



**Question and Answer Series**  
**Sinew Metamorphosis**  
**by Grandmaster Wong Kiew Kit**

## Question 1

### "Tim's Experiment"

We are so lucky this year. I am sure we have not had so many great courses around the world in the same year, resulting in so many Grandmaster Questions and opportunities for learning and developing skills.

Whilst there have been a number of Sinew Metamorphosis courses over the years, questions about Sinew Metamorphosis seemed to have been random, and swallowed up in other Q&A's like The Legacy of Bodhidharma (which was an outstanding course). It was the Legacy of Bodhidharma course that inspired one of the most important, and most viewed, Q&A's to date: Cleansing, Building and Nourishing.

The course that followed was the Three Treasures of Chi Kung. A complete program to help people understand, experience and progress safely through all stages of cleansing, building and nourishing

<http://www.wongkiewkit.com/forum/showthread.php?p=1>

As we know, in our school we have a safety first policy. This not only applies to Kung Fu but to Chi Kung practice as well. The Chi Kung we practice is extraordinary powerful, and this is no exaggeration. As teachers we have a responsibility to help students progress in the best a safest way to obtain the benefits from the practice. But even then we cannot be there in someones own private practice. With so many techniques that lead to incredible outcomes there could be a temptation to progress quicker than is safe. As a result a person could experience deeper cleansing than is actually helpful.

Even in my own class I have noticed people going in to deep cleansing, having never practiced before, on their first lesson. Even our foundation (basic) level is

high. The reason I mention this in the Q&A is that we have an opportunity to really explore the meaning of not only the techniques we practice in each art, but also the pitfalls and signs that we are over training.

Just remembering that techniques lead to skills, skills lead to experience and the experience leads to outcomes. The aim of the outcome is to live a healthy, happy, rewarding and meaningful life.

This years Summercamp is entitled Treasures of Cleansing, Building and Nourishing.

Hua Tou's Five Animal Play will focus on how to overcome pain, clear illness and maintain health. (Cleansing)

Bone Marrow Cleansing will focus on releasing emotional, mental, physical and karmic stickiness. (Cleansing at a deeper level and paving the way for building and nourishing)

Sinew Metamorphosis will focus on the skills for building and nourishing/refining energy in various ways. (Building and Nourishing, preparing a platform for spiritual cultivation)

Spiritual Cultivation. In this very special course you will learn the essence of spiritual cultivation, leading to: A happy, healthy, meaningful life. Eternal bliss. A complete awakening. (Nourishing. Outcome depends on someones own stage of development)

As you will see this years course is complete for personal and safe training.

Sinew Metamorphosis is an enigma. Done right it can lead to extraordinary experiences (as you will read below), done wrong and it can lead to more harm

than good. (Also below) Luckily for us we have the best Shaolin Grandmaster in the world today to teach us high level skills in this art. And this year we are going deeper into the skills and outcomes.

So when you preparing your questions for Sinew Metamorphosis have a really good think about what you would really like to know. Try and find a new question so we can really explore the depths of this extraordinary simple yet profound art.

Yesterday I conducted an experiment in preparation for the Sinew Metamorphosis course and Q&A.

The experiment was to find out what were the differences in terms of experience and outcomes of:

- Flicking fingers mechanically 49 times, using some tension
- Flicking fingers 49 times whilst being physically relaxed
- Flicking fingers 3 times whilst being in a chi kung state of mind

The experience and outcomes were measured in:

- How much extra energy and force I achieved
- How peaceful I felt afterwards

It produced interesting, whilst not unexpected results, as follows (typed in real time as it happens):

- Flicking fingers mechanically 49 times, using some tension. This was actually harder to do than I imagined. I have become so used to doing Chi Kung and Kung Fu relaxed that exerting some tension and force was very demanding. Not only that but by the time I had got to ten times I was already feeling fatigued. By the time I reached 20 times my muscles were starting to ache. At 30 I was starting to

breath heavier and my heart rate was increasing. At 49 I was glad it was over. The result was I felt a little agitated, tired, aching and only a very small release of increased energy. I cannot recommend doing it this way, and I won't be repeating it either. Actually I need to go and do some Chi Kung now to release the blockage.

Increase in energy 1-10=1

Peaceful Scale 1-10= -1

Well, I've just done a quick Chi Flow to release the blockages and feel much better!

So can now try out the next stage:

- Flicking fingers 49 times whilst being physically relaxed. This was actually quite pleasant. I felt physically relaxed throughout, but my mind wandered a bit as I was not in a Chi Kung state of mind (on purpose). It was fairly simple to do, although took a little while. I enjoyed it, which is important, and at the end I felt more peaceful and felt a release of internal force through the body.

Increase in energy 1-10=5

Peaceful Scale 1-10= 5

To rest between each set of exercises I type up my findings, this time I don't feel the need to do any adhoc exercises to release any tensions or blockages as there were none caused as a result of doing the exercise whilst relaxed.

- Flicking fingers 3 times whilst being in a Chi Kung state of mind. I've sat down to write this following doing the exercise 3 times whilst in a Chi Kung state of mind, and I just need to take a moment as my body is buzzing and I still feel expanded. First the Chi Kung state of mind was instant and deep. Not because of wanted or willed it, but because I didn't get in the way. As a result I could already feel my energy flowing through the body and meridians before I did the flicking fingers. As I moved my hands into the position of flicking fingers I felt a rush of energy down my arms to my hands. The first flick released a surge of energy back up my arms and into the body, the second flick actually triggered off the small universe

and as the energy surged over my head I was flung forwards. The third flick the Chi had flooded all my meridians. As I released at the end I was flooded with energy. It literally vibrated through every cell. I felt both full and empty at the same time. And then I was gone. I had a sense of my body, whilst being expanded beyond my body. I was nowhere and everywhere.

I gave a gentle thought to my Dan Tien, my third eye started to pulsate and open. The third eye and Dan Tien were joined as two parts of the same. I sat down to write, then got up again to put the oven on for lunch. It's good to be expanded, but good to be back in the here and now as well. I am still buzzing though, expanded.

Increase in energy 1-10=10

Peaceful Scale 1-10= 10

The results beg the questions:

- What damage can using tension, as in isometric, cause in exercise?
- Why was it recommended to do the exercise 49 times, when 3 times is actually evidently more powerful?
- Why is using the skill of entering a Chi Kung state of mind so powerful that it can lead to activating Small Universe and expanding into the Cosmos?

These will be answered to kick off the Q&A. Happy questioning!!

We will also be posting some interesting articles on the summer camp website in the news section, so keep an eye out for them. [www.shaolin-training.com](http://www.shaolin-training.com)

## **Answer**

Thank you for the illuminating experiment. You confirmed in direct experience what we had been saying, and also experiencing but not in a structured manner you had done, all the time.

As you have said, your results beg the questions you ask. In other words, the answers are found in your own experience, which serves as helpful philosophy to posterity.

If you use muscular tension to perform Flicking Fingers like an isometric exercise instead of as an energy exercise, you will cause a lot of damage to yourself. You will feel tired, and your muscles will start to ache. Your breathing will become heavy and the rate of your heart beat will increase.

All this cause damage and is detrimental to physical, emotional, mental and spiritual health. Worse, the damage is insidious. Many people may not realize the harmful effect of practicing Flicking Fingers or any internal art wrongly.

There is much damage but there is no benefit. There is no increase of energy nor mental clarity. Indeed, practitioners using muscular tension to perform Flicking Fingers or any internal art would have less energy and less mental clarity as a result of performing the exercise.

If the exercise is performed correctly, like the second performance of your experience, there will be benefits and no damage. There will be increase of energy and mental clarity, and practitioners would not feel tired nor panting for breath. There will be no energy blockage.

In your case you performed the exercise correctly the first time in your second performance. Most other people will take a longer time, about a few months. And only a small percentage of all those who have attempted the exercise will be able to perform the exercise correctly. This is because you understand the philosophy of the exercise and have the required skills, whereas the others don't. After prolonged period of trial and error, a small percentage of those who attempt the exercise acquire the skills without their conscious knowing.

If you perform Flicking Fingers or any internal art superbly, as in your third performance, you have excellent result in a very short time. This is possible when you understand the philosophy very well and can perform the techniques very skillfully.

Flicking Fingers is recommended for other people to perform 49 times whereas for very skillful practitioners like some of us performing it 3 times is evidently more powerful because most other people do not have the skills or even the understanding that very skillful practitioners have. Others who are less skillful, but still much more skillful than most other people, will have to perform the exercise 6, 9 or 12 times.

It has been discovered from years of direct experience that 49 times was a suitable number for most people to practice over a prolonged period to acquire the necessary skills to develop the desired internal force. Performing the exercise, say, for 5 times was too few, and performing it for 100 times too many.

Others may not believe what we say, and think we are boastful, but it is true that some of us can develop much more internal force as well as mental clarity by performing the exercise just 3 times, whereas even when others perform the same exercise 49 times, provided that their performance is correct, their result is far less powerful. If their performance is wrong, and often they may not realize their mistake, they will have harmful effects instead.

There are a few reasons why many of our instructors and some of our students have a sound understanding of the philosophy of the exercise and the necessary skills so that they can have more powerful results by performing the exercise just 3 times. These reasons include that I am a generous teacher, they are very good students, they have basic skills like being able to relax and attain a one-pointed mind, and we have the benefit of heart-to-heart transmission.



Many practitioners, including masters, may not know that entering a chi kung state of mind is a requirement for chi flow, and chi flow is a requirement for developing internal force. In other words, if a practitioner is not in a chi kung state of mind, he cannot generate a chi flow. If he cannot generate a chi flow, he cannot develop internal force.

