

The Erle Montaigne Files

A Collection of Articles as They Were Published



A Moontagu Book

The Erle Montaigne Files

A collection of articles either written by or about Erle Montaigne
from the late 1970's through to the 1990's republished as they
were originally published (where possible)

Publisher's Note:

It is illegal to copy and portion of this book other than brief extracts for review articles. You must obtain permission directly from the copyright holder ©2000. It is also illegal to plagiarize any part of this book to use in some other publication, paper, electronic, or video and film, by changing it in some way to make out as if it has not come from this source.

This book is provided free of charge in good faith so that all may enjoy the great benefits of this pinnacle of all Taijiquan systems. You may download it free of charge. But please do not plagiarize it. Even though it is free, it is still covered by international copyright laws.

Moontagu Books
POB 792
Murwillumbah, NSW 2484
Australia

Ph: +61 2 6679 7145
Fax: +612 6679 7028
Email: info@moontagu.com
<http://www.moontagu.com>

Copyright © 2000
Moontagu Books Australia

First Published in Australia
Electronically January 2001

All Rights Reserved

ISBN: 09491320712

CONTENTS

Articles

Articles..... 1

PREFACE

My Father began writing articles before I was born. I have been practicing with Erle since I was four years of age. One day I was rummaging around in our back shed and came across several huge boxes inside of which were most of Dad's articles in the magazines that they were published in. Many had been eaten by mice and rats. I was amazed at the extent of his writings and wondered how he indeed had the time to even make me! So I began reading these ancient articles and it gave me a totally different view of my own Dad. It put the whole thing into a different perspective. So I thought that it might be a good idea to undertake (with the help of Erle) the huge task of sifting through the articles and preserving them into one large book. We decided to try and keep most of the articles as they were, just scan them in. However, some were just too badly damaged so we had the OCR them (redo them). *Ben Montaigne (Editor)*.

Erle Montaigne has been writing articles about the internal martial arts and health in general using oriental methods since the late 1970's. He has had articles published in more countries and into more different languages we believe, than any other martial arts author. This booklet is an effort to put into perspective (for those younger martial artists) the effort that Montaigne has made in both preserving and spreading the word about the real Internal Martial and healing arts of Taijiquan, Baguazhang, Qigong and DimMak.

With over 500 articles published worldwide in countries such as Sweden, Italy, Poland, The Czech Republic, The USA, The UK, Australia, New Zealand, China, Finland, Venezuela, France, Germany, Norway and in publications such as Black Belt, (USA) Svart Belt (Sweden), Combat (UK), Martial Arts Illustrated (UK), Karate & Kungfu Illustrated (USA) Australasian Fighting Arts (Australia) New Zealand Martial Arts (NZ), Terry O'Neill's prestigious magazine, Fighting Arts International, China Wushu (China) and China Reconstructs (China), Erle has possible done more to spread the word that Taijiquan in particular is indeed one of the great fighting arts of the world. Most other mar-

tial artists, prior to the Erle Montaigne articles viewed Taijiquan as some kind of dance or health art with no real fighting capabilities.

Most people nowadays know that Taijiquan is a great fighting/selfdefense art. And for the most part, they have the articles of Erle Montaigne (and his books and videos) to thank for knowing this.

Many people say that others also knew this information long before Erle Montaigne. And I imagine that many did, especially in the Chinese community. However, they kept it for the most part to themselves and their senior students. Erle Montaigne opened the internal martial arts up to everyone so that all and not just the 'chosen few' could gain the great healing and selfdefense benefits that these arts have to offer.

The following pages simply contain articles, articles and more articles. Some from major magazines, others from local newspapers, others from obscure journals. Erle Montaigne would and does still write for anyone who asks, no matter how small the audience. He never stops spreading the word about his passion, the Internal Martial/Healing arts.

We have not placed them in any kind of chronological order, we have just published them as we have found them from the boxes, one after the other.

So read on and you will not only find some interesting information, you will also find a history of Erle Montaigne and also his family in the form of "The Erle Montaigne Files".

Food... Again No.22 Erle Montaigne

(Local Newspaper, Murwillumbah)

Of late, there have been some conflicting views on food. Namely from the Chinese Medicine area. Let me say firstly, that although everything I do is loosely related along the track to Chinese Medicine and martial arts, I do not prescribe to the way that the Chinese eat! I have spent some time in China and

I would not swap good Aussie food for theirs. I spent most of my time in China just feeling off because of the food.

