



Wing Chun Bio Energy

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“Every use of energy starts with belief and positive thinking” by Peter Yeung

Note! this document is written from WCAA WingChun system application perspective.

This document will try to demystify bio-energy at internal martial arts and specially WingChun energy development from e.g. the SiuNimTao form. This document will use today existing western terms in this area and scientific terms from e.g. psychology, that is why we call it bioenergy instead of internal power 内功 or internal KungFu .

The Wing Chun bio-energy have many names depending on what Wing Chun lineage you are training. For example; internal power, mind power energy or bioelectricity etc. The common part is that you are feeling power that is controlled by your mind in a relaxed state. But in other Kung Fu/Wushu it is also called “Qi” energy or “Ki” in Japanese Budo, but in general terms it calls internal power 内功 or internal KungFu since Qi from QiGong does not necessarily relate or applies for martial art. In Wing Chun Academy Association - Sweden we called it Bio-Energy, this Bio-Energy is also related to the Bioenergetic, Bioenergetic analysis and Mind-body intervention etc.

Bioenergetic that is the subject of a field of biochemistry that concerns energy flow through living systems. In Chinese Qi Gong philosophy it is also called Original Qi (Qi means air breath) the Qi you inherit from your parents and ancestors i.e. the source of life energy. This Chinese view has similarity that is mentioned in the Christian Bible English version NIV, Genesis 2:7 “Then the LORD God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being. ”

This internal original bio-energy is at 100% when you get born and will decrease with your age and your lifestyle, if you have low bio-energy your body will have difficulties keeping your health balanced and it will result in sickness that is difficult to recover from. The human is like a battery, for example when you are 45 years old the average energy level is 33%, when the energy is e.g. below 20% it is almost not possible for treatment. This internal original bio-energy level can be measured via e.g. [Alfa](#) measurement. Internal original bio-energy can be increased or improved by e.g. breath exercises for bio-energy development..

External bio-energy from e.g. ground, i.e. negative bio-energy, or plus-minus loaded bio-energy from air, called cosmical energy, can be developed to be used for different purposes e.g.

bio-therapy or bio-treatments, health improvements and martial arts etc.

Bio-Energy can be developed by and controlled by the mind-power so the simple relation is:

$$\text{Bio-Energy} = \text{Mind-power} + \text{Energy feeling}$$

The 2 Bio-Energy types are:

- Ground energy or Negative loaded Bio-Energy (Yin Qi)
- Cosmical energy or plus-minus loaded Bio-energy (Yang Qi)

Negative loaded Bio-Energy (Yin Qi)

This external energy is mainly used in e.g. Wing Chun for the softness power. This energy need to be pull up from the ground and is not dependent of air breathing.

Plus-minus loaded Bio-energy (Yang Qi)

This external energy is used in many Qi Gong styles. It is more dependent of air breathing.

BioEnergy applications

Bio-Energy is just an energy can be developed and used in different applications e.g.

- internal martial arts such as WingChun
- health improvement
- medical healing
- improve physical strength
- generate heat

The questions are how to get the energy feeling and develop the mind-power ?

The mind-power you can get e.g. from mental training. The basic Wing Chun form Siu Nim Tao (小念頭) includes the position status awareness, mindfulness and mind-power training. But the mental training is also based on the confident strength of believe and mind/body relaxation (anti-stress).

There are 3 steps or training levels for develop the energy in WCAA

1. Mindfulness 正念 for gain control via mind relaxation and focusing
2. Mind-power 念功 development by using relaxation mind
3. BioEnergy or soft internal energy 内功 development by first deblock energy channels

For develop and feeling Bio-Energy step/level 1 and 2 must be achieved since I wrote earlier:

$$\text{Bio-Energy} = \text{Mind-power} + \text{Energy feeling (via mindfulness)}$$

Mindfulness:

For energy feeling is achieved via mindfulness training in step 1. With mindfulness awareness the brain will open an information channel from the body part for getting the information connection, this means to open the unconscious part between mind and body. With focusing capability via mindfulness training the brain can filter out other disturbance mind by firsthand connecting mind and body.

Within WCAA; Mindful, Awareness and Mindfulness are here in 3 kind or types, with the first 2 steps are for reach mindfulness:

- **Mindful** 留心 of body structure and position
- **Awareness** 意识 of emotional feelings e.g. stress of different kind and anger that needs to be in control in a calm condition.
- **Mindfulness** 正念 is a mind relaxation state that enables a connection channel to body and then getting information e.g. get connection with you hand, finger and toe and receive response information from it. Select also what kind of information type you want to receive e.g. pulse or Bio-Energy. This is important enabling the mind-power over the channel. This phenomenon works similar to a radio receiver that actually is a filter with an amplifier.