Many masters who have internal force did enter into a chi kung state of mind during some of their training sessions, but they did not realize it. They also generated chi flow, but they also did not realize it. These requirements for developing internal force, which they did not realize, happened incidentally and haphazardly, and hence they took a long time than us, who realize these requirements and purposely work at them, to develop internal force.

The deeper we enter into a chi kung state of mind, the smoother and bigger is our chi flow. The smoother and bigger our chi flow is, the more powerful and quicker we can develop internal force.

By operating in a chi kung state of mind, we operate at the mind level, which also includes the form level and the energy level. Others work at the form level, and occasionally when conditions become ideal, it may lead them, often without their knowing, into the energy level and mind level. A rough proportion of benefit in any training is 1, 3, 6 respectively at the form, energy and mind levels. Hence, basing on this factor alone, when we operate at the mind level, which includes the form level and the energy level, we are 10 times more powerful than others who operate at the form level.

When we add other factors like attaining a one-pointed mind and being able to generate a chi flow at will, we can understand why we have more powerful results by flicking our fingers just 3 times than others who flick their fingers 49 times.

When you are very deep in your chi kung state of mind, you are in tune with the

Cosmos. Because you have learned the Small Universe and expanding into the Cosmos before, being in tune with the Cosmos spontaneously activate these high-level skills.

## Question 2

Does Sifu have any knowledge or guess about how Bodhidharma developed this simple but genius way of practicing? Has there been any ancient (Indian) art which could have been the inspiration for Sinew Metamorphosis?

What are the energetic “mechanics” behind the exercises of Sinew Metamorphosis? Or to put it another way: How does Sinew Metamorphosis work inside?

What other arts have been developed using the Sinew Metamorphosis approach?

Sifu Leonard Lackinge

## Answer

The 12 Sinew Metamorphosis exercises are so simple, yet so powerful. They are frighteningly powerful – frightening because it is easy for practitioners, if they perform just any one of the 12 exercises correctly, to over-train and harm themselves!

Just imagine. Even ordinary students who attend my “Merging with the Cosmos” course which was previously called “Sinew Metamorphosis”, merely flick their fingers 3 times, and in 3 minutes which include an introduction to in-tune themselves with the Cosmos and a conclusion whereby they let their internal force develop, besides the exercise proper which takes only about 3 seconds, they develop more internal force than even masters who have been practicing daily for 3 years!

This is simply ridiculous, but it is true. It is perfectly understandable when others outside our school do not believe in what we say, and some indignantly accuse us for being boastful or arrogant. The surprising thing is not their disbelief, but their

not being humble enough to join a course to find out for themselves. This, I believe, is a natural test to filter out the underserving from the deserving.

On the other hand, if any students or even masters in our school who think that this is the climax of attainment, and therefore they don't need to be humble any more, they are grossly mistaken. Generating tremendous internal force by just flicking fingers 3 times in about 3 seconds is really nothing compared to, for example, a Bodhisattva or an immortal changing a mountain into a sea by just waving his or her hand! Of course, those who don't believe in Bodhisattvas or immortals may treat this as rubbish.

But this is not the reason why I feel very humble compared to Bodhisattvas and immortals. In my youth when I was ignorant, I refused even to pray to divine beings. Now when I have become wiser, I proudly prostrate in public to Bodhisattvas and immortals, not because of their tremendous power but because of my tremendous gratitude. I am eternally grateful to Bodhisattvas and immortals, like Bodhisattva Guan Yin and Immortal Li, for so kindly bestowing blessings and protection on me, my family and our school.

Coming back to our human realm, Sinew Metamorphosis is very powerful. It is not possible that even a genius (a human one) can invent such a powerful exercise. It evolved over centuries from previous exercises. Similarly, our Shaolin Kungfu and Taijiquan are so sophisticated. They are not invented by individuals, but evolved over centuries from actual fighting. We are extremely fortunate to inherit such legacies. More importantly, we must ensure ourselves to be deserving to inherit such legacies.

The great Bodhidharma probably drew inspiration for his Sinew Metamorphosis from yoga exercises. Please take note that "yoga" is used here in its wide sense as a collective Indian art for union with the Supreme, and includes besides meditation or mind training, physical forms like asanas and energy exercise like

pranayama. It is not used in its narrow sense, though still collective, where the discipline was founded by Patanjali for spiritual cultivation, and modern practitioners practice it, or mis-practice it, for sexual prowess.

Bodhidharma might have modified or even invented some of the Sinew Metamorphosis exercises, but its philosophy and methodology were based on a legacy of past exercises. It is easy for some people to forget that Bodhidharma was a crown prince, well versed in both the scholarly and martial arts.

Some people may wonder why is Sinew Metamorphosis so powerful, though not many people know it. What are the energetic mechanics behind the Sinew Metamorphosis exercises that make them so powerful, or how does Sinew Metamorphosis work inside?

It is needless to say that Sinew Metamorphosis works only when it is correctly performed. And the better it is correctly performed, the more powerful it becomes. To learn how to perform Sinew Metamorphosis correctly, a student should learn it from a teacher who performs Sinew Metamorphosis correctly, not from a book or a video, and not from a teacher who performs Sinew Metamorphosis but does not derive its results.

Also, the better the teacher is in his teaching, and the more powerful are his results when he performs Sinew Metamorphosis, the better will be the student's learning when he learns from this teacher than from another teacher who is poor in his teaching and produces mediocre results, provided the student practices the way the better teacher has taught him, and not the way he thinks it should be practiced.

This is all so obvious, but shockingly not many people put these facts into practice. Indeed, realizing these facts and putting them into practice is more beneficial than knowing how Sinew Metamorphosis works. I have very good results from my

training because I put these obvious facts into practice. I learned from the best teachers I could find, and practice the way they had taught me.

But we shall still come back to the question to find out how Sinew Metamorphosis works. I discovered its philosophy, i.e. how Sinew Metamorphosis works, after long years of its methodology. i.e. practicing Sinew Metamorphosis and obtaining the results the practice was meant to give.

At first my results were mediocre. Then my results improved, which helped me to enhance my philosophy. Eventually my results improved exponentially, which helped me to crystallize my philosophy. Then I taught my methodology guided by the philosophy on deserving students, and they too obtain similar, if not better, results.

It is worthy to mention that it was how philosophy came about. First, a lot of people performed certain activities. Over years or centuries the results improved. Then masters who were good at these activities looked back to find out how and why they had good results. Their explanation became philosophy.

For example, first people fought. Then some discovered that if they distracted their opponent, they had a better chance of hitting their opponents. Those who were good at this activity looked back and discovered that by using a feint move followed by a real move they had a better chance to succeed. This was crystallized in the combat principle of "sounding east, striking west".

Kungfu masters attempted to use energy flow to develop internal force. Over centuries those who succeeded discovered that they could do so when they were relaxed. They also discovered that their success was independent on their size, muscles and gender. Their explanation became the philosophy of internal force training.

Philosophy followed experience. It was not the other way round. It was not some smart Alex first thinking that if he made a feint move he would have a better chance of hitting an opponent, or when he was relaxed he could develop internal force from energy flow, then putting his theory into practice to hope to have the desired experience.

My experience of Sinew Metamorphosis helped me to formulate my philosophy. In the formulation of this philosophy, I was helped and guided by many other kungfu and chi kung philosophies I knew.

I shall use Flicking Fingers, or more poetically, Golden Dragons Tap on Ground, which is my favorite of the 12 Sinew Metamorphosis exercises, to explain how and why Sinew Metamorphosis can produce such tremendous internal force.

When we flick our fingers, we generate a lot of energy. Because our palms are bent to their limit, the energy will flow up the arms along the three hand yang meridians to the head. Because our meridians are generally clear, at the head the three hand yang meridians will continue as the three leg yang meridians to flow down the body to the feet. At the feet, the three leg yang meridians will flow up the legs as three leg yin meridians, and at the body join the three hand yin meridian so flow down the arms.

If a practitioner is not very powerful yet, though he is more powerful than most other chi kung practitioners, the first flick of the fingers may send energy flow a third round the 12 primary meridians. In other words, after the first flick of the fingers, energy flow has gone about a third of the way of the phenomenal big universe.

After the second flick, it would have gone two-third the way of the phenomenal big universe. After the third flick, the phenomenal big universe will be completed, and energy will be flowing in all the 12 primary meridians when the practitioners

drops his wrists, thereby releasing the initial embankment of energy for the phenomenal big universe break-through. His breathing out three times will enhance the energy flow.

If he is more powerful, his first flicking of fingers may send his energy two-third round the phenomenal big universe. The second flick will complete the round, and the third flick will enhance his energy flow.

If he is very powerful, just one flick of his fingers will complete the phenomenal big universe, and subsequent flicks will enhance the flow.

This explains why for advanced practitioners, three flicks of the fingers will be ideal. Even if a practitioner is very powerful and completes the phenomenal big universe in just the first flick of his fingers, without dropping his wrists to release the energy embankment, he can still hold the extra energy comfortably. But if he continues to add more energy by flicking his fingers, he would be uncomfortable and start to have negative effect.

Others who are less powerful need more flicks to generate sufficient energy flow to complete the phenomenal big universe before dropping their wrists to release the energy embankment.

Although other exercises work on different parts of the body, the same principles apply. In Sinew Metamorphosis all the 12 primary meridians are activated. That is why Sinew Metamorphosis is so powerful.

Another reason why Sinew Metamorphosis is so powerful in our school is because we operate at the mind level. Some people erroneously think that to work at the mind level they need to visualize. One can visualize while operating at the mind level, like what we do in the five levels of Bone Marrow Cleansing. But for most people, when they visualize, they become distract and perform chi kung



techniques as physical exercise.

Similarly, some people erroneously believe that to work at the energy level they have to regulate their breathing. One can regulate his breathing while working at an energy level, or higher at a mind level, like what we do in Abdominal Breathing. But for most people when they regulate their breathing, they become distracted and perform chi kung techniques as physical breathing exercises, and not as energy exercise.

