

# 中華傳統武學 Chinese Martial Art

拳起于易;理成于醫  
Kung Fu Motion originated from  
the I Ching; The Theory &  
Methods from medical theories

練養兼備;體用同修  
Exercise & Wellness, Practice &  
Application are both required

內外相融;天人合一  
Blending Internal & External  
principles to coincide Nature

養生

Longevity

套路

Form

導引

Guidance

Therapy

理療

功法

Endurance

Skill

技藝