

Master Helen Liang - The Internal Martial Art of Liu He Ba Fa 2025

In this live 7-week video course, you'll:

- Discover how LHBF's **8 Principles embody the natural unification of the 6 Unities** as a martial arts practice and discipline
- Add **new LHBF movements each week**, culminating in 12 carefully chosen movements from the complete form that represent its essence
- **Embody the Taoist teachings of water** so you move through life in a way that's harmonious, adaptable, and wise — for physical strength and flexibility, mental clarity, emotional balance, and spiritual growth
- Facilitate a deep connection between **your internal Qi and the Qi of the natural world** so you're in harmony with your surroundings and with the Universe — reducing stress and anxiety, and enhancing focus and emotional stability as well as strength and coordination
- **Integrate the mind, body, and energy** to create a powerful framework for cultivating Shen (which means "Spirit" or "Mind" in Chinese thought)
- Discover the importance of **practicing each movement slowly**, so your mind becomes highly aware of not just the external movements but also the inner movement of Qi
- Develop practices that will help you feel more physically **strong, coordinated, flexible, and self-aware**, with a sense of inner harmony
- Incorporate the **natural elements into your LHBF movements** to facilitate a deep connection between your internal Qi and the Qi of the natural world
- Discover how **each movement can follow what your mind directs**, with the end of one movement and the beginning of the next echoing each other, constantly moving in 4 directions in a smooth fashion
- Explore the **yin-yang theories**, including how yin and yang harmonize each other through movements, resulting in the natural unification of body, mind, and spirit
- The concept of **Qi from various perspectives** and how Qi is cultivated through the practice of LHBF
- *And much more...*

What You'll Discover in These 7 Weeks

In this 7-week transformational course, Helen will guide you to successfully practice the flowing, fluid movements of Liu He Ba Fa so you move through life in a way that's harmonious, adaptable, and wise.

Module 1: Way of the Water – The 6 Harmonies/Unities and 8 Principles for Better Circulation, Stronger Joints and Muscles & More Powerful Qi Circulation (January 9)



The living are soft and yielding; the dead are rigid and stiff.

— Lao Zi, Tao Te Ching

Liu He Ba Fa/Water Style, an internal Chinese martial art style, is translated as Six Unities/Harmonies and Eight Principles.

It was created more than a thousand years ago by a Taoist hermit named Chen Tuan who lived on Hua Mountain located in northern China. Chen Tuan was granted the title “Master Xi Yi” by the first emperor of the Song Dynasty.

Aside from its martial art applications, LHBF was created by Master Xi Yi to primarily **benefit health, strengthen the body, dispel sickness, and increase longevity.**

As Master Helen will explain, LHBF incorporates the qualities and strengths of the three Internal Chinese martial art styles of Tai Chi, Xingyi, and Bagua — yet it’s in a class by itself, a unique form of internal martial arts.

In this opening module, you’ll explore:

- **An overview** of LHBF history and philosophy
- Liu He, the **6 Unities/Harmonies**, and Ba Fa, the **8 Principles**
- How **LHBF embodies profound Taoist philosophies** and presents the central theme of Taoism
- The **yin-yang theories**, including how yin and yang harmonize each other through movements, resulting in the natural unification of body, mind, and spirit
- How the **8 Principles embody the natural unification of the 6 Unities** as a martial arts practice and discipline
- An **introduction to fundamental stances** and their health and fitness benefits

- A guided standing practice that includes **posture and deep abdominal breathing** to promote calm and relaxation and establish proper body alignment for smooth circulation, balance, and strength

Module 2: Balance Your Intuitive Mind (the Sacred Gift) and Your Rational Mind (the Faithful Servant) for a Harmonious Practice & Life (January 16)



Master Helen will share the **first unity: “Ti (Body) Unites With Xin (Heart-Mind),”** where the Heart-Mind is yang and the Body is yin. Heart-Mind is in motion; it’s easily active and emotional. The Heart-Mind controls the actions and functions of the Body.

Master Helen will also introduce the **second unity: “Xin (Heart-Mind) Unites With Yi (Logical Mind),”** which holds that the xin is emotional and hard to keep steady, whereas yi is logical and can keep you calm. These two minds interact to keep one in balance.

When in harmony, the relationship between Heart, Mind, and Body is natural and intuitive.