When I first practiced Sinew Metamorphosis, I operated at a physical level. I had to perform all the 12 exercises, with each exercise performed 49 times. It took me more than half an hour to complete the training. Yet, the amount of internal force I generated, when I already had more than 20 years of kungfu experience behind me, was less than what a typical student who has learned from us for only a few years gets today by flicking his fingers 6, 9 or 12 times in about 10 minutes all together.

Please note the difference between practicing chi kung techniques, like Sinew Metamorphosis, as physical exercise and as chi kung at a physical level. Practicing chi kung techniques as physical exercise does not bring any chi kung benefits. In the case of powerful chi kung techniques like Sinew Metamorphosis, it may bring harmful effects.

Practicing chi kung techniques as chi kung can be operated at three levels – physical, energy and mind. Roughly, the ratio of benefits gained from the practice is 1, 3, 6 respectively. When we practice any chi kung techniques at the mind level, which includes the physical and the energy levels, our benefits are 10 times more than those who practice the same techniques at a physical level.

It is recorded in classics that Shaolin kungfu evolved from Eighteen Lohan Hands, and Shaolin nei-gong, which is a classical term for the modern term “chi kung”,

evolved from Sinew Metamorphosis.

All our arts that involve internal training, which in practical terms means all our training, use the Sinew Metamorphosis approach, though due to the long time of their development the connection may not be obvious.

The more obvious arts that use the Sinew Metamorphosis approach include One-Finger Shooting Zen, Triple Stretch, Siu Lin Tou, Double Worshipping of the Buddha, Lifting of Bronze Vessel, Double Hooks on Wall, and Reverse Hanging of Double Hooks. Here, the Sinew Metamorphosis approach suggests consolidating flowing energy into internal force.

In Grasping Thumbs and Grasping Fists, the third and the fourth of 12 Sinew Metamorphosis exercises, we consolidate flowing energy into internal force, like in Triple Stretch and Siu Lin Tou.

One may argue that in stance training, a principal category of internal force training methods, it is different from Sinew Metamorphosis as the former is stationary whereas there are some movements in the latter though a practitioner does not move away from his standing position. This is viewing the methods superficially.

When we go deeper we will know that in stance training a practitioner can develop internal force because his posture, if he is totally relaxed, allows cosmic energy to collect at his dan tian. This is also the approach in Sinew Metamorphosis – to let cosmic energy gathered at the dan tian. In Stretching Up, the fifth of the 12 Sinew Metamorphosis exercises, a practitioner remains quite stationary in his poise. As in both stance training and Sinew Metamorphosis, it is very important that the practitioners must be totally relaxed.

One may split hair and say that internal force training methods like “Cloud Hands”

in Taijiquan or “Spiritual Dragon Rolling in Heaven” in Dragon Strength are different from Sinew Metamorphosis as the former is “soft” and flowing, whereas the latter is “hard” and consolidated.

As mentioned earlier, powerful exercises like “Cloud Hands” and “Spiritual Dragon Rolling in Heaven” were not invented from scratch. It is probably they evolved from exercises that eventually led back to Sinew Metamorphosis, which in turn was evolved from even earlier exercises.

“Cloud Hands” and “Spiritual Dragon Rolling in Heaven”, which were historically quite recent, could have evolved from exercises that issued from Sinew Metamorphosis exercises like Jerking Elbows, Rotating Elbows, and Holding Sun and Moon, the 7th, 8th and 12th of the Sinew Metamorphosis exercises.

Sinew Metamorphosis is a wonderful set of exercises that develop tremendous internal force in a relative short time. Andrew (Sifu Andrew Barnett) was the first to call it a “Wow” exercise. Students are so amazed by the results that either they spontaneously express “Wow”, or, if they have not performed the exercise according to instructions, they say to themselves, “What is so great about this exercise. I feel nothing.”

Of course, in our school most students exclaimed “Wow!”

### **Question 3**

Please correct me if I am wrong, but I believe Sinew Metamorphosis was not formally a part of Sigung's past training with Sitaigung Ho Fatt Nam and Uncle Righteousness.

How did Sigung so successfully acquire the skill of Sinew Metamorphosis?

Prior to officially joining the school, I was following the instructions that Sigung provided earlier to flick fingers 49 times. After Sigung improved his methodology to flicking only 3 times and announced so publicly, my practice also seemed to advance powerfully even when I wasn't part of the school yet!

Can Sigung's improvements in teaching also be transmitted to students without face to face learning?

Can Sigung please describe the daily benefits of nourishing energy for spiritual growth?

Stephen (Dark Cosmos)

### **Answer**

You are right. I did not formally learn Sinew Metamorphosis from any of my sifu, including Sifu Ho Fatt Nam and Uncle Righteousness.

I also did not learn the complete set of Eighteen Lohan Hands from my sifu. Sifu Ho Fatt Nam. I only learned a few patterns, like Lifting the Sky, Separating Water and Big Windmill. When I politely asked my sifu whether I could learn the remaining patterns, he told me it was not necessary, and that I should focus on my kungfu.

I still recall my sifu saying, "Eighteen Lohan Hands were for monks who were sick or weak to recover from their sickness and become strong. You are already healthy and strong."

But I was very passionate over what our First Patriarch, the great Bodhidharma, taught at the Shaolin Temple. So, especially after I graduated from Sifu Ho Fatt Nam's school, I researched into and read up as much as I could about the three arts purportedly taught by our First Patriarch – Eighteen Lohan Hands, Sinew Metamorphosis, and Bone Marrow Cleansing.

I could find invaluable information about Eighteen Lohan Hands and Sinew Metamorphosis, but little on Bone Marrow Cleansing. There was a debate, which is still going on, among some scholars whether Bodhidharma taught Bone Marrow Cleansing, and the reason for the debate was a lack of information on how Bone Marrow Cleansing was practiced.

Then, in a flash of inspiration, I found the answer. Bone Marrow Cleansing referred to skills, and it was difficult, if not impossible, to describe skills in words or depict skills in picture. Hence, there was a lack of information on Bone Marrow Cleansing.

On the other hand, Eighteen Lohan Hands and Sinew Metamorphosis referred to techniques, and it is possible and not difficult to describe techniques in words and depict them in pictures. Hence, there was a lot of information on Eighteen Lohan Hands and Sinew Metamorphosis. Because of their long history, there were different versions of their techniques.

Strictly speaking, Bodhidharma did not teach Bone Marrow Cleansing. He taught Eighteen Lohan Hands and Sinew Metamorphosis. But using the techniques of Eighteen Lohan Hands and Sinew Metamorphosis, some monks developed the skills of Bone Marrow Cleansing.

In an interview with his students, which was clearly recorded in Shaolin and Zen literature, Bodhidharma mentioned that Hui Ke had attained his highest teaching, which was transcendental, and figuratively described it as attaining the bone marrow level. Bodhidharma passed on his robe and bowl to Hui Ke and named him as the Second Patriarch.

On the other hand, kungfu and chi kung classics described quite clearly how Eighteen Lohan Hands and Sinew Metamorphosis were practiced. I learn Sinew Metamorphosis from these classics.

At first, for quite a long time, I practiced Sinew Metamorphosis at a physical level. I started with one pattern, and performed it for a comfortable number of times, usually about 10 or 12. Eventually I could perform all the 12 patterns, each pattern for 49 times.

Why did I stop at 49? Why didn't I progress beyond that number? This was simply because that was stated in the classics. I was a good student. I followed instructions precisely, whether they were from a living teacher or from an authoritative book. It was not because I was subservient. Actually I was smart. I had discovered long ago that by following the instructions of a good teacher or a good book, instead of trying to be smarter than them, I would get the best benefits.

An important development came about when I exchanged some arts with my children friend, Sifu Chow Kok Chee, who was teaching Choy-Li-Fatt Kungfu in Kuala Lumpur. Years ago when I was training with Uncle Righteousness, I heard of an exclusive and powerful internal art from Ngo Ka Kungfu (the family style of Yue Fei) called "Thiew Hang Kung", or literally "Art of Suspended Training".

One of Sifu Chow Kok Chee's god-fathers (he had a few) was the Ngok Ka patriacch, Loong Poh, the elderly master who at over 70 broke both legs of a

Taekwondo master by walking into the latter's flying kicks. So I asked Sifu Chow Kok Chee to teach me "Thiew Hang Kung" which he had earlier learned from his god-father.

"Thiew Hang Kung" consisted of a set of a few stationary exercises which were all quite similar. One of these exercises was exactly the same as the exercise called "Reaching Up" in Sinew Metamorphosis. It was a very powerful exercise, and I developed a lot of internal force from it.

But the greatest improvement occurred when I had started teaching. Here is one of many justifications of my advice that we learn a lot when we teach. Many of the factors that contribute to my tremendous improvement in Sinew Metamorphosis are general in nature, applicable to all internal force training, like being totally relaxed, not thinking of anything, generating energy flow, being spontaneous, and accumulating energy at the dan tian.

It is indeed amazing that Sinew Metamorphosis has progressed from performing each of the 12 techniques 49 times in more than half an hour to just flicking fingers 3 times in 5 minutes, and producing much more internal force and mental clarity. It is even more amazing that I can transmit the skills to deserving students.

I am glad of your own improvement in Sinew Metamorphosis even before you joined our school. Sinew Metamorphosis is a difficult exercise even performed at a low level. Your improvement on your own indicated that you were wise to follow instructions from an authority precisely. Others who try to be smart and practice the exercise the way they think it should be practiced, instead of following authoritative instructions, are likely to harm themselves.

Yes, improvements in teaching as well as other benefits can be transmitted to students without face to face learning. I often perform this heart-to-heart transmission of skills and other benefits in class when students are face-to-face

with me. But even when students are in a distance and not face-to-face, heart-to-heart transmission can happen. I sometimes do this in distant chi transmission in emergencies to save lives.

