The Fourth Internal Art

YMAA Publication Center, *Water Style Introduction — Helen Liang, Liu He Ba Fa* 華嶽心意六合八法 (YouTube, 5m50, Gemini transcript, 98% coverage)

TLDR / 80-20

> **Liu He Ba Fa borrows from Taiji, Xingyi and Bagua and is none of them — a fourth internal art most practitioners never meet.**
> But this video is the framing, not the teaching. The instruction starts at 5:39, right as it ends.

The Keys

1. What it is, and the lineage claimed for it.

A **67-movement** internal form, also called Water Boxing. Attributed to the Taoist hermit **Chen Bo** of Hua Mountain, titled **Master She Yi** by the first Song emperor. Stated purpose is health first — "strengthen the body, dispel sickness, increase longevity" — with martial application secondary but real.

2. Its position relative to the arts you already know.

It "incorporates the qualities and strength of the three internal styles of Taiji, Xingyi and Bagua, and yet is in a class by itself." The distinguishing signature is variability: **sometimes high, sometimes low, sometimes fast, sometimes slow** — "floating clouds and flowing water, sometimes calm, sometimes surging." Where Taiji holds an even tempo, this one deliberately does not.

3. The name is the syllabus.

Liu He, six unities — the yin-yang frame, everything having an inseparable opposite, and which is which depending on the viewer's perspective. Their harmonisation yields unification of body, mind and spirit. **Ba Fa**, eight principles or methods — how to *experience* that unification as a martial discipline.

4. What it actually delivers in 5m50.

Roughly five minutes of philosophy and lineage, a personal note on three decades of practice, and then — at **5:39** — "let's start doing the form. I will go extra slow and with high stances," and the video ends. This is a **trailer for a full course**, not a lesson.

AI's Take

As instruction, nearly empty; as orientation, genuinely useful. It answers what you would actually ask about an unfamiliar art — what is it, where is it from, how does it differ from what I train — in under six minutes.

The one technically interesting claim is the tempo variability. Taiji's even pace is so strongly associated with "internal" that an internal art built on **deliberate speed change** is a useful counter-example to that assumption.

One line to keep: **an art's name is often its curriculum — six unities and eight methods is a table of contents, not a poetic label.**