

' SZV ; IR 7LER5YER
5 MI EKE'NRI MITYFAMLIHF] XI 8W 5MRSK
' IRXI -XVEIQ MWAS FVPRK] SY NRSVQEXSR RSX
V EHQ EZENEFR IR XI ; IVX

) HNSV 1MLEI P8W
(ITYX) HNSV (EV PI SJ
) HNSVBP%WVWERXV .SLR, E] I W
1 EVO XPK (MXYFYXSR .I WIGE & FEQI I P
7YFVGMXSRW .E] R 6S] FERHW
7] I H R &EVFS 3 PWSR

' SRVYPERXV OMX H IR EPTLEFI XCEPSVH V

+ VERHQEVX V LER' LM S
+ VERHQEVX V LIR <VFS; ERK
+ VERHQEVX V-T' LYR
+ VERHQEVX V=ERK 1 I NWR

' SPQRMMXV +PR + SWPRK
. 6I] RSPW2I PWSR
(V7LYER BERK
8W 7MR / I M
%EQ; EPEG

6I H I WQE] GSRGEXER] SJSWGRMXY'SWGS
5 M EKE'NRI
' I I RGSYER4 EPSVVEH WWS GSRMXYX EVXOP WR XI W
SVUYI WSRVLSVTSWWFR IRGPMR IR JYXV MWVI WSJ
5 M EKE'NRI

%XOP WETTI EVRKNR5M EKE'NRI HSRSKR G WVEW
V J GXXI STIRIR SJXI IHMSV
%HZI WETTI EVRKNR XI QEKE'NRI EV RSXRI G WVEW
I RHSV H] MSVXI I HNSV

) I W WETTI EVRKNR5M EKE'NRI EV JSV J V RG
TYTSWVSR 8LYWER SR [MLNKR X WYH] VLSYH WI O
UYERMIH XMSR

© 1MLEI P8W

%PMLXW WZI H 2S TEWSJUMTYFMEBQRQE FI
V TSHYG H VOSJ HSWERQMK HIRER] [E] [MLSYXLI
[WKR TI QMMBSR SJ 1 KGLE P8W

%ZIVMNRK5M EKE'NRI LEWTSZHXSF I ER I JI GZ
[E] SJVEGLR K E [NH ZEVM] SJI STP %PI RUYMMW

[I RSGI
* SV9/ CEP
* SV97% CEP . I WIGE & FEQI I P

7YFVGMXSR ' S/WVI V] I EV
9/ ± NRG T
97% NRG T
) YSTI ± ENQENP NRG T
) SPP MI ± ENQENP NRG T

* SV9 /) YSTI ; SVP MI
4R EW W RHTQI QI RNR 4SYRHW7X VNRK 4E QI RXGER F]
F] ' VHX EVH SV' LIUM H[E] RSR9/ FEROT EFR X
5 M EKE'NRI

5 MI EKE'NRI
43 &S %PMLX EQ ; % *7 9/
8 P *E
I QENP XV \$ UNQ EKE'NRI GSQ

* SV97%' EREHE
4R EW W RHTQI QI RNR 97 (SREW 4E QI RXGER F]
' VHM EVHSV' LI GOTE EFP X 5 M EKE'NRI

5 MI EKE'NRI
43 &S / MOPRH ; %
8 P *E
I QENP XV \$ [MHKSSW UMRSK GSQ
LXT [[[UNQ EKE'NRI GSQ

8SHE] QER] TI STR [LS WYH] QEVXOP
EVXVEV NVX NRX M VX H NR XI JML XPK
WHI 8LI] [ERXS FI &WG O I .EGOM
' LER SV I ER' REYHI : ER (EQQI ERH
RSOGBSPVS SXI VTI STP [NPF] EJENH
SJ XI Q -JXI] GER LEZ FIM QYVOP W
JEV TYRGLI WERH LMKL OQOW XI R XI]
[NPF] ZI V LETT] 8LI W TI STR X NRO
X EX JML XPK MWVXPR NR E GSQTYXV
KEQI WGL EW7XI X* MLX V SV 1 SVEP
' SQFEX [LI M XI STTSRI RXYW
[LEX ZI V X GLRUYI WLI] GER XS LYX
XI M STTSRI RX %RLSYKL XI W KEQI W
EV I RX VERNR [ML XI MI \GEQEXSRW
SJVX x WLYX ERHW 3x [LI M I \EGE]
MLX QEVXPEVX H MVTI RRI ERHXEHMSR#
; LI V MUXI QI ERNRK SXI QEVXPEVX#
4I STP [LS [ERXS YW QEVXPEVX MWVX
JSVFI EXR K TSI TP YT QMWWXI TSNRX
8LI M MRS M VTI GJSVI MLX V XI VOPPSV
7MY 8LI RI [KIRI VEXSR WYH] NRK
QEVXPEVX QMMWVXI TSNRX

(M] SY ORS] XEXR XI SPHXDI W
] SY GSYH RSXWYH] QEVXPEVX EWP#
8LNMWMI GEYV XI 7MY [SYHRSXEGE
ER] SRI YRXP XI] ORI [XI TI WSR [EV
KSSH 8LI WYH RXERS RI I HI HXS XI EX
XI X EGLI VRD XI MLEXI VERHXEO GEM
SJ XI Q [LIR XI] [I M SPH 1 ER]
X EGLI WVR LI V X H XI M VOPPVJSQ XI M
JEQ M ERH [I V RSXEPS] I H X X EGL
SYXWMI XI JEQ M -RVMH XI JEQ M XI]
[SYPH JSV XI GLNPM R X WYH] I ZI R