Apart from fruit as medicine that's as far as I go. You cannot take what the Chinese eat, or the Japanese or any other ancient culture and place it over our own evolution. The Chinese stomach is made of iron! It has to be to take what they throw into it. They have evolved, eating certain foods, the Japanese have evolved eating certain foods and we have evolved eating certain foods. What they eat, we cannot. Look what happened to the Japanese when they began to eat Western refined foods, they had the highest cases of stomach and bowel cancers in the world. Now, they are not so because they have realized that this food is not good for them. So, it's a bit silly saying that because Chinese medicine says such and such that we should also do it!

“Aussies do not like eating those things” Chinese medicine tells us for instance to eat meat for certain ailments, great for them, bad for us. They also tell us to eat dog faeces! I'm not kidding, there are certain Chinese traditional remedies that include dog turds as a part of the healing process! They also use urine in some concoctions! So are we going to use these things and actually put them into our mouths? Not me mate. Aussies do not like eating those things. Let me tell you about dairy products in greater detail. There is only one race of people who produce an enzyme called lactase after the age of about 2 years. Lactase is used while we are infants to break down mother's milk into something that is able to be taken into the cells of the body. Grown ups do not make lactase! Perhaps that's why some grown ups act like children, they still produce lactase! After about two years old the body naturally stops producing lactase and we are from then onwards unable to digest milk! When viewed under a microscope, the milk molecule is actually too big to even fit into our cells and so it is stored in our fat cells with absolutely no nutrition gained from it whatsoever.

Nowadays there are products, quite expensive ones, that take the place of the lactase, thus turning us into big kids! Only children were meant to drink milk! And only then it was mother's milk and certainly not something that came from the inside of a cow!

“It's not the fat in the milk that is the problem”

The closest thing from an animal to mother's milk is otter's milk, not too readily available on the supermarket shelves and the otter does not like being milked anyway. Surely, anyone is able

to see that if the body stops making the stuff that breaks down the milk, at about two years old in every race of people bar the Nordic races, then that will mean that we are not supposed to drink even mother's milk from then onward. And this of course includes such bacteria filled things as cheese and yoghurt etc. It's not the fat in the milk that is the problem, it is the high protein content and the fact the we are continually stuffing something into ourselves that the body rejects. Sick people are great for the doctors and the people who make a living from 'healing' people. But look at how we have become. The doctors are some of the highest paid people in the world, with people having to make appointments to see them, they are so busy! Why? We were made perfect, so why is it that we become progressively more ill. It must be something that we are putting in that causes this. Let me once again quote from the Central Emek Hospital in Israel, the world's leading authority on milk related diseases, yes, they actually call milk a disease!.

Local Newspaper March 1990

The above article appeared in a column that Erle Montaigne had for about 2 years in his own town of Murwillumbah. A somewhat religious town causing many letters of hate mail to be sent to the newspaper. Hate mail? Yes, even when Erle used to word 'buttocks' he was chastised for this, and when he used the heading "What Can You Do With a Banana"! (In another article in the series) Meaning what you can do healthwise, they went mad writing hate mail!



CHINA WUSHU MAGAZINE
OCT 1985

来自太平洋彼岸的寻根者

访瑞士利山功大协会副主席·蒙塔古先生

王瑞上·蒙塔古先生

王瑞上·蒙塔古先生

记得，在“瑞士日报”之类的报刊，总免不了1985年空武术比赛。昔日德威后，正为各队大举进攻。70年代初，德威后在德威后（德威后）。

有西籍家，德威后的外国人在讲中国武术，制造了五生和五生家。德威后的外国人在讲中国武术，制造了五生和五生家。德威后的外国人在讲中国武术，制造了五生和五生家。

曾就这问题和他作过交谈。我们去了蒙塔古先生。蒙塔古先生，德威后在德威后（德威后）。

德威后在德威后（德威后）。

本出一阵阵的响声。

蒙塔古先生那番话让我了解，德威后的外国人在讲中国武术，制造了五生和五生家。德威后的外国人在讲中国武术，制造了五生和五生家。

谈到中国武术的由来，蒙塔古先生那番话让我了解，德威后的外国人在讲中国武术，制造了五生和五生家。德威后的外国人在讲中国武术，制造了五生和五生家。

关于成立国际武协的问题，他认为，这是把中华武术推向世界的一个重要步骤。只有扩大武术的版图和影响，才有可能让世界上的更多的国家、更多的人了解中国武术。

蒙塔古先生那番话让我了解，德威后的外国人在讲中国武术，制造了五生和五生家。德威后的外国人在讲中国武术，制造了五生和五生家。

China Wushu Magazine October 1985

The article appeared exactly as it is seen here in the China Wushu Magazine after Erle Montaigne and 8 of his students became the first Westerners to be formally invited to attend and perform at the All China National Wushu Tournament held in Yinchuan in Ningxia Province in May of 1985.

