

# Cloud Forest Chin Woo Association's Martial Arts and Traditional Chinese Medicine

## College Course Catalog

学生手册

2006



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# *Cloud Forest Chin Woo Association's Martial Arts and Traditional Chinese Medicine*



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# *Introduction*

The Chin Woo Association was originally founded in March of 1909 by Master Hou Yuan-Jia of Tientsin China. The “Cloud Forest” Chin Woo Martial Arts Association was established in 1996 in the USA as a non-profit organization by Grandmaster D.E. Wei Kash, under the auspices of the Hong Kong Chin Woo Athletic Federation.

The focus of this organization is to research the sciences of the Martial Arts as well as eastern medicine, acupuncture, massage, and health sciences both domestic and foreign. This organization also wishes to promote and educate individuals and/or groups about the gifts that the eastern cultures have to offer.

Traditionally, the responsibility of training and teaching both medical and martial skills fell upon the shoulders of the Shao Lin and Wu Tang temples. It is upon these principles and concepts that we have founded our organization and college, seeking to revive individuals whom have the experience and knowledge of past masters, in order to start a new era of “real” and respectable Chinese martial artists and medical practitioners.

In the past, monks would start by teaching basic preventative medicine in order to keep the body healthy and strong so that it would be less susceptible to sickness and disease. This preventative medicine is known today as The Chinese Martial Arts or more commonly as “Kung Fu”. Through their study and dedication they learned very early that these arts, mainly used as preventative medicine, could also be used to preserve their way of life. This newfound knowledge eventually breathed life into a formidable and legendary martial arts system that is coveted (and in many unfortunate cases poorly mimicked) even today.

The Shao Lin and Wu Tang martial arts were only selectively taught to certain individuals. A person would have to be of Royal Chinese Blood, well respected and high ranking in the Chinese Military, or be someone with traits of extremely high character, moral values, and dedication in order to be trained. Although during certain periods in China’s history the general public was taught some martial arts skills during times of war and oppression, these skills were basic and minimal depending on the severity of the situation and were usually broken down to the point where a person could learn fairly quickly to be decent on the battlefield (keep in mind that even these basic skills were far advanced compared to the typical warfare of the day). This being the case, the number of people actually learning the complete Chinese Martial Arts systems were relatively few. It is for this reason that the Chinese masters have placed such an emphasis on genealogy of their systems along with a considerable amount of documentation (Our genealogies are listed under the Martial Arts and Sciences section of this manual under each system of study). A true master should be able to trace his system back, teacher by teacher, to a certain Temple, General, or Emperor depending on the system of study.

Although the preventative medicine of the Chinese Martial Arts did help to diminish sickness and disease through a healthy body, as mentioned before, not all of the people were allowed to practice this art. Also, at times some illnesses were stronger in nature and some monks would still get sick, although these occurrences were few. It was for these reasons that the monks researched, practiced,

and developed what is known today as Traditional Chinese Medicine. Chinese medicine mainly uses a combination of herbs, acupuncture, and massage techniques for most illnesses. Western medicine has pulled a lot from these techniques. For example, the popular drug pseudophedrine was comprised from a herbal decongestant that the Chinese have used for centuries known as Ma Huang or Chinese Ephedra. Since its discovery by Western doctors in the last couple of decades, it is hard to find a decongestant without this drug in it. The Neosporin salve was also created from an ancient herbal formula. However, to reiterate, these same prescriptions have been around for centuries in China. This is not to say that one system of medicine is better or worse than the other, but rather, both have their places in the well-being of the human race as a whole. We can see this as Chinese medicine is becoming more prevalent in our society even in this day and age.

When dealing with true personal combat knowledge, as well as medical knowledge, people tend to follow the assumption that they are on opposite ends of the spectrum, and when dealing with the end objectives of each philosophy this may be so. However, much of the actual knowledge is the same. For example, a person may know the acupuncture points (also known as pressure points) on the body along with their relationship to each other and the organs of the body. With this knowledge a person can treat a disease, a bruise, a sprain, or one of many types of afflictions. However, this same person could quickly incapacitate or even kill with the same knowledge. Of course, one has to be taught how this is done; a person could not just pick up an acupuncture chart and start killing people. However, a person can't pick up an acupuncture chart and start treating people either. The point being that the same knowledge could be utilized in either case. Another example could be through Chinese herbal. A formula could be composed in order to help an individual, or one could be composed to poison an individual. Once again, knowledge of the herbs involved is the key element, although the ending objective may be different. Thus, two ideas on opposite poles, in this case martial and medical, are joined by common practices. This is part of the origin of the traditional yin and yang symbol (☯) and also one of the reasons why these two seemingly opposite responsibilities were rested on the shoulders of the same individuals. Because of this "complete" knowledge gained through the arts, a master was considered high within the social structure of the provincial community. With this role came important responsibilities, mainly to the people. The master was not only in charge of the local militia, but was also the head of the provincial clinic. It was up to the master to train others to help in the community either in healthcare, or to keep the local peace. Therefore, it was inevitable throughout time that certain individuals would choose to specialize in one or the other.

Within our college programs a person may choose to educate themselves in either Traditional Chinese Medicine or the Chinese Martial Arts and Sciences. However, a person also has the option of becoming like one of the traditional masters of Shao Lin and Wu Tang if that is their goal. There are not many people left in the world who have this entire knowledge. However, we feel it is our responsibility to pass this information on to select individuals so that the next generation may profit from it and eventually share this information with more individuals. That is the purpose of these programs.

## Head Instructor

Prof. David E. Kash, O.M.D. Ph.D. D.D. has been involved in the Chinese culture, Martial Arts and Medicine for nearly 41 years. D.E. Kash is an internationally certified Doctor of Chinese Medicine and is registered with the government of the Republic of China with the Ministry of the Interior and the Administrative Health Departments. He is also one of the few Americans who have received a Doctorate of Martial Arts. He is an Internationally Certified tenth degree Grandmaster of Chinese Martial Arts. He is certified in Tai Chi Chuan and is a certified Professor of Chinese Chi Kung. He formerly represented several Chinese Government Associations in the United States as a Branch President and is qualified to certify students internationally in both Chinese Martial Arts and Medicine.

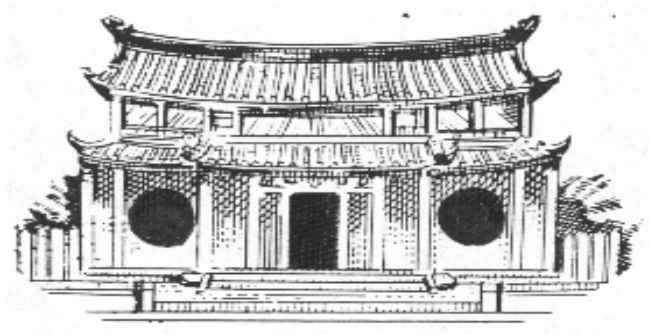
He received his Doctorate of Chinese Medicine in 1979 from the International Institute of Chinese Medicine and Acupuncture Research in the Republic of China and Los Angeles. He also graduated from the Wong Ark Yueh Acupuncture and Kung Fu Academy.

Grandmaster Kash has studied for eleven years in different monasteries, since his childhood, and was ordained as well into different priesthoods, in the Taoist Temple tradition, representing 46 generations, as an inheritor.

He also studied thirteen years with the last direct descendant of the Emperor Chao Kuang-Yin (Sung Dynasty), Master Chao Yuh Feng, who eventually made D.E. Kash Chief Instructor in the USA and Inheritor of the 36th Patriarch for the Emperor's Long Fist System. Because of this vast amount of knowledge, people have come from all over the world to learn from Grandmaster Kash and he has been highly honored in several different countries around the world.

# *Martial Arts and Science*

## *Course Studies*



# *Shao Lin Temple Five Family Fist*

## Offered Courses

**Five Family Fist Traditional Study Course 1**- This course is based on original methods of intensive studies as has been taught since 650 A.D. This course covers all of the basic to intermediate aspects of this highly coveted martial arts system up to the traditional rank of 1st Duan (a degree of expertise) black sash (or belt). This is a certified expert of the first degree. There are ten levels and/or degrees of expertise. This program is taught Monday through Friday from 9 a.m. to 2 p.m. The program takes 2 years to accomplish if year round study is practiced (this is preferred due to the nature of the training). There are three semesters in a year.

**Five Family Fist Traditional Study Course 2**- This course is based on original methods of intensive studies as has been taught since 650 A.D. This course covers intermediate to advanced aspects of this highly coveted martial arts system up to the traditional rank of 3rd Duan (a degree of expertise) black sash (or belt). This is a certified expert of the third degree. There are ten levels and/or degrees of expertise. The prerequisite course for this program is Traditional Study Course 1. This program is taught Monday through Friday from 9 a.m. to 2 p.m. The program takes 2 years to accomplish if year round study is practiced (this is preferred due to the nature of the training). There are three semesters in a year.

**Five Family Fist Traditional Study Course 3**- This course is based on original methods of intensive studies as has been taught since 650 A.D. This course covers intermediate to advanced aspects of this highly coveted martial arts system up to the traditional rank of 5th Duan (a degree of expertise) black sash (or belt). This is a certified expert of the fifth degree. Traditionally a fifth degree expert is considered a Master of their system of study. There are ten levels and/or degrees of expertise. The prerequisite course for this program is Traditional Study Course 2. This program is taught Monday through Friday from 9 a.m. to 2 p.m. The program takes 2 years to accomplish if year round study is practiced (this is preferred due to the nature of the training). There are three semesters in a year.

# Wong Ark-Yueh and the Five Family Fist Today

## About Grandmaster Wong Ark-Yueh

In January of 1965, thirty-eight years ago, Black Belt magazine interviewed Southern Shao Lin Kung Fu Grandmaster Wong Ark-Yueh. Grandmaster Wong was the first to introduce Chinese Kung Fu to the American public as well as being one of the last to complete the Shao Lin Temple Five Family Fist training before the temple was burned to the ground in 1927 and most of its inhabitants and teachers were killed.