In this module, you’ll explore:

- How the Body follows the **Xin (Heart-Mind)**, and the relationship between your Heart-Mind and Body is natural and intuitive
- How the **Yi (Rational Mind)** can keep you calm
- How the **standing posture channels the yin and yang energies** of the Earth and Heaven into the Body — and activates important energy centers and acupuncture points to allow smooth circulation of Qi in the major meridians and vessels
- The **“Stop the Wagon to Ask for Direction”** movement and its Taoist cultivation implications
- **Building proper body alignment**, strengthening the muscles of the extremities and the core muscles of the abdomen and back with the “Empty Stance”

Module 3: Lead the Flow of Qi in Your Body to Improve Your Posture & Build Strength (January 23)



Master Helen will introduce the **third unity**: “**Logical Mind Unites With Qi**,” so your thoughts can direct energy.

As she’ll explain, yi symbolizes yin. Qi is flowing, and by being in motion it symbolizes yang. Our mind leads the flow of Qi in our body, and where our minds go, our Qi follows.

She’ll introduce the **first principle, Qi (Energy)**: “**Circulating Qi to Gather the Spirit**,” and the **second principle, Gu Jin (Bone Strength)**: “**Supporting the Movements to Build Posture & Strength**.”

Master Helen will share how Gu Jin encompasses a humble kind of strength that’s never flashy and outwardly displayed, but is conserved and steadfastly guarding your body’s structure.

In this module, you’ll explore:

- The concept of **Qi from various perspectives** — and how Qi is cultivated through the practice of LHBF
- How when Heart Mind and the Rational Mind harmonize, you can **direct Qi smoothly throughout the body**
- The movements “Rein the Horse at the Cliff” and “Angry Horse to Turn its Head”
- “Training Bow Stance” and “Half Horse Stance,” to **strengthen the legs, hips, and lower back** — allowing for the smooth circulation of Qi in the yin and yang meridians of the foot, liver, kidneys, and bladder meridian
- The “**Training Cross Resting**” stance to build leg flexibility, strength, and agility

Module 4: Build a Connection Between Your Inner World & the Universe for Harmonious, Holistic Wellbeing (January 30)



You'll learn about **the fourth unity: "Qi (energy) Unites With Shen (Spirit)."** Qi is yang while Shen is yin. Heightened spirit allows smoother flow of Qi and blood in the body. Conversely, a smoother flow of Qi and blood raises the spirit.

You'll discover the **third principle, Xing (Shape): "Transcend the Forms through Mimicking the Shapes and Movements,"** exploring how many movements in LHBF mimic the shapes and movements of animals, plants, or other natural phenomena.

However, as Master Helen will explain, while practicing these movements, you won't simply mimic the physical shapes and movements — instead, you'll dissolve into the phenomena, striving to attain unity in its shape and spirit.

According to the **fourth principle, Sui (Follow): "Coherence Coupled with Fluidity,"** you're expected to practice the entire form of LHBF with continuity, never breaking the flow of Qi, power, or movements.

In this module, you'll explore:

- How the practice of LHBF cultivates **Shen (Spirit)** through harmonizing the body, mind, energy, and spirit to achieve a state of mental clarity, emotional balance, and inner calm
- **New movements to add to your flow:** "Flower Drop From a Vase Onto an Ink-Stone" and "High Mountain Flowing Water"
- Incorporating the **natural elements into your LHBF movements** to facilitate a deep connection between your internal Qi and the Qi of the natural world
- Ways to **ensure that each movement follows** what the mind directs, with the end of one movement and the beginning of the next echoing each other, constantly moving in 4 directions in a smooth fashion

Module 5: Come and Go in a Continuous Flow So You Can Embrace Life's Constant Motion & Change (February 6)



Master Helen will introduce you to the **fifth unity: “Shen (Spirit) Unites With Dong (Action).”** She’ll explain how Shen is yin, and *Dong* refers to movement and is classified as yang.

As you explore the **fifth principle, Ti (Elevating, Lifting): “Head Suspended in Emptiness,”** you’ll learn how it refers to the way the body is relaxed while practicing the form. This kind of relaxation is not flaccid; one’s spirit should be lifted and body postures correct.

The **sixth principle, Huan (Return): “Coming and Going in a Continuous Flow,”** mirrors the cyclic nature of the Tao’s endless motion and change. Once you learn to embrace this nature of cyclical change and act with spontaneity, you’ll thrive.

In this module, you’ll explore:

- How a **heightened Spirit** generates better action and more effective body movements
- How the **principle of Huan (Return)** refers to the idea that everything around us is undergoing a constant flow of transformation and change
- **Practicing the movements** of “The Wild Geese Flying in Formation,” “The Yellow Dragon Turns Its Body,” and “Five Saints Visit the Kingdom of Heaven” to depict the principles of Huan and Ti
- How these **movements stimulate Qi/energy flow** in the meridians of the feet and hands and benefit the internal organs

Module 6: Cultivate Mental Calm, Adaptability & Inner Stillness With the Art of Concealing (February 13)



The **seventh principle, Le (Rein in): “Keep the Still and Guard the Empty,”** refers to your ability to take the reins of control in your practice and your life.

