



## Qigong Empowerment: A Guide to Medical, Taoist, Buddhist and Wushu Energy Cultivation

*By Master Shou-Yu Liang, Mr Wen-Ching Wu*

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### **Qigong Empowerment: A Guide to Medical, Taoist, Buddhist and Wushu Energy Cultivation** By Master Shou-Yu Liang, Mr Wen-Ching Wu

Qigong Empowerment is the most unique and complete volume ever written in the English language on qigong (Chi Kung). This volume can be used for attaining better health, for healing, for gaining extraordinary power, and for spiritual development. This volume consists of five books which covers: - Traditional Chinese Medical theories and qi cultivation methods. - Taoist methods to foster Essence, Qi, and Spirit. - Buddhist Esoteric Abilities of the Body, Speech, and Mind. - Emitting, Absorbing, and Healing Qigong. - Wushu (martial arts) Iron Shirt training. Qigong (Chi Kung) has been an integral part of Chinese culture since ancient China. High level qigong masters have always been respected and held in high esteem in Chinese society. Qi is a Chinese term used to refer to all types of energy. It is the intrinsic substance or the vital force behind all things in the universe. It is the medium between and within all material substances. We are all immersed in it. The term gong refers to the power to produce an effect, an attainment of, or an accomplishment that is achieved with steady practice. Loosely, qigong can be translated as the attainment of qi. Healers and the medical society use qigong for healing and preventing illness. Martial artists use qigong for developing incredible strength and abilities. Others use qigong to attain a greater consciousness.

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### **Editorial Review**

Language Notes

Text: English, Chinese

About the Author

Grandmaster Shou-Yu Liang began studying qigong at age 6. He is one of China's top Coaches of Excellence. Master Wen-Ching Wu was a National Grand Champion in both Internal and External Styles of Chinese martial arts. They have coauthored many health, healing, and martial arts related titles.

More about Shou-Yu Liang: Shou-Yu Liang was born in 1943 in Sichuan, China. At age six, he began his training in qigong, under the tutelage of his renowned grandfather, the late Liang, Zhi-Xiang. He was taught esoteric qigong and the martial arts of the Emei Mountain region, including Emei Dapeng Qigong. At age eight, his grandfather also made special arrangements for him to begin training Emei Qigong and Wushu with other well-known masters of the time. By the time he was twenty, Shou-Yu Liang had already received instruction from 10 of the most well-known legendary grandmasters of both Southern and Northern systems. His curiosity inspired him to learn more than one hundred sequences from many different styles. As he grew older, through and beyond his college years, his wide background in various martial arts helped form his present character, and led him to achieve a high level of martial arts and qigong skills. Some of the training he concentrated on included: the Emei Styles, Shaolin Long Fist, Praying Mantis, Chuoqiao, Qinna, vital point striking, many weapons systems, and qigong methods. Shou-Yu Liang received a university degree in biology and physiology in 1964 then taught high school in a remote village in China. This was part of his reeducation program enforced on him for being born in a bourgeois family, by the government during the political structure of the time. His dedication to his own training and helping others to excel didn't stop during the years he was in the remote village. He began to organize Wushu and wrestling teams to compete in provincial tournaments. During the years of the Cultural Revolution, all forms of martial arts and qigong were suppressed. To avoid conflict with the Red Guards, Shou-Yu Liang left his teaching position and used this opportunity to tour various parts of the country. During his travels, he visited and studied with great masters in Wushu and qigong, and made many friends with people who shared his devotion. His mastery of qigong and martial arts, both technically and philosophically grew to new horizons. Shou-Yu Liang went through numerous provinces and cities, visiting many renowned and revered places where Wushu and qigong originated, was developed, and refined. Among the many places he visited were Emei Mountain, Wudang Mountain, Hua Mountain, Qingcheng Mountain, Chens Village in Henan, the Changzhou Territory in Hebei Province, Beijing, and Shanghai. At the end of the Cultural Revolution, the Chinese government again began to support the martial arts and qigong. During the reorganization and categorizing of the existing martial arts, research projects were set up to seek out living masters and preserve their knowledge. It was at this time that the Sichuan government appointed Shou-Yu Liang as a coach for the city, the territory, and the province. Many of Shou-Yu Liang's students were among the top martial artists of China. In 1979, he received the title of Coach of Excellence since 1949, by the Peoples Republic of China. With his wealth of knowledge, Shou-Yu Liang was inspired at an early age to compete in martial arts tournaments, in which he was many times a noted gold medalist. During his adolescence, Shou-Yu Liang won titles in Chinese wrestling (Shuaijiao), various other martial arts, and weight lifting. After the Cultural Revolution, despite his many official duties Shou-Yu Liang continued to participate actively in competitions both at the provincial and national level. Between 1974 and 1981, he won numerous medals, including four gold medals. His students also performed superbly both in national and provincial open tournaments, winning many medals. Many of these students are now professional Wushu coaches in colleges, in the armed forces, or have