There is an on-going theory about heart-to-heart transmission, called, interestingly, the theory of 100 monkeys. Some monkeys discovered by accident that if they washed away the sand that stuck to some bananas, the bananas would taste better. Seeing this, other monkeys followed and found their bananas taste better. If more than 100 monkeys did this, monkeys elsewhere which had no visual connection with the events of washing bananas, would have acquired this knowledge, and they too would wash their bananas off sand before eating them.

Scientists do not know why this happens. They also do not call it heart-to-heart transmission. But with the advantage of our teaching, we know this has something to do with our mind. And our human mind is certainly more powerful than monkey's mind. Hence, it is very important that we must always have good thoughts.

Having good thoughts is an excellent way to nourish energy for spiritual growth. We can generate a lot of energy using Sineu Metamorphosis. Or, as we understand that depending on our purpose, "a lot" may not necessarily mean "better", we may use a less powerful exercise to generate less energy, but still more than enough energy for our purpose.

Then, by having good thoughts we nourish our energy for spiritual growth. It is actually very simple, but the effects are profound. Good thoughts will nourish energy for spiritual growth; evil thoughts will weaken energy resulting in harmful effects. "Good" is whatever that brings benefit; "evil" is whatever that brings harm.

For example, you wake up in the morning. First you practice a simple exercise like Lifting the Sky for about 10 minutes to generate some energy. You have good



thoughts, thinking that the energy will make you lively. Then you have your breakfast. Irrespective of what you breakfast is, you are more likely to enjoy it than if you had evil thoughts.

Next, you go to work. You have good thoughts. Irrespective of what your work is, you feel grateful that you have a job. You intend to do your job well. You look forward to your work. It is more likely that you will enjoy your work than if you had evil thoughts.

For comparison, suppose you had evil thoughts. As you wake up, you think what a burden that day is going to be for you. You practice your chi kung, and intellectualize whether you are doing it correctly. When you have your breakfast, because of your evil thoughts, it is likely you will not enjoy it than if you had good thoughts.

As you go to work, you harbor evil thoughts. You feel that you should be going for vacation instead of going to work. You feel angry at your work. You feel indifferent to it, and do not care whether you are going to do your work well. Because of your evil thoughts, even though your breakfast and your work are the same, the effects on you will be harmful spiritually, like making you depressed or angry.

Does having good thoughts change present events? For example, you are presently a computer technician. Does having good thoughts change you into a computer tycoon? No, having good thoughts will not change present events, though it may affect future events. But certainly it affects your present spiritual condition.

Irrespective of whether you are a computer technician or a computer tycoon, having good thoughts will nourish your present spiritual growth, like being peaceful and happy, and having bad thoughts will contribute to your spiritual decay, like being depressed and angry. If you practice Sinew Metamorphosis,

which produces a lot of energy, it is more important that you have good thoughts.

## Question 4

There are 12 Sinew Metamorphosis exercises. Could Sifu please explain the specific benefits of each of them?

Sifu Andrew Barnett

## Answer

The 12 Sinew Metamorphosis exercises are as follows:

1. Flicking Fingers, or Golden Dragons Taps on Ground.
2. Flexing Fingers, or Sacred Tree Grows Branches
3. Grasping Thumb, or Hiding Gold in Fist
4. Grasping Fist, or Lohan Ties Belt
5. Stretching Up, or Lohan Reaching for the Sky
6. Pulling Body, or Lohan Emerges from Water
7. Jerking Elbows, or Immortal Plays with Bamboo
8. Rotating Elbows, or Immortal Rubs Eyes
9. Stretching Arms, or Lohan Carries Mountain
10. Holding Arms, Lohan Holding Bamboo
11. Stretching Palms, or Lohan Presents Blessings
12. Lohan Carries Sun and Moon

Unlike the Eighteen Lohan Hands where the names of the patterns are poetic, like Lifting the Sky and Shooting Arrows, the names of the Sinew Metamorphosis patterns recorded in classics were prosaic, like Flicking Fingers and Flexing Fingers. In response to my request, Piti supplied poetic names to the Sinew Metamorphosis exercises.

As in all other internal art exercises, the benefits can be holistic and thematic. Holistically, the 12 Sinew Metamorphosis exercises produce tremendous internal force and mental clarity, which were essential for monks at the Shaolin Temple to break through their imaginary body to merge with the Cosmos, attaining Enlightenment.

You were perceptive to refer to a Sinew Metamorphosis course as a “Wow!” course. There were only two results after a Sinew Metamorphosis training session. Participants either exclaimed “Wow!”, or commented that they felt nothing. From the experience of my Sinew Metamorphosis courses, more than 70% of the participants exclaimed “Wow!”

The main thematic or specific benefit of each of the 12 Sinew Metamorphosis exercises is as follows.

1. Flicking Fingers. Activate all the 12 primary meridians of the body, and consequently all the meridians.
2. Flexing Fingers. Activate meridians of the arms.
3. Grasping Thumb. Open the lungs, which are the primary internal organs to regulate energy flow.
4. Grasping Fist. Produce powerful arms and fists.
5. Stretching Up. Activate energy flow of the side meridians, which act like framework for the whole body.
6. Pulling Body. Strengthen the chest and lungs, which are responsible for energy flow.

7. Jerking Elbows. Activate energy flow along the three hand yang meridians.

8. Rotating Elbows. Activate energy flow along the six hand meridians.

9. Stretching Arms. Strengthen the fingers.

10. Holding Arms. Strengthen the arms.

11. Stretching Palms. Strengthen the yang sides, or outside, of the arms.

12. Holding Sun and Moon. Activating the leg meridians.

It is worthy of note that the strengthening involves not just the physical body, but also energy and spirit, or in Chinese it is triple cultivation of jing, qi and shen. Those without experience of internal force training may not find the explanation meaningful. They may have a better idea to know that after a Sineu Metamorphosis training session, practitioners are not only stronger physically, but also emotionally, mentally and spiritually.

## Question 5

When practicing Sinew Metamorphosis, how does the process of cleansing, nourishing and building differ in comparison, when induced with such exercises as Dantien Breathing, Golden Bridge or 18 Lohan Art?

In a past Q&A on the 18 lohan Art I believe you mentioned that the martial arts benefits of these exercises could be classified into three sections, namely internal force, fa jing and balance and agility. Can the benefits derived from the set of Sinew Metamorphosis exercises be classified in a similar manner in terms of martial benefits? if so could you perhaps elaborate? Also what might the classifications and developmental benefits be, in terms of enhancing health, vitality, longevity and spiritual cultivation?

Also as we have the outstanding chance to practice numerous once in a lifetime energy arts in Wahnam, would Sifu kindly expound on how practicing Sinew Metamorphosis contributes to the development of, and building the foundation for arts such as Bone Marrow Cleansing and the Small/Big Universal orbit?

Can Sifu share with us how cleansing nourishing and building refine in Sinew Metamorphosis the five levels that chi can be directed to when practicing Bone Marrow Cleansing?

Jack

## Answer

Irrespective of what chi kung exercise is used, the resultant cleansing, building and nourishing are the same processes. The difference in the process is not due to the different chi kung exercise used to induce the processes but due to the different amount of force generated by the exercise chosen.

As an analogy, the processes of paying off debt, saving in a bank and improving the quality of economic life are the same irrespective of the jobs you do. Any differences in these processes are not due to the difference of jobs but due to the amount of cash flow generated by the jobs.

The better the cash flow, the easier you can pay off debts, save in a bank and improve the quality of your economic life. Similarly the more powerful is the force generated, the easier you can cleanse, build or nourish.

Generally, if you work as a doctor, your cash flow is more than that of a clerk. Hence working as a doctor will enable you to pay off debts, save money in a bank, and improve your economic life more easily than if you work as a clerk. But, for some reasons, you get less cash flow working as a doctor than as a clerk, you will pay off debts, save money in a bank, and improve your economic life more easily working as a clerk.

Similarly, a Sinew Metamorphosis exercise like Flicking Fingers generates more internal force than an exercise like Lifting the Sky from the 18 Lohan Hands. Hence, you will be able to cleanse, build and nourish better performing Flicking Fingers than performing Lifting the Sky. But, if for any reason you can generate more internal force performing Lifting the Sky, than this will enable you to cleanse, build and nourish better.

It is worthy of note that even when one can produce more internal force performing Sinew Metamorphosis, thus is able to cleanse, build and nourish more effectively, it does not necessarily mean that this is more beneficial than performing a less powerful exercise.

There may be occasions when a less powerful exercise is more beneficial. For example, if a practitioner is sick, performing Sinew Metamorphosis even correctly may generate too much internal force, and therefore become harmful. Or, if he is

healthy, it is more likely that he over-trains performing Sinew Metamorphosis, even correctly, than performing a less powerful exercise like Lifting the Sky. In these two cases, performing Lifting the Sky will give him more benefits.

For convenience, exercises from the 18-Lohan Art may be classified into three categories. The first 6 exercises of the 18-Lohan Art focus on developing internal force. The next 6 focus on exploding internal force. And the last 6 focus on enhancing balance and agility.

This classification is for convenient. It does not mean, for example, that the second set of 6 exercises of the 18-Lohan Art do not develop internal force or enhance balance and agility. But it means that if all other things were equal, which is almost never true in real life, exercises from the first set will develop internal force more effectively than those of the second set, whereas exercises from the second set will explode force more effectively than those of the first set.

However, the 12 exercises from Sinew Metamorphosis are not classified in this way. In other words, if we divide the 12 exercises from Sinew Metamorphosis into 3 groups, none of the groups is more effective than another in developing internal force, exploding force, and enhancing balance and agility even when all other things were equal.

