

Song of the Sip Sam Seh

Never neglect any of the Sip Sam Seh.

The source of the will is in the waist.

Pay attention to the slightest change from full to empty.

Let energy flow through the whole body continuously.

Stillness embodies motion, motion stillness,

seek stillness in motion.

Surprising things will happen when you meet your opponent.

When done correctly, all will appear effortless.

At all times pay attention to the waist.

Relaxed clear awareness of the abdomen, the energy can be activated.

When the base of the spine is erect, energy rises to the top of the head.

The body should be flexible.

Hold the head as if suspended from a string.

Keep alert and see the meaning and purpose of your art.

Bent and stretched, open and closed,

let nature take its course.

Beginners are guided by oral teaching.

Gradually one applies himself more and more.

Skill will take care of itself.

What is the main principal of the martial arts ?

The mind is the primary actor and the body the secondary one.

What is the purpose and philosophy behind the martial arts ?

Rejuvenation and prolonging of life beyond the normal span.

So an eternal spring.

Every word of this song has enormous value and importance.

Failing to follow this song attentively, you will sigh away your time.