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**Shaolin Yangsheng Fa
„Shaolin Method of
Nourishing Life“**



Stephan Breu

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少林養生法

Shaolin Yangsheng Fa



„Shaolin Method of Nourishing Life“

Trainingsystem by

Shifu Stephan Breu

(English translation of German original document)

Table of Contents

	Table of Contents	1
1.	Introduction	2
2.	Shifu Stephan Breu	2
3.	Definition	3
4.	Etiquette	4
5.	Dress Code	5
6.	Graduation System	6
7.	Test Routine Student Grades	6
8.	Test Routine Master Grades	7
9.	Special Characteristics of the System	9

1. Introduction

The trainingconcept „Shaolin Yangsheng Fa“ has been worked out by Shifu Stephan Breu and is unifying different methods of physical workout for nourishing health through traditional Shaolin and Chinese medicine. The System also includes actual new developments in Qigong following medical research. Therefore „Shaolin Yangsheng Fa“ is only partially training own forms but is a modern basic health training applied for Western practitioners with direct link to the traditions of the Shaolin Monestry in Henan. The integrated basic training will allow new practitioners access to the more sophisticated traditional forms without being overchallenged.

Shaolin Yangsheng Fa consists not only of gymnastic forms but also focuses on more spiritual and mental development of the practitioner during the education by providing understand for Chan-Buddhism, Chinese Medizine (Meridian and 5-elements), Anatomy and Pedagogy.

2. Shifu Stephan Breu

Shifu Stephan Breu was born in 1965 in Switzerland. During his youth he got interested in Asian Martial Arts and the underlying philosophy.

His first training in Martial Arts included basic technics of Aikido but this sophisticated Art was not focused on fighting enough to keep the interest of a young practitioner.

For this reason he started training with the local Kyokushinkai Karate-Club. After moving his home he was not able to find any Kyokushinkai club nearby so he stopped training martial arts for some years.

Through friends he found his way to Chinese Martial Arts.

As he did not want to train the modern and acrobatic forms of Wu-Shu he began to show interest in the internal arts. That is how he found his way to Qi Gong.



In 2006 his brother introduced him to the new forms of Health Qigong by the Chinese Health Qigong Association. From the start Shifu Stephan Breu liked this new forms very much and started training.

In 2007 Shifu Stephan Breu visited with the Swiss Delegation the 2nd International Health Qigong Congress in Beijing. During the demonstration competition he showed as one of the first Europeans on chinese soil the two forms Yi Jin Jing and Ba Duan Jin successfully. At the end of the congress he passed his examination for 2nd Duan with these two forms and then was elected Vice-President of the Swiss Health Qigong Association.

More traditional is his ongoing training with his sifu from the Shaolin Monestry in Henan for Shaolin Qigong, Shaolin Rou Quan and TCM and Chan-Buddhism.

Since 2008 Shifu Stephan Breu is licenced Referee Sanshou of the Swiss Wushu Federation and was already judging during the national championship in his first year.

Shifu Stephan Breu is Member of different Martial Arts Organisations and is maintaining international contacts to friends in Martial Arts. His graduation by the Chinese Health Qigong Association has been confirmed through multiple Associations.

3. Definition

少	=	Shao	=	Shaolin
林	=	Lin		
养	=	Yang	=	Nourishing Life
生	=	Sheng		
法	=	Fa	=	Method

Shaolin Yangsheng Fa refers to the tradition of the Shaolin Monestry in Henan/China. The training ist not only focused on gymnastic forms but should also support the personal development of the practitioner by his teacher. Therefore basic elements of Chan-Buddhism and Chinese Medicine are studied without accepting the religious authority of the Shaolin Monestry for the organisation. This means the organisation is not religious and does not expect any practitioner to accept any wisdom of Chan-Buddhism but the one he does freely.

The chinese nourishing Life „Yangsheng“ is an important part of the system as there will not only be learned forms but also theoretical wisdom for the personal mental and spiritual development, i.e. nourishing Life.

The chinese sign „Fa“ means „Way“ or „Method“ und is combining the single elements of „Shaolin Yangsheng Fa“ to its bigger systematical concept.

4. Etiquette

The Masters and licenced Teachers of Shaolin Yangsheng Fa are adressed as „Shifu“ by the practitioners. Don't forget with all the meanings of respect that a Teacher/Master only qualifies through his personal behaviour and the quality of his students and not through titles and honours which are not substantially reflecting his relationship with the practitioners.

When entering and leaving the training room and before and after trainingunit the practitioners greet the shifu with the traditional greeting of the Shaolin Monks.



Outside of the training facility the practitioners of Shaolin Yangsheng Fa should aim to follow the following rules, which are not to be understood religious or related to any culture or race:

A practitioner of Shaolin Yangsheng Fa is

1. asked to respect his Master, to honour the moral way and treat other practitioners as brothers and sisters.
2. asked to train hard and aim for physical and mental health.
3. asked to respect elderly people and protect young people.
4. asked to fight for justice and be wise and brave.
5. asked never to be angry or behave ruthless or mean, missuse power or suppres the good in live.
6. asked to behave human and sensitive and aim for peace and luck for all mankind.
7. asked to support talents and pass on Shaolin Art to worthy students

Therefore we are living according to the follwing principles and wisdom

1. Recognize yourself
2. Look to what you feel.
3. If you do something you must really want it.

4. Keep calm in all situations and towards everything.
5. Don't be afraid of anything.
6. Be perfect in thinking and acting.
7. Concentrate on the substantial.
8. Concentrate on the moment.
9. Concentrate on the existing.
10. Respect and esteem your opponent.
11. Be open for all new experience.