Holistically, all the Sinew Metamorphosis exercises develop tremendous internal force, though some may be more forceful than others if all other things were equal. Thematically, because of the ways they are performed, certain exercises may focus internal force at certain meridians.

Internal force is very beneficial for both martial purposes and for enhancing health, vitality, longevity and spiritual cultivation. A more detailed answer of their thematic benefits is given in Question-Answer 4.



Holistically, all chi kung exercises, ranging from elementary ones like 18 Jewels and 18 Lohan Hands to advanced ones like Sinew Metamorphosis, Bone Marrow Cleansing, and Small and Big Universe, cleanse, build and nourish energy, resulting in combat efficiency, good health, vitality, longevity, mental clarity and spiritual joys.

Thematically, the amount of cleansing, building and nourishing as well as resultant specific benefits are different. For example, the 18 Jewels focus on cleaning, and are therefore excellent for overcoming pain and illness. The 18 Lohan Hands focus on building, and are therefore effective for promoting good health, vitality and longevity. Sinew Metamorphosis focus on nourishing, and therefore is suitable for attaining the highest spiritual cultivation.

As Sinew Metamorphosis produces tremendous internal force, it contributes greatly to the development of and build the foundation for advanced arts like Bone Marrow Cleansing, and Small and Big Universe. One who has practiced Sinew Metamorphosis before will attain both faster and better results in these advanced arts.

For example a person who has practiced Sinew Metamorphosis before will have energy flowing at his meridian level in a shorter time, and have a more powerful Small Universal flow than those who have no prior Sinew Metamorphosis experience.

Sinew Metamorphosis will also contribute to and build foundation for less advanced arts like 18 Jewels and 18 Lohan Hands provided practitioners of these less advanced arts are able to absorb the tremendous amount of internal force produced by Sinew Metamorphosis. Most such practitioners are unable to absorb the internal force, and are also unable to appreciate the need to train Sinew Metamorphosis at a very low level. They over-train, with the result of over-cleansing, over-building or over-nourishing, which is uncomfortable and often

harmful.

Before a practitioner can direct his chi to any of the five levels in Bone Marrow Cleansing, he must first of all have the chi to do so. Suppose he needs three months to refine his chi in cleansing, building and nourishing, and another two months to let his chi flow harmoniously so that eventually it flows at his skin level. So he needs five months to accomplish his task.

But if he has already refined his chi in cleaning, building and nourishing in his Sinew Metamorphosis practice, he does not need the initial three months. After two months of Bone Marrow Cleansing practice, his chi will flow at his skin level. So he needs a shorter time to accomplish his task, taking only two months instead of five.

Sinew Metamorphosis produces more internal force than Bone Marrow Cleansing. So as soon as he starts practicing Bone Marrow Cleansing, this practitioner who has practiced Sinew Metamorphosis has a more powerful chi flow other Bone Marrow Cleansing practitioners even after they have practiced for three months. Thus, in two months this practitioner will have better result in Bone Marrow Cleansing than others who need five months.

These examples apply to students in other schools who have the opportunity to practice genuine Bone Marrow Cleansing and Sinew Metamorphosis. But most students do not have this opportunity. They only practice the outward form of Bone Marrow Cleansing and Sinew Metamorphosis without the necessary skills. Hence, regardless of how long they may have practiced, they will still not attain the desired results.

Our students are unbelievably fortunate. They don't need two months or five months. They need only a few hours if they attend my regional Bone Marrow Cleansing course or Sinew Metamorphosis course, because I transmit the skills to

them.

## Question 6

1. I have learned Sinew Metamorphosis before, but for whatever reason it 'did not work'. This is in contrast to other advanced practices I learned at the time such as Cosmic Breathing or Cosmic Shower, which had noticeable "Wow!" effects. What advice can you give to people for whom there is no noticeable effect when they first learn Sinew Metamorphosis?
2. After several years of regular training I tried once again Sinew Metamorphosis after a refresher from your books. It initiates a gentle chi flow, but again I seem to get different results from other students. Is this an intellectual blockage, a meridian blockage, or both? As my regular training is very good and very beneficial, I don't hold on to this detail, but I thought I would raise the topic here as it is relevant.
3. Sinew Metamorphosis seems very esoteric to the uninitiated. If introducing the concept to the general public (non-student), what is a good and concise way of describing the practice and the effects?

Sifu Andy Cusick

## Answer

If a student does not receive satisfactory result in the art he practices, the fault can be traced to three factors:

The art itself.

The teacher.

The student.

If the art is not genuine, no matter how good the student and the teacher are, the student will not get satisfactory result. This is the situation of most kungfu and chi kung practiced today. Kungfu has been so ridiculously debased that students cannot use their kungfu for combat, and chi kung has been so ridiculously debased that students are still sick and weak after many years of training.

If the art is genuine but the teacher is incompetent, the student will also not receive the benefit practicing the art is meant to give. This was the case when kungfu and chi kung first spread from China. In China in the past, kungfu and chi kung were genuine. But the teachers who later taught these arts were incompetent, resulting that only the external forms of kungfu and chi kung were taught.

If the art is genuine and the teacher is competent but the student is unable or unwilling to learn, he will also not receive the benefits the art is meant to give. This is the case in our school, Shaolin Wahnam, where the art is genuine and the teachers competent. In regional courses, for example, when I asked students to raise their hands to show that they received the benefits the art was meant to give, more than 90% of the class did so, indicating that the art was genuine and the teacher competent.

Thus, those who did not receive the benefits had themselves to blame. Probably they were intellectualising or did not follow my instructions when I transmitted the skills necessary to receive the benefits. On some occasions I investigated further and found that those who did not receive the benefits intellectualised when I transmitted the skills, and a few did not follow my instructions though they never meant to be disrespectful. For example, when I asked them to breath out and be relaxed, they were still flicking their fingers.

My advice to people in general for whom there is no noticeable effect when they first learn Sineu Metamorphosis is to attend my regional courses on Sineu

Metamorphosis. This sounds arrogant to those not exposed to our teaching, and that is their business. I am not going to waste my time persuading them to attend my classes. After all, I offer them a golden opportunity to experience the wonderful benefits of Sinew Metamorphosis in just 4 hours — an opportunity they are unlikely to get anywhere else in the world. For those who heed my advice and attend my Sinew Metamorphosis classes, I shall do my best for them.

My advice to students who attend my Sinew Metamorphosis class is to just follow my instructions and they will get the best benefits. Indeed, this is the exact instruction I give in all my Sinew Metamorphosis classes, and in most other classes. “JUst follow my instructions” means just follow my instructions. My instructions are always reasonable and can be performed by all students, like “opening your mouth gently”, “flick your fingers three times”, “breathe out gently”, “let go”.

When I ask the class to open their mouth gently, for example, and a student look at his feet to adjust them, he is not following my instructions. When I ask the class to flick their fingers three times, and a student continue flicking his fingers many times, he is also not following my instructions.

Students need not follow my instructions perfectly. If they can follow most of my instructions, and more importantly have a mind-set to just follow my instructions, in contrast to performing the exercise the way they think is best for them, they will receive my transmission and the wonderful benefits of Sinew Metamorphosis.

The above advice is given to people, including our students, in general. You may be an exception. For some odd reasons, Sinew Metamorphosis might not be suitable for you at the time you practiced it. It may or may not be in future.

Sinew Metamorphosis is a powerful art, and it takes at least many months, of a practitioner is lucky, to develop the necessary skills to derive its powerful benefits.

It is ridiculous, in a good sense, that students in my Sinew Metamorphosis can gain these wonderful benefits in just a few hours. This is because of my heart-to-heart transmission.

When you learned Sinew Metamorphosis from my books, you learned the technique but missed the heart-to-heart transmission. With your experience and knowledge you can develop the necessary skills to have the benefits if you continue practicing daily for a few months, but not acquire those benefits in a few hours.

You may have developed more power than students in my Sinew Metamorphosis class, but you would not have an “wow” effect because your power has been developed gradually over the few months. This would be an intellectual blockage as you may be aware of its underlying philosophy, and not a meridian blockage as you would still obtain the benefits albeit gradually over a few months.

It is wise that you do not hold on to the details as you still obtain wonderful benefits from other exercises, but it is beneficial to know the underlying philosophy as it applies not only to Sinew Metamorphosis but also to other aspects in our daily life.

Indeed, this is one of the many benefits in reading these questions and answers. Not only we can be more efficient in our training in the respective arts, we can also enrich our daily lives with the understanding contained in the answers.

Not only is Sinew Metamorphosis but all our training is esoteric to the uninitiated. Even when other people are sympathetic and not hostile to us, they will find it hard to believe our claims even when we have abundant evidence, like most other practitioners are performing kungfu gymnastics and gentle physical exercise and not genuine kungfu and genuine chi kung, and that our typical student can attain in one month what a genuine master would take more than a year to attain.

It is our policy that what they believe and practice is their right and business, and we are not going to persuade them to learn from us. But if they do learn from us and abide by our rules, especially the Ten Shaolin Laws, we will be generous to share our knowledge, skills and benefits with them.

Not only we do not introduce Sineu Metamorphosis to the general public, we also not introduce Sineu Metamorphosis to our beginning students. When we introduce our arts to anybody, we give him the essence, not just the outward form. We want him to personally experience the benefits from his practice, not just orally tell him the benefits.

To experience the benefits of Sineu Metamorphosis, one must be ready. The general public and our beginning students are not ready. The general public, for example, do not even know how to enter into a chi kung state of mind. For our beginning students, even if we succeed in transmitting the benefits to them, the internal force generated from Sineu Metamorphosis may be too powerful for them and it may result in their over-training.

Nevertheless, if we want to introduce the concept of Sineu Metamorphosis to the general public, but not to teach them the art, a good and concise way of describing the practice and the effects is tell them that Sineu Metamorphosis practiced in our school is very simple — simpler than what most people imagine a powerful and advanced exercise to be — but the effects are tremendously beneficial. It produces tremendous mental clarity and internal force, enabling practitioners to have better result no matter what they do.