Grandmaster Wong Ark-Yueh was born in 1901 in the Toi San village near Canton, Southern China. (The previous article stated 1900, sometimes the years can vary because of the difference between the Chinese calendar and the western one). In those days bandits were roaming the country and Master Wong's Grandfather made all males in the Wong family study kung fu. Wong started at the age of seven and he became a master of kung fu before he immigrated to the United States around 1920. He first opened a school in Stockton California, and then later on moved to Los Angeles area in 1929, where Master Wong taught exclusively for the Wong family for the first two years. Then he opened his Chinese Herb shop and Kung Fu School, called War Que ("War Kyu") Overseas Chinese Martial Arts Association. He first studied under very respected masters Lam Ark-Fun and Ho Yeng, then later under the Chief Monk of Canton, Pang.

Master Wong opened his doors to the public in 1965, to any sincere student who wanted to learn from a Master. Previously, all Chinese Kung Fu was taught to Chinese only, as it was kept a secret. He taught the Five Family styles of Tsoi (Choi), Li, Fut, Mawk (Mok), and Hung and the five animals of the Tiger, Dragon, Crane, Leopard and Snake as well as the later animals of Monkey and Praying Mantis. Master Wong also taught Tai Chi Chuan, Five Element Fist, Natural Fist, and Southern Lama Fist. He also taught the 18 traditional Shao Lin weapons, Lion and Dragon dancing, Chinese Acupuncture, Massage, and Herb medicine to name a few.

Master Wong was also a traditional Chinese herb doctor and helped many people with arthritis because of his special herb liniment called Dit Dah Jow, a special Shao Lin temple recipe handed down to only those students who were loyal and sincere.

Master Wong was in the original pilot movie of the television series "Kung Fu", with the actor David Carradine, who played the part of "*Kuai Chang Caine*", (Grasshopper). He was the greatest Master of our century and the true "Pioneer" of Chinese Kung Fu in America.

Master Wong passed away on his birthday in January of 1987 at the age of 88. He was always helping people and devoted his whole life to Kung Fu and Chinese medicine. Those who studied from him and knew him as a good friend truly miss him. He was one of the last of the old Masters but his legacy and his Association is being carried on today by a few of his old students who are now Masters themselves.

Although Grandmaster Ark Wong trained many students, only a select few received the entire system and full essence of what he had to offer. This is common practice in all martial arts systems and these select few are called direct inheritors or inheritors of a system. Master Wong had five direct inheritors of his systems and knowledge. These inheritors were Ma Se-Ming, Ralph Shun (deceased), John Leoning (deceased), John Davidson (deceased), and David Kash, who has his own Sovereign Five Family Fist Headquarters Association, not related to any other five family fist organization.

## Brief History of the Five Family Fists

The history of the Shao Lin Temple Five Family Fists starts around 650 A.D. within the Fukien Shao Lin Temple in the Fukien province. This system was what anyone entering the temple would learn. Although styles and techniques were added over the many years, the system still remained the Five Family Fists. The name "Five Family" comes from several monastic families who were the highest ranked and respected within the temple at the time; thusly they were charged with compiling the Shao Lin system. The five families were Choi, Li, Fut, Mok, and Hung (These **are not** the same names as the Choi Li Fut system which was created much later). This system grew and developed while keeping the same core values of the original system throughout the years. (There are many styles that originated from the Five Family fist systems but are only a small piece of an entire whole). Because of the system's formidable value not everyone was allowed to participate. A person would have to be of noble Chinese blood, well respected and high ranking in the Chinese Military, or be someone with traits of extremely high character, moral values, and dedication in order to be trained.

For roughly 1150 years the temple survived and grew. Its martial arts system repeatedly had a large effect on Chinese history. It was always turned to in times of trouble, including the Manchurians. In fact it was then that a legendary account took place (the micro films of the original article are in the Kam Wah Chung museum in Oregon). It was in the late 1700's when 128 Shao Lin Monks defeated over 1000 Mongol warriors who were attempting to usurp China from the Manchurians. The monks did this out of patriotic duty and defeated the Mongols without a single casualty. Afterwards the Manchurian advisor convinced the Emperor that if they could defeat the Mongols then they could also defeat the Manchurians. Because of this the Emperor burned the temple down during the middle of the night. Only eighteen monks escaped and of those only five masters survived to carry on the teachings of the Shao Lin Temple.

A few years later some of the lesser monks who were in hiding were teaching underground. A student of one of these monks was Chan Heung. Chan Heung's teacher, Li Yao San, sent him to find a monk named Choi Fok who had escaped the temple and was hiding in the mountains. Once found Choi Fok eventually taught Chan Heung. During this time period, around 1800, the Guangtong temple was built and we know that Choi Fok was a participant in this temple which was a short distance south from the previous Fukien Temple. This temple was allowed to be built by the Manchurian government mainly because of lack of resources to stop it due to the influences of westerners at the time. This Guangtong branch survived and was the birthplace of Chan Heung's Choi Li Fut system which he had named for **Choi Fok**, **Li Yao San**, and the **Fut** Chinese character meaning monk. He had developed this system from the five family fists in order to aid in the boxer rebellion by creating a condensed, but ingeniously formidable, version of the five family fists which could be taught to the rebels.

As mentioned earlier Wong Ark-Yueh began his training with teachers from the Guantong temple in 1908. Around 1920 he moved his family to the United States in order to protect them from the political strife in China at the time. He was well respected and his association is still the most respected association in the Chinese martial arts world.

A person must keep in mind that very few were allowed to train within the temple styles and systems of the Chinese martial arts, along with the fact that not that many people had what it took to complete the training. In other words flocks of Chinese did not enter and leave the temple or train in their systems on a regular basis. Only few students were accepted every year, and of these fewer had what it took to complete the training. We take special note of this because in 1927 the temple was burned down for the last time and the nationalist army slaughtered the remaining monks.

## Five Family Fist Systems of Study - Public and Secret

Most people familiar with the Five Family Fist system knows that it covers the Five Family arts of Choi, Li, Fut, Mok, and Hung and the classic southern Shao Lin animals of Tiger, Dragon, Crane, Leopard, and Snake. This is true, but many people do not understand how involved the system actually is.

On the surface there is of course the five families, which this system is named after. The Choi system teaches mostly kicks, side punches, and circular long and short fists, and is also famous for its horse-stance. The Li system has a lot of slaps and poking techniques against vital points on the body, and is known for its rapid and baffling footwork called “rat steps”. The Fut system consists of many open-hand techniques for blocking, slicing, chopping, and cutting techniques. The Mok system is known for its precise blocking system and for its simultaneous block-strikes. The Hung system is known for its power punching used out of a low horse, although it aims for a natural relaxed grace, the system is most noted for its power personified.

The classic five animal systems of Tiger, Dragon, Crane, Leopard, and Snake are probably the most recognized of the Southern Shao Lin systems. They all have their own distinct applications, but they also blend together well for combination fighting. For example, tiger and crane is a popular combination utilizing the crane’s elusiveness and the tiger’s power. Basic characteristics of each animal are below:

**Tiger (Fu) - 虎**  
Known For Bone Strength- (Gu)- 骨  
Characteristics Include:  
-Power -Strength -Ferociousness -Aggression -Straight Forward

**Dragon (Long) - 龍**  
Known For Spirit- (Shen)- 神  
Characteristics Include:  
-Awareness -Whirling -Deception -Wiley -Weaving  
-Whipping -Riding the Wind

**Crane (Hok) - 鶴**  
Known For Essence- (Jing)- 精  
Characteristics Include:  
-Balance -Softness -Elusive -Grace -Self-Control

**Leopard (Pao)- 豹**  
Known For Muscle Strength- (Li)- 力  
Characteristics Include:  
-Speed -Power -Ferocity -Deadly -Sneaky -Stealthy

Besides the most commonly known systems is the very in-depth system of five element theory which applies to Chinese martial arts and medicine (all martial arts systems are supposed to have this, but many are deficient in certain areas). The system is known today as Hsing I. This is the basic foundational secret that many masters will not teach until a student has been with them for many years. A twelve animal system exists which is taught along with the five elements and is said to pre-date Shao Lin itself. There is the advanced theory of eight trigrams that is deeply rooted in Chinese culture and this covers an entirely different system of eight animals. Whereas the five elements are taught initially, the trigrams are taught at intermediate and advanced levels.

Other animal systems that are taught within the Shao Lin Five Family system are the later founded monkey, praying mantis, and the eagle claw systems. The monkey system is mainly noted for its speed, cleverness, natural movements, and adaptability with special emphasis on a mimicking ability. The praying mantis is noted for its speed, patience, and its advanced combat strategies. The eagle claw system is most noted for its dim mak pulse and point striking, ripping of tendons and sinews, and grappling which is known to the Chinese as *chin-na* and is the great grandfather of all grappling arts.

The highest level of the Five Family Fist is the *Gin Gong Kune* (Diamond Fist) natural fighting ability. The natural fist systems are the highest most coveted systems of all Chinese martial arts. The Five Northern Tigers of whom one was the famous iron palm master Ku Yu Cheong used this system. Some notable characteristics of this system use lightning quick whip strikes, explosive footwork and kicks, misdirection, maneuvering ability, and sensitivity. It is also known for using every aspect of the body as a weapon depending on convenience. This is an extremely efficient combat system. This system is also known for its high level internal power coupled with iron palm. Every master of this system is highly respected. There are only a handful of these masters from its beginning to this day.

Within the Five Family Fist system are also 83 extraordinary skills known as *Juer Chi*. This includes fifteen levels of iron palm as well as such skills as iron body / iron shirt, light body skills, remote skills (ling kong jing), and dim-mak or vital point striking to a very fine degree to name just a few. These are very coveted and secret skills given to only an extremely select few.

Integrated into these systems are weapons and the coveted combat chi gung systems. The weapons are divided into three categories. These categories are short weapons such as swords, daggers, and cane (walking stick); long weapons such as the staff, spear, and three-sectional staff; and secret weapons.