become movie stars. In 1979, Shou-Yu Liang received several appointments, including committee membership in the Sichuan Chapter of the Chinese National Wushu Committee and Coaches Committee. In 1981, Shou-Yu Liang visited Seattle, Washington. This trip marked another new era in the course of his life. His ability immediately impressed Wushu devotees. The Wushu and Taiji Club of the Student Association, at the University of Washington, retained him as a Wushu Coach. At the same time, Shou-Yu Liang taught at the Taiji Association in Seattle. In the following year, Shou-Yu Liang went to Vancouver, Canada, and was appointed Taiji Coach by the Villa Cathy Care Home. During the same year, he was appointed Honorary Chairman and Head Coach by the North American Taiji Athletic Association. He also began to teach classes in the Physical Education Department at the University of British Columbia (UBC). In 1984, Shou-Yu Liang was certified as a national First Class Ranking Judge by China. He was also appointed Chairperson and Wushu Coach by the University of British Columbia. In 1985, Shou-Yu Liang was elected coach of the First Canadian National Wushu Team, which was invited to participate in the 1985 World Wushu Invitational Competition that took place in Xian, China. The Canadian team took Third Place after competing against teams from 13 other countries. The next year, Shou-Yu Liang was again elected coach of the Second Canadian National Wushu Team, that competed in the 1986 World Wushu Invitational Competition held in Tianjin, China. A total of 28 countries participated. This time, the Canadian team took Second Place which was only second to China. Shou-Yu Liang and the Canadian success story shocked the Chinese nation, and news of their outstanding accomplishment spread throughout China. In 1994, Shou-Yu Liang led the North American Martial Arts Exhibition Team for a friendship performance tour to ten major cities in China. His team received a warm welcome by the people and government of China. While in China, the team also competed in the International Wushu Competition held in Shanghai. This competition was represented by 32 nations. Shou-Yu Liang's students received 42 gold medals. Canadian premier, Mr. Jean Chretien, also wrote a letter of encouragement to the team. Many Chinese television stations, radio stations, and newspapers spread the news of the Exhibition Team all over China. Since the beginning of the 1960s, Shou-Yu Liang has personally taught over 10,000 students. Additionally, Shou-Yu Liang has touched the lives of tens of thousands of students in his affiliate schools and schools of students. His students have received hundreds of gold medals in national and international competitions. Many of his students are currently teaching all over the world. Shou-Yu Liang continues to gain recognition in China and abroad. In the past few years, Shou-Yu Liang was selected as The Instructor of the Year by Inside Kung Fu Magazine, selected by the China Wushu Magazine in the Biography of Today's Extraordinary Martial Artists. He has been awarded the World's Top 100 Outstanding Martial Artists Professional Award, World's Greatest Contribution Award and World's Outstanding Accomplishment Award. He has also been selected to be included in the Current List of Famous Martial Artists and in the Chinese Who's Who in the World. The chairman of the China Wushu Association wrote this about him, Uses his martial arts to teach people, and uses his morals to inspire people. Since the beginning of his advantageous martial arts life, he has been featured by scores of newspapers and magazines in China, Europe, the USA, and Canada; as well as, has been interviewed by many television stations in China, the USA, and Canada, including the recent interview by CNN. Currently Shou-Yu Liang is the Advisor or Honorary Advisor of over 20 national and professional Wushu organizations in China, the United States, and Canada. Shou-Yu Liang has written and produced several books and videotapes including, Hsing Yi Chuan, Simplified Tai Chi Chuan with Applications, Baguazhang, Qigong Empowerment, Chinese Fast Wrestling for Fighting, etc. Shou-Yu Liang's popularity increases exponentially every year. It makes him sad to have to refuse invitations to give workshops or attend International and National Wushu competitions. He has to limit himself from traveling too often. The demand for him has become so great that it is taking him away from his commitment to his family, school, and students in Vancouver. His focus is now on his family, friends, and students; and continuing the promotion of Wushu. As he was fortunate enough to learn from his teachers, he is now focusing it on his students, and writing books to preserve what he had the privilege to learn.

