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Introduction

Follow our system step by step to get to know your body and get powerful fast.

The Wing Chun system is easy to learn if you are correct in a system.

The three simple steps to success are to focus, stretch, and breathe.

The old ways of teaching Kung Fu is dead! The teachings of the secret techniques were kept within the family and to a few trusted students.

It takes too long to learn the high levels of Kung fu.

It made sense to keep the secrets 200 years ago, but not now. The reason is that the primary type of weapons used for battle during ancient times were swords and arrows.

The introduction of automatic handguns in 1892 changed the fight game.

The secrets of the ancient masters were the learning of internal power, acupuncture points, and deep breathing techniques.

These secret trainings strengthen the body for combat, a robust immune system, and longevity.

We are now in the 21st century, Knowledge Age.

Learning kung fu fast and practical, the way of teaching must be scientific.

Sifu Greg Yau worked with a team of physicists, acupuncturist, and psychologists for 25 years to develop a simple and easy scientific system to teach beginning students to get to their highest kung fu abilities within a year or less.

In this ebook, a scientific system is in place. Learning is best using images. Each significant the movement has instructions to receive more oxygen into the body.

The more oxygen breathed into your cells, the more energy you will have. Energy is Chi.

You will learn acupuncture points to improve the flow of chi. Acupuncture points also are zero-points where the power where each movement begins.

Breathe into your Dan Tien to help increase energy doing the Siu Nim Tao.

The Dan Tien serves as the center of gravity for the Siu Nim Tao.

When you learn the combinations of internal power, acupuncture points, and deep breathing, it will take only several minutes to do Siu Nim Tao to get the fantastic benefits.

In the first series, the Yi Zhi Keem Yueng Ma (stance) teaching is first. The standing position teaches how to build a strong foundation for Siu Nim Tao and the entire Wing Chun system.

"Academy Of Health & Self Defense"



Lesson 1

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Born To Teach

The Academy of Health & Self Defense specializes in teaching *Internal Power*. Our "Unifying Body System" connects your internal body to bring subtle energy (Chi) to your external body.

We have discovered the best method of teaching Internal Power is through visual imagery, deep breathing, and the use of Acupuncture Points. The appropriate color, light green, is the key for our brains to recollect the image.

Teaching and learning to achieve Internal Power through oral instructions or watching videos are confusing. However, through visual imagery, the learning part of your brain (brain mirror neurons), will quickly learn and get results fast.

The postures are Pre-Chi Gung moves that prepare you for any style of Martial Art or Internal Art that you are doing now. The Pre-Chi Gung moves are how your body functions internally operating at its best.

Just focus on the images, breathe, then your brain mirror neurons will automatically trigger learning.

Our Unifying Body System will not interfere with your art; you are now practicing. It will make you better, giving you the edge over your classmates and opponents.

Sifu Greg began his Kung Fu training at a very young age from his two uncles. He also practices Acupuncture & Dit Ta Herbal Medicine.

His self-awareness began at a very young age. Only a small hand full of people has developed self-awareness with such high intensity.

Our lessons condition your body, mind, and spirit from your internal body out to your external body.

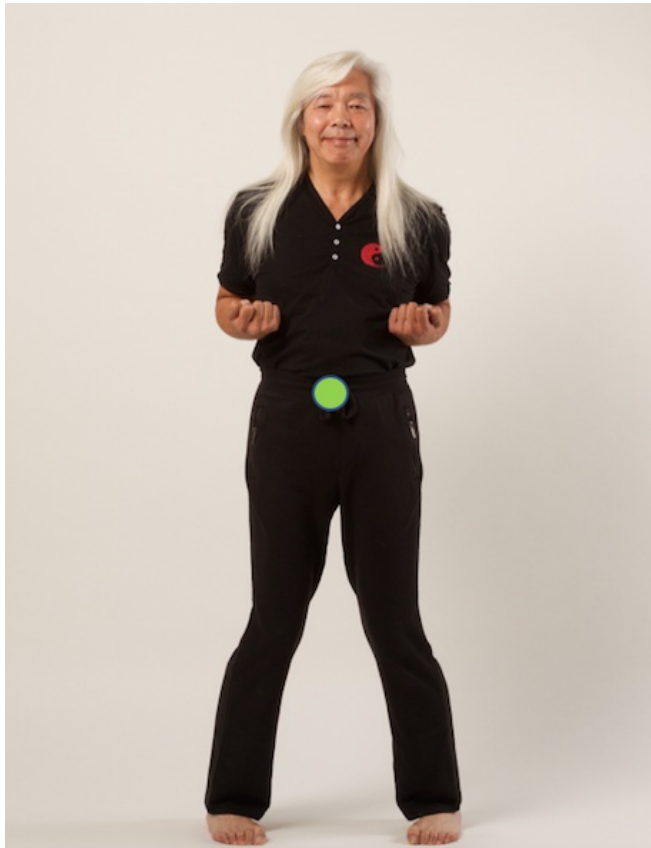
To learn the external aspects of your body, you must learn and study from a qualified instructor in the art you chose.

