



Chapter 1

Introduction 序

Born in 1960 Michael Tse grew up in Hong Kong. At the start of the seventies Bruce Lee and Martial Arts fever gripped the world and Michael was captivated by the stories and skills of his onscreen heroes. He dreamed of following in their footsteps and longed to study a martial art.

A few years later, at age fourteen, after breaking his arm, he was taken to visit his uncle who was a bone setter. He noticed that some people were there learning a martial art from his uncle. This martial art turned out to be Wing Chun and his uncle was actually a student of Grandmaster Ip Man - Bruce Lee's teacher. After persuading his uncle to accept him as a student he finally began his martial art journey. Michael studied with his uncle until he passed away and then continued his Wing Chun studies with Grandmaster Ip Chun (Ip Man's eldest son). After joining the Royal Hong Kong Police force in 1982, he also began to learn Chen Taijiquan from a respected colleague.

From practising with his uncle he had developed an interest in Qigong and this led him to study Hard Qigong. His hard Qigong teacher recommended a very famous Qigong master - Yang Meijun (inheritor of the Dayan (Wild Goose) system of Qigong) in mainland China who taught soft Qigong. After seeking her out and being accepted as a student, he began to study with her and made regular trips to China every year to continue his studies.

During one of these trips in the summer of 1988, Michael was browsing for martial art and Qigong books in a shop that he liked to visit, when the shop assistant recommended a park where he could see a very good master, who practiced every morning. Suitably intrigued and determined to meet this person he set off early the following