Lastly it is important to note that those who were in the system for the long haul would also be exposed to the Chinese Medicine, which is part of every real Chinese martial art system. This includes acupuncture, acupressure, and herb medicine with an emphasis on *Dit Da* trauma healing. Many of these students go on to become Traditional Chinese Medicine doctors. This information is not in addition to, but is held within the Shao Lin systems of martial arts and sciences.

Because Master Wong was very frugal about time and believed in using time and not measuring it; he did not waste his time with people who were not truly dedicated. This is why only a handful of students would learn the real secrets and go on to become masters. Students were (and still are) divided into two major categories. The first category is the public students. These students were the general public who came to learn kung fu for health and self-defense. These students would learn basic fundamentals including forms, stances, hand movements, and basic weapons, which would empower them enough to be considered very formidable in a personal combat situation. The second category of students was the secret or advanced students. These select few students are chosen from the public students who exhibited exceptional

behavioral attributes, timely tuition payments, and consistent attendance of classes. These students would be shown advanced skills based upon their individual achievements. From these were chosen the inheritors and direct inheritors of the system.

### **Where Is This System In Its Entirety Today?**

Due to the history, including the destruction of the Temple and all of its artist, to the highly selective process in which only a small handful of students in a generation actually inherit a system with its complete information, and that because of this the system is not to be found on every street corner, or even every state, where is this system, in its completeness, today?

It is a fact that Grandmaster Wong was one of the few men in this country with that taught Five Family Fist Southern Shao Lin system. After the destruction of the temple only a few survived and migrated to Hong Kong and are now deceased. It is an unfortunate fact that this system almost died with the destruction of the temple and its martial artist in 1927. Were it not for Grandmaster Wong Ark-Yueh the system would probably not exist today.

David E. Kash began his training with Master Wong in 1967. He had been learning a family style of Kung Fu from a Hawaiian Chinese man named John Leoning. After reaching certain levels, John Leoning stated that he could not complete David's training due to secrecy, and that he would need to seek out a Master Wong who was teaching in California. At the time this teaching was still mainly underground although Master Wong was accepting non-Chinese students who were true seekers of the art. In other words, the doors were not open, but if a non-Chinese was adamant, then they could be accepted as students. Upon being discharged from the service he relocated to California where he met his wife. Upon meeting Master Wong he took an immediate liking to David Kash and his wife (actually there was a tremendous friendship between Master Wong and David's wife who would talk for hours while David stood in his horse-stances).

What really sparked Sifu Kash's interest was the one-inch punch that he had heard so much about. One day he asked about it. Master Wong smiled and said, "You see bag, you punch." The canvas bag was a makeshift bag filled with sand and was extremely heavy. Sifu Kash walked up to the bag, went into his horse, and punched it as hard as he could. The bag moved about six inches and left knuckle imprints. Master Wong then said, "You watch me." He walks up to the bag and puts his finger-tips on the bag, standing straight up, and gave a short little "hep" sound while collapsing his fist onto the bag and sent it flying, Sifu Kash thought it was going to fly out the window. Sifu Kash said, "Wow, Master Wong how did you do that." He said, "Oh, simple." Sifu Kash asked, "Master Wong, can you teach me to do that?" Master Wong answered, "Sure, you stand in horse like this." Sifu Kash got into his horse and then said, "Now what." Master Wong said, "You stay there, I be back." Over the course of over an hour Master Wong talked to David Kash's wife, talked on the phone, did paperwork, etc. Sifu Kash would start to rise or present a question and Master Wong would just smile and say, "No, you stay there." This was the real beginning of Sifu Kash's training with Master Wong.

From that point on David Kash became a private student of Master Wong. It took about five years for him to be able to master that punch to a comparable ability to that of Master Wong. During this time he was also learning other aspects of the system. Sifu Kash would train five hours a day with Master Wong along with his senior student John Leoning and sometimes Ralph Shun would be there. David Kash mentioned that John Leoning was scary to be around, he always looked like he was going to eat you or something. This helped to keep David in line and focused on his training. His dedication to his training

is what caused Master Wong to take a special interest in David Kash. David Kash says, “You had to impress him with hard diligent training, or you would not go very far.”

It took about ten years for Sifu Kash to get his Master’s degree in the Five Family Fist system including the medical aspects. To learn the complete martial and medical knowledge took about eighteen years of diligent training, many hours a day. When Sifu Kash was not training with Master Wong he would continue his training throughout the day with his seniors and colleagues Sifu John Leoning and Sifu John Davidson. He had also gained acceptance to other high level Grandmasters whom were friends and colleagues of Master Wong.

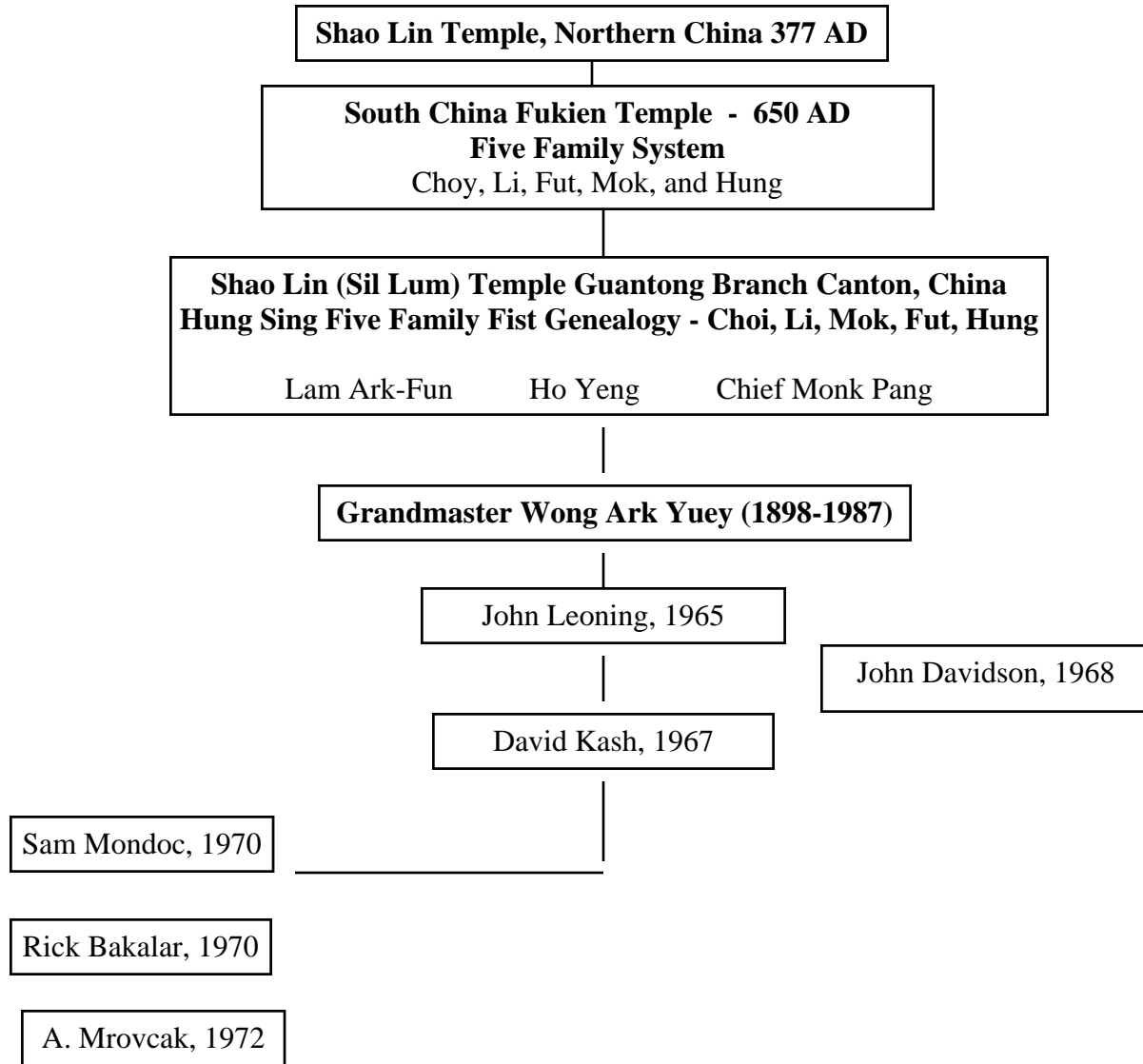
Grandmaster Wong passed away at the age of 88 in 1987. This broke the hearts of many students and colleagues whom had learned to love the wonderfully warm Grandmaster Wong. Master Wong taught martial arts up until his death. We have in our possession rare video footage of Master Wong in his eighties performing some forms for the general public (as well as other video footage). We can only hope to have that kind of health and ability at the same age.

Grandmaster David Kash taught privately in California and some other states for many years. Only two of his students had the privilege of testing under Master Wong for their black belt/sash. He had continued his training within other Chinese martial arts systems through Masters whom he had met through Master Wong. He excelled within Chinese martial arts circles and earned many honors and degrees through the top Chinese martial arts associations in the world.

As part of his inheritance he had gained control of the Wah Que Branch headquarters and the Wong Ark-Yueh Kung Fu Acupuncture Academy along with many of Master Wong’s personal notes and writings. He also represented the Chinese government martial arts society at different levels of representation by appointment. In short, he is considered one of the highest masters in the world by Chinese martial arts circles and governments, and is well respected and loved by his students and those who know him.

In 1994 Sifu Kash relocated to the eastern United States due to the Northridge, California earthquake. He taught a few select people until the opening of a Kung Fu school in Winston-Salem, North Carolina.