FI EXLIQ ERH TYRML XI Q QEORR
XI Q M TI EXXI X GLRUYI WSZ V ERH
SZI V YRXP XI] FI GEQI TI WI GX
3 XI V MW XI] [SYPH RSXF I KIRI R XI M
HVRRI V SV EPPS [I H X KS SYX X TFE]
7SQI XDI VXL] [I V I ZI RQEH X VXRH

JSVLSYWWRETEVXOPFEVTSWV 8LMORH
SJEVXWHI [EWZ V] RSOQEPNR XI TEVX
-J] SY LEZ WIR XI JND *EV [I P
1] ' SRG/FM] XIR] SY GER WI LS]
LEVH XI GLNPM R WYHMH XI MWVOP 8LI
X EGLI V GSYH I ZI R OVP XI M WYH RXVM
XI] HMI RSXWPR] ZI R .EGOM' LERERH
LW& MNRK 3 TI VE FVSLI V 7EQS , YRK
[I M XENR I H ZI V VANDP ERH GSYH FI
TYRMLI H WZI V P -JEXXEXXDI .EGOM
SV7EQS LEH KIZI RYTERH WRE [E] XI
[SVP] SYH RSXLEZ XI W KV EXEGSR
VXEW8LI] TEI E ZI V LEHTVQ NR XI
FI KVRNRK FYEXXI I RH XI] FSX KSX
XI KSSH M WYX *SWYREX P EX XLEX
QSQI RX LME [EWRSXRPYI RG H F] XI
[I VXR X] NRK X WSNP XI GLNPM R

' LNRI W VE] W% VANDP JEXI V [NP
LEZ EKSSHVSR %ORHQ SXI V [NPLEZ
TSHNKEPVR x 7SLMMSVCEP JEXI W] I M
ZI V VANDP [ML XI M GLNPM R ERH [LI R
XI GLNPM R KV [YT XI] [SYPH BZ
XI MTEV R X ZI R QSV ; LIR [I XENR
SVTI XVRQI HSKVSVLSVMW [I EV VANDP
[ML XI Q NR XI FI KVRNRK 8LIR [LI R
XI ERVDEPORS] WLS] X S FI LEZ] SY
GER FI QSV M REI HERHI EV]

- V QIQFI V [LIR - [EW ERH
WYH] NRK ; NRK' LYR [ML Q] YRGP [LS
[EVAT 1 ERWYXHI RX - [EVW EPP EJENH
SJLND , I HMI RSXWPR I EWP ERH - LEH
RMR QSRI] EW [I P VS - GSYH RSXTE]
LIQ X S QYGL QSRI - RVMH - LI FI H
LIQ X TPERXER TM TEM LI VFW

JSV L M TEXMIXW 7SQI XDI W -
R EVR X R X LNRK RI [JSVE GSYTR
SJ QSRXWERH - LEH X S Q I T
HSNRK XI VEQI X GLRUYI WSZ V
ERH SZI V EKENR , S] I ZI V -
EP E] WSYRH - [EVZI V] PGC] X
LEZI XI GLERG X S REVR
XEHMSRREP QEVXOP EVXWVOP
NRVX EH SJ NSNRK FEVQ VGLSSP
GEVWVND CEVX SVSXI WTSXV
1] YRGP [EWZ V] VANDP [ML QI
ERH [SYPH QEQ QI TVEGM E
X GLRUYI EKENR ERHEKENR YRXP
NRK [EVWMLX - M QIQFI V XLEX
LEZNRK XI STTSWRM X WYH]
[EWE XI EVW JSVQI - TVEGM H
I ZI R [LIR - [ERD H WEXERH PE]
HS] R KSNR X VSYKL EX GLRUYI

YRXP - ORI [IX] EVWMLX
- X MWVEM X JNRH X M VORH SJ
EXWYH XSH E] FI GEYV GLNPM R LEZ
FI I R WSNR -JXI] VXRH X S BSR [ERD
X S JEV SVLEZ X S QYGL WYH] XI] [NP

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complain. So although they want to study martial arts, it is rare to find someone who will put the effort into it. I studied because I knew that it would be useful for my life.

When I later studied Qigong with my teacher, Grandmaster Yang Meijun, she was even stricter, because she is very old fashioned. Most of the time, when we talk to her, we kneel down or sit on the floor. This is because she is very small and if you stand it is very impolite, making her have to look up to you to talk. I always respect that she is a lady who grew up in the old time. But this is not like today where a lot of teachers treat students like friends. The students will call the teacher by their name instead of "Sifu" which is proper. They will even interrupt their teacher while he is talking, or eat before the teacher eats and never pour tea for their teacher. Instead they just wait for the teacher to pour tea or give food to them. Many students do not even know their teacher's birthday, which is considered very bad for a traditional teacher and student relationship. Instead, these students will come to class hoping to pick up some the skill from the teacher. Once they have got the skill they want, then you never see or hear from them again. This is just like seeing a beautiful flower in the garden and cutting it to put it your home. In doing this, you never consider the rest of the plant.

I do not mean to say that teachers should torture their students. A relationship should be based on the heart between the teachers and the students. If the teacher treats the students with his or her heart, the students should be able to tell. If the students treat the teacher with their heart, then the teachers should be able to tell as well. If both do not treat each other with their heart, then the relationship will not work. Of course, this will take time, but do not forget, it is the students who come to the teacher, not the teacher who comes to the students. So the students need to show how well they behave first. The teacher can tell if you respect them and their skill, and if you are sincere. One day you yourself might be a teacher and you will need to know how to behave and treat your students. If you do not know how to behave and to be sincere with a good attitude, then you will fail.

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