More about Wen-Ching Wu: Wen-Ching Wu was born in Taiwan, China in 1964. He loved Wushu and other

sports since a young age. Like all other youngsters his age, he dabbled in Southern Wushu with his family and relatives. During high school he was on the school's basketball and softball teams. He graduated from high school as a salutatorian. He came to the U.S. in 1983 to study Mechanical Engineering. In 1988, he graduated with honors from Northeastern University, with a BSME degree. Wen-Ching Wu is the son of Mr. and Mrs. Yu-Kuang Wu. With the support of his parents, Wen-Ching Wu was given an incredible opportunity to experience the world from Asia to Africa, to North America... He is the protege of Shou-Yu Liang. With the guidance of Shou-Yu Liang, Wen-Ching Wu has excelled in both the Internal Styles, External Styles, and qigong. Wen-Ching Wu is the adopted son of Professor Ju-Rong Wang and Dr. Cheng-De Wu. With their guidance, Wen-Ching Wu has also excelled in Chaquan, Taijiquan, and qigong. Wen-Ching Wu reached a martial arts highlight in 1990 when he competed in the United States National Chinese Martial Arts Competition where he was awarded the Grand Champion award in both Internal and External Styles. He competed in 8 events in 1990 and was ranked first in every event he competed in. Since then, he has been focusing his efforts on teaching and writing. In 1991, he and his wife, Denise, founded The Way of the Dragon, Ltd. He then began teaching and writing full time, and traveling to other states and countries to offer seminars. Below are some of Wen-Ching Wu's accomplishments and appointments: 1993 Published A Guide to Taijiquan book. 1994 Published the Baguazhang book. 1995 Published A Complete Tai Chi Chuan Workout Tape and Qi Permeating Technique Audio Tape 1997 Awarded Master Level II Instructor by the International Wushu Sanshou Dao Association (IWSD). 1997 Published the Qigong Empowerment book, Health Maintenance qigong video, Microcosmic Circulation Qigong video, and Nine Segment Buddhist Breathing Qigong video. 1998 Awarded three Outstanding Performance awards at the Fourth Shanghai International Wushu Festival/Competition 1998 Published Feel the Qi video, Tai Chi Beginning Workout Partner video, and Tai Chi Beginning book. 1998 Selected to be included in the "Current List of China's Wushu Masters" 1999 Appointed as a United States of America Wushu-Kung Fu Federation (USAWKF) Advisor 1991-1999 Served as a judge in the U.S. National and International Wushu competitions. Wen-Ching Wu has been giving workshops in Internal Style, External Style, and Qigong throughout the U.S. and Europe. His workshops have been very well received by participants. He has been featured in several TV programs in the U.S. To date, he has written or coauthored over 10 books and videos. Currently, he is working on several other books about Chinese martial arts and qigong, to be published by The Way of the Dragon Publishing in the near future.

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This book untitled Qigong Empowerment: A Guide to Medical, Taoist, Buddhist and Wushu Energy

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