Sovereign Five Family Fists ©  
 Shao Lin Temple Five Family Fist Genealogy  
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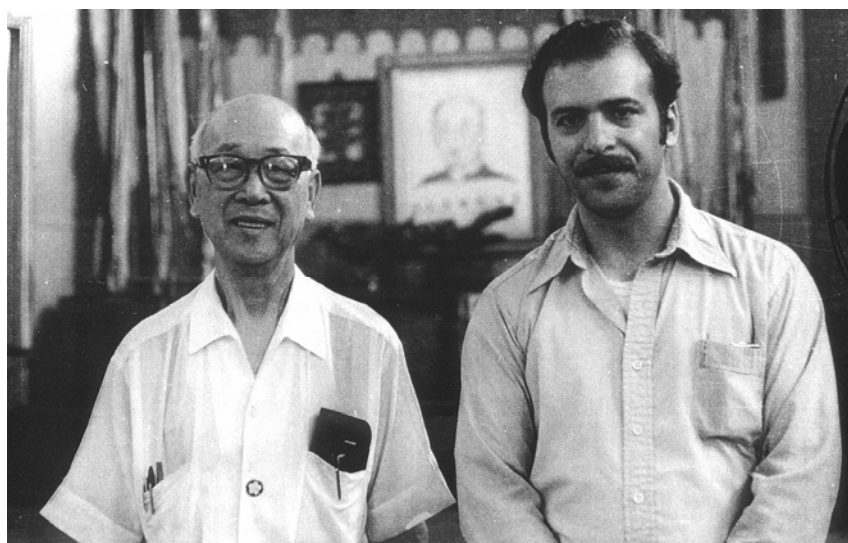


Note: The Sovereign Five Family Fist is not affiliated with any other Five Family Fist Organization, but is completely independent and self reliant headquarters Branch of the Overseas Chinese National Martial Arts Association since 1919 in the USA, governed by Grandmaster Sifu D.E. Kash, PHD This genealogy is by no means complete, as there are other five family Schools, but the above listed names concerns the students of Grandmaster D.E. Kash and his line of decent.

# *Shao Lin Temple Five Family Fist*



**Grandmaster Wong Ark-Yuey with Double Broadswords**



**Grandmaster Wong Ark-Yuey and Sifu David E. Kash**

# **Introduction to the Five Family Fist**

## **4 month course study**

- 1. Brief history of the Chinese martial arts, kung fu etc.**
- 2. Five Element Kicks**
- 3. Forms**
  - A. Five Element Linking Set
  - B. Small Tiger Form (Shao Fu Sing)
  - C. Five Elements Staff - Four Directional
- 4. Drills**
  - A. Five Element Hand Postures (Long, Short, Heaven-Man-Earth)
  - B. Basic Mok Gar blocking against wood (Hung Gar power punch) in place and moving
  - C. San Shou Pao
  - D. 10,000 elephants - Empty Hand
- 5. 6 Chin-na Shou - Seizing Skills**
- 6. Basic Warm-ups**

# **Five Family Fist Traditional Study Course 1**

## **First Semester - First Ji Rank (Green Sash)**

### **Warm-ups**

1. Basic Chi Gung
2. Basic Stretches
3. Yi Chin Ching - Muscle Changing Classic
4. Square Horse
5. Five Element Hands
6. Five Element Kicks

### **Notes**

1. Brief History of Chinese Martial Arts and Associations
2. "Si" Titles
3. Introduction to Traditional Chinese Medicine
4. Vocalization of Chinese words
5. Beginning Chinese Calligraphy

### **Forms**

1. Small Tiger Form & dragon form
2. Five Element Staff - Four Direction
3. Five Element Linking set

### **Drills**

1. Tiger Moving Drills
2. Tiger Animal Postures
3. Internal Elements
4. Hsing Yi - Dragon Drill
5. Hsing Yi - Tiger Drill

### **Chin na - Seize and Arrest Techniques**

6 techniques

### **Fighting Skills**

1. 10,000 Elephants
2. San Shou Pao

# Five Family Fist Traditional Study Course 1

## Second Semester - Second Ji Rank (Red Sash) 紅帶二級

### Warm-ups

1. Eight Mother Palms\*Chi Kung 八母掌
2. Thunder Palms 雷掌功
3. Vibrate Spine 雷功

### Notes

1. Martial Arts History - Monastic, Civilian, Royal 武術使
2. History of our School's Master
3. Emergency Shock Points 針灸穴
4. Pulses 脈

### Forms

1. Small Crane Form (Shao Hok Sing) 小鶴形
2. Tan Tuei Sets 3 & 4 單腿拳

### Drills

1. Crane Moving Drills
2. Crane Animal Postures
3. Five Element Body Footwork (Earth, Metal Wood)
4. Hsing Yi - Monkey Drill 形意猴形
5. Hsing Yi - Horse Drill 馬形
6. Plum Blossom with Broadsword 每化刀
7. Five Element Broadsword Four Direction 五形刀四正
8. Brick Walking (Solo)

### Chin na - Seize and Arrest Techniques 擒拿手

4 techniques

### Fighting Skills

1. 10,000 Elephants Staff (Long and Short) 萬象
2. San Shou Pao Moving 三手炮
3. Slow Motion Sparring 戰鬥
4. Er Shou Pao 二手炮

# Five Family Fist Traditional Study Course 1

## Third Semester - Third Ji Rank (Gold Sash) 三級金帶

### Warm-ups

1. Standing Shen Gung 神功
2. First Level Iron Palm - Earth 鐵掌

### Notes

1. Eighteen Weapons, Regulations, and Requirements 十八器規則
2. Military Metropolitan Examination and Royal Dynasty Titles 武
3. Brief History of Chinese Herbs 醫藥使
4. Five Element Chart 五形圖
5. Horse Stance, Iron Palm Chi Gung 鐵掌氣功
6. Basic Dit Da 基本跌打
7. Mother-Son Law 母子法
8. Eight Ways to move chi 八氣法
9. Hsing I – 12 animals w/ corresponding organs 十二形圖

### Forms

1. Small Leopard Form (Shao pao Sing) 小豹形
2. Da Mo Guen (Staff Form) 達摩棍
3. Lan Bu Chuan 連步拳
4. Tan Tui 5 & 6 彈腿

### Drills 訓練

1. Leopard Moving Drills 豹形功
2. Leopard Animal Postures 豹形功
3. Double, Spinning, and Circular Elements 雙形功
4. Double High Horse Jumping 雙馬功
5. Hsing Yi - Turtle Drill 龜形
6. Hsing Yi - Chicken Drill
7. Sword Fist and Foot Combinations

### Chin na - Seize and Arrest Techniques 擒拿手

3 techniques

### Fighting Skills

1. Element Drills A, B, and C 五行訓練，壹，貳，參
2. Two-Man Tan Tui 二人彈腿
3. Supervised Fighting - Light Contact 戰鬥
4. Er Shou Pao 二手炮
5. Sang Ke

### Paper Due on Tang Dynasty

# Five Family Fist Traditional Study Course 1

## Fourth Semester - Fourth Ji Rank (Silver Sash) 四級白帶

### Warm-ups

1. Second Level Iron Palm - Metal 鐵掌二

### Notes

1. Five Surviving Ancestors - Fukien Temple 使
2. Five Animal Notes 五形
3. Translations for Tan Tuei, Lan Bu, and Gung Li
4. Beginning Individual Herb Studies 固人藥學
5. Ju Tai Yang Pang Guang Jing - Five Element Points Along Spine 足太陽經絡穴

### Forms

1. Small Snake Form (Shao She Sing) 小蛇形
2. Gung Li Chuan - Power and Strength Fist 功力拳
3. Wu Tang Sword Form 武當劍
4. Tan Tuei Sets 7& 8 彈腿拳
5. Five Element Staff - Eight Direction 五形棍

### Drills

1. Leopard Moving Drills 豹形訓練
2. Leopard Animal Postures 豹形勢
3. Hsing Yi - Hawk Drill 形意鶴
4. Hsing Yi - Swallow Drill 燕
5. Two-Man Brick Walking
6. Fo San Wing Chun Drill 佛山訓練
7. Li Gar Stabbing 李家指技
8. Fut Gar - Monk Slice Blocks 佛家刀
- 9.

### Chin na - Seize and Arrest Techniques 擒拿手

6 techniques

### Fighting Skills 戰鬥

1. Natural Movement 自然門
2. Iron Palm Breaking Skills 鐵掌技
3. Free Style Fighting - Empty Hand 戰鬥空手
4. Free Style Fighting - Staff 戰鬥棍

### Paper Due on Sung Dynasty 宋交論

## **Five Family Fist Traditional Study Course 1**

### **Fifth Semester - Fifth Ji Rank (Blue Sash)** 五級藍帶

#### **Warm-ups**

1. Third Level Iron Palm - Wood (Optional, at Teachers discretion\_)

#### **Notes**

1. Intermediate Herb Studies
2. Meridian Discussion
3. Tui Na (Chinese Massage) Basics
4. Foot Reflexology (study of charts)

#### **Forms**

1. Small Snake Form (Shao She Sing)
2. Da Mo Dim Mak Form
3. Gung Li - Double Dagger Set (Shuang Bi Shou)
4. Small Five Animal Set - Wu Sing Kune
5. Tan Tuei 1-8
6. Single Short Stick Form (The Ugly Stick)
7. Eight Directional Broadsword

#### **Drills**

1. Snake Moving Drills
2. Snake Animal Postures
3. Animal Combinations
4. 7 Wing Chun Hands
5. Hsing Yi - Snake Drill
6. Hsing Yi - Tai Bird Drill (Phoenix)
7. Three Star Blocking/Striking

#### **Chin na - Seize and Arrest Techniques**

6 techniques

#### **Fighting Skills**

1. Three Star Legs
2. Free Style Fighting - Empty Hand
3. Free Style Fighting - Staff

#### **Paper Due on Ming Dynasty**

# Five Family Fist Traditional Study Course 1

## Sixth Semester - First Duan Rank (Black Sash) 初段

### Warm-ups

1. Fourth Level Iron Palm - Yin Yang Fire Palms

### Notes

1. Herb Studies - Trauma (Dit Da)
2. Fundamental Acupressure
3. Fighting Strategies

### Forms

1. Praying Mantis Form (Sai Yung Tong Long Chuan) or Hung Five Animal Form
2. Five Tiger Flock of Sheep Staff Form
3. Wing Chun Wooden Dummy Form - 1st Set
4. Kicking Form - 1st Set
5. 36 Chin na Form
6. Tan Tuei 1-10
7. Double Short Stick 8 Directional Form (The Ugly Stick)

