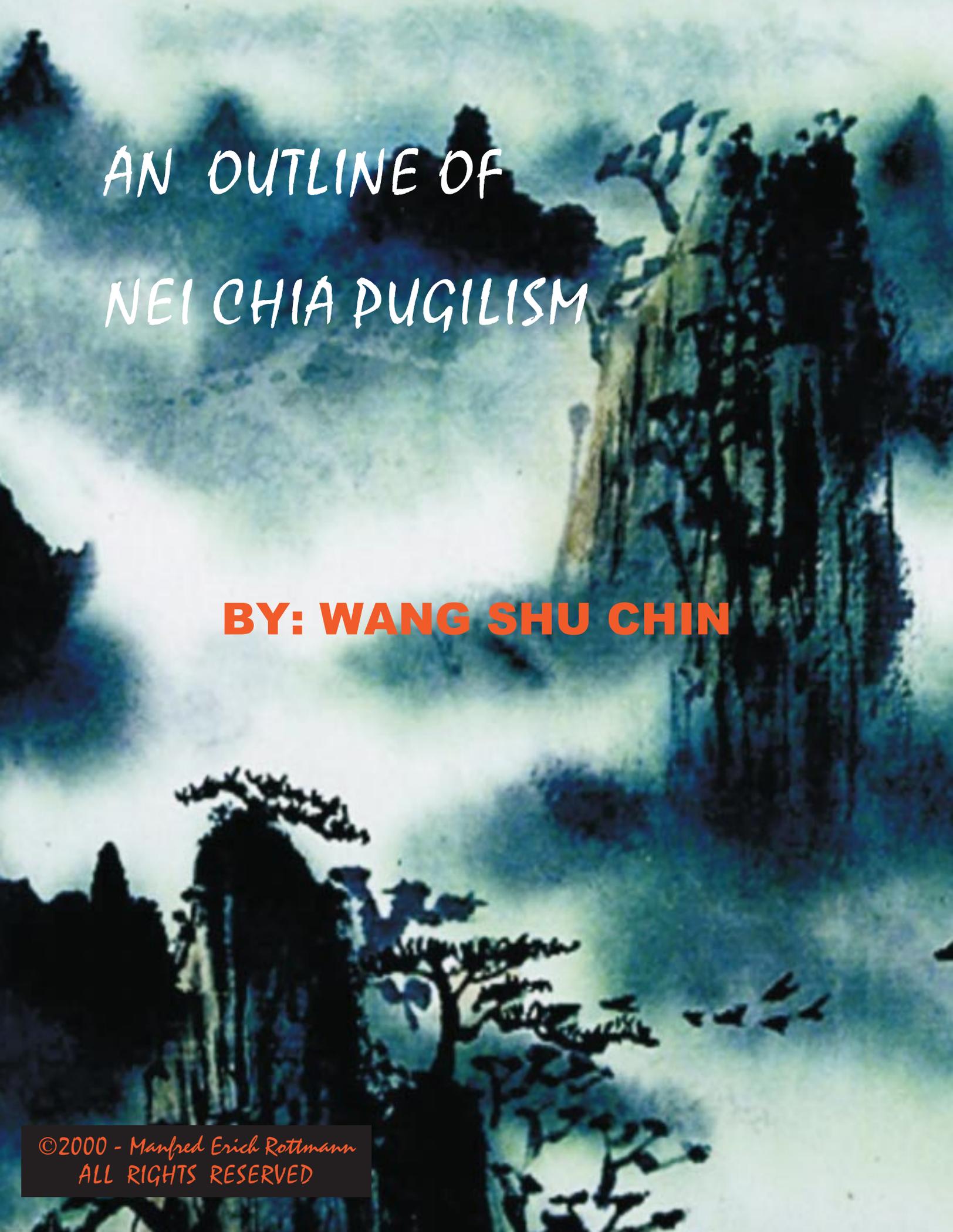


DISCLAIMER

Please note that the International Wang Shu - Chin Memorial Association, its members, instructors, and M. E. Rottmann are NOT responsible in any manner whatsoever for any injury that might result due to practicing the principles, techniques, or instructions contained in this publication. The physical activities described may be too strenuous for some persons to engage in, safely. Therefore, a qualified physician should be consulted prior to training.

The techniques, principles, and applications in this publication are for informational purposes, only. Any martial arts training should be conducted, ONLY, under the guidance of a qualified, martial arts instructor.

The background of the cover is a traditional Chinese ink wash painting. It depicts a misty mountain landscape. In the foreground, there are several dark, gnarled pine trees with dense foliage. The middle ground shows a misty valley with more trees and a small bird in flight. The background features more distant, misty mountains. The overall color palette is dominated by dark blues, greys, and whites, with a touch of orange for the author's name.

AN OUTLINE OF
NEI CHIA PUGILISM

BY: WANG SHU CHIN

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TAIPEI

Keelung

Yuanlin

Toucheng

Xinchang

Suo

TAIWAN
JAPAN

Yanchung

Tschoshu

Chengshu

Muelan

Yulshui

Population 3,997,000

TAIWAN

Taipei

TAIWAN



Grandmaster Wang Shu - Chin (Heng - Sun) who lived from 1904 to 1981. This photograph was taken in 1978.

