

AN INTRODUCTION TO MR WANG ZHIGANG THE DIRECTOR OF THE WU DANG SECRET FIST QI GONG SCIENTIFIC RESEARCH ASSOCIATION.

Mr. Wang Zhi-gang, born in Shanghai in 1944, began to learn the Chinese traditional medicine from his father when he was only a child. From then on, he went on to take a more advanced course from a famous practitioner of Chinese traditional medicine named Ding Ji-Wan whose medical knowledge and art of healing were superb and well known all over China. At the age of eighteen, he was fortunate enough to be chosen and acknowledged as a disciple of Master Zhang--- a past master of Wu Dang Secret Fist Qi Gong who has been living in seclusion in An Hui province and is now more than a hundred years old. After tens of years of diligent study and hard practice, Master Wang has finally not only acquired the essence of the Wu Dang Secret fist Qi Gong but also is the only master who is able to pass on the Wu Dang Secret Fist Qi Gong in Shanghai.

For tens of years painstaking study and sedulous research on Chinese Qi Gong, traditional Chinese medicine and Wu Shu, master Wang has shown a remarkable talent for creating his own style with special features by absorbing the cream of different sects and schools. He has great academic attainments at Chinese traditional internal and surgical medicine; curing chronic disease for children and adults by massage, reducing the weight by Qi Gong and Chinese medicine, recovery of sexual function, keeping fit with right nutrients, slowing down the process of aging and prolong the life of the old people.

For tens of years, hundreds of patients suffering from chronic and different diseases have improved their health after Master Wang's treatment and after practicing the Wu Dang Secret Fist Qi Gong taught by him. What surprises some of the doctors concerned and the patient's family members are that those patients suffering from fatal illnesses surprisingly picked up after being treated by Master Wang. Because of such unbelievable results an endless stream of patients hoping to eliminate their disease and strengthen their health came to him out of admiration for him.

The two books written by him titled "Wu Dang Secret Fist Qi Gong" and "On Dialectical Treatment Combining Qi Gong, massage and The traditional Chinese Medicine" are the results of his unremitting practice, research and summarized experience. (To be published)

As a Qi Gong master, Master Wang's inner body vital energy power has reached such an extent that it is 7000 times more than that of the ordinary people when he emits his inner power (Qi emission). People might feel astonished or even disbelieve it, but which was proved by a scientific test with a faint light apparatus operated by the scientists and professional personnel from the Nuclear Project Research Institute of the Chinese National Defense Science Committee and the East China Normal University on Oct. 24, 1989.

Because of his remarkable achievements, he was honored as the main master in the first section of international Qi Gong course held by the Shanghai Institute of Physical Education and was also the only Qi Gong master to hold a Qi Gong course for the retired senior officers of the Shanghai Administration Government and was warmly welcomed by the attendees. Besides the position as the director of the Wu Dang Secret Fist Qi Gong Scientific Research Association as he has always been, he was invited as the director of the office in charge of the exchanging of foreign culture of the China Culture Art Development company not long ago.

AN INTRODUCTION TO WU DANG SECRET FIST QI GONG

1. The source of the Wu Dang Secret Fist Qi Gong

Of all of the qi gong sects and schools in China, Taoist qi gong is the most excellent one with the longest history, richest data passed down and the most distinguished features. Whilst Wu Dang Secret Fist Qi Gong is like a bright pearl shining amongst the various schools of taoist qi gong.

Wu Dang Secret Fist Qi Gong was originated from the ancient society during the Zhou dynasty about 2000 years ago. It was then called confusion fist exercises, also called scholar's exercises, which was tightly regarded as a secret treasure of the imperial families. Later it was spread to the local places because of wars. In the Ming dynasty a famous taoist priest living in Wu Dang mountain named Zhang San-fong created a new style of qi gong by combining the fist exercises with the inner organ exercises belonging to the philosophical sect Wei (220-265) and Jin (265-420) dynasties and named the new exercises as Wu Dang Secret Fist Qi Gong. Wu Dang Secret Fist Qi Gong was originally passed down only to the disciples among the Buddhist temples by oral teaching, so it was known only by a small circle of people. (Master Wang made it open to the public only two years ago.)

Wu Dang Secret Fist Qi Gong considers the qi as the basic foundation and spirit as the guidance. While practicing, one's mind should be followed along with the movements, combining qi with the spirit. This is actually where the true spirit of Wu Dang Secret Fist comes from.

The founder of Wu Dang Secret Fist Qi Gong Zhang San-fong advocated that the aim of practicing Wu Dang Secret Fist Qi Gong was to build up the body and cultivate the nature, placing morality above all. Only abiding by this spirit, according to the Taoist theory, will the performer be able to achieve the goal of fostering his vital energy and prolong his life.

2. The spirit of Wu Dang Secret Fist Qi Gong

The core of the taoist (a school of thought in the spring and autumn states periods, 770-220 bc.) is "obeying the law of the revolving and changes of nature", that is, to spend one's lifetime happily one should try his best to be in harmony with the nature, the nature of the heaven, the nature of the earth and the nature of the social situation.

So according to the taoists, everything should follow the Gods will and do everything by the nature. Those who practice the Wu Dang Secret Fist Qi Gong are not permitted to act violently and behave aggressively but should do everything with humanity, peacefulness and kindness. Only with this spirit in mind will the practitioner be able to attain mental tranquility, conserve strength, store up energy and foster vital energy by adopting the yang qi from the heaven, Yin qi from the earth and at the same time cultivate oneself both mentally and physically. In the long term one will surely be able to improve one's health and prolong one's life.

As the world is becoming closer and closer, in order to spread the Wu Dang far and wide for the happiness of more people, Master Wang is now ready to contribute the precious culture legacy of ancient China to the world with a good wish; Good health and long life to the worlds people.