### Drills

1. Praying Mantis 8 postures (Ba Shi)
2. Praying Mantis Drills, same as above, moving only
3. Bodyguard Solo Move
4. Hsing Yi - Eagle Drill
5. Hsing Yi - Bear Drill

### Chin na - Seize and Arrest Techniques

36 Total Chin Na Techniques (only 8 are required)

### Required Skills for First Duan

1. Proven Instructing Skills
2. Proven Testing Skills
3. One Hour in Square Horse
4. One Hour Free Style Fighting - Empty Hand and Staff
5. One Hour Natural Movement

### Paper Due on Ching Dynasty

## *Emperor's Long Fist - Tai Tsu Chang Chuan*

### **Offered Courses**

#### **Introduction to the Emperor's Long Fist (Tai Chi, Ba Gua, and Hsing Yi)-**

This course is based on original methods and practices as was developed by Emperor Chao Kuang Yin of the Sung Dynasty since 960 A.D. This course covers the extreme basics of this highly coveted internal martial arts system which is the originator of Tai Chi Chuan. A student of this program is expected to attend at least 2 one hour classes offered at either Monday and Wednesday at 6:30 p.m. and/or Tuesday, Thursday, and Friday at 7:30 p.m. The program takes 4 months to accomplish.

#### **Emperor's Long Fist (Tai Chi, Ba Gua, and Hsing Yi) Traditional Study Course 1-**

This course is based on original methods and practices as was developed by Emperor Chao Kuang Yin of the Sung Dynasty since 960 A.D. This course covers all of the basic to intermediate aspects of this highly coveted internal martial arts system which is the originator of Tai Chi Chuan up to the traditional rank of 1st Duan (a degree of expertise) black sash (or belt). This is a certified expert of the first degree. There are ten levels and/or degrees of expertise. This program is taught Monday through Friday from 9 a.m. to 2 p.m. The program takes 2 years to accomplish if year round study is practiced (this is preferred due to the nature of the training). There are three semesters in a year.

***\*All tests for this course are cumulative.***

#### **Emperor's Long Fist (Tai Chi, Ba Gua, and Hsing Yi) Traditional Study Course 2-**

This course is based on original methods and practices as was developed by Emperor Chao Kuang Yin of the Sung Dynasty since 960 A.D. This course covers intermediate to advanced aspects of this highly coveted internal martial arts system which is the originator of Tai Chi Chuan up to the traditional rank of 3rd Duan (a degree of expertise) black sash (or belt). This is a certified expert of the third degree. There are ten levels and/or degrees of expertise. The prerequisite course for this program is Traditional Study Course 1. This program is taught Monday through Friday from 9 a.m. to 2 p.m. The program takes 2 years to accomplish if year round study is practiced (this is preferred due to the nature of the training). There are three semesters in a year.

#### **Emperor's Long Fist (Tai Chi, Ba Gua, and Hsing Yi) Traditional Study Course 3-**

This course is based on original methods and practices as was developed by Emperor Chao Kuang Yin of the Sung Dynasty since 960 A.D. This course covers intermediate to advanced aspects of this highly coveted internal martial arts system which is the originator of Tai Chi Chuan up to the traditional rank of 5th Duan (a degree of expertise) black sash (or belt). This is a certified expert of the fifth degree. Traditionally a fifth degree expert is considered a Master of their system of study. There are ten levels and/or degrees of expertise. The prerequisite course for this program is Traditional Study Course 2. This program is taught Monday through Friday from 9 a.m. to 2 p.m. The program takes 2 years to accomplish if year round study is practiced (this is preferred due to the nature of the training). There are three semesters in a year.

# The Original Emperor's Long Fist System

## Brief History of the Emperor's Long Fist System

It is a well-known fact that in the year A.D. 960, the first emperor of the Sung dynasty, Chao Kuang Yin (also called Tai Tzu) founded a system of personal health and combat exercises called tai tzu chang chuan. This system covered all aspects of tai chi, hsing-I, and ba gua (sometimes referred to as pa kua), the original internal systems of Northern China as well as many other systems. There have been many styles and systems that have come about as a result of the Emperor Chao Kuang Yin and his infamous system of martial arts. The question is, does that original system still exist today in its entirety? And if so where is it now?

Chao Kuang-yin, founder and ruler of the Sung Dynasty from 960-976 A.D. reunited war torn China following the division of the Five Dynasties. He also brought an end to the militarism, which characterized China during that era.

Chao came from a northeastern military family, the kind that had dominated politics since the late ninth century. Large of stature and an able warrior, he rose to become commander of the Palace Corps of the Chou Dynasty in 959, the last of the Five Dynasties under the Emperor Shih-Tsung, whose death the following year left a seven-year-old child on the throne. During this episode and an invasion from the north, General Chao had been sent north to repel the Khitan. It is said that the army officers after a few days out came to the thirty-two year old Chao Kuang-yin who was asleep in his tent. Awakening him at dawn by sword point they insisted he wear the yellow silk robe, a symbol of imperial authority, and lead the army to take possession of the capital.

After the Emperor came reluctantly to power and having achieved this great victory, he called together his army chiefs and hosted a grand banquet. When everyone had drunk plenty and was in a festive mood the Emperor told them, "I do not sleep peacefully at night." The generals all inquired why and the answer came that if any one of the generals had been forced by sword point to don the imperial robe unwillingly and overthrow the Chou Dynasty, how would they feel? The generals proceeded to protest commenting that they were not talented enough. When all was said and done, the Emperor talked of life and happiness, and said: "If you, my officers will renounce your military authority and retire to the provinces and choose the finest of lands to pass the rest of your days, living your lives in peace and happiness. Wouldn't this be far more desirable than the peril of war? So that there be no suspicions, we will ally our families with marriages and thus ruler and subject will be linked in friendship and amity." The following day the army commanders turned in their resignations, reporting (imaginary) illnesses and withdrew to the country districts. Once there, the Emperor gave them magnificent gifts and appointed them to high official positions.

Like all Chinese imperial regimes, the Sung government was absolute in principle and hierarchical in organization. It differed from the previous governments in achieving a new degree of centralization and of civilian control over the military. Comparing this to the earlier and later governments it provided an open forum for discussion and criticism.

Unfortunately the retirement of the generals led to the down fall of the Northern Sung dynasty and was forced into Southern China only. As time passed the Mongol armies grew and eventually the Southern Sung was overthrown. This started the Yuan (Mongol) Dynasty in the year 1279 A.D. which were the first of the northern barbarians to rule over all of China.

Chao Kuang Yin, having a keen interest in the martial arts, is credited in Chinese history with collecting and documenting all available manuscripts on the subject, including those from the Shao Lin Temple. This was done in order to save these documents from the invading Khitan. It is said he stored these manuscripts in his library in a tower behind the Shao Lin Temple. When the temple was destroyed, most of the records were lost. Fortunately, the emperor passed on his knowledge of tai tzu chang chuan, and today we see the fruits of his labor in Chinese parks and martial arts schools all over the world.

The Emperor studied all of these documents and created his own complete system, which encompassed health and self defense; he called his art Tai Tzu Chang Chuan, which means Great Ancestor's Long Fist. The name Tai Tzu refers specifically to the first founding emperor of a dynasty and this system was later known as the Emperor's Long Fist. This system is so uniquely composed that it covers all aspects of Tai Chi, Hsing Yi, and Ba Kua, (as well as others) which are the original internal systems of Northern China. Tai tzu is the root from which most northern styles originated and since the southern styles originated from the north, the southern styles of martial arts stem from Tai Tzu Chang Chuan as well.

Tai tzu was perfected soon after it was founded and journals in the year 984 A.D. documented the style's effectiveness. This system was further refined by the Chao family over time, making note of the eight original movements derived from tai tzu – peng, ni, zhi, ahn, chai, nieh, cho and kao and the five elements – wood, fire earth metal, and water which composed the thirteen kinetic movements.

In 1247 Chang San Feng created a system from movements influenced by the Tai Tzu system although later others tried to say that he learned it in a dream or from a magpie and a snake fighting. Both of these are used frequently. Later General Chen Wang Ting utilized the extensive information available on tai tzu chang chuan to create Chen style tai chi in 1618. In 1799, Yang Lew Shen created the Yang style from the Chen style and passed this art on to Yang Cheng Fu, who was famous for his tai chi prowess. This brings us to Chao Yuh Feng, the 35th-generation descendant and inheritor of the system. As well as being a friend of Yang Cheng Fu's, he had been entrusted with maintaining the integrity of the 1,000-year-old system.



## About Grandmaster Chao Yuh Feng

Grandmaster Chao Yuh Feng was born in 1910 in the Szechwan province of Western China. The family members were first taught Wu Tang Ti Pai which was the system taught by the Chao family since before the Emperor's Long Fist was created. He began his training within the Wu Tang Ti Pai system with his uncle who was Grandmaster Lee So Chien. He also trained in the Bai Ma Si (White Horse Temple) style. He then moved on to study the Tai Tsu Chang Chuan system and eventually inherited the system from his great uncle the famous Grandmaster Chao Jung Dao who was the 34<sup>th</sup> Patriarch of the system. A famous story of Chao Jung Dao told of how ten bandits entered his home one night. Neighbors reported all ten fleeing the house screaming and crying. No one knows what he did to those bandits, but the effects were obvious. Another one of his teachers was his Great Grandmother who lived an extremely long life and was responsible for teaching Master Chao the Tai Tsu Chang Chuan Ruler. After Chao Jung Dao passed away Chao Yuh Feng had already inherited the complete system and became the 35<sup>th</sup> Patriarch.

