



**ACROSS**

4. Grandmaster Chin lived and worked at the \_\_\_\_\_ Monastery
6. Lose, Soft, \_\_\_\_\_, Fajing
8. the plane that separates up from down
9. Yang tissues \_\_\_\_\_ from Mingmen
10. Butterfly Form Movement #6
11. the plane which is composed of Forward-Backward & Up-Down

**DOWN**

1. At the Heart of the \_\_\_\_\_ Lies the Path
2. Project is the \_\_\_\_\_ of force from the feet to the hands
3. Six Directions and \_\_\_\_\_
5. Another name for Tu'Na Breathing
6. \_\_\_\_\_ wrapping down
7. Abandon \_\_\_\_\_, realize all