The Chinese writing refers to Erle as “The big nosed, hefty Mr Moontagu”(meaning “Old Tower”). Which is actually a compliment.

Erle had to perform in front of around 2,500 of his Chinese peers and as Erle says was one of the most harrowing things he has ever had to do. He received a standing ovation when he performed the “Old Yang Style of Yang

Luch’an”, something that the audience had never seen a Westerner do ever! Fu Zhongwen actually dropped his fan stood up and applauded when Erle had finished.



Tai chi-seminarium. Erio Montague, den yngre västerlänning som fått hederstiteln Master Degree China av kinesiska självständiga seminarier och demonstrerar här rörelser tillsammans med Kenneth Sogjoren från Närke Tai chi-förening.

Foto: SARKO ARIN

Nya grepp med mästaren

Han är den ende västerlänning som förärats titeln Master Degree China.

Nu reser han, Erio Montague från Australien, Jordan runt nästan oavbrutet sedan nära tio år tillbaka för att lära ut den gamla Tai chikonsten. I går gjorde han för första gången bekantskap med Sverige.

Jag körde till från Oslo så jag har hunnit med att se en del av det svenska landskapet på väg till Västerås. Annars åker jag mest expert på världens flygfältar, säger Erio Montague.

Han är också grundare av The World Taij Boxing Association, WTBA.

Västerås var alltså huvudstaden för evenyngandet. Här ledde han ett fem timmars långt seminarium och det var Halls Tai chi förening som arrangerade.

Erio Montague är västerlänning från hans lander till vara med, förklarar Kenneth Sogjoren i arrangörsföreningen. Erio är världsbekant för sina kunskaper i den gamla varianten av Tai chi, såväl den som utövades av Yangfamiljen i Kina långt före moderniseringen av denna konst på 20-talet.

Tai chi är alltså en sträckt konst med självbevakning som huvudsyfte.

- Ja, säger Erio Montague, det är hälsöversättare som är huvudsyftet. Men även löpning och tredvård kan användas. I själva Tai chikonsten också gjort men ryddigt och gjort så att du inte ska bli utslagen och blir på läsa...

- Det handlar om uppövning av hälsa och fitness - om perfekt koordinations förmåga, förklarar han.

Från teleteknik till Tai chi

Sjätte fick han kontakt med Tai chi av en kines som var hans lärare när han var 18-åring utbildade sig i teleteknik.

Jag blev tillärd på Tai chi och jag har sedan gått till denna konst. Föregångaren till olika världsbekant, den lärde mig jag arbetar i Västerås har bland annat gått över London, Wales, Marbella och Oslo.

Är Tai chi något som även kvinnor kan ha nytta av?

Absolut. Den som gör en bra helheten, såväl till hälsa väjer ut motivationen utan också har till

sig försvaret, kommer att känna stor glädje av denna träning. Inte minst barnfamiljer som tack vare denna övning får uppleva mycket lära förövning är, framför Erio.

Han avslutar dock att i utgångsläget Erio det fortfarande är stort motivation med att känna sig med i Tai chi.

Egentligen väldigt ofta efter Tai chi berättar han om det negativa. Vi och det goda Yang, motivation som kommer till västerås, säger Erio Montague.

I västerås är det helt en annan värld och här på västerås seminarier finns Örn Högström. En av dem är Maria Örn som varit lärare och lärare i Västerås Skolexaktör.

Vad är det här en art som passar oss tjejer, säger hon. För mig innebär detta att jag får en livsövning som gör att jag kan ha en mycket bättre förståelse för vad jag håller på med.

Men tror inte att Tai chi är en så stark konst som det ser ut när vi håller på. Den är verkligen till att göra sig en full ut, tillägger Maria.

DEBORG EKSTROM

This one appeared in the Swedish magazine Svarte Belt. In the mid 90's. The person with erle is Kenneth Sogjoren one of the WTBA's member in Sweden.

