

SYSTEM OF I LIQ CHUAN

1. PHILOSOPHY, CONCEPTS AND PRINCIPLES

- Six Physical Points
- Three Mental Factors
- Suchness Feel

2. MEDITATION

- Mindfulness Meditation

UNIFYING THE MENTAL AND PHYSICAL

3. FIFTEEN BASIC EXERCISES

- Mechanism of the Body Movement
- Three Dimensional Planes
- Energy Force of Yin and Yang
- Standing Meditation
- Breathing Exercises
- Footwork
- Kicking
- Power Training

4. FORM TRAINING

- Twenty-One Form
- Butterfly Form

UNIFYING YOURSELF WITH THE OPPONENT

5. PARTNER TRAINING

- Spinning Hands
- Sticky Hands
- Chin-na
- Sanshou