Master Chao was a true patriot of his country. When he was young he joined the Nationalist army in order to serve his country. He eventually became a Battalion Commander under the General Chiang Kai Shih during the second Sino-Japanese war. During that time the Japanese captured him, and although he was tortured to the point of having his index finger ripped out to the knuckle, he never betrayed his country. Because of this he was considered a hero. Even though the loss of his finger bothered him greatly, to his credit, he never harbored any animosity towards the Japanese.

In 1949 he fled the country of China with the rest of the Nationalist army. The Nationalist took many artifacts, archives, and treasures with them when they fled to Taiwan to escape the Communist army. Master Chao was no different. He made sure he took with him original documents, blue-prints, and keep sakes of the Chao family, its Dynasty, and its original Tai Tsu Chang Chuan system for which no one in history, outside the Chao family, had ever learned. This was his historical legacy. After establishing himself and his family in Taiwan, Chao Yuh Feng worked for a sugar company as the Director. Eventually he became a village elder within his community as well as being a spiritual advisor. He also taught Tai Chi Chuan within various community centers in his area. .

During his life in Taiwan he and his wife had two daughters and no sons. He loved his family very much. Eventually one of his daughters moved to the United States to work in a Children's Cancer Hospital in California. In 1982 he and his family decided to visit her for an extended vacation. At the time he did not realize that he would live in the United States for the rest of his life.

## The Original Emperor's Long Fist System of Study

Because of the situation during the time of Emperor Chao Kuang Yin the effective martial arts systems known throughout China were almost decimated. If it were not for the Emperor Chao systematically collecting all of the Shao Lin, Wu Dang, and other temple documents, they may very well have been destroyed by the invading Khitan tribes from Mongolia. For this reason all of the Chinese martial art systems owe some kind of thanks to the Emperor Chao as he helped and encouraged them to maintain the purity of their systems. Eventually the Sung Dynasty was forced south into what is known as the Southern Sung Dynasty mentioned earlier in the article.

The Tai Tsu Chang Chuan system had already been developed by the time of the Southern Sung dynasty. Many systems of martial arts sprouted from this system, although the original Tai Tsu system in its entirety was withheld for Chao family members only. The systems which eventually evolved from this style includes Tai Tzu monkey style, Tai Tzu praying mantis, northern Shao Lin systems, six-step boxing, royal palace bodyguard, six harmonies eight methods boxing (liu ho ba fa), some Taoist natural fist styles, and bird decoy boxing to name a few. The southern styles of Tai Tsu started around 1126 A.D. (roughly 160 years later) and were derived from the Tai Tzu system but are more external in nature and usually do not include the internal Tai Chi, Hsing I, and Ba Gua aspects of the system. Tai Chi styles that have been derived from the Tai Tsu system include Chen, Yang, Wu, and Sun.

Usually if a person researches many of the Chinese martial arts systems he / she will find some mention of a founder giving credit to a system of martial arts with the name Tai Tsu in it. For example, in a recent article on Hung Men style (a branch of Hung Gar) Master Lo Jin Fu gave credit to the Emperor and the Emperor's Long Fist style for having its roots in the Tai Tsu system. Doc Fai Wong in his book on five animals also gives credit to the Tai Tsu system for its roots and influences on the Southern Shao Lin systems. Many notable masters including James Guo and Robert W. Smith give credit to their styles, including Chen Style Tai Chi, to have its roots in the Tai Tsu Chang Chuan system. In fact, true Chen style masters will admit that the first Chen Tai Chi form was in actuality a Tai Tsu Chang Chuan form, but was later abandoned due to its length. The point being is that are a small handful of systems with the Tai Tsu name attached to it, and rightly so, as these systems have been derived from the system created by the original Tai Tsu. These are real and formidable systems and we want to make sure that these are mentioned so that this article will not raise questions about true teachers of one of these systems. Unfortunately there are also some questionable systems that have attached the Tai Tsu name to their systems in order to gain prestige using the Emperor's name. However, the original Tai Tsu Chang Chuan system is all-inclusive and teaches all of the systems mentioned earlier and more. However to understand this original system first we must go to its fundamental and basic roots -- the core or heart and soul of the Tai Tsu Chang Chuan or Emperor's Long Fist system.

Anyone not believing that Tai Chi, Hsing I, and Ba Gua are not part of the Emperor's Long Fist system need only to look at the basic fundamentals of the system. The heart of the system consists of the eight original movements and the five Elements. The eight original movements are peng, ni, zhi, ahn, chai, nieh, cho and kao. The five elements are not only a part of the core of the Tai Tsu system, but are the heart and soul of almost every authentic Chinese martial art system in existence as well as the Traditional Chinese Medicine practices. The five elements date back to way before the Tai Tsu system and even dates back to before the Shao Lin systems. The five-element concept is believed to date back as far as 400 BC. The five elements are wood, fire, earth, metal, and water. Long Fist forms are also part of this system as well, but in this article we are more concerned with the internal aspects of the system. These internal aspects are key to acquiring the higher levels of the system and are therefore what most people seem to be interested in.

Before delving into the system we would like to make a special note. We do not want this article to leave the impression that Emperor Chao Kuang Yin invented the movements of tai chi, hsing I, or Ba-Gua. Although the movements were slightly different, there is no doubt that the Taoist priests were responsible for the movements of the Chinese internal systems, and Chinese Medicine dating at least back to 618 A.D. and probably before. An example of this is the movements from the Pole Star Military sect. Even the highest levels of the Tai Tsu system are based on Taoist Natural Styles, philosophies, the study of tri-grams, and very special chi gung, shen gung, and dao yin (Taoist yoga). This is not to take away from Shao Lin which also greatly influenced the Tai Tsu system as well. What Chao Kuang Yin did do, however, was systematize the basic foundation of this information and passed it on to his generals and his family members.

It is important to keep in mind that when this system was developed the terms “Tai Chi, Hsing I, and Ba Gua” were not being used. It is easier in modern times to use these familiar names in order to describe the movements that eventually evolved into these three famous systems. For example, Yang Tai Chi was created from the Chen Tai Chi. But where did the Chen Tai Chi come from? As noted before it came from the Tai Tsu system. It was just not called “Tai Chi” at that moment in time, but when one see the movements there is no denying the almost identical similarities.

The blue prints (in ancient times these were called charts and diagrams) of this system are the key to unlocking the Tai Tsu system. A person who has in their possession these diagrams are the ones who have the true Emperor’s Long Fist system. Having them, however, is not the only means to understanding the system, but having the keys to the diagrams is necessary. In our example [picture included on disc] we see the absolute most basic diagram which many should already recognize parts of. In this diagram we see the correlation between the Yin Yang symbol, the eight basic trigrams, the eight mother palms, the eight original moves, the eight animals, and the five elements. This most basic diagram is yet extremely complex. However understanding the “key” principles unlocks the patterns and one begins to see the simplicity within the complexity of this ingenious system.

These principles are not to be delved into by the beginning student. The basic postures and movements themselves should be completely understood and explored individually before embarking on the task of trying to understand their unity. To do so would be like trying to understand a calculus equation before ever learning the basic addition and subtraction skills or anything in between. At first a student learns the extreme basic principles of all three systems. The eventual mastery of the entire system will depend upon how seriously the student focuses on these basics. Next the student begins to learn the Tai Chi principles and at this time will learn the basic 36 form as well as basic drills and the eight original movements. After a certain level of competency is met then the student will begin to learn the basic Ba Gua principles. Here the student learns the basic single and double palm changes as well as a more profound understanding of the eight animals and the eight mother palms. Next comes the Hsing I principles. Here the student begins a more profound understanding of the five elements along with the twelve animals found in the Hsing I system. After understanding the basics of each of these systems then the student begins to combine the three working them together. This could also be an introduction into “natural” movement. As the student progresses beyond the first degree level then the doors slowly begin to open and the intensity, complexity, and the true effectiveness of the system begins to reveal itself. It is here that the student begins to learn the coveted bodyguard aspects along with a much more advanced movement and understanding of the three internal aspects of the Tai Chi, Hsing I, and Ba Gua. Here one may begin specializing or delving into some of the branching systems such as Tai Tsu Mantis or Monkey. The highest most coveted forms and level to the original Tai Tsu system is known as the Emperor’s Cannon Fist. Only disciples and inheritors, which are the most dedicated and respectful students, will ever learn these forms and principles. It is here that the doors to understanding are blown away and one realizes how scary and uniquely profound this system really is.

To see Master Chao Yuh Feng move, fight, or perform was a simply amazing sight to see. His understanding of these principles gave him profound thought, and even his speech was ancient and wise in nature. In his late 80's Sifu Kash asked Master Chao to show him the highest level of the Emperor's Long Fist. Master Chao was very reluctant, however with eyewitnesses present, he slowly yielded back into a toe-horse stance. His head kept yielding to almost six inches to the ground. Onlookers had no idea how he did even that. Sifu Kash being at least fifteen feet away was trying to see exactly what Master Chao was doing. Then the next thing Sifu Kash knew Master Chao was on him and Sifu Kash was entangled with a finger in his eye. It was so sudden that Sifu Kash instinctively tried to resist to no avail and due to the finger in his eye he was forced to go down. An onlooker who was also in Master Chao's class (Mike Bladstrom) later approached Sifu Kash and said, "Sifu, he was so fast, it appeared like frames of time were missing. It looked as if he was there, then not there, then there again." After Sifu Kash got to his feet Master Chao just gave him the thumbs up and said, "Good." In another incident they were waiting for class Sifu Kash and another student were waiting for the others to arrive. Master Chao all of the sudden started moving and covered a distance of about ten feet straight ahead. During that distance he exploded into about thirty different foot and fist strikes in all different directions, then stopped on a dime. One thing that Sifu Kash mentioned is the fact that not only were the strikes impressive, but he notice that Master Chao was not even out of breath. The most impressive thing about these feats are the fact that Master Chao at the time was over 80 years old. If a young, flexible, in his prime practitioner were to do such a thing it would be considered impressive. For an 80 year old man to do so is extremely impressive and is a testimony to the energy and vitality that this art has to offer.