The beauty of achieving *Internal Power* allows you to recover faster and perform better in your art. It gives you longevity by preventing and recovering from all types of injuries.

Our program is a must for those who want a distinct advantage over their opponents to come out on top.

When we designed this program, we made it so you will be at your best always.

Sifu Gregory Yau

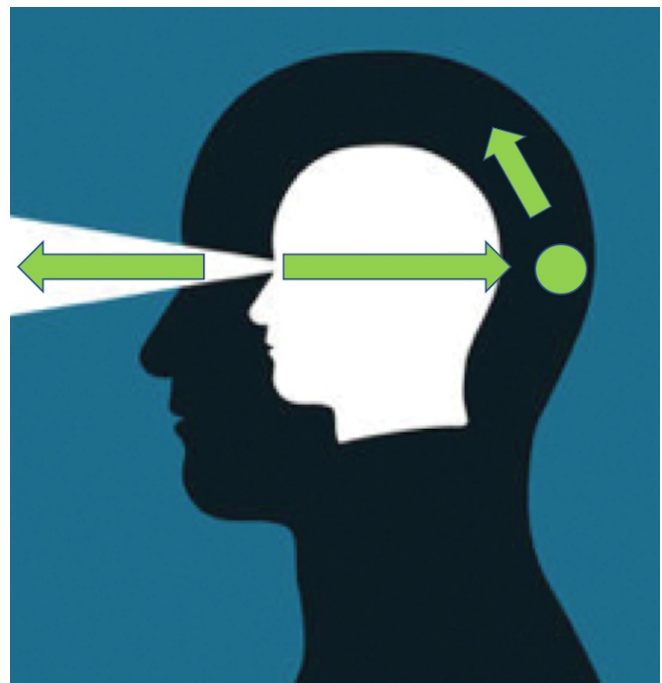


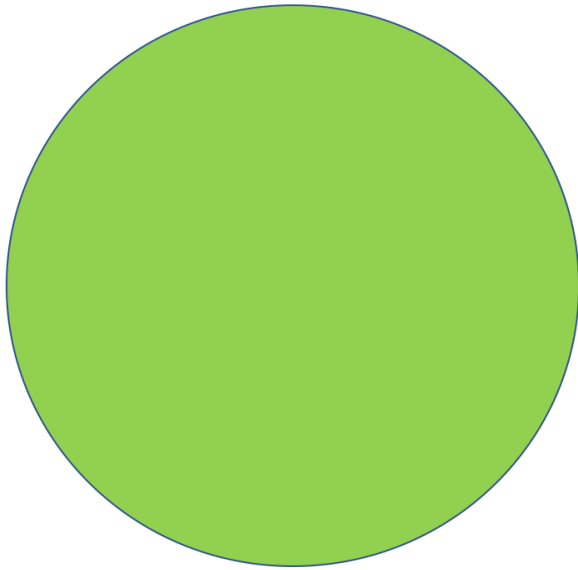
Deep Breathing - Dan Tien

1. The Dan Tien is located in the area a few inches below your belly button.
2. The Dan Tien is the source of vitality & abundant health.
3. Deep breathing from your Dan Tien will provide you with greater stamina, stability, strengthens your will power and become more vibrant.
4. Exhaling from the Dan Tien will cleanse out the stale air from the lower lobes of your lungs leaving you feeling refreshed.
5. Breathing from the Dan Tien helps you catch your second wind.

Visualization - Focus

1. A picture is worth more than 10,000 words.
2. Use your eyes to focus on the **Green Dot(s) & Green Arrows**.
3. Use your mind to anchor the **Green Dot(s)** inside your body.
4. Follow the direction of the **Green Arrows**.
5. This method of focusing will balance your head & body.
6. Look with soft eyes - do not stare.
7. Staring will strain your eye muscles.
9. Remind yourself to breathe continuously.



