even to the tips of your fingers. "Slowness Makes Startlingly Fast". The slow fluid movement relaxes the muscle skeleton system and dynamitically activates the oxygenation and detoxification of the blood. Often you immediately experience heightened mental clarity with a wonderful vibrant awareness of nature. Negative emotions give way to feelings of ease, patience and inner harmony.

4. What Physical Principles Are Used In Hwa-Yu Tai Chi?

The 134 verses of the ancient Chinese Five Word Song, treaties were written by the legendary, Grand Master Li Tung Fung. The Five Word Song has been used to preserve the integrity of the most beneficial health principles in the world. This treaties provides Hwa-Yu Tai Chi with the most authentic unsurpassed neuromuscular laws of physics. Major public Tai-Chi systems have been dramatically altered and watered down through the centuries by inconsistencies of instructor's private interpretations. Grand Master John Chung Li maintained the integrity of Hwa-Yu Tai Chi by adhering to the Chinese Five Word Song principles. Grand Master Li, recognized that major changes from the original Five Word Song had been made. With eminence devotion and wisdom he reapplied the missing principles and then changed the name to Hwa-Yu Tai Chi, which means, "beautiful within." Hwa-Yu is the name of the mountain range where this famous renowned healthcare science originally began more than a 1000 years ago.

When we begin to practice tai chi we should put all extraneous thoughts away from our mind. When our mind is empty (free from internal dialog) we make remarkable progress in the natural state of movement awareness. To experience this heightened natural state means when you move, you relax your head; you feel like you are floating in the air. The natural state means harmony with the universe, you are satisfied to enjoy the now moment of your movement. The now moment of our lives is truly the only moment we have power to control.

5. Can Hwa-Yu Tai Chi Be Used With Other Martial Arts?

Hwa-Yu Tai Chi has the unsurpassed ability to augment and remarkably improve any martial art in the world. The natural internal energy flow of least muscle resistance will dynamically enhance your movement. This infinite, intrinsic energy that lies within your skeletal/muscular system will translate to your movement with little effort, yet with electrifying power and speed that cannot be defined. The ultra-fast speeds of the psychomotor experience is achieved through ultra-slow, exacting, soft, gentle body postures that are interracial principles of the Five Word Song movement vocabulary.

Grand Master John Chung Li instructed hundreds of black belt students who represented a wide variety of martial art systems from around the world. I was one of those black belt instructors. The most common statement I heard was, "*O, so that is where that defense skill originated*" Hwa Yu Tai Chi incorporates an impeccable movement vocabulary that is in perfect harmony with the laws of physics. I am currently instructing Children, teenagers, and senior adults as well as a few high ranking black belt martial arts teachers who are in the process of repairing the physical damage that the practice of their martial art has caused them. I am very privileged and most humbled to be given the responsibility to be carrying the lineage of Hwa Yu Tai Chi.

Just what form Lop Hop Pak Fat took in the early history of Hwa-Yu Tai Chi is difficult, if not altogether impossible to ascertain. Probably the original movements were similar to other newly developing Internal Kung Fu forms popular to the time.

During the Ching Dynasty the exercise system was known as "Idea Six Combination Boxing." It was later known as "Swimming Boxing." Master John Chung Li changed the name to Hwa-Yu Tai Chi Ch'uan. It incorporates the slow, graceful movements of Tai Chi with the best techniques of two other carefully guarded forms of Internal Kung Fu (Pa-Kua and Hsing-I).

The Chinese Five Word Song" was written by Master Li Tung Fung during the early part of China's Sung Dynasty. Master Fung learned Hwa-Yu Tai Chi Ch'uan (Liu Ho Pa Fa Ch'uan Fa) from Master Chen Hsi-I, creator of the martial art and health exercise. Master Li Tung Fung took refuge in the mountain of Yun, southeast from the Lok district. While living on Yun, he authored the famous Chinese Five Word Song, which serves today as the only extant treatise explaining the principles of the original Liu Ho Pa Fa.

Brief Profile, Master Instructor, Robert Xavier

Robert has been a serious student, teacher and proponent of martial arts healthcare since the early 1960's. In the 1970's, while residing in Connecticut, Mr. Xavier owned and operated The Canton Academy of Martial Arts. He served on the Governor's Committee on Fitness and was a clinician for New England's Association for Health, Physical Education and Recreation. He received education grants to develop martial arts physical education training films. He, also, authored the 3-Zone Police Defense Manual and, in 1977, introduced the 3-Zone police defense methods to Florida's Sheriffs' Association. Mr. Xavier's defense manual has been used by law enforcement throughout the country to help standardize defensive tactics.