### Where Is This System In Its Entirety Today?

In 1982 Sifu David E. Kash traveled to Taiwan with some of his top students to perform in tournaments and to give demonstrations. He had been training for many years with such great notable teachers as Grandmasters Wong Ark Yueh and Feng Jia Si as well as others. Sifu Kash and his students made a respectful impression which lead to the meeting and befriending of one of the Orient's most prominent men. During a dinner one night Sifu Kash requested learning a rare style called tze men chuan and tai tzu chang chuan. They agreed to assist Sifu Kash in learning this system. Sifu Kash then returned to the United States and continued training with a small group of students at a park in Burbank, Calif.

Master Chao had been thinking of taking an extended vacation in the United States. He told Master Chao of Sifu David Kash, his lineage, and how impressive he and his students had been during his visit to Taiwan. He requested that Master Chao look into training Sifu Kash in the Tai Tsu Chang Chuan system.

Chao Yuh Feng did take his vacation and came to the United States that same year. He had been bothered by the fact that he could not find a suitable inheritor within Taiwan, especially considering that he had no sons. Also being a master of other Tai Chi styles Master Chao began teaching, looking for a student who was humble, a hard worker, from the heart, but most of all respectful. After teaching there for a short time, Master Chao became frustrated. The young Chinese here were no more respectful than where he came from. Frustrated he quit teaching, and out of curiosity, decided to look into this Sifu David Kash.

In January of 1983 Sifu Kash was teaching his small class in the park as he had been doing some time. On one particular day a Chinese master named Chao Yuh Feng ap-proached the class and introduced

himself. He said he had spent the previous month observing the class and was sent from Taiwan to teach the Tai Tsu system to Sifu Kash. It took a full year for anyone to realize that he was the direct descendant and 35<sup>th</sup> Patriarch of the Emperor Chao Kuang Yin.

Master Chao trained Sifu Kash and his students for many years until his death in 1996. The class was very small and there were only a handful of students to train with him. The entire list of people who trained with Master Chao are Sifu David E. Kash, Sifu Mike Bladstrom, Tammy Carrigan, Brian Carrigan, Dan Codron, Jason Lease, Jay Chandler, and foreign exchange student Brian (who only trained with Master Chao for a year). Other than those mentioned above there was absolutely no one who trained with Grandmaster Chao Yuh Feng directly or indirectly in this system in the United States.

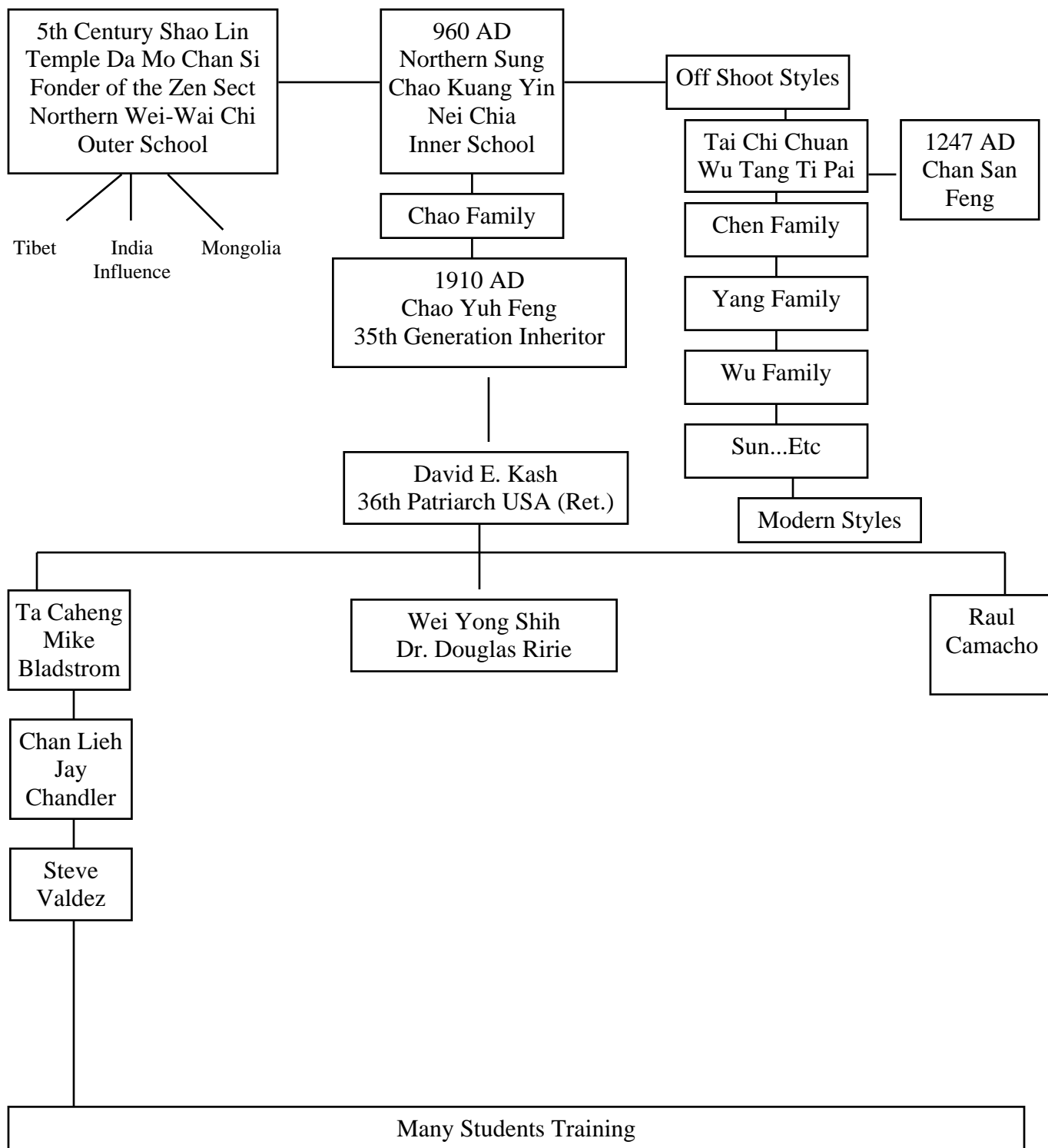
Chao Yuh Feng became very impressed by the amount of respect, almost to servitude, that this student, David Kash, exemplified. Over the years the two became very good friends and Sifu David Kash never wavered in his loyalty and respect. He had already learned the value of respecting your teacher from his previous teachers, not to mention that as far as Sifu Kash was concerned, to know Master Chao was to love him. Master Chao had no sons and the responsibility of passing on the system was becoming more pressing. Master Chao had already become like a father to Sifu Kash and one day he asked David Kash to marry his daughter. The problem was that Sifu Kash was already married and he had to decline.

This did not thwart Master Chao however and he decided to adopt Sifu David Kash into the family in order to be able to pass the system on to a family member. First he named Sifu Kash the chief instructor of the system and later he officially named him the 36<sup>th</sup> Chang Men Jen (Keeper of the books) of the system. With this came all knowledge of the system, forms, blue prints, etc. and also included some ancestral artifacts from the Chao family. As with all authentic Chinese martial arts systems, this was confirmed, and registered with many documents in Master Chao's own calligraphy (handwriting) to Sifu Kash and also with the government agency. With this comes the knowledge that Sifu Kash is the only person with the complete knowledge of this ancient system, of Chao Family Emperor's Long Fist only passed down to family inheritors, one per generation, until the time that Sifu Kash finds one whom he should pass the information on to. Of all this, for which Sifu David Kash feels blessed to have, this was not the most valuable thing that Sifu Kash feels he obtained. As corny as it sounds, Sifu Kash feels that truly knowing the man – Chao Yuh Feng, was by far the richest experience gained from this extraordinary Grandmaster. It is not uncommon to hear Sifu Kash saying the words, "Yeah, but to have known the man himself was a great honor. He was down to earth."

In 1996 at the age of 86 Grandmaster Chao Yuh Feng passed away. For the few people in this country who met the man this was a sad day. But Master Chao Yuh Feng had led a good and full life with much integrity, honor, and a certain humbleness which most men do not possess. Sifu Kash mentions that he never really heard him talk bad about anybody, including the Japanese who were responsible for torturing him and taking his finger. He was a true example of a good man and martial artist, and his memory is held with much respect and honor.

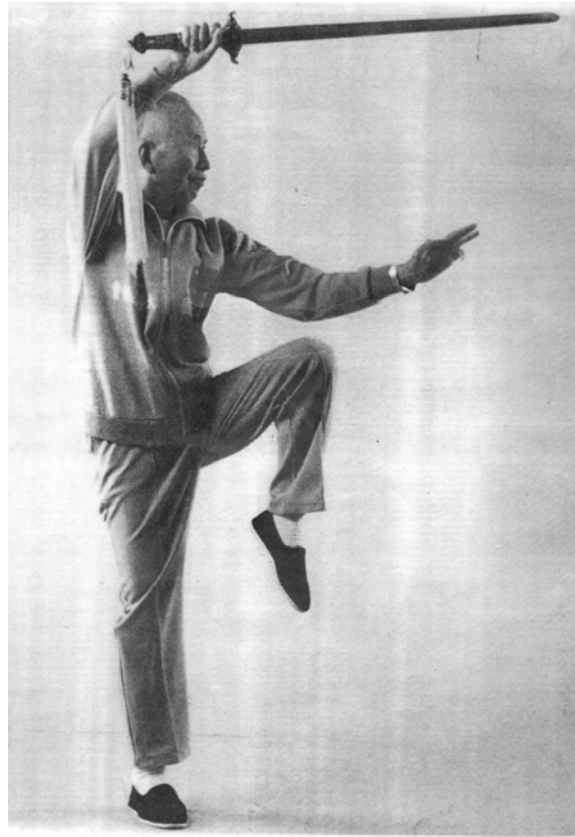
In 1998 Sifu David Kash opened up a school in Winston-Salem, NC. The Tai Tsu Chang Chuan (Emperor's Long Fist) is taught there today. Sifu Kash began teaching this system to the public in fear that the original system would become lost amongst the many martial arts in existence today. He desires to disseminate this information and its history to any student who is truly willing to learn. Grandmaster Kash wants to be assured that this system will never die out and the information lost. He also wants to make sure that by doing this that the Emperor Chao Kuang Yin as well as the inheritors that followed, get the credit that they deserve. He has been teaching this system for a few years now and a select few of his students have been certified to teach the original Tai Tsu system in their own schools.

