



SPEAKER'S PROFILE

Shifu James Huang

Email: huangshifu@yahoo.com.sg

Mobile: 91713928



TOPIC : The Art of Applying Martial Arts Skill on Acupoints for Wellness, Healing and Chi Recovery.

Started learning Martial Arts at an early age of 11. Came under the guidance and instructions of late Master Khor Ngai Kheng who had gracefully imparted the Ngor Chor Koon (Five Ancestor's Fist) - A Southern Shaolin Martial Arts Skills to us.

This Art includes the full categories of Free Hand Techniques, Short Weapons and Long Weapons. In the course of his instructions, we were taught the skills of striking "pressure points". This lead to a stage that the same "pressure points" are "converted" into and applied as a healing tool. (Commonly known as acupoints pressure massage or Tuina).

With the knowledge of the acupuncture points (based on Meridian Lines) and by using various methods of pressure, rubs, scrubs, vibrating, oscillating, pushing, hitting and "dian" - finger point pressure massage, a sense of wellness and health improvements can be achieved. They are used in the relief of various discomforts like stiff necks, to numbness to insomnia, hypertension and headaches, and even stroke.

Master Huang has a total of not less than 30 years of training in this Martial Arts and had been practicing and teaching the concept of this acupoint pressure massage and Martial Arts for the last 10 years. He has devised some short-cut methods in the relief of some "wind" pain in neck and shoulders, legs and hips, and certain headaches. With this humble knowledge he hopes to share the benefits with you.