3. The special features of Wu Dang Secret Fist Qi Gong

(1) Being natural with an elegant ancient style

Being natural and elegance are the main features of each posture of every form. After a period of time practicing, one might enter a state of calmness freeing one from any distractions, which will cultivate one's mind. Along with the increase of the practicing time, a healthy condition, which you used to be familiar with and enjoy very much, will come back to you gradually.

(2) Easy to learn for both young and old people

It is easy and popular for people of any kind to learn, old or young, male or female, weak or strong and well educated or not.

(3) **Absolutely safe without any side effects (deviation)**

Tested by the long history and polished by the famous masters in the past dynasties, the Wu Dang Secret Fist Qi Gong is appreciated and welcomed by the performers for its scientific arrangement and its soft and comfortable movements. Above all, it is so natural that it is even unnecessary for the performer to concentrate his mind on any particular place on his body and no deviations will ever occur.

(4) **Without time and place limited for any kind of performers**

The performer can practice at any time, at any place. The time may be long or short accordingly. Generally, thirty minutes is available and you may divide the thirty minutes into several periods of time. So you may improve your health by practicing within limited time and benefit tremendously.

(5) **Quick effects in improving your health and curing diseases**

To teach how to practice the method dialectically is also one of the main features of Wu Dang Secret Fist Qi Gong. The whole process of practicing lays special emphasis on the regulation of the inner organs and at the same time balances the whole body. Following the master's instructions closely, the new performer may feel some of the curative effects within 3-5 days. Some may even feel qi running through the body after practicing for only once.

The effect of curing diseases is obvious, especially to such diseases as hypertension, going down of sexual ability, insomnia, heart diseases, rheumatism, women's diseases, the recovery of wounds and broken bones, some sort of cancers and some sort of other difficult and complicated cases.

It is also effective for increasing the real qi of the five inner organs in preventing the ill changes of these organs, which as a result may build up the constitution and reduce the weight. Beside it signifies the enhancement of the immune function tremendously.

4. The theory of Wu Dang Secret Fist Qi Gong

Wu Dang Secret Fist Qi Gong belongs to Xuan men--- one of the branches of taoists, which is based on the theory that Yin and Yang in the nature and in the body is changeable. The core of the theory is that the utmost state the performer should finally reach is a state that he is able to combine himself with the nature by following the changes of Yin and Yang of the heaven and earth along with the heavenly stems and the earthly branches.

Once the performer is able to reach such a state, according to the taoist theory, he will surely be able to gradually return and remain to his original healthy condition and thus, in fact, to prolong his life.

The relationship between Yin and Yang we mentioned here, in essence, can be simplified as the balance of left and right in your body. Actually the change of the body condition results from the change of the Yin and the Yang in your body. So keeping the balance of Yin and Yang in your body is of vital importance in a normal revolving of the inner organs.

Along with the vital energy frittered away as the days pass by, people, especially the middle and old aged people may suffer from various kinds of diseases, which will lead to the loss of not only the vital energy but also the vital semen and vital spirit due to the daily weakened Yin and Yang.

Therefore, Wu Dang Secret Fist Qi Gong places the building up the foundation to improve Yin and Yang as the first important step. This step—building up the foundation will shape the body, balance the Yin and Yang and systemize the revolving of the inner organs. Once you have built up a solid foundation with Yin and Yang well balanced, you can go further into a more advanced stage: change semen into qi, change qi into spirit,

returning spirit into nothingness so as to improve both spirit and physical power and to prolong life.

5. How to practice the Wu Dang Secret Fist Qi Gong

The key principle of the method is natural, so natural that as if you were imitating the revolving movements of the heaven and the earth, which should be remembered by the performers from the very beginning to the end, during the whole process of practicing. To make the principle easy to understand, we may also explain the word “natural” with another word “soft”, that is, to relax your body, do the movements elegantly, breathe naturally, try to do every posture so softly that as if there were no bones in your body. While inhaling, you should draw the air in softly in a succession without stopping in the middle or holding back your breath, while exhaling, relax your whole body.

There are eight forms in Wu Dang Secret Fist Qi Gong with each form including three postures; there are altogether twenty-four postures. The first three forms aim at laying a solid foundation to build up the vital energy of Yin and Yang. The last five forms aim at improving the five inner organs of the body.

Natural is the special feature of this method. When beginners might not be able to get the positive effects they hope to, due to the lack of practicing, they should not search for the positive effects purposely but try their best to remain in as state of harmony while doing the movements in spite of the unnaturalness.

The practicing time of each posture is not very long. It only requires six-nine breaths each time and the performer can take a walk around after each breathing time for a rest. You may well notice that the practice is really very natural and relaxed.

Because of age, sex, health condition, the practice time should vary accordingly.

If someone asks how long he should practice for each posture, the answer is when he himself feels a bit more relaxed, feels the muscles a bit more softer and his mind a bit more happier than before he practices.

By practicing more and more, your muscles will become softer and softer. What is important is that, according to the traditional Chinese medicine, the channels and collaterals in your body will open to the qi developed by yourself through practicing. The inner organs with which the channels and collaterals are connected will get more blood and qi--- the motive force for human bodies to carry on its vital activities.

Not at all surprising, along with your practicing, little by little you will improve your inner organs' health condition, you will improve your whole body condition, you will look fresh and young and you will definitely slow down the process of aging.

To finish the article, I would like to say that Wu Dang Secret Fist Qi Gong is not at all mysterious. What really counts is the firm belief people will benefit a lot from practicing it, a strong will and perseverance. As long as you keep on practicing, there is no doubt that a miracle will happen to you.

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