

The Opportunity to Learn and Discover Liu He Ba Fa Quan (Water Boxing) in Greece

Hua Yue Xin Yi Liu He Ba Fa Quan A Few Words About Liu He Ba Fa

Also known as the Art of Six Harmonies (Liu He) and Eight Methods (Ba Fa), Liu He Ba Fa, often referred to as Water Style Boxing, belongs to the lesser-known internal martial arts styles. While it shares similarities with more popular internal systems like Tai Chi Chuan, Baguazhang, and Xingyiquan, it maintains a distinct evolution and principles from its establishment thousands of years ago to the present day.

According to history, Liu He Ba Fa originated in the 10th century, founded by Taoist monk Chen Tuan, also known as Chen Xi Yi or Chen Bo, and became prominent during the Song Dynasty (960–1279 AD). Its development involved numerous generations of skilled masters such as Li Dongfeng, Song Yuan-tong, and more recent figures like Lee Dao Li, Chen Yi-ren, and Li Chung, who significantly contributed to the style's depth and dissemination.

The style gained prominence in the 1930s and 1940s under Master Wu Yihui, a teaching member of the renowned "Nanjing Central Guoshu Guan" (Zhong Yang Kuo Shu Kuan).

Liu He Ba Fa incorporates dynamic elements of Xinyi, the stepping characteristics of Baguazhang for directional changes, and Tai Chi Chuan's intelligent neutralization techniques. It features fluid movements on multiple levels and axes, utilizing low, medium, or high stances. Its execution alternates between slow and fast patterns, including explosive releases, embodying the flowing nature of water or "Water Boxing" (quan).

The mind (yi) guides the movement, while the practitioner's acuity is continuously enhanced by focusing on Qi flow. Practice not only engages muscles, ligaments, and bones but also activates internal organs. Movements are characterized by elegance, lightness, stability, and are performed with fluidity and calmness.

The Six Harmonies represent qualitative stages of student progression, fostering personal and spiritual development. The Eight Methods refer to the distinction between external and internal martial applications.

Starting with the form, practitioners deepen their understanding of its qualitative values, martial applications, and internal work. As an internal art, it functions not only as a self-defense system but also promotes health and longevity, making it a holistic exercise system.

Who Is the Seminar's Instructor?

Master Huaxiang Su trained in "Xin Yi Liu He Ba Fa Quan" under his teacher Wan Wende, a direct disciple of Masters Wu Yihui and Lee Dao Li. He is a 12th-generation Chen Style Taiji and Wudang Quan practitioner, trained by Wan Wende in Shanghai. Wan Wende himself studied under Masters Chen Zhao Kui and Feng Zhi Qiang.

Hailing from Guangzhou, China, Master Su serves as a permanent board member of the Guangzhou Taijiquan and Wushu Research Association. He teaches Chen and Yang Style Taijiquan, Liuhe Bafa, and is an expert in Tuishou and Taijiquan applications. (See his biography in a separate section.)

Master Su is a pioneer in promoting, disseminating, and teaching the system in Europe. His dedication, approachable teaching method, and pleasant personality make him an excellent teacher who effectively imparts his knowledge of this rare internal martial art.

For the first time, Master Su visits Greece through his collaboration with Mrs. Emi Chatzipanagioti, founder and Head Teacher of the "Yang Sheng" Tai Chi Chuan Center in Xanthi, who has been training with him in Liu He Ba Fa since 2017 and also teaches it to her students.

What Will We Learn?

The 1st International Masterclass aims to introduce participants to Hua Yue Xin Yi Liu He Ba Fa Quan through the step-by-step teaching of the 66-element grand form, divided into Part A and Part B. The corresponding martial applications of the form will also be demonstrated. The form consists of two parts, suitable even for beginners. The seminar spans five days with a total of 17 hours of practice, culminating in a closing ceremony featuring demonstrations and the awarding of participation certificates.

The seminar is open to all types of martial arts practitioners of all levels, regardless of style or background.

Instructor: Master Hua Xiang Su of the Zhong Hua Tai Ji Club, Guangzhou, China.

Participation Cost (Lessons Included)

The seminar fee includes lessons and daily snacks but does not cover accommodation or meals. Contact us for recommended options in Xanthi. Accommodation at Hotel AGRIANI is available upon request.

EARLY BIRD REGISTRATION UNTIL 15th of APRIL 2025	
FULL PROGRAM / ΠΛΗΡΕΣ	EARLY BIRD REGISTRATION FULL PROGRAM / ΠΡΟ – ΕΓΓΡΑΦΗ ΜΕ ΕΚΠΤΩΣΗ
130 Euro	115 Euro

Early Bird Registration Instructions:

- Secure your registration with a non-refundable deposit of €80 by April 15, 2025, and pay the balance upon arrival.

Regular Registration:

- Register by June 15, 2025, with a non-refundable deposit of €80.
- Registrations after June 15, 2025, require full payment upfront.

Extras:

- Free daily snacks at the seminar venue.

Subscriptions are paid to the Association's account:

IBAN: **GR59 0171 1900 0061 9016 3903 071**

BANK: **PIRAEUS BANK**

SWIFT-BIC: **PIRBGAA**

Closing Ceremony

For the Public: Free Entry

Recreational Tours

Participants interested in two-day tours (Friday, July 3, and Thursday, July 10) must book by June 15. Tour costs are not included in the seminar fee and vary per person.

For more information, contact the Masterclass organizer at the provided email or phone number: +30 6977560795.