So we do not believe without reflecting

- | | | |
|----------------------|----------|-----------------------|
| - hearsay | | - what we prooved |
| - tradition | but only | thoroughly |
| - assumption | | - what we recognised |
| - heirloom ideas | | as serving welfare |
| - words of a admired | | - what is serving the |
| master | | welfare of mankind |

5. Dress Code

All practitioners come to training with a neat body. Training is followed in comfortable sport dresses and starting from 1st Duan in traditional dress. This means



Kung Fu Uniform



Tai Chi Uniform

Die Uniforms can be stucked with logo and badges of „Shaolin Yangsheng Fa“-System. Other badges must be approved by the Shifu. The colour of the uniform can be choosen freely, belts and sashes have to correspond with the graduation system of „Shaolin Yangsheng Fa“-System.

6. Graduation System of „Shaolin Yangsheng Fa“

Shaolin Yangsheng Fa has been developed and suited especially for Western practitioners. According to the experience of other Martial Arts Systems our System has also a graduation system. This is organised as follows

3 Student Grades

und

9 Master Grades (Duan-/Dan)

1. – 3. Duan	Achievement Level
3. – 5. Duan	Master Level
6. – 9. Duan	Honoury Level

7. Test Routine Student Grades

1. Student Grade: **yellow Belt/Sash**

Forms:

- Shaolin Yangsheng Energy Form 1
- Shaolin Ba Jin 1

2. Student Grade: **green Belt/Sash**

Forms:

- Shaolin Yangsheng Energy Form 2
- Shaolin Ba Jin 1 + 2
- Health Qigong Ba Duan Jin

3. Student Grade: **blue Belt/Sash**

- Forms:
- Shaolin Yangsheng Energy Form 3
 - Shaolin Ba Jin complett
 - Health Qigong Yi Jin Jing
- Written Examination
- Basic Knowledge Meridian-Theory
 - Basic Knowledge TCM

Examinations can only be confirmed by a licenced Shaolin Yangsheng Fa-Master.

8. Test Routine Master Grade

1. Master Grade / 1. Duan

- Forms:
- Shaolin Ba Duan Jin
 - Daoistic Energy Massage
 - Trial Lesson on Students Level
- Written Examination:
- Basic Knowledge Chan-Buddhism
 - Basic Knowledge Chinese Martial Arts
 - Deeper Knowledge of Meridian-Theory and Anatomy
 - Basic Knowledge Psychology of Learning/Didactics

2. Master Grade / 2. Duan

- Forms:
- Shaolin Yi Jin Jing
 - Trail Lesson on Shaolin Ba Duan Jin
- Written Examination:
- Deeper Knowledge of Chan-Buddhism
 - History of Shaolin Monestry
 - Deeper Knowledge of Psychology of Learning/Didactics

3. Master Grade / 3. Duan

- Forms: - Shaolin Rou Quan
- Trail Lesson Shaolin Yi Jin Jing
- Written Thesis: - Chan-Buddhism/ShaoLin-Culture

4. Master Grade / 4. Duan

- Forms: - Health Qigong Wu Qin Xi
- Tai Chi Form 24 Beijing or comparable form of internal arts
- Trail Lesson Shaolin Rou Quan
- Written Thesis: - Yangsheng in chinese culture an my experience

5. Master Grade / 5. Duan

- Forms: - Health Qigong Liu Zhi Jiu
- Tai Chi Form 48 Beijing or comparable form of internal arts
- Workshop-Management 2 Days for Duan-Holders of the System

6. – 9. Master Grade / 6. – 9. Duan

These Duans will be awarded by the management of the organisation for extraordinary achievements of holder of the 5th Duan. According the Level awarded the Duan-Holder has to have proven achievements for the internal structure or expansion of the system or in public relation. For being awarded a higher honoury Duan the character of a Duan-Holder has to play a crucial role as he is going to represent the organisation to the public prominently. The 9th Duan is reserved fort he founder of the system or the leading person.

In the Shaolin Yangsheng Fa-System all Duan-Holder carry black belts or sashes. Only for representative occasions or für public relation there can be carried a red and white belt from 6th Duan onwards. The colour of belt or sash for 9th Duan is free. It is only allowed to stick the name of the system, title and name of the Duan-holder and one bar for each Duan on the belt or sash.

Examination starting with 1st Duan will be conducted through a Examinatin Committee of the organisation which consists of at least 3 Duan-Holder. The commitee can only award Duans up to 1 Grade below the Duan of the highest distinguished member of the committee (who is Head of the Committee).

9. Special Characteristics of „Shaolin Yangsheng Fa“-Systems

The System is not focused on fighting and is including traditional elements of Shaolin Qigong, Shaolin Quan and daoistic tradition of Neigong und Tai Chi as well as elements of the new developed Qigong-Forms of the Chinese Health Qigong Association for maintaining health and fitness. Through the close relationship to the Martial Art Training of Shaolin Quan and for the motivation of the Western Practitioners the system includes a graduation and competition system.

Besides the physical development the practitiones are also expected to develop spiritually and mentally according to the actual graduation. The practitioner should be able to implement the ideology and wisdom of the Shaolin Yangsheng Fa-System in his day-to-day life.

NOTES FOR AUTHORS

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