What to do with a Mandarin

No.16 by Erle Montaigne

Apart from just eating it, the humble mandarin is one of the most useful fruits in the area of self healing. And right now, mandarins are plentiful, being the citrus season. This fruit contains no poison and it is said to be neither hot or cold. No poison! This needs an explanation. Some fruits actually have things in them that are harmful to humans if taken in great quantities. For instance the plum tastes great and is used in many kinds of cooking but also contains an alkaloid that can be harmful if taken too much. It actually aggravates the kidneys and elimination organs in general. Hot or cold? This also needs an explanation. In Chinese medicine, all food is categorized into either hot, cold, or indifferent. Now, this does not mean that the food is actually hot, or cold, but rather its property is hot or cold and has wither a hot or a cold effect upon the body. For instance, a person

who is very ‘ YANG ‘ in nature, too yang, aggressive, angry etc, needs to eat cold foods to tone down that yang energy while a person who is generally weak and too laid back, needs to eat the hot property foods. This is only a generalization as it is of course much more complicated than that. The organs helped by the mandarin include; lungs, spleen, help to stop coughs and clear phlegm. It contains abundant glucose, fructose, vitamins A,B,C,D,P. The skin contains volatile oil, mandarin peel ketone, orange peel glucoside, vitamin B1, inositol. The Treatments: 1/. As an aid during treatment for several types of illness; As an aid to nutrition during recuperation. Take one or two pieces of fresh fruit, discard the skin and eat. Do this every day three times. In other words, eat a mandarin a day. 2/. Dry Throat With Fever And Thirst; Urinating, Painful & Astringent. Take 3 or 4 mandarins, peel and eat. Wait 4 hours and again eat 4 mandarins, by this time you should just about be looking like one! After this, eat one to two mandarins every day 3 times. 3/. Senile Or Chronic Cough With Excessive Phlegm: Take one mandarin, including the skin, 15 gms of honey and two slices of fresh ginger. Add water and steam in a sealed container for one hour then eat, including the skin. 4/. Hangover. Take 2 fresh fruits, squeeze the juice and discard the skin. Some people might be a bit still under the weather, and so they should not discard the juice and eat the skin! Add one cup of boiled water, mix and drink. The water does not have to be boiled. This is how it is done in China. Whenever I am in China I just get so sick of drinking hot water. But to drink the water can be dangerous. In fact to drink the soft drinks can be dangerous. A recent study of Chinese soft drinks found some really dangerous substances in them. 5/. Pulmonary Emphysema: Take one mandarin, including the skin, and three Chinese dates. (Avail-able from any good health store) Add water and steam for half an hour. Eat everything. 6/. Indigestion Leading To Swollen Stomach With Pain. Take the fresh peel from half a mandarin wash and chew. Alternatively

What You Can Do In Bed!

Number 18 by Erle Montaigne

I know, you all know what to do in bed right? Sleep! But there are other things to do in bed, things that can aid your health and help in your daily activities. In the wee small hours of the morning, the colon is active. In Chinese Medicine, the colon is said to have its qi (electrical energy) activated in the small hours. This is logical, as we have spent the night eliminating all of the gunk that we have put into the body the previous day and we need to get rid of it when we awaken so that we can put more junk in there! So we need to have the colon at tip top shape and working well for us at this time. If we have eaten all of the wrong foods the day before, there will be a time in the wee small hours when we cannot sleep, we toss and turn, we have the old 'alive arms and legs' syndrome. There are some simple points and exercises that we can do in bed to help in this area. These exercises can be done either before going to bed so that the colon works smoothly so that we are not woken up in the small hours or they can be done when we are woken up in those hours. You lie on your back, either in bed or on the floor. Flat on your back. You then place both of your hands under the small of your back, not on top of each other but next to each other so that the wrist bands are being pressed upon by the backbone.

"It is the duty of your spouse to do awful things to you at this time" The hands are flat on the floor or bed. In this position, it is quite difficult to move quickly so it is the duty of your spouse to do awful things to you at this time! You simply lie there and press downward onto your wristbands as if you are trying to pull the wrists away from the forearms. You don't do it of course, and you keep the pressure at a mini-mum so that this will not happen! You have your tongue at the top of your hard palate and you breathe in just before you press down, then breathe outward slowly as you press down and feel the pressure on your wrists. Do this for about ten times and then take your wrists out and this alone should help the colon to do its work. Another exercise of the same ilk, is to lie on your stomach with your palms on top of each other and facing each other, the fingers of the one hand pointing down to the forearm of the other. You place your chin onto the outside of your left back palm (assuming that it is this palm that is on the top) and press it downward so that the wrists again feel pressure. But this time it is a different pressure, it feels like

the wrists are being twisted. You again repeat this exercise with the other wrist on the top. This will help with 'active arms' and assist the colon to work more efficiently.

