Dai Family Heart Mind Six Unions Martial Arts
by Master Zhongxian Wu

1. Brief History
The XinYi martial arts system was brought forth from Daoist society into the general public during the Five Dynasties and 10 Kingdoms period by Chen Yuan Long (Cheng Yuan Long, Flower Mountain Hidden Immortal Lineage). During the Song Dynasty, it was Master Zhou Tong who passed this system on to Song Fei. Song Fei later became one of the greatest military generals in Chinese history.

During the Qing Dynasty, Master Ji LongFeng discovered General Yue Fei’s XinYi Martial Arts Classic and later passed the art to Master Dai LongBiang (1861–1945). Due to the great proficiency of his own family’s tradition of martial arts and Daoist internal alchemy cultivation, Master Dai took mastery of the XinYi system to a new level. And the depth and clarity of his understanding of the XinYi martial arts system was so widely respected by other high level martial artists that the teachings became known specifically as XunYi TaiJiLiuHeQuan (Flower Mountain Hidden Immortal Lineage)

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2. The Spirit
As always emphasized, a traditional Chinese name carries the spirit of its object. To gain an insight into the Dai Family XinYi martial arts system, let’s look more closely into its traditional name: XinYi LiuHe Quan 心意六合拳. Literally, Xin means heart and Yi means mind. As the name XinYi implies, we need to use both our heart and our mind to learn and practice this system - and vice versa - practicing with this martial arts tradition is also a way to cultivate your heart and mind.

In both respects, XinYi is not a system that focuses solely on the mastery of physical fighting skills. Liu means six and He means combine, combination, cooperate, unite, and union. LiuHe means “the Union of Six” and it is a Daoist philosophical phrase used interchangeably with “universe.” The Chinese expression for universe is Yuzhou 宇宙 - the union of space and time. In Daoist philosophy, each individual object or concept consists of three parts. With respect to the universe, Yu contains the Shang (upper), Zhong (middle), and Xia (lower) components of space, and within Zhong, the Gu (ancient or past), Jin (present), and Lai (future or upcoming) create the inseparable aspects of time. The universe itself is the union of these six factors, and the true meaning of LiuHe is the union of the three dimensions of space and the three dimensions of time.

The XinYi LiuHe Quan internal alchemical and martial arts system was intentionally and mindfully created to help the practitioner emulate with universal way. Quan 拳 means fist, and is generally used to represent a form or a system of martial arts. However, in the inner teachings of XinYi internal martial arts system, we learn the true meaning of Quan is not Quan, but Quan is, which means circle or circular. In the XinYi system, we always practice with circular movements and use the circle - not the fist - to defeat our opponents. There is not a single movement in the entire system that does not include round patterns. XinYi Quan is a method of internal cultivation that aligns the practitioner with the circular Way of Heaven.

The XinYi LiuHe Quan heart-mind cultivation methods provide a key to the state of Oneness, a palatable feeling of no separation between human being and the Dao, where there is no difference between man and nature. In China, we describe this as YuZhouZaiWuShen WuShenZaiYuZhou 宇宙在吾神 吾神在宇宙 - The universe is within me and I am the universe. To awaken into this high-level martial arts state during combat trainings we must know how to unite the three dimensions of the time and the three dimensions of the space in our body and in all of our movements.

For instance, one of the most important trainings of this system can be described as being made of two parts: the internal three unions and external three unions. The internal three unions are: 心與意 心與意 心與意 令合一

XinYiYiHe YiYiYiHe YiYiYiHe 心意合一意合一

Heart unites with mind
Mind unites with Qi
Qi unites with force

Training with the three external unions helps us master the oneness of space (upper, middle, and lower) in our movements as well as making our use of space come alive in times of combat, when timing is crucial.

3. The Union of Dao and Martial Arts
Dai Family XinYi is DaiXuWoShiWuQuan (Four Movement Form), NiuKouSanDao (Three Twist Broad Sword Form), TangLangZaiXi (Eyebrow Spear Form), DianXueJue (Praying Mantis Chopping Form), DianXueJue (Four Movement Form), NiuKouSanDao (Din Mak or pressure point techniques), TieKuiZi (Iron Chopstick Form), EMeChi (Eyebrow Spear Form), GunFa (Staff Form), dozens of animal forms, and more. Although it sounds like a complicated school, it has a clear training method which obeys principles of DaiInternal alchemy and numerology.

In the chart on the next page, I have listed basic numerical relationships, Daoist concepts and XinYi internal alchemical martial arts practices for you. I hope this provides you with a clear overview of Dai Family XinYi System.

The defining characteristic of Dai Family XinYi is the union of the Dao and martial arts. From the very start of XinYi training, students learn physical postures that help them understand the deeper layers of meaning of the system as a whole, as well as how to apply the system in their Daoist internal cultivation practice, for improving health, for promoting longevity, and in combat.

The XinYi Martial Arts Classic states:

- Nourished by your spiritual root
- Guided by your heart
- The enemy is defeated.
- Unwavering spiritual root
- And a tranquil heart
- Cultivate the Dao.

Dai Family XinYi System.
### Table: Daoist Numerology and XinYi Practices

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**About the Author:**
Master Zhongxian Wu, lifelong Daoist practitioner, is the recognized lineage holder of four forms of classical Qigong, Taiji and martial arts. He synthesizes wisdom and experience for beginning and advanced practitioners in his unique and professionally designed courses and training programs.

Master Wu has authored 12 books on Chinese wisdom traditions, including XinYi WuDao: Heart-Mind - The Dao of Martial Arts and a new DVD series on Taijiquan Internal Martial Arts, XinYi WuXing and XinYi BaGua.

For more information about his work, please visit www.masterwu.net