# Emperor's Long Fist Genealogy Tai Tsu Chang Chuan



There is much time between 960 A.D. and the present migration of the Chao Family descendant Chao Yuh Feng. This genealogy is primarily concerned with the emergence of the U.S.A. school and its chief inheritors.

*Emperor's Long Fist - Tai Tsu Chang Chuan*



Grandmaster Chao Yuh Feng



Grandmaster Chao Yuh Feng and Sifu David E. Kash

# **Emperor's Long Fist (Tai Chi, Hsing Yi, Ba Gua) Traditional Study Course 1**

## **First Half First Semester - First Ji Rank (Green Sash)**

### **Warm-ups**

1. Free Swinging
2. Secret Stretches
3. Toe-Heel
4. Hanging Monkey
5. Gung Bu Sai Shou
6. Kun Yun Chang (Universal Meditation)
7. Yi Chin Ching - Muscle Changing Classic

### **Notes**

1. Brief History of Chinese Martial Arts and Associations
2. "Si" Titles
3. Introduction to Traditional Chinese Medicine
4. Vocalization of Chinese words
5. Beginning Chinese Calligraphy

### **Forms**

1. Four Directional Tai Chi Chuan Basic Form

### **Drills**

1. Hsing Yi Internal Elements
2. Hsing Yi Five Element Fist (Long, Short, Heaven - Man - Earth)
3. Ba Gua Mud Step (Circle walking north and south of the equator)
4. Ba Gua Eight Mother Palms (Static and Walking the Circle)

### **Chin na - Seize and Arrest Techniques**

6 techniques

# **Emperor's Long Fist (Tai Chi, Hsing Yi, Ba Gua) Traditional Study Course 1**

## **Second Half First Semester - Second Ji Rank (Red Sash)**

### **Warm-ups**

1. Thunder Palms
2. Vibrate Spine

### **Notes**

1. Martial Arts History - Monastic, Civilian, Royal
2. History of Chao Yuh Feng
3. Emergency Shock Points
4. Pulses

### **Forms**

1. Tai Chi 36 Form
2. Wu Tang Sword Form

### **Drills**

1. Five Element Sword
2. Four Original Moves (Straight and Eight Direction)
3. Lo Shi Ahn Chang (Brush Knee and Push)
4. Jin Ji Tu Li (Golden Rooster)
5. Bao Hu Guei (Carry Tiger to Mountain)

### **Chin na - Seize and Arrest Techniques**

6 techniques

### **Fighting Skills**

1. Tuei Shou (Level and Heaven, Man, and Earth)

# **Emperor's Long Fist (Tai Chi, Hsing Yi, Ba Gua) Traditional Study Course 1**

## **Second Semester - Third Ji Rank (Gold Sash)**

### **Warm-ups**

1. Standing Shen Gung
2. First Level Iron Palm - Earth

### **Notes**

1. Eighteen Weapons, Regulations, and Requirements
2. Military Metropolitan Examination and Royal Dynasty Titles
3. Brief History of Chinese Herbs
4. Five Element Chart
5. Horse Stance, Iron Palm Chi Gung
6. Basic Dit Da
7. Mother-Son Law
8. Eight Ways to move chi
9. Hsing I – 12 animals w/ corresponding organs

### **Forms**

1. Single Palm Change
2. Double Palm Change

### **Drills**

1. Advance Step (North and South of the Equator)
2. Eight Animals for Health
  - A. Static on the Circle
  - B. Walking the Circle
  - C. Application
3. Brick Walking (Solo)

### **Chin na - Seize and Arrest Techniques**

6 techniques

### **Fighting Skills**

1. Slow Motion Sparring

### **Paper Due on Tang Dynasty**

# **Emperor's Long Fist (Tai Chi, Hsing Yi, Ba Gua) Traditional Study Course 1**

## **Third Semester - Fourth Ji Rank (Silver Sash)**

### **Warm-ups**

1. Second Level Iron Palm - Metal
2. Sitting Shen Gung
3. Shi (Postures) - Horse, 60/40, Bow and Arrow

### **Notes**

1. Secret History of Wu Tang Ti Pai
2. Advanced 12 Animal Notes
3. Translations for Tan Tuei, Lan Bu, and Gung Li
4. Beginning Individual Herb Studies
5. Ju Tai Yang Pang Guang Jing - Five Element Points Along Spine

### **Forms**

1. Five Element Linking Fist Set
2. Tan Tuei (Sets 1-3)
3. Five Element Staff Four Direction
4. Five Element Sword Four Direction

### **Drills**

1. Five Element Fist Five Directions (Static)
2. Five Element Kicks (Heaven, Man, Earth)
3. 12 Animal Drills (Traditional Order)
4. Five Element Feet (Footwork)

### **Chin na - Seize and Arrest Techniques**

6 techniques

### **Fighting Skills**

1. 10,000 Elephant Hands
2. 10,000 Elephant Staff - Short
3. San Shou Pao
4. Er Shou Pao
5. San Ke
6. Five Element Drills A, B, and C
7. Controlled Sparring

### **Paper Due on Sung Dynasty**

# **Emperor's Long Fist (Tai Chi, Hsing Yi, Ba Gua) Traditional Study Course 1**

## **Fourth Semester - Fifth Ji Rank (Blue Sash)**

### **Warm-ups**

1. Third Level Iron Palm - Wood

### **Notes**

1. Intermediate Herb Studies
2. Meridian Discussion
3. Tui Na (Chinese Massage) Basics
4. Foot Reflexology

### **Forms**

1. Tan Tuei (Sets 1-6)
2. Da Mo Dim Mak Form
3. Lan Bu Chuan
4. Gong Li Chuan

### **Drills**

1. Spinning Elements Hands and Feet
2. Circular Elements
3. Double Elements
4. Five Element Fist and Foot Four Direction

### **Chin na - Seize and Arrest Techniques**

6 techniques

### **Fighting Skills**

1. Tuei Shou - Brick Walking
2. Tuei Shou - Fixed Step Eight Direction
3. Tuei Shou - Ta Lu (Free Style)
4. Tuei Shou - One Hour (30 min. Each Hand)
5. Four Star Single and Double
6. 10,000 Elephants Staff - Long

### **Paper Due on Ming Dynasty**

# **Emperor's Long Fist (Tai Chi, Hsing Yi, Ba Gua) Traditional Study Course 1**

## **Fifth and Sixth Semester - First Duan Rank (Black Sash)**

### **Warm-ups**

1. Fourth Level Iron Palm - Fire
2. 10 Yi Chin Ching - Muscle Changing Classic

### **Notes**

1. Herb Studies - Trauma (Dit Da)
2. Fundamental Acupressure
3. Fighting Strategies

### **Forms**

1. Gung Li Double Daggers Set
2. Five Tiger Flock of Sheep Staff Form
3. Tai Chi Sword 36 Form
4. 36 Chin na Form
5. Tan Tuei 1-10
6. 12 Animal Form
7. 8 Animal Form Straight and Circular
8. Five Element Staff - Eight Directional Long and Short
9. Five Element Sword - Eight Directional Long and Short
10. Tai Chi 36 Form - Slant Body Variation

### **Drills**

1. Bodyguard Solo Moves
2. Advanced Brick Walking

### **Chin na - Seize and Arrest Techniques**

36 Total Chin na Techniques

### **Fighting Skills**

1. Ba Gua Legs 3 Star
2. Ba Gua Shuai Jiao - Five Throwing Skills

### **Required Skills for First Duan**

1. Proven Instructing Skills
2. Proven Testing Skills
3. One Hour in Tai Chi Horse
4. One Hour Free Style Fighting - Empty Hand and Staff
5. One Hour Natural Movement
6. One Hour Tuei Shou Natural Style

### **Paper Due on Ching Dynasty**

# Fundamental Traditional Chinese Massage Course

## Course Description Outline

Traditional Chinese Massage or Tui Na is an integral part of Traditional Chinese Medicine (TCM). Therefore, this course offers a variety of supplemental treatment protocols for traumatic injuries including herbs in oil & plaster form, acupressure, and Chinese Foot Reflexology. The 5 Element Theory is the basis of all Chinese medicine. This course will enable the practitioner to evaluate the patient with a combination of all modalities listed below, and benefit the medical practitioner as well as the novice.

The Program will take 4 months to accomplish.

This course meets on Wednesday from 11 a.m. - 1 p.m.

### **This Course Will Cover:**

1. Brief history of traditional Chinese Folk Medicine
2. Five element theory
3. Tui na massage
4. Fundamental acupressure points
5. External herbal remedies (plasters, oils and external liniments with formulas)
6. Chinese foot reflexology

### **Required Books For this Course:**

1. A Handbook of Chinese Healing Herbs by Daniel Reid
2. Chinese Bodywork: A Complete Manual of Chinese Therapeutic Massage by Sun Chengnan

# **Certified Women's Self-Defense and Rape Prevention Instructor Course**

**Course Description:** Real deal basic self-defense in a rape/attack situations for women.

**Time Period:** 2 Months      Monday from 11:00 a.m. - 1 p.m.

This course will enable individuals to be certified in order to instruct a women's self-defense seminar that will cover basic techniques and preventative measures that could probably take place in an attack or rape type scenario.

# **Certified Women's Self-Defense and Rape Prevention Seminar**

**Course Description:** Real deal basic self-defense in rape/attack situations for women.

**Time Period:** 4 Hours      Dates to be Announced

This course will cover basic techniques and preventative measures that could probably take place in an attack or rape type scenario.