Because the movements of the form are ever-changing, coming and going continuously, the **cultivation of a still, calm mind** is crucial to fully master these movements and act with spontaneity.

You’ll also discover the **eighth and final principle, Fu (Conceal): “Illusive in Concealing Strategies.”** Many martial arts techniques are concealed beneath the surface, hidden within the movements and postures. The applications are wrapped in a veil of ever-changing and unpredictable movements, making them hard to detect, thus befuddling the opponent.

In this module, you’ll explore:

- How the **movements of the form are ever-changing**, akin to the ebb and flow of life itself — and how the cultivation of the mind becomes paramount in achieving mastery over these movements
- How the principle of Fu, which embodies the concept of “hide” or “conceal,” extends beyond mere physical concealment — it entails the art of masking your intentions and actions, fostering an aura of unpredictability and mystery
- Cultivating **adaptability and resilience**, as well as the ability to remain calm and responsive in the face of challenges
- Two movements to **embody the principles of Le and Fu**, “Crouching Tiger Listens to the Wind” and “Pushing the Boat Along With the Current”
- How “Crouching Tiger Listens to the Wind” also **cultivates the conception vessel** which governs all the yin meridians in the body — and how cultivation of this yin energy nourishes the body’s Qi and blood

Module 7: Embracing Emptiness & the Adaptability and Strength of Water as You Practice Your Full-Length Form (February 20)



In this final week, you'll practice your full-length practice that bears the essence of the water form.

You'll also receive the **sixth and final unity**, “**Dong (Action) Unites With Kong (Emptiness).**”

Kong is referring to a state of stillness. In this practice, Kong acts as yin and dong acts as yang. The movements heighten your concentration and unify your outer and inner Qi. You'll maintain stillness while engaging in myriad movements using a “doing not doing” state of body-awareness where the movements happen by themselves effortlessly.

In this closing module, you'll explore:

- How “Kong” is not just a martial arts principle, but also represents a high level of mental and physical cultivation
- How “Kong” can manifest as **lightness and natural flow**, effortless power, or balancing of solidity and emptiness, or balancing of substantial and insubstantial movements.
- How your state of **inner calm and stillness** is cultivated through continuous practice.
- The **final movement of your form**, “Opening and Closing, Store Qi”
- A guided review and practice, featuring all the movements you've learned
- Weaving together the essential features of LHBF to experience a **free flow of the movements**

[Register Now](#)

The *The Internal Martial Art of Liu He Ba Fa* Bonus Offering

In addition to Helen's transformative 7-week online course, you'll receive this special bonus offering to complement the course and take your understanding and practice to an even deeper level.

When you register by Midnight Pacific on Saturday, January 4, you'll receive the bonus below as an extra gift:

The Essence of Emptiness in Liu He Ba Fa

Article by Master Helen Liang



Master Helen's article discusses the philosophy of “emptiness” in both Buddhist and Daoist traditions and how this concept relates to the practice of Liu He Ba Fa. **The 6th principle of Liu He Ba Fa is “movement unites with emptiness”** — which speaks to the deep philosophical understanding of emptiness. It encourages you to move in a way that's not bound by force, tension, or rigidity, but instead flows with a sense of openness and adaptability — qualities that mirror the essence of emptiness.

Register by January 4 to claim this bonus before it expires.

Plus... you'll receive these bonuses too!

Nourishing Shen With 5 Hearts

Video Teaching From Master Helen Liang



In this video teaching, **Master Helen** guides you through a Qigong exercise that teaches how Shen can be nourished using five hearts. The entire form of Liu He Ba Fa is led by Xin and Yi, meaning the Heart-Mind. The practice emphasizes the unity of Body and Heart-Mind, Qi and Shen (Spirit). Traditional Chinese Medicine and Chinese internal martial arts like LHBF, Tai Chi, and Qigong view the heart as the residence of Shen, the monarch that governs mental and emotional processes. Master Helen will explain how a balanced Shen reflects a clear, calm mind and a peaceful demeanor.

Liu He Ba Fa/Water Style

Article by Master Helen Liang



Master Helen's article offers a deep dive into the ancient art of Liu He Ba Fa, revealing its rich blend of fluid movement, mental clarity, and spiritual depth. Through exploring its core principles, unities, and practical benefits for both health and martial arts, you'll discover how

this timeless practice cultivates balance, strength, and harmony. Whether you're seeking to master martial techniques or improve overall wellbeing, Liu He Ba Fa offers a path to unlock your fullest potential.