Robert, an ordained missionary/pastor and his wife, Beth, have four children and have served as domestic missionaries with Things to Come Mission since 1980. They founded and directed the Welcome Home Ministry, Key West, Inc., a residential rehabilitation program, from 1980 to 1986. In 1987, Mr. Xavier moved to Manatee County, to become the jail chaplain until 1990, when he created a residential rehabilitation ministry for women being released from the county's detention center. In 1998, Pastor Xavier received an honorary doctorate degree for his life's dedication to developing a Christian martial arts group-mentoring program for "at-risk" youth

The current ministry focus is to invest in the health and eternal destiny of youth and families by providing Christ-centered after-school ministry at local churches for home-school, private and public school youth. Mr. Xavier also instructs therapeutic, restorative, Tai Chi health and well-being programs for local church congregations. NO eastern religion will ever be taught by the instructor/Pastor Robert Xavier. The student practitioner is personally instructed to achieve his/her optimal affective, cognitive, psychomotor and spiritual potential.

Robert Xavier is the highest ranking instructor of Hwa Yu Tai Chi Ch'uan and Yon Ch'uan Martial Arts. He is Lineage Holder and Chief Instructor of the Hwa Yu System and 9th Degree Black Belt and Chief Instructor of Yon Ch'uan Martial Arts. In 1980, at Yale University, Master Xavier received the only Masters Instructor Certification from internationally acclaimed Grand Master, John Chung Li, in the ancient art of Hwa Yu Tai Chi, known also as the, Six Combinations-Eight Methods - Chinese Water Boxing.

Master Xavier has produced for national distribution the highest quality, easy to learn, step-by-step Hwa Yu Tai Chi Health And Well-Being video training series for both beginning and advanced students. Also, a Hwa Yu Tai-Chi 15-Animal Kung-Fu video series is currently under development. This superior health and self-protection series emphasizes teaching yourself and children how to escape from physical peril utilizing whole body strength with kinetic linking. More importantly than this amazing kinetic linking is that the series teaches the most appropriate conflict resolution skills that provide the very best easy-to-use 3-Zone Defense techniques of Hwa Yu Tai Chi.

Hwa Yu Martial Arts Masters Lineage

This is a brief list of Master Instructors of Hwa-Yu Tai Chi since its beginning in the early part of China's Sung Dynasty (960 - 1270AD). It is not a complete list but gives some idea of the development of Hwa-Yu Tai Chi Ch'uan during the past 1,000 years.

- Master Instructor Chen Hsi-I - Creator of Lop Hop Pak Fat (Liu Ho Pa Fa)
- Master Instructor Li Tung Fung - Senior student of Chen Hsi-I ... Master Fung was the author of the Five Word Song
- Master Instructor Kwan Kit
- Master Instructor Lan Wan Sing
- Master Instructor Wong Tak Wai
- Master Instructor Tai Yai Chin - Changed the name from Lop Hop Pak Fat to "Swimming Boxing" Master Yeung King Kun - From Fon Shan, called the exercise "Twelve Movements of Exercise Before Birth"
- Master Instructor Shut - Called the exercise "Idea Six Combination"
- Master Instructor Chen Kong Ta - From the town of Yellow Flower in the district of Cheung Pin of the Hopei Province. He studied the exercise under the names of "Idea Six Combination" and "Idea Spiritual Kung Fu.
- Master Instructor Wu Yiek Tai - Taught Lop Hop Pak Fat during the Republic of China. General Cheng Jee Kong brought Master Tai to the Chinese Martial Art Government School in Nanking to teach Lop Hop Pak Fat. Master Tai later lived in Shanghai and taught a few students until the Communist Government appeared. He died in 1967.
- Master Instructor Chan Yik-yan
- Master Instructor Lo Chi-wan
- Master Instructor John Chung Li
- Master Instructor Robert F. Xavier

Hwa-Yu Tai Chi Ch'uan was a closed-door martial art for almost 1,000 years. Master John Chung Li opened the door to hundreds of students in China, the United States and Europe. Master Li translated The Chinese Five Word Song and added his commentary to each of the 134 verses to help students understand the truth within Internal Martial Arts. We are privileged to now offer the insights to this phenomenal martial art and healthcare science through the publication of The Chinese Five Word Song.

You can purchase *The Chinese Five Word Song* from [Fifth Estate Publishing](#) , [Books A Million.com](#), [Amazon.Com](#), and [Barnes & Noble.com](#).