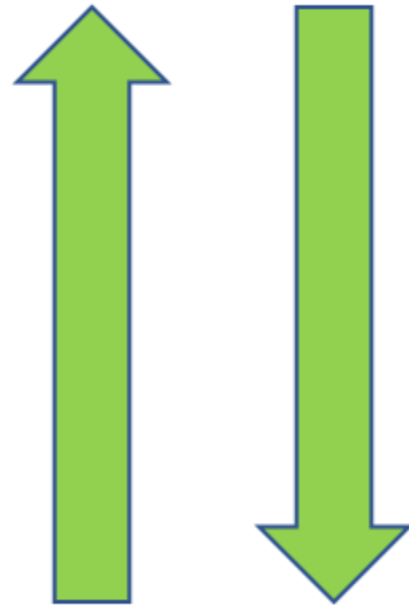


How The Green Dot Work

1. The **Green Dot(s)** are located at the same area of your body's acupuncture points.
2. The **Green Dot(s)** are control points of your body's Acupuncture Meridians.
3. The Acupuncture Meridians are pathways for the flow of the Chi (Qi) in your body.
4. The Chi (Qi) circulates the blood and energy throughout your entire body.
5. The better your Chi (Qi) circulation, the more energy you will have.

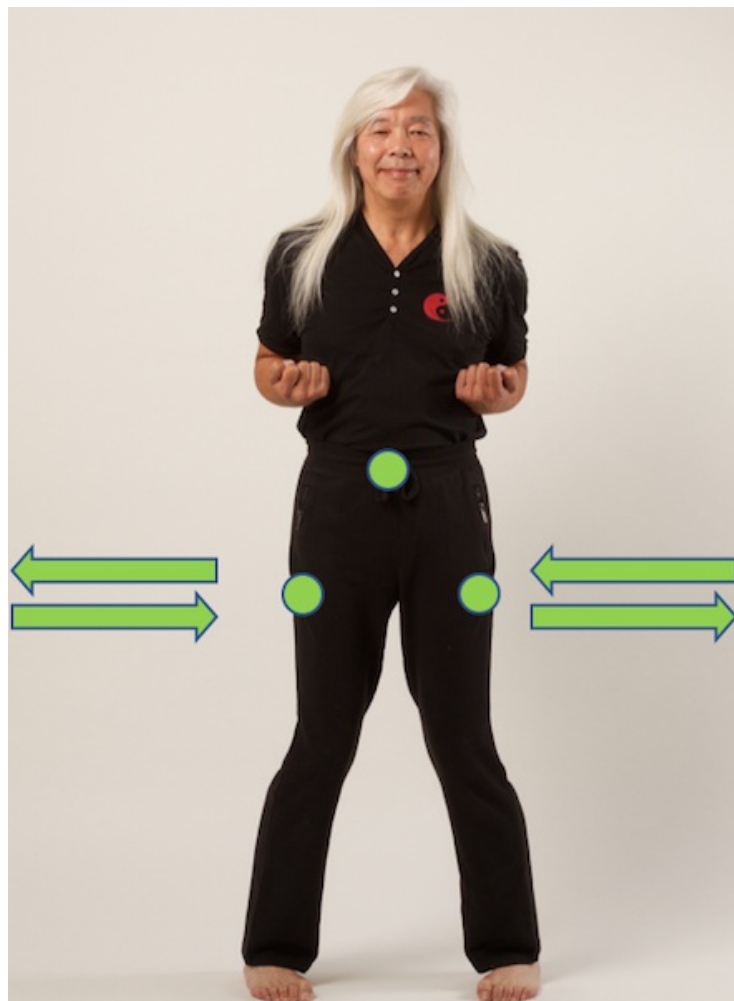
How The Green Arrow(s) Work

1. The **Green Arrows** direct the flow of energy.
2. Opposing forces of energy creates power.
3. Opposing forces of energy applied to Acupuncture points increases the flow of Chi (Qi).
4. Your instructor is the coach, your Chi (Qi) is your teacher.
5. The free flow of Chi Energy will increase your speed & power.



Breathing Secrets 101 - Key Points

1. Lift up your chin & look straight ahead to balance your head.
2. Focus your eyes with intention.
3. Stand tall to straighten your spine.
4. Feel - Pressurize - Anchor the **Green Dots** inside your body.
5. Follow the **Green Arrows** to run your energy.
6. Breathe in your nose then out your nose.
7. Or breathe in your nose then out your mouth.
8. Breathe continuously with no pausing in between breaths.



I Have A Good Idea



Let's Begin !!!