

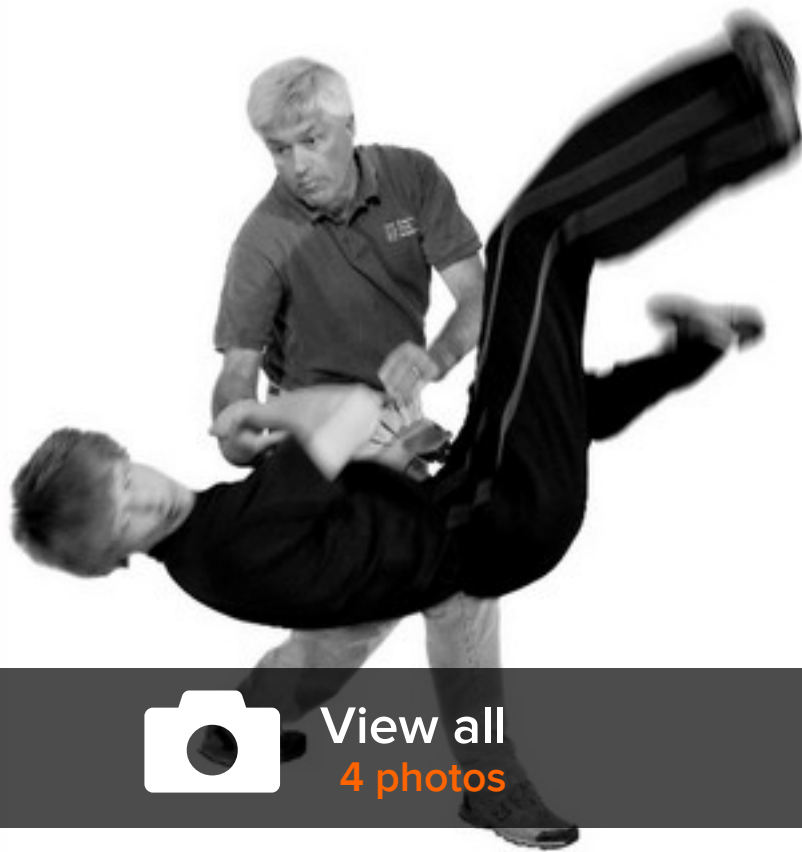
SPORTS / RECREATION / COMBAT SPORTS

Mark Small and 37 Throwing Applications

January 11, 2012

4:35 PM MST

Mark Small's [Taiji, Xingyi, and Baguaquan Throwing by Way of Our Modern Masters](#) is an unique book which is not only useful for any martial artists who want to learn more about throwing techniques, but can also educate practitioners to better understand the principles of internal [martial arts](#) (Nei Jia) so they will be able to enhance their overall strength and Qi.



View all
4 photos

Master Mark Small and his throwing (1)

Mark Small

Taiji, Xingyi, and Baguaquan Throwing By Way of Our Modern Masters



A Primer in Nei Jia – Internal Chinese Martial Arts
with 37 Throwing Applications



<http://www.mtndragon.org/>

Master Mark Small started his internal martial arts journey in 1970's. First, he studied \ Yang Style [Tai Chi](#). His insatiable appetite for martial arts brought him to study with many masters and experts. He credits late Master Choy Kam-Man for his Yang Style Tai Chi training, Grandmaster Liang Shou-Yu for San Shou, late Grandmaster Jou Tsung-Haw and Dr. Yang Yang for Silk Reeling, Dr. Yang Jwing-Ming for Qi cultivation, Grandmaster Chang Tung-Sheng for Shuai Jiao, late Master Wang Ju-Rong for Push Hands, Grandmaster Huang Chien-Liang for Qin Na (Chin Na), Master George Xu for energy theory, Sifu Kai Sung for Chen Pan-Ling Tai Chi, and other masters and experts for various aspects of his study. The entire list of his teachers reads like a who's who in the international martial arts community.

With his extensive study of more than 40 years, Mark Small has become a Yang Family fifth generation certified instructor through the Choy Kam Man Academy, San Francisco, first generation Lingyunpai certified instructor through [Chen Pan-ling's International Martial Arts Foundation](#), an indoor disciple of Master Chen Yun-Ching, Taiwan, and 4th level Black sash Sifu of Grandmaster [Liang Shou-Yu](#) in the International Wushu Sanshou Dao Association, Vancouver, Canada. He competed in international and U.S. tournaments for over 10 years before becoming a tournament judge in 2000 until present.

In his observation, Sifu Small feels that few internal styles display *Shuai* or throwing applications and only masters possess the ability to do San Shou (or the free form of fighting). Grandmaster Chen Pan-Ling (CPL) was an internal martial arts expert. And according to his son Master Chen Yun-Ching, Chen Pan-Ling loved Shuai Jiao.

He combined the essence and techniques of Xingyi, Bagua, Yang Style Long Form and Chen Style Silk Reeling, and created Lingyunpai in 1962 in Taiwan. Both Xingyi and Bagua focus more on offensive

side in comparison with other internal martial arts. This modern combined form is explicitly more martial in application. Sifu Mark appreciates this form and started learning Lingyunpai in 1974.

Master Small calls [Taiji, Xingyi, and Baguaquan Throwing by Way of Our Modern Masters](#) a primer in Nei Jia – Internal Chinese Martial Arts. His goal is to show that internal martial arts are not dead techniques but living art. He introduces the teachings of the masters who draw their knowledge from the classical fundamentals. This book has seven chapters.

Before Mark teaches the 37 throwing techniques, he discusses the Essence of Nei Jia. He uses photographs of masters to illustrate the “contra-lateral” movement of energy in Chapter 1. Sifu Small introduces CPL’s directive in San Shou training to show how classical principles pertain regardless of style.

Chapter 2 talks about how throwing depends upon identifying diagonal, horizontal and vertical planes associated with Bagua, Xingyi and Tai Chi. It is interesting to learn the similarities and differences of these three major internal arts.

Chapter 3 is very important because Mark talks about the relevance of Silk Reeling and Nei Jia training for San Shou tactics.

Chapter 4 talks about Ba Men or Eight Gates. It is fascinating to learn about how eight energies (Peng, Lu, Ji, An, Cai, Lie, Zhou and Kao) are divided into three groups and why.

Readers may find Chapter 5 fascinating but hard to comprehend since it talks about Qi amplifications, various Bagua patterns, and [Qigong](#) and Neigong paths. The Lo River Map is an extremely complicated concept. But it is a good introduction for people who want to know more about Baqua.

Chapter 6 provides four biomechanical partner exercises: following, joining, neutralizing and uprooting. These exercises prepare practitioners for throwing.

Last Chapter or Chapter 7 is the main focus of this book. It has descriptions of 37 applications detailed in over 100 photos displaying Nei Jia throwing techniques. The clear designation of Ba Men (Eight Gates) in each movement is very useful.

[Now you can follow me on Twitter http://twitter.com/#!/TaichiExaminer](http://twitter.com/#!/TaichiExaminer) .

SUGGESTED LINKS

- **Must Try: Tai Chi Ball**
- **Chen’s Tai Chi Old Frame One and Two by Grandmaster Chen Zhenglei**
- **A great Yang style Tai Chi textbook by Master Yang, Jwing-Ming**
- **A Brilliant Idea: A Tai Chi Imagery Workbook**



Violet Li

Tai Chi Examiner