Condensed Testimonials of Hwa Yu Tai Chi Students

- Hwa-Yu Tai Chi manages stress in our ER room where lives often hang in the balance! *ER Nurse Chicago, IL*
- Hwa-Yu Tai Chi and Qigong relaxation therapy is a must for people suffering from tension, chronic pain, hypertension, depression and fatigue. *Clinical Psychologist, LA, CA*

- I was suffering from severe chronic back and neck pain. This symptom completely disappeared with Hwa-Yu Tai Chi magnificent exercises. *M.D., Ph.D. Hartford CT*
- I recommend Hwa-Yu Tai Chi without reservations as the best self-regulating exercise to remain free of chronic pain due to the aging process. *M.D., Neurologist, SC*
- I frequently recommend Hwa-Yu Tai Chi for my patients with dizziness and disequilibrium. *M.D. OH*
- Many of my patients realize increased energy and restored bodily functions with a routine daily practice of Hwa-Yu Tai Chi. *M.D., MA*

Letters Written to Mr. Li

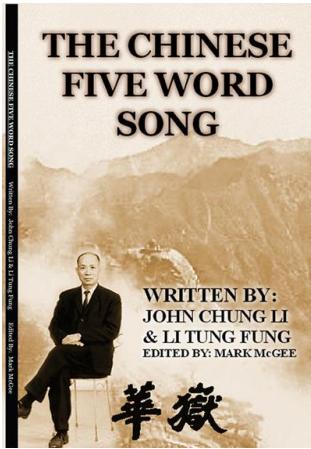
- Letter to Grand Master John Li, Hongkong, August 1969. I was weak, slow in working and always sick. When I study Hwa-Yu Tai chi with you, I greatly improved: from weak into strong, from slow into quick and from sick into wonderful health. *Lee Kam Fong, Hongkong*
- MY ARTHRITIS HAS GONE! Two weeks after I took up the practice of Hwa-Yu Tai Chi, the pain left me. Now I keep my daily practice, and do I ever feel health and sound. *Jong Hing Goon, Hongkong*
- I am becoming calmer and my strength is increased and even pain in my shoulders, back and neck is gone *Yours Truly, Elisgottesfield, New York City*
- I don't know where you find the strength? You brought the knowledge of Hwa-Yu style Tai Chi to America. You came to teach in Europe. The seeds of your work are growing in many parts of the world. *Stanley Rosenberg, Copenhagen.*

Testimonials Given Bob Xavier

- 17 year I have been a Special Forces instructor. Hwa Yu Tai Chi is a supremely lethal system of martial arts. Every arm force combat instructor should learn this powerfully elite defense system. *JDP Special Forces*
- 22 Years an Army Ranger Combat Instructor. The Hwa Yu Tai Chi optimal health/defense principles would greatly assist in reduced injuries and physical endurance of our military personal. *SC, Design Fitness Curriculum*
- I am an education specialist who works with highly volatile children. Hwa-Yu Tai Chi provides me stress management and gently, easily applied physical restraints skills. *Denice Hartford CT*

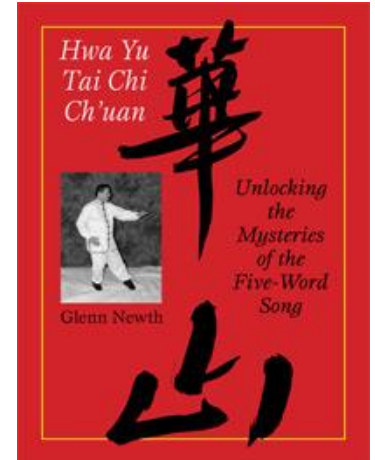
The Chinese Five Word Song

1000 year-old health and self-defense revealed



Written By: Master John Chung Li and Master Li Tung Fung,
Edited by: Mark McGee, Senior Student of Grand Master Instructor, Robert Xavier

You also will enjoy the new book by Master Glenn Newth, entitled, "Hwa Yu Tai Chi Ch'uan: Unlocking the Mysteries of the Five Word Song." You can purchase this book through any of the major booksellers websites. Copyright 1998-2008 Hwa-Yu Tai Chi Health and Wellbeing.



Grace Martial Arts is extremely pleased to announce the publication of an amazing new books about Internal Martial Arts. They are called "*The Chinese Five Word Song*" and "*Hwa Yu Tai Chi Ch'uan: Unlocking the Mysteries of the Five Word Song.*" Hwa-Yu Tai-Chi Ch'uan has a history of more than a thousand years and was a closed-door martial art and healthcare science until the last 70 years. Master John Chung Li taught the art to hundreds of students in China, the United States and Europe. Mr. Li, a Chinese Christian martial artist, translated the text of The Chinese Five Word Song from Chinese to English and added an excellent commentary to each of the 134 verses. It's filled with tremendous insights into the philosophy and guiding principles of Internal Martial Arts from one of the true masters of the 20th Century.