“The body has three heating spaces, places that do work” This activates the whole wrist area. Colon 5, an acupuncture point on the wrist in the hollow on the right side of the right wrist on the back of the wrist. Small intestine 5, another acupuncture point on the other side of wrist in the hollow right over on the side of the wrist and Tripleheater4, another acupuncture point back towards the middle of the wrist but still to left on right wrist in the hollow on wrist band. These points are all activated and help in this area. To Be More Precise: Colon 5, Draws energy down from the fire to make the lower heater (elimination organs) more active to increase the movement of fluids. Especially in winter when they have been slowed by cold. Triple heater 4. Relaxes the tendons (nerves). Reinforces the three heaters. (The body has three heating spaces, places that do work. Lower is elimination, Middle is digestion and Upper is the respiration and the mind). Strengthens Jung (Chong) mei (an acupuncture meridian that is considered to house the life line of the body) & 'ren Mei' (an acupuncture meridian that runs down the middle of the body), removes heat (so you can sleep) & stimulates the energy (qi) in the meridians. Strengthens over-all communication with 3 heaters. Cools and nourishes the blood. Heart & Liver are strengthened. Small intestine 5. Fire & Jing point. Used traditionally to help with fever, deafness, tinnitus, yang Madness. If you have weakness due to blockages within small intestine such as 'damp obstruction'. The weakness causes a back log of qi & fluid in the stomach (blocking digestion) & gall bladder. This is due to the physical connection of the small intestine to the stomach & gall bladder through common bile duct. This point increases circulation through small intestine and relieves the blockages. You do not of course need to know the above acupuncture points. If you simply do the exercises, these acupuncture points are activated and the correct things will happen to help your ailing colon do its work.

What Can You Do With A Pawpaw

No. 20 by Erle Montaigne

Many people are requesting that I continue with the Idea that food should also be your medicine and many are Interested In the Chinese way of using fruit as medicine. Some, a very small number think that it is all black magic and that I should turn to Jesus! I turned to Jesus many years ago, but I also studied all other religions and I do not regard Jesus as a religion. In fact, I believe that J.C. would be much scornful of the modern religious practices. He was a wonderful person as was Buddha, Mohammed and all other Jesus Christs, but I'm sure they all did not intend that there be so much anger, fighting and bloodshed in their names. More blood has been spilt in the name of religion than the two world wars and Vietnam put together. So, yes. I have turned to Jesus, but I have not turned to religion. So, back to the reality of living. What to do with a Pawpaw. Well, you could do a Dame Nellie Melba and crush up many paw paws and have a bath in them, or you could use them to cure and to help prevent certain disease states. The pawpaw, in Chinese terms of either yin or yang or hot or cold is neither, and it kills parasites. It contains many vitamins, acids, protease, rennin enzyme, papaya alkaline and carpaine.

1/. FOR INDIGESTION: Chest & Stomach Swollen & Painful. Take 30 gms of sour pawpaw (see below) or 60 gms of fresh pawpaw twice a day.

2/. NURSING MOTHER'S LACK OF MILK. (It would seem that many fruits help in this area.) Take 500 gms of half ripe pawpaw and two pig's front trotters! (now, usually, I would suggest a substitute for this animal bit, but the Chinese are so emphatic that it be the front feet, so it must be important!), boil until cooked, discard the bones then blend and eat. Do this daily for 3 days or until you are sick and have to vomit!

3/. WEAK FEVERISH, FEELING DOWN, THIRSTY,PERSISTENT COUGH: Take 250-300 gms of fresh pawpaw and steam until reduced to pulp. Eat this daily in one serve.

4/. TAPEWORM; ROUNDWORM; WHIPWORM; INTERNAL PARASITES: Take 250 gms of sour pawpaw (see below) and 60 gms of the liquid in which the pawpaw has been soaked. Combine and drink this each evening before going to bed. Do this for 3 days. Or, and this is one of my own ideas like my own common cold pill. I'll tell you about that as well, I'm going to make a million with this pill. You simply take this pill the minute you suspect that you are about to come down with a cold, then go to bed with a hot honey and lemon juice for two weeks! So, my cure for parasites, each evening for 3 nights, you place a slice of pawpaw onto each buttock and lay in bed face down. You also have someone waiting with a baseball bat. On the third night when the worm comes out to have some pawpaw, you hit it with the baseball bat!