But students in most other schools perform only the outward form of Sineu Metamorphosis but do not obtain the desired result. Most people may not believe in what we say, though we are honest as well as courageous in saying this, and some may be angry. That is their business, not ours.



## Question 7

My question would have been asked many times already, probably on the forum, and definitely on courses I have been on. To be honest I have had it answered by Sifu and by instructors, and in person but I still never got it. I was, and am not, concerned because there are so many other exercises that I do 'get'! But I thought, for posterity, it would be good to address as one of the 10 questions. I also realise it will not really be possible to fully answer it with words probably, so maybe Sifu can give us some general advice to bear in mind before we practise the exercise on a course.

The question is: How do we "flick" the fingers, meaning do we "flick" them purely in our mind, and the fingers don't physically move, or is there an actual physical flicking movement? I have been in courses where I didn't know which it was, then in the cafe / restaurant afterwards asked other students, found that say 5 or 6 of them were certain they knew which it was, only to find that 3 thought it was done purely mentally, and 3 thought it was done physically!

Paul (Drunken Boxer)

## Answer

If a practitioner in our school performs Sinew Metamorphosis correctly, he can generate more internal force and mental clarity by in 10 minutes than most other students in 10 months! To many family members in our school, flicking Fingers, which is the first of the 12 Sinew Metamorphosis exercises, is the most representative of Sinew Metamorphosis.

Hence, if you just flick your fingers 6 times while performing Sinew Metamorphosis, and the whole exercise would take you about 10 minutes including entering into Zen and enjoying a very gentle chi flow, you would produce more internal force and mental clarity than many other practitioners outside our

school performing Sinew Metamorphosis for about an hour everyday for 10 months.

Most people outside our school may think we are boastful but I am just stating the truth. If a typical student attending a regional Sinew Metamorphosis course like one in the coming UK Summer Camp can produce more internal force and mental clarity in 10 minutes than what I did in my student's days for 10 months, it is not unreasonable to estimate that most other practitioners would attain a result similar or inferior to mine in my student's days because I was considered by other chi kung and kungfu masters as an exemplary student who produced better and faster results than most other practitioners.

Why do our students take only 10 minutes to produce more internal force and mental clarity in practicing Sinew Metamorphosis, like flicking fingers, in 10 minutes that what most other practitioners take and I myself took 10 months? There are a few reasons, but the most important and crucial reason is that I transmit the necessary skills to them within 10 minutes of their practice, instead of they having to take 10 or more months to develop the skills themselves.

An analogy would make this clearer. Most people would not earn a million euros in 10 months. Suppose one did, and he became a millionaire in 10 months. But you had a god-father who gave you a million euros in 10 minutes. So you became a millionaire in 10 minutes whereas he, a very fortunate person indeed, became a millionaire in 10 months.

Skills are usually more important than techniques in getting result. You may know the techniques of Boxing very well but unless you have the skills, you are not going to become a good Boxer. This fact is actually glaring everywhere, but most people may not realize it. Many practitioners, for example, have practiced kungfu or chi kung for years and their kungfu and chi kung techniques are correct, but they still cannot have good results in kungfu and chi kung, like applying their

kungfu techniques for combat or enjoying good health, vitality and longevity, because they don't have the necessary skills.

If you understand this underlying philosophy, you may realise that your question whether you should flick your fingers physically or mentally is irrelevant. Let me give you another analogy. Suppose your television station is broadcasting dances on Channel 3, and a drama on Channel 7. It doesn't matter whether you use 3 fingers or 5 fingers, or for fun, you use your mouth to turn to the respective channel. If you turn to Channel 3, you get dances, if you turn to Channel 5 you get a drama. If you turn to other channels you won't get the transmission from the television station.

It is the same with Flicking Fingers. If you flick your fingers, regardless of whether physically or mentally, you get my transmission. If you do something else, like shaking your head, stomping your feet, or wondering whether you should flick your fingers physically or mentally, you won't get my transmission.

You would probably know that the most important requirement is not flicking your fingers but entering into Zen or a chi kung state of mind. If you are not in a chi kung state of mind, irrespective of whether you flick your fingers physically or mentally you will not get my transmission and therefore miss the wonderful results of this exercise.

Nevertheless, for fun, I shall still answer your question intellectually. You can flick your fingers either physically or mentally, neither physically nor mentally, or both physically and mentally. How well you will receive my transmission and subsequently how much internal force and mental clarity you will get from the exercise depends not on how well you flick your fingers physically or mentally, or both, or none at all, but depend on how well you follow my instructions as best as you comfortably can.

If you recall carefully, you may remember that except for clarification I have never asked students in a Finger Flicking exercise to flick their fingers physically or mentally. But I ask students to stand upright and be relaxed, and not to think of anything. I ask them to lift their finger as much as they can at a right angle to their arms. When they are ready, I ask them to flick their fingers gently, but without any reference to flicking physically, emotionally, mentally or spiritually.

## Question 8

In Sifu's Q and A series about the 18 Jewels, Sifu wrote the following:

“The wonderful thing is that we do not even need to know how, where, when and why it works. So long as we practice our exercises, which inevitably include chi flow, whatever adverse effects we may unknowingly sustain will be erased. This is an important reason why we can afford our three golden rules of not to worry, not to intellectualize and to enjoy our practice.” [LINK](#)

Sifu, we benefit a lot in knowing the philosophical aspects of our arts. It enriches our learning, practice and teaching. If we take Sinew Metamorphosis as an example, are there situations where students will benefit more by knowing less about how the exercise operates and why it improves our lives? Are we in a special situation because Sifu is in the process of restoring lost arts that we benefit so much from understanding the philosophy? Or is it a general rule in practicing arts of energy and spiritual cultivation that understanding the accompanying philosophy will add to the benefits?

Sifu Mark Blohm

## Answer

It is a general rule that in practicing arts of energy and spiritual cultivation that understanding the underlying philosophy will add to benefits. However, there may some exceptions to this general rule.

Sinew Metamorphosis is a good example. When I did not understand the underlying philosophy of Sinew Metamorphosis, I took a long time, in a matter of months, to develop some internal force. When I understand the underlying philosophy and teach students according to this philosophy, they take only a few

hours to develop more internal force!

Like most other practitioners I thought it was the techniques that enabled me to develop internal force when training Sinew Metamorphosis. I started with the first of the 12 Sinew Metamorphosis, and worked at it for about 12 repetitions. After a few days of daily practice, I performed the first and the second of the twelve exercises for 12 repetitions each. Adding a new exercise after a few days and performing all the exercises for 12 repetitions each, I could perform all the 12 Sinew Metamorphosis exercises for 12 repetitions each after about one and a half months.

Then I gradually increased the number of repetitions for each exercise. After another one and a half months, i.e. about three months after starting the training, I could perform all the 12 Sinew Metamorphosis exercise 40 repetitions each exercise. It would take me about an hour for the training.

Over many years I discovered the underlying philosophy how by performing Sinew Metamorphosis a practitioner could develop internal force. First he had to enter into a chi kung state of mind. Then he had to generate an energy flow. When the energy flow became vigorous, he could develop a lot of internal force.

In some force training method, like Triple Stretch, a practitioner has to consolidate his flowing energy into internal force. But the nature of the Sinew Metamorphosis is such that flowing force is naturally consolidated.

I applied the underlying philosophy in teaching Sinew Metamorphosis to our students. The result was unbelievable but true. A typical student can now generate more internal force by performing a Sinew Metamorphosis exercise for 6 repetitions in less than 3 minutes than what I did when I first trained Sinew Metamorphosis by performing all the 12 Sinew Metamorphosis exercises for 49 repetitions each in about an hour!

Understanding the underlying philosophy also enabled me to restore lost arts. For example, I did not learn Baguazhang and Xingyiquan from any living masters. But by researching into Baguazhang and Xingyiquan classics and viewing videos of Baguazhang and Xingyiquan practitioners, I could teach students in a few days to have better results in Baguazhang and Xingyiquan than practitioners who had practiced the arts for years. Other people may not believe in my claim, but I am just stating the truth.

How do I know that our students have better results in Baguazhang and Xingyiquan in a few days than practitioners who have practiced the arts for years? By comparing our students' results and other practitioners' results with the results that practicing genuine Baguazhang and Xingyiquan will give.

The two pillars of Baguazhang and Xingyiquan, or any kungfu style, are internal force and combat application. Our students could develop internal force from typical Baguazhang and Xingyiquan force training methods, and use typical Baguazhang and Xingyiquan techniques for combat, but other practitioners can't.

How does understanding its underlying philosophy and apply it in training enable us or our students whom we teach to acquire result in a very short time? We can have a clear explanation by using some quantification.

Suppose we need 10,000 units of benefit to have some desirable result, like some substantial internal force in Sineu Metamorphosis training or applying Baguazhang or Xingyiquan effectively for combat, and we acquire 100 units of benefit for each successful training session.

Because we understand its underlying philosophy and apply it in our training, by training every day we need 100 days to acquire the 10,000 units of benefit.

Other practitioners, if they are eventually successful in their training, will take a

much longer time. It is because they don't understand the underlying philosophy and therefore cannot apply it to their training. They think mistakenly, that by practicing the techniques they will have the result. This is not so.

In the case of developing internal force in Sineu Metamorphosis, it is generating an energy flow and making the flow vigorous. If practitioners merely perform the techniques without generating an energy flow, they will never be able to develop any internal force no matter for how long they may have practiced.