The **mindfulness** that we want to achieve are in 3 levels or steps

1. Getting to mind relaxation mode i.e. SiuNimTao mode
2. Establish contact with you body
3. Receiving information from the body when contact is established

Mindfulness training also enables well-being and anti-stress since it connects the mind to the body.

(Regarding Metacognition for understanding how you think is more on understand the response)

Mind-Power 念力:

Mind power is also called Nimlik 念力, or Yi Li 意力 a tem within internal martial arts. With Mind-power training, information energy can be destined to the body part. Mind-power is developed via 3 parts:

- Imagination
- Belief power
- Willpower

All 3 together in mindfulness state.

Bio-Energy:

With both Mindfulness and Mind-power then the brain can feel and control and develop BioEnergy.

What is unique with WCAA bioenergy development?

WCAA-Sweden bio-energy training consist of 2 parts

- Stretching movements for free up or unblock energy channels
 - Without mindfulness (in the training lesson)
 - With mindfulness on physical stretched and relaxed state
- Energy generation with mindfulness + mind power using 2 bioenergy engines
 - TeiGang movement
 - Breathing control

BioEnergy applications are:

- WingChun FatGeng - soft power punch generation
- Healings (mainly outer healings) is used for demo during lesson training
- Protection shield (not in focus) but applies the theory only during pad holding training

The bioenergy training drills are few but are in different levels

But why can't some people feel the bio-energy when doing mind training ?

Not everyone can feel the bio-energy, and some people feel more and some less. Some people feel it as a kind of heat.

Bioenergy can only been felt or received by 2 kind of peoples:

- Born with gift for feel and receive BioEnergy
- Training for develop BioEnergy

In general can physical condition trained people (not muscles trained like body-building) easier find the feeling of energy, believing it exists is the first step, then to recognize what bio-energy feels like, some people feel it as a kind of heat. You can compare with a radio receiver you need to turn to the right frequency to find the signal. The normal situation is that the conscious and subconscious are blocked from each other and that is why you can not feel bio-energy.

People who don't feel Bio-Energy are also less exposed to direct impact from that kind of energy but the physical damage will be the same.

How can I in a simple way feel the Bio-Energy as a beginner?

A simple exercise to start is to first by relaxing your arm and concentrating on your hands until you feel sticks or pulsing in the fingers. This is the simple response of the mindfulness + mind-power

What is specific for Wing Chun Bio-energy ?

Wing Chun is mainly using the **negative Bio-Energy** from the ground i.e. **ground energy** in a natural way and that is a healthy bio-energy without “risks”. The secrets on how to automatically pull the energy from the ground is based on 2 parts:

- Triangle stance YEE GEE KIM YEUNG MA
- Hip pulling (Tei Gang) moment - The lower Dan Tian energy center
- [Correct structure position for not block the energy](#)

The triangle stance and all triangle theories and figures in Wing Chun are in accordance with the trigonometrical figures which are absorbing bio-energy according to the bio-energy theory. The best working evidence is the triangle stance YEE GEE KIM YEUNG MA.

Since the Bio-Energy in Wing Chun is mainly for martial arts, the Wing Chun Bio-energy must come automatically in a reaction without any specific procedure for loading energy.

One of the Wing Chun system principles is to keep the system with just a few moments and exercises compared to e.g. Tai Chi. The same principle is for the Wing Chun Bio-energy exercises, they are simple and clean, and also good for your health without any specific limitations. The main Bio-energy exercises are based on the first form of Wing Chun i.e. the Siu Nim Tau form where you have all basic mind training for developing the Wing Chun Bio-energy. Wing Chun Bio-energy is not fundamentally based on breathing support, but breathing can be used to support it.

The term sinking to Dan Tian applies mainly in the 3:rd section of the Siu Nim Tao, when pulling in the cosmical energy (Yang Qi) from the Wu Sao hand for sinking to Dan Tien by first hip down rotation and then hip pulling (Tei Gang) sitting on the stance structure for catching the [cosmic energy \(Yang Qi\)](#), the energy has to have a overflows feeling at Dan Tien ([feeling similar as a warm heat](#)) so it can overflows down via the outer part of the legs (Yang path) to the ground (via Rooting). Negative energy is pulled up again via the hip pulling (Tei Gang) movement in the Triangle stance (YEE GEE KIM YEUNG MA); up via the tail [area](#), further along the spine channel to the elbow and feeds the energy ball at Fook Sao [reflecting the centerline, but it is important that the elbow is part of the outgoing centerline field](#). By using bio-energy in every movement when doing Siu Nim Tao, all relaxed movements will feel softly powerful and come with a powersound when doing Fat Geng compared to just doing the physical movements.