5/. ECZEMA; IMPETIGO; PUSTULOSIS; VARIOUS TYPES OF TINEA:
CHRONIC ULCER OF THE FOOT: Take one unripe pawpaw of about 500 gms, crush and add 30 gms of vinegar and 30 gms of table salt. Mix and squeeze to obtain the juice. Rub this on the affected area. Also, go off all cane sugar, as this has been found to be a major cause of impetigo!

RIPENING THE FRUIT: Frequently, pawpaws are sold in city markets unripened. The fruit can be buried in rice husks for a few days. When it begins to change to yellow, test it by pressing with the forefinger. If the fruit is ready to use, gentle but firm pressure will form a hollow on the surface of the fruit. SOUR PAWPAW: Take unripe young fruit and discard the skin and seeds. Slice up the flesh and soak it for some time in vinegar. This is sour pawpaw.

Some of the information contained in this article was taken from the book: (with permission granted) "Fruit As Medicine" by Ron Edwards and Gong-mei. Rams Skull Press:

Why Exercise?

No.18 by Erle Montaigue

We all know that we must eat the correct food in order to stay healthy, that's pretty basic knowledge. People's ideas of the correct food however, varies dramatically. Some say to eat only grains, others only fruit, others, only vegetables and others tell us to eat a 'balanced diet' of meat, eggs, cheese, vegetables and milk. No-one can really tell another person what to eat as each person's needs are different and what is good for me may not be too good for you. There are some basic guidelines that can be followed and those are outlined in my past articles in T.V.T. Just experiment for yourselves and you will find the correct path for yourself. The thing to remember though, is that you may

not really know what to eat as your system might be so stuffed up with gunk! So, read the past articles on fasting and what to eat after a fast etc. and you will be OK. Now to exercise. We must move. That is also pretty basic knowledge. In moving we cause the blood to be literally squeezed around the body. It is the action of the muscles squeezing the blood to be taken back to the heart and lungs for rejuvenation. So it stands to reason that we must exercise. Once again, one person's idea of exercise may not be too good for me, 1. for instance as an unnatural act! But some people are hooked on running. Some prefer swimming while others prefer an easy stroll in the park. There are again some easy guidelines to exercise. And again, I take from the ancient Chinese ways. Passive and Active Exercise: We need to do some sort of exercise that has meaning. This does not mean that we simply know that we are doing exercise but rather that the sub-conscious mind knows that we are doing some sort of work. This is called active exercise. While the other sort, like pumping iron and jumping around in a gym are called passive exercise. It's the same with stretching. People often ask me what I do to keep my stretch for the martial arts. I tell them that if I am unable to kick someone's head off without stretching, then I am not going to! In the martial arts, if one is attacked, we do not want to be stretching in order not to tear our hamstring, and then go into the fight telling the attacker to wait while we stretch. We must be able to do the work instantly and at any time.



Nun Offers Food from Baguazhang

This is active stretching. Because we have some real work to do, all of the correct hormones and juices are placed at the right place at the right time to not cause a torn hamstring. But if we are doing passive stretching, like sitting down and placing the head onto the knees etc, there is no reason for doing this and so this is passive and the mind does not know why you are doing it and the correct things are not in place for this type

of stretching. This is where we can do damage and need all of the warm ups etc. If for instance we go out and chop some wood, this is good active exercise. You know both consciously and sub-consciously why you are doing this work. If you just run, why are you doing this? We would have only run to escape from some wild animal and so this would be a reason to run. If you must run, have some goal in mind, like playing a game and tell yourself that you must get to a certain spot at a certain time or you will die! That's good enough reason to run! In the martial arts, we have the ideal form of exercise. Usually, these movements are 'body orientated'. The moves such that the body has a good reason for doing that particular movement and usually every part of the body is stretched and exercised during a good martial arts workout, actively. We have a reason for doing these movements, we imagine that an opponent is attacking in varying ways and we react to these attacks. This gives our sub-conscious mind a reason for doing the exercise and so is one of the ideal exercises. We all know that yoga is good, but in the 'old days' yoga too was a martial art. This can be seen if one is able to see the ancient Indian fighting systems. Look at many of the Chinese martial arts and you will find many of the movements correspond still to many of the yoga movements. The only difference is that we have a reason to do them in the martial arts. Look at the photo of 'Nun Offers Food', haven't you seen some yoga posture that looks like that? This simple exercise, which is part of the longest and most strenuous martial arts forms from the ancient 'BAGWAZHANG' actually exercises and gently stretches the whole sides of the body, the hamstrings, the quadriceps, the shoulders, lower back and strengthens the legs to boot! In this form there are around 300 more movements just like that one. WHY DO MARTIAL ARTS: Back around 300 years ago in China, there was a real need to know how to defend yourself. Hand to hand combat was commonplace, and it was not the local hood at the local pub who was trying to make a big man of himself by picking fights either, this is just kids games compared to what the world was like 300 years ago. One literally had to fight for one's life back then. It's different today with the invention of guns. If someone is really serious about getting you, or robbing you, then they'll just hold a shotgun to your head and take whatever they want, that's the sorry state of the world. So the martial arts are really not very useful in that situation and no matter how many times we see Jean-Claude Van-Dam kicking that gun out of his attacker's hand, forget it, it's only in the movies. Nowadays, we tend to do the martial arts for the sheer enjoyment that it brings in the way of good health and exercise. We fool ourselves that we are learning to defend ourselves and find that it's just good to do. Sure, we can protect ourselves from the yobo at the local, but that's your fault for being there in the first place. But if you are attacked by knife or gun, then give them your money and live. Don't try to be Superman just because you've had a few martial arts lessons. The martial arts are the ideal exercise for the human body. We get the ideal active exercise, mild active stretching and internal breathing which enervates the whole body making us well and as a consequence, happy little vegemites.