In the case of applying Baguazhang or Xingyiquan for combat, it is knowing their combat application, systematically using the Baguazhang or Xingyiquan techniques in pre-arranged sparring, then gradually reducing control to be efficient in free sparring. If practitioners merely bounce about like boxers or kick-boxers, they will never be able to apply Baguazhang or Xingyiquan for combat no matter for how long they may have practiced the arts.

If a practitioner is dedicated, by training every day if he is lucky that conditions become ideal once awhile he may be able to generate an energy flow or apply Baguazhang or Xingyiquan for combat. Suppose this happens once in 10 days, i.e. he acquires 100 units of benefits in 10 days, which is actually a generous estimate.

If he is successful once in 10 days, or 3 times a month, will he acquire 300 units of benefit in one month? No. This is because the successful practice sessions are far apart which does not enable accumulated effect to take place. He receives 100 units of benefit after 10 days, but by the time he receives another 100 units of benefit the next 10 days, the benefit he received in the first 10 days would have dissipated.

Let us be generous in our estimate again. Suppose he receives 150 units of benefit every month. This will take him 66 months, or 5 years and 6 months, to have a similar result that our students can acquire in 100 days!



Our students can attain a result in 100 days what other successful practitioners would need more than 5 years because I know the underlying philosophy and apply it when teaching our students. The students themselves may not know the philosophy at the time of the training. If they know the philosophy, they may intellectualize on some aspects of the philosophy and therefore come out of the chi kung state mind and be unable to generate the needed energy flow in Sineu Metamorphosis training. This is an exception to the general rule.

In combat application, students may know the underlying philosophy but they may be unable to translate the philosophy into action. For example, they may know theoretically to gradually release control in their pre-arranged sparring so that eventually they may be engaged in free sparring, but they may be unable in practice to gradually release in the right proportion. This is another exception.

These are two examples of exceptions where students may benefit more by knowing less. But as a general rule if they know the underlying philosophy they can benefit at a rate that is even unimaginable by masters. They therefore have to be very careful not to over-train.

## Question 9

If I am not mistaken, the Great Bodhidharma taught the Shaolin Monks the 18 Lohan Hands, Sinew Metamorphosis and Bone Marrow Cleansing. Why? Couldn't just the 18 Lohan Hands and the Bone Marrow Cleansing lead them to the same results? In which ways these 3 different arts differ? In other words, how do they contribute one another in terms of development?

Santiago

## Answer

There is clear evidence that Bodhidharma taught Eighteen Lohan Hands and Sinew Metamorphosis at the Shaolin Temple, but there has been a long debate which is still going on whether he taught Bone Marrow Cleansing. This is because while there are records, both in writing and in pictures, on how Eighteen Lohan Hands and Sinew Metamorphosis were performed by the Shaolin monks, there was no record on Bone Marrow Cleansing.

In my younger days I did some research into these three Shaolin arts, and had a aha experience. In fact at first I wondered why generations of scholars who debated about the topic did not realize my discovery. It was mainly scholars who were involved in the debate; masters were interested in the benefits practicing Bone Marrow Cleansing gave them, and were not interested in whether Bodhidharma taught it.

My discovery was that Eighteen Lohan Hands and Sinew Metamorphosis referred to the techniques of the exercises, whereas Bone Marrow Cleansing referred to the skills. In other words, terms like "Lifting the Sky" and "Carrying the Moon" from Eighteen Lohan Hands, and "Flicking Fingers" and "Jerking Elbows" from Sinew Metamorphosis showed the outward forms of how these exercises were

performed, whereas “chi flowing at the skin level” or “chi flowing at the bone marrow level” from Bone Marrow Cleansing showed the effects of practicing the exercises.

Techniques could be readily shown but skills could not. How Eighteen Lohan Hends and Sinew Metamorphosis were practiced could be shown in words and pictures, but not the skills of Bone Marrow Cleansing. Hence, the debate has been going on.

It is also worthy of note that Bodhidharma mentioned only four levels, namely skin, muscles, bone and bone-marrow, and these four levels referred to levels of attainment. Three students described their attainment to Bodhidharma, and the master said they had attained his skin, muscle and bone levels.

When it was the turn for the Venerable Hui Ke to describe his attainment, he just stepped forward, bowed and said nothing. Bodhidharma was very happy and commented that Hui Ke had attained his bone-marrow level. The master gave Hui Ke his (the master’s) robe and bowl, and announced Hui Ke as his successor.

In our Bone Marrow Cleansing, there are five levels - the levels of skin, muscles, meridians, internal organs and bone marrow. Moreover, Bodhidharma’s four levels referred to spiritual attainment, whereas our five levels refer to chi kung attainment.

Why do we have five levels and not four like Bodhidharma’s, and why are our meridian and internal organ levels different from Bodhidharma’s bone level? This is because, according to chi kung classics, chi flows at five levels, namely the levels of skin, muscles, meridians, internal organs and bone marrow.

Why do we call it Bone Marrow Cleansing? It is to honour Bodhidharma, the First Patriarch of the Shaolin art which have given us wonderful benefits.

Why do our five levels refer to chi kung attainment and not to spiritual attainment. It is because ours is basically a chi kung school, not a spiritual school, though spiritual cultivation plays an important part of our training.

Whether Bodhidharma taught the Shaolin monks only the two arts of Eighteen Lohan Hands and Sinew Metamorphosis, or all the three arts including Bone Marrow Cleansing, is a matter of semantics. Bodhidharma taught the monks Eighteen Lohan Hands and Sinew Metamorphosis, and as a result of practicing these two arts the Shaolin monks had effects which were collectively described as Bone Marrow Cleansing.

Bodhidharma directly taught the monks Eighteen Lohan Hands and Sinew Metamorphosis and indirectly Bone Marrow Cleansing to strengthen them physically, emotionally, mentally and spiritually so that they could better practice Zen meditation to attain Enlightenment.

There have been two schools of thought regarding spiritual cultivation. One school believes that the mind, called the soul in some culture, is the most important in spiritual cultivation, and the body is not important. A cultivator cultivates his mind or spirit, and it does not matter if his body is smelly, dirty, weak or sick.

The other school also believes that the mind or spirit is the most important, but the body is also important, particularly when the spirit is housed in it. Cleanliness, not only physically but also in speech and thought, is a pre-requisite. If a cultivator's body is weak or sick, spiritual cultivation becomes difficult, if not impossible. Bodhidharma believed in this school of thought.

Bodhidharma's philosophy is in line with chi kung philosophy. In chi kung, when a person's body is weak or sick, his energy will be low, and his mind dull. In chi kung cultivation, which is triple-cultivation, the chi developed will first take care of his body, next his energy level, then the mind or spirit.

For example, if a patient has a faulty heart valve, is lacking in stamina, and low in spirit, as a result of chi kung training, the energy developed will first overcome his value problem, next increase his stamina, and then uplift his spirit. The same process of jing, qi and shen, or essence, energy and spirit, also applies to healthy people. When a healthy person practices chi kung, the energy developed will first ensure that all his body systems function properly, next it increases his vitality, and then it enhances his mental clarity.

Eighteen Lohan Hands and Bone Marrow Cleansing lead to different results. Eighteen Lohan Hands is a set of basic chi kung exercises, giving basic benefits like overcoming pain and illness, and maintaining good health. Bone Marrow Cleansing is a set of intermediate chi kung exercises, giving intermediate benefits like building internal force and enhancing perceptivity, giving intermediate benefits like peak performance.

When practitioners practice Eighteen Lohan Hands long enough, like over many years, they may have the benefits of Bone Marrow Cleansing. It is ridiculous, in a good way, that students in our school can attain Bone Marrow Cleansing benefits in a few hours!

Sinew Metamorphosis is a set of advanced chi kung exercises. We can use it to develop a lot of internal force and mental clarity for high-level spiritual cultivation, like expanding into the Cosmos. At an intermediate level, we can use it for peak performance in our daily life.

Eighteen Lohan Hands, Bone Marrow Cleansing and Sinew Metamorphosis are different. They progress from a basic to an advanced level respectively.

The techniques of Eighteen Lohan Hands and Sinew Metamorphosis are different. As Bone Marrow Cleansing refers to skills or effects, we can use any techniques to practice it. We usually use techniques from Eighteen Lohan Hands. We can also

use techniques from Sinew Metamorphosis but generally it is too powerful.

Although the techniques of Eighteen Lohan Hands and Bone Marrow Cleansing are the same, the skills employed are different. Most other practitioners perform the form of the Eighteen Lohan Hands, and if they enter into a chi kung state of mind, usually without their knowing, they generate a chi flow. In our school, we generate a chi flow by regulating our breathing.

While we operate Eighteen Lohan Hands at the level of breathing, we operate Bone Marrow Cleansing at the level of mind. We also operate Sinew Metamorphosis at the level of mind, but it is quite different from that in Bone Marrow Cleansing. In Bone Marrow Cleansing we use visualization, but in Sinew Metamorphosis our mind is in unity with the Cosmos.

The results of the three arts are different. Eighteen Lohan Hands are mainly for overcoming pain and illness, and maintaining good health. In Bone Marrow Cleansing our chi flows at five different levels with various benefits. We develop a lot of internal force and mental clarity in Sinew Metamorphosis for peak performance and spiritual cultivation.

The three arts compliment one another, fulfilling our needs and aspirations at five progressive levels of chi kung training. At the lowest level of medical chi kung, Eighteen Lohan Hands overcomes pain and illness. At the next level of chi kung for health, Eighteen Lohan Hands contribute to good health, vitality and longevity.

At the next two levels of chi kung for scholars and chi kung for warriors, the five levels of chi flow of Bone Marrow Cleansing enhance our abilities for daily peak performance. By generating a lot of internal force and mental clarity, Sinew Metamorphosis also contributes to peak performance. At the highest level of spiritual chi kung, Sinew Metamorphosis produces a lot of internal force to enable us to break through our illusory body to expand into the Cosmos.