(PAST) PRINCIPAL OF THE TAIWAN CHENG MING
MARTIAL ARTS ASSOCIATION

The following was introduced to a large gathering of Chinese and Japanese martial art instructors in November, 1972 at Tokyo, Japan. Present at this convention were Mr. Wang Shu - Chin, Mr. Yang Ming - Shih, Mr. Kanazawa Hirokazu and many others. This an exact translation from the Chinese, performed by Mrs. Judith Huang, translator at the University of Calgary, Alberta, in 1982.



I am fond of martial arts since I was small. I started to take lessons of Pa Kua Chang and Hsing - I - Chuan from a very famous pugilist master, the world known Old Man Chang Chan - Kuie, Chao - Tung. Master Chang's Pa Kua Chang is transmitted from old master Tung Hai - Chuan, his Hsing - I Chuan is learned from two old masters Liu Chi - Lan and Kuo Yuen - Shen, and these two masters learned from Li Lo - Neng, Fei Yu, and Tai Lung - Pang. The latter in turn learned from Chi Lung - Feng. Traced to the source, it is transmitted as early as from Yue Wu - Mu in Sung dynasty (960 - 1279 AD).

In 1938, I met and practiced Pa Kua Chang with Mr. Hsiao Hai - Po, also learned San Tsai Chuang (three forces staking: heaven, earth. and man), Hun Yuan Chuang (constitution stake) and different stages of staking techniques from Mr. Wang Hsiang - Chai.

Then I get the instruction from Mr. Chen Tsun - Feng, Pan - Ling, the vice - principal of Nanking Central Martial arts school. For over twenty year, studying and practicing with him, I began to understand the differences and similarities of the three and the profound mystery of their correlation. With my experience of over fifty years, I still feel my knowledge is not perfect, I dare not say I am skilled in all three.



In 1948, I left Shanghai and came to Taiwan, where I opened a number of schools in its middle and southern parts,. For several decades, I have taught numerous students, promoted national culture, and morality. I felt self - comforted that I had done my duty in awakening those who are fond of martial arts.

In 1953, the head of overseer department of Chinese government, Mr. Yu Yu - Jen was so impressed with my enthusiasm in promoting martial arts and my performance in different places, he gave me a pair of couplets in his own famous hand - writing with the highest eulogy. My students felt honored by this, but I feel I should try even harder to live up to his expectations.

In the autumn of 1959, I came to Tokyo, Japan where I met with Mr. Tosen Izumi, we had a very earnest talk . When I came the second time, I founded a school in his name (Tosen Dojo), and taught Chinese Tai Chi Chuan for several years.

I went back to China in 1963, after repeated requests and also had a demonstration in Singapore. Last year (1971), being unable to refuse the repeated, urgent invitation of Mr. Tadahiko Otsuka, the principal of the Goju Ken Eikokan Dojo in Tokyo, Japan and the Okinawin Goju-ryu Karate- do through Mr. Wang Sheng - Chih a businessman and overseas Chinese student in Japan.



I came to Japan again, gathering a few pugilists who are highly skilled in empty hand way, and organized/ founded the Chinese pugilistic green tree institute with myself giving lessons in these three great pugilism's. At the same time, I also teach the Tai Chi and Pa Kua in an overseas Chinese business association up to the present date (1972).

The three nei chia pugilism's: Pa Kua, Hsing - I and Tai Chi are all Taoists pugilism, are all the method of meditation and cultivation of heart and body. Tai Chi Chuan was transmitted from Taoist priests. Its patriarch Chang San - Feng was living in the Tang dynasty (618 - 906 AD.). These three pugilism's, though they are of different branches, in fact the nei chia sects often had mutual discourse among them.

It has been said that there was a friendly match among Pa Kua Chang master Tung Hai - Chuan, Hsing - I - Chuan master Kuo Yuen - shen and Tai Chi Chuan master Yang Lu - Shan. For three days, the match ended in a draw. They became fast friends, each imparts his best.

Like my teachers, among the younger generation, the pugilists Han Mu - Hsieh, Sung Lu - Tang, etc., had said that with thirty years effort, they had tried to blend the good points of Tai Chi, Pa Kua, and Hsing - I and unify them into one. Therefore after I learned the Pa Kua and Hsing - I, I came to learn Tai Chi Chuan.

Of Tai Chi, Hsing - I, Pa Kua, each has its superior points. Tai Chi is famous for its spirit, frivolity, flexibility and gentleness, Hsing - I for its inflexibility, flexibility, blending and manliness and Pa Kua for its spirit, vivacity and versatility. But these three pugilism's are all from the Taoist precept. The common specialty is that they are all searching for neutrality. A senior master once explained that Tai Chi is hollow- centered, Pa Kua is versatile and Hsing - I is straight centered.

Therefore the nei chia taught in this school, though the appearance is not the same with different sects, the method is to combine the three pugilistic sects into one original principle blending thoroughly, reciprocating negative and positive, flexibility and inflexibility and creating infinite changes.

Dated November 1, 1972 in Tokyo, Japan - the world union of Chinese martial arts was founded.

Original document signed by Wang Shu - Chin



Grandmaster Wang Shu - Chin (Wang Heng - Sun) with Manfred E. Rottmann at the formal acceptance of disciple, ceremony. (August, 1978 in Taichung, Taiwan).



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