Sheer Courage

No.14 Erle Montaigne

I walked into Bruce Armstrong's store in Murwillumbah as I normally do when in town, as Bruce and I are good friends, just to say g'day. Bruce is the local karate instructor of the "strongest Karate" Kyokushin. Bruce prides himself on the fact that he is pretty tough (but deep down he's really a kitten, and a bloody nice bloke to boot!) I said to Bruce, "you think you're tough, look at this"! upon which I produced (well I didn't actually produce him, my wife did that) Eli, my youngest son who had two days earlier fallen out of the proverbial tree and broken both of his 5 year old radius (wrists for those non medically inclined).



Eli shows his broken arms after medical attention

Bruce was impressed at this and said that he had always wanted to fall out of a tree when he was a lad but could never manage it, upon which he picked up a feather and challenged me to a duel to the death! I noticed a pair of old sneakers lying on the floor and quickly grabbed them to defend myself from the deadly feather. This deadly situation was quickly broken up by Helen, Bruce's wonderful wife with cutting words something like, "Oh yes, boys being boys again eh!" If Bruce was impressed with Eli in his current state with plaster on both arms, he would be even more impressed when I told him that Eli had to have his left arm actually set, without anaesthetic! When my wife and I, and our other two children (we do everything together), took Eli in to the emergency ward at Murwillumbah, there was no doctor there! No doctor in the emergency ward! I guess this is why the nurses sometimes complain about the paltry amount they receive in their weekly pay packets (my wife being one of them), they have so much extra responsibility nowadays, they have practically got to have a medical degree themselves with the things they have to make decisions upon in the absence of a doctor. But then we have to put up with many things in times of recession.

Anyway, the hour or so wait turned out to be good as it was time for us to calm Eli down after his ordeal.

The doctor finally arrived, a lovely young chap, Gary Gibson, who was great with Eli, in fact he has helped to change my general view of doctors to a more positive one, very forward thinking chap. So with ex-rays taken, we found that Eli's right arm was in pretty good shape, broken but still in a fairly straight line. Gary told me that in cases of breaks where young children are concerned, they allow for a 20 out of alignment with the two bits of bone as children's bones still have along way to grow and will grow out

straight. So all that was needed on his right arm was a plaster. However, his left arm was really bent and out of shape so it was decided that it would have to be manipulated (set) into place before the plaster went on.

Anaesthetic can be quite dangerous and requires great skill in its administration and even in adults a certain amount of risk is involved. So with small children, when they can, the doctors prefer not to use anaesthetic. So Eli's left arm had to be done without anaesthetic, just an injection of Omnopon, a calming narcotic but which does not deaden any pain. It was decided to use nitrous oxide to help with some of the pain. But being so small, Eli was not strong enough to set the machine into action. It requires a fairly substantial inhalation to get the nitrous flowing.