## Question 10

In Taoist Chi Kung, Small & Big Universe and Sitting Meditation (jing zuo ) are used in sequence to attain Immortality (i.e become an immortal) and Enlightenment.

In Shaolin Chi Kung in the past did Shaolin monks or lay Shaolin masters also used Sinew Metamorphosis and Sitting Meditation (zazen) in sequence to attain Immortality and Enlightenment? May Sifu clarify whether the techniques and skills that Sigung Ho taught Sifu to aim for or attain Immortality and Enlightenment are actually a combination of Taoist and Shaolin Chi Kung?

Dr Damian Kisseey

## Answer

I do not know for sure whether in Taoist chi kung, Small and Big Universe and sitting meditation, or jing zuo, were used in sequence, i.e. one after another, or were used separately to attain Immortality and Enlightenment.

I also do not know for sure whether in Shaolin chi kung, Shaolin monks and lay masters used Sinew Metamorphosis and sitting mediation, or zazen, in sequence or separately.

Personally I think they used the advanced methods separately, though there might be a few masters who used them in sequence.

But I know for sure that Small and Big Universe was the most advanced art in Taoist chi kung, that Sinew Metamorphosis was the most advanced art in Shaolin chi kung, and that sitting meditation, known as jing zuo in Taoist culture and zazen in Shaolin culture, but were the same though there might be slight variations in their practice, was the paramount method to attain Immortality and

Enlightenment. In other words, to attain Immortality or Enlightenment, one must practice sitting meditation, though in exceptional cases some Zen monks achieved Enlightenment while experiencing a gong-an (or koan).

When my sifu, Sifu Ho Fatt Nam, taught me any skill or technique, it was never aimed at attaining Immortality or Enlightenment. When my sifu taught me sitting meditation, which was and is the paramount method to attain Immortality and Enlightenment, the idea of attaining Immortality or Enlightenment was never in our mind.

In fact my sifu did not teach me sitting meditation in a practical way. He just told me what to do in sitting meditation. As a good student I just followed his instructions.

I still remember that when my sifu taught me sitting meditation, I thought it was so simple. I thought to myself, but did not mention it to my sifu, that yoga meditation, for example, which I had read about a lot in my research, was so advanced. A yoga meditator, for example, could visualize different heavens he could go to, or even materialize a god to serve him!

But, as I said earlier, I was a good student. I just followed my sifu's instruction and left out all other instructions I had read about. Basically the instruction was "think of nothing, and do nothing".

It was many years later that I realized what my sifu taught me was the highest meditation. It was Zen meditation. It aimed directly at Enlightenment. But I was not ready for Enlightenment, so I had many glimpses of Cosmic Reality.

Cosmic Reality is transcendental. Other types of meditation I thought was more advanced (but by themselves they were very advanced) were phenomenal. One may be so advanced that he could choose the heaven he would go to, or



materialize a god to serve him, but all these are still in the phenomenal realm. In Zen meditation, an aspirant, when he is ready, attains the supreme transcendental where there is perfectly no differentiation in infinity and eternity.

Yes, all the techniques and skills my sifu taught me, and what I am now teaching to students in Shaolin Wahnam, ranging from the most simple to the most advanced, are actually a combination of Taoist and Shaolin chi kung. But neither my sifu nor I made any differentiation between Taoist and Shaolin chi kung. I just learned what my sifu taught me, and he taught me whatever he felt was for my best interest.

But on hindsight, I now know that much of what he taught me was from Shaolin chi kung, and a bit was from Taoist chi kung, but it was the best of Taoist chi kung. This was no surprise as I learned Shaolin Kungfu, and my sifu was a well-known Taoist master.

Lifting the Sky, the first exercise my sifu taught me, was from Shaolin chi kung. However, it was also the first of the exercises from the Eight Pieces of Brocade which was a well known set of Taoist chi kung exercises. One-finger Shooting Zen, which my sifu taught me next, was also from Shaolin chi kung.

The outstanding Taoist chi kung my sifu taught me was the Small Universe. But I remember clearly that at the time my sifu taught me this famous Taoist chi kung exercise, it was never specified as Taoist chi kung. In fact I regarded it as a continuation of my Shaolin training.

As part of the Small Universe training, my sifu also taught me Reversed Breathing after I had spent quite some time on Abdominal Breathing. Abdominal Breathing is generally regarded as Taoist chi kung. On the other hand, Reversed Breathing is generally regarded as Shaolin chi kung, though it is also found in Taoist chi kung.

My sifu did not teach me the Big Universe, which was also from Taoist chi kung. I attained the Big Universe as a progression from my Small Universe training.

But when my sifu taught me selections from the Drunken Eight Immortals, he specifically told me that this was Taoist kungfu. I did not ask him the source of this kungfu as I knew he had learned from many masters besides his main lineage from Shaolin.

## Question 11

I love both Flicking Fingers and Reverse Hanging of Double Hooks. Both are powerful and flowing and make me feel great in a similar way. It made me think: that Sinew Metamorphosis was already taught in the Northern Shaolin Monastery. Why was there a need to develop the 18 Lohan Arts? In particular why was there a need to develop such exercises as Reverse Hanging of Double Hooks, which uses the same approach as Sinew Metamorphosis? Are there big differences between these two?

If I may, one more: if all things were equal, would a kungfu practitioner exclusively training Sinew Metamorphosis or a kungfu practitioner exclusively training Golden Bridge have an advantage in combat?

Sifu Roeland Dijkema

## Answer

Flicking Fingers is a typical exercise in Sinew Metamorphosis. Reverse Hanging of Double Hooks is a very powerful exercise in 18-Lohan Art that develops a lot of internal force. Of the exercises in 19-Lohan Art, Reverse Hanging of Double Hooks is closest to Sinew Metamorphosis exercises.

Sinew Metamorphosis was actually taught in the northern Shaolin Monastery. Monks who specialized in Shaolin Kungfu gradually, and often unconsciously modified the Sinew Metamorphosis exercises. Over many centuries of gradual evolution, many of the exercise in Sinew Metamorphosis practiced by warrior monks became quite different from their original version practiced by other monks. These different exercises that were evolved from Sinew Metamorphosis were collectively called 18-Lohan Art.

The evolution of these exercises happened gradually and often without the conscious interference of those practicing the exercises. But over a long time, the change was obvious, though the change at any one time was unnoticeable.

Hence, it was not a conscious need to develop the 18-Lohan Art from the 18 Lohan Hands. Changes were made by monks to meet expedient needs and over time the 18 Lohan Hands evolved into the 18-Lohan Art.

It is worthwhile to note that earlier there was a set of exercises called 18-Lohan Art. These were like yoga exercises. I am not sure whether they gradually evolved to what we now have as 18 Lohan Hands, or the great Bodhidharma himself modified them to teach them as 18 Lohan Hands. When the 18 Lohan Hands, in their standing position, were taught, some monks also practiced the earlier 18-Lohan Art, which had some physically demanding postures.

There was no conscious effort to invent Reverse Hanging of Double Hooks. Using the same approach as Sinew Metamorphosis, some warrior monks modified some Sinew Metamorphosis exercises and eventually Reverse Hanging of Double Hooks emerged.

One possibility, which might or might not have happened, was that some warrior monks instead of lifting their arms up as in Reaching Up, dropped their arms down but kept them straight. Next, other monks following this exercise, bent their fingers backward into hooks. Then still other monks found that they could develop more internal force by slanting their body forward at their ankle. These happened over a long period, over many decades or centuries.

Another possibility was that instead of flicking their fingers as in Flicking Fingers, some warrior monks just kept their fingers intact and stayed at their standing position motionlessly. Later other monks following this version of the exercise, bent their fingers backward into hooks. Still later other monks slanted their body

forward at their ankles as this generated more internal force.

There are some differences between Reverse Hanging of Double Hooks and similar exercises in Sinew Metamorphosis, as well as between 18-Lohan Art and Sinew Metamorphosis.

Apart from the obvious difference in their outward appearance, there is also some difference in the nature of internal force developed. The internal force in Reaching Up is focused at the side meridians, whereas that in Reverse Hanging of Double Hooks is at the arms. The internal force in Flicking Fingers is relatively flowing, whereas that in Reverse Hanging of Double Hooks is relatively consolidated.

Taking the two sets of exercises as a whole, Sinew Metamorphosis is more consolidated, whereas 18-Lohan Art is more flowing. Sinew Metamorphosis develops a lot of internal force, whereas 18-Lohan Art develops internal force, explode internal force, and promotes agility.

Both Sinew Metamorphosis and Golden Bridge are excellent in developing internal force for combat. The internal force, as well as mental clarity, developed from the two arts is of course also very useful in enriching our daily life.

Theoretically, if all other things were equal, Sinew Metamorphosis will have an advantage over Golden Bridge in combat as well as in daily life. Given the same time in training, Sinew Metamorphosis not only develops more internal force but also of relatively flowing nature and of a greater variety.

You need only 3 minutes to train Sinew Metamorphosis but 10 minutes to train Golden Bridge. The internal force in Sinew Metamorphosis is more flowing than that in Golden Bridge, though generally Sinew Metamorphosis force is consolidated. Sinew Metamorphosis internal force is more varied; it may flow to various organs, bones and tendons, but Golden Bridge force is mainly focused at

the arms and legs.

But in real life things are not equal. Not many people, for example, have the opportunity to practice Sinew Metamorphosis or Golden Bridge the way we do. Not many kungfu practitioners have a chance to practice Sinew Metamorphosis or Golden Bridge even in a mediocre way.

For most other people if they practice Sinew Metamorphosis even for a long time, they will not have any internal force. But if they practice Golden Bridge for a long time even when their training is mediocre, they can develop some internal force.

It is ridiculous in our school. If they attend the Sinew Metamorphosis class at the coming UK Summer Camp, they can develop internal force on the very first day!