

The Origins of Mizong Yi

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What is Mizong Yi [秘宗艺]? It is generally described as a branch of the Shaolin Style. It is also called Mizong Men [秘宗门], Mizong Men [迷踪门], and Mizong Men [猊猊门]. They all sound the same. It is comprised of the routines: Mizong, Big Saber, Single Saber, Double Saber, Single Crutch, Double Crutches, Staff Method, Rod Method, Mizong Practice Hand Fist, Mizong Leopard Fist, Mizong Big Five Tigers, Small Five Tigers, Mizong Lean, Eight Breaks, Eight Strikes, 18 Hooks, Small Advancing Fist, Knotted Links Separate, Cotton Palm Fist, Two Sectioned Staff, Three Roads Branch, and Six Roads Branch. There is also the big spear art, etc. There are no less than 60 or 70 routines. In this book we have Mizong Frame. In relation to this art, the first step must be to study this fist frame. Therefore it is also called Mizong Mother Fist. If you don't do this first, then you cannot progress through the rest of the art, but will have the bad practice of skipping steps. This art originates from Shaolin. It was invented during the last years of the Tang Dynasty. During the middle years of the Song Dynasty, there was a man of wealth named Lu Junyi. He studied at Shaolin. He became an expert at this art. He traveled all over. Although it is classified with the external martial arts, it surely had some natural neigong. At this time Taiji had not been invented. He was so expert in this art that he became a leader in the martial arts community. He taught many disciples. The teachings began to evolve. The style was transmitted all over. Only there were no expert textual references. The art was added to and reworked so that today it is no longer in its original form. Starting in the final years of Qing Kangxi [1662-1723], there was a rough man named Sun Tong. He studied the arts at Shaolin. After finishing his studies, he wandered about China. He retired in the Cang Zhou County area. He made his living teaching students. He raised his family there. Around the time of Qing Daoguang [1821-1851] he was still living and in good health. The Cang Zhou branch is one of the biggest branches. Today, the whole county is rife with the Mizong style. All of them are Sun's direct descendants. In his old age, he roamed around the three eastern provinces. Again he taught students in Tianjin, Weinanwa, and around Jinghai County. He heard about Huo Yuanjia's great-grandfather. He became Sun's student. Are these words true? Inquires about Huo Style are not difficult to prove. The Huo Style teachings include the saber, staff, fists, and rod. The names of the movements, theory, and usage are all the same as the Sun Style teachings. That this makes it an orthodox version of Mizong is understood. In examining Mizong Yi's influence north of the great river, we see that it is both large and widespread. Its influence is felt in each province and each county everywhere. Today, many famous martial artists have studied this style. Therefore we have provide this special narrative on the origins of Mizong