Why is it called Wing Chun Bio-energy and not Wing Chun Qi Gong? What are the differences ?

First, this is political and gives an incorrect picture. Wing Chun does not belong to the category of Qi Gong, it is not a Qi Gong style, it is a smart fighting style and as such a very special one.

Wing Chun is only using principles that are in alignment with the rules of Wing Chun. Qi Gong systems are not following the same rules. For example the inner energy in Wing Chun must follow the physical movements and can not be in any conflict since all movements in Wing Chun are programmed reactions due to the fact that Wing Chun is a martial art, while Qi Gong is not. Another principle in Wing Chun is to aim for reduction to merely a few methods, therefore is the BioEnergy in Wing Chun the same.

Bio-energy is a better term and it is a western term that is widely accepted with research evidence. It is used in Bio-energy therapy and the Wing Chun Bio-energy is very good for Bio-energy treatment by my own experiences.

Since I had studied Bio-energy therapy and can compare it to Wing Chun and there are a lot of things that complement and align with each other, I decided to call it Wing Chun Bio-Energy instead of other abstract names. By using the Bio-energy term and terms around it it is now easy and term compatible to talk about Bio-energy in another context like e.g. Yoga or healing treatments etc. without to claim evidence, by using this naming convention it is especially easier when Wing Chun need to be spread over the western world.

Not all kinds of Qi Gong exercises are good for Wing Chun or give any positive effects for the system. For example, an important Wing Chun principle; Wing Chun inner energy is not supposed to be stored or loaded in any energy center (Dan Tian or Chakra) or using any energy center (energy centers act like batteries for storing energy). Wing Chun inner energy is meant to be coming from the ground on demand. In Wing Chun, breathing is not a major energy control or source, the focus is more on opening the channels for the energy flow.

The concept of BioEnergi includes also the theory of transmitting information in the form of energy. The energy is a carrier of information to be used in e.g. healing, similarly to the concept of radio waves. For example in the western healing concept, there is a method for programming water with information for healing where information energy is transmitted into the water, similar to the mathematical concept of information energy from the transmission theory in telecom.

What about the different uses of bio-energy for punching and blocking?

The Wing Chun bio-energy punch can damage/disturb inner human organs or make a person not feel comfortable without any way to treat it by medical, this is dangerous without knowing how to treat a person that has been hit by bio-energy. The pain will not disappear the day after without bioenergy treatment. Chemical medicine will not work according to some experience from a Wing Chun master from Hong Kong. The experience from Wing Chun students are that when a very relaxed light one inch punch from zero distance on a pad in-front of the body will make the students feel pain inside the body without any physical strength. The secret of the Wing Chun bio-energy punch is that it is using the empty fist hole punch principles, to learn how to punch with the empty hole fist, it is required that you know how to treat or cure someone that has been hit with Bio-Energy e.g by accidents in the training. The blocking with bio-energy feels more powerful and not empty according to what my students usually say, compared to plainly physical Wing Chun movements. This is also a good check to see if you are doing the Wing

Chun movements correctly.

For performing higher energy punch in short distances, cosmic and ground energy it needs to be loaded to create the energy compression.

By using BioEnergy in the punches or blockings in the air you can hear the punch sound like from a kungfu movie.

Does Wing Chun belong to the internal or the external style of Kung Fu or Wushu?

Wing Chun is both an internal and external Kung Fu style depending on whether the Sifu is teaching only physical power, internal power (Bio-energy), hard Wing Chun or soft Wing Chun. But Wing Chun is always a smart fighting system for saving physical energy.

Recommendations

Be careful when trying Wing Chun Bio-energy punches towards a human target. You first need to know how to heal with Wing Chun bio-energy and recognize the illness feeling be hit.

The partner you try with must have strong inner organs and you must use a pad in-front of the body, the punch must be 0 inch from the pad and you must not use any physical power together. Illness can come a few minutes to 1 day after and then you need to know how to heal it.

NOTE:

Don't try to play or force the Bio-Energy on the body if you don't know what you're doing for avoid illness or discomfort since it can not be cured by medicine. Especially don't perform experiments with bio-energy/mind on the head level and the so-called Third Eyes "Upper Dan Tien".

Author: Sifu Peter Yeung