“So Eli's left arm had to be done without anaesthetic”

So that was no good, he would have to be done with no pain killing at all. So, with me pressing certain “anaesthetic acupuncture” points, (I think that it was more the fact that I was pressing so hard that this pain took away from the pain in his arms! I mean, this was my little boy here, with a nurse holding his elbow and a doctor “cracking” his arm back into place!) Some tears later and a very brave little boy and his arm was set. Gary Gibson said afterwards, and all the staff who were present also agreed that Eli was the bravest little boy they had ever seen, where many adults would have fainted at such pain. I hope that we never have to go through that sort of heart ache again, but it is certainly a big plus for Eli's past and future karma. Many thanks to the great hospital staff at Murwillumbah who seem to make do with the sometimes archaic working area and implements. To Garry Gibson who had to make decisions and work on the seat of his pants and come out smiling at the end. One thing a doctor must be, is to be at least seen to have 100% confidence in what he's doing and Gary had that. And no more, keeping the patient in the dark. Even though Eli is only five, Gary was telling him, and us, all the while exactly what he was and was going to do. I remember breaking both my radius and ulna when I was young and no-one was talking, which added greatly to the trauma. Now, they tell all which helps to demystify the whole process of surgery and hospitals.

Food As Medicine

by Erle Montague

The most potent thing we can do to our body is to put things in. This is how we become ill and this is also how we become well, so it is most important that we take care of what we “put in” to our bodies as this will shape our years to come. Put cream puffs in, and we will become cream puffs. Put a strong, hard, apple in, and we become strong and hard. Food, above all, including exercise, tablets and surgery, is the single most important factor to gaining good health. We can take this idea a step further and actually use food as our medicine. I don't mean that just by eating well, we become well, but actually using different foods to cure certain disease states. This knowledge has been known for thousands of years in China but sadly, they are losing this knowledge as they become more Westernized. Happily, the Chinese are great ones for writing everything down, so we have very ancient texts from which to gain this knowledge. On a slightly negative note, many of the fruits which are used in China as medicine are either unavailable here in Australia, or, there is no translation for the particular fruit into English. So I will cover some of the fruits common to Australia that are used as medicine.

FIG: The fig, I have already stated is used to help with colon problems, but it is also used to help in the cure of; indigestion, loss of appetite, constipation associated with old age, weakness after illness, as an aid to the treatment of tuberculosis and hepatitis, breasts, lack of milk after childbirth, rheumatism, pains in muscles and joints, diarrhea chronic, festering sores and boils, wounds that do not clear up, hemorrhoids, warts and tinea, sore throats with no phlegm and coughs. So in just one simple and common fruit we have a most potent healing aid. Preparation for Indigestion & Loss of Appetite: Use 1 or two figs fresh and eat them both in the morning and evening. Simple huh! Constipation associated with Old Age: Eat two fresh figs each evening before bed.

Weakness after Illness, as an aid in treating Tuberculosis & Hepatitis: Take one soup (Chinese soup spoon, much larger) full of “fig tonic” (see recipe below) in the morning and in the evening each day. FIG TONIC: Take 1000 grams of dried fig and simmer in water until it is a paste. Add 750 grams of honey, stir until it is dissolved then remove from the heat. It can be stored for later use.

Lack of Milk After Childbirth: Use 1 to 3 fresh figs or 30 gms of dried fruit, 60 grams of lean pork and 2 red Chinese dates (available from most health stores). Add water, steam and pulp, then eat. Use daily. Rheumatism: Pains In Muscles & Joints: 60 Gms

of fresh figs, 60 gms of pork or one egg, and 15 gms of rice wine (Japanese Sake can be used here). Simmer together with water until cooked, then eat once a day.

Diarrhoea, Chronic: 30 gms of dried figs and fry until fragrant. Add 9gms of sliced ginger that has been baked into charcoal. Steam in water and take three times a day.

Festering Sores & Boils, Wounds That Don't Close Up: Take some dried figs and roast until it becomes like charcoal. Grind it into a powder, apply to the affected place and cover with bandage.

Hemorrhoids, Bleeding & Painful: Eat 2 unripe fresh fruits each morning & two in the evening. Warts & Tinea: Crush several unripe fresh figs and squeeze to obtain the juice. Rub this into the affected part each day.

Dry Coughs With No Phlegm, Sore Throats: Use 1 or 2 figs and 2 candied Chinese dates. Steam the fruit until it turns to pulp and eat once or twice a day.

For further reading, try "Fruit Ai Medicine" Available From The Rams Skull Press, P/O Box 274, Kuranda Qld 4872.

Milk & Calcium

By Erle Montaigne

Further on the subject of milk. My whole object in these articles all along has been to perhaps give people an alternative to the usual information. I have had so much trouble with calcium deposits and had to have them surgically removed in my younger years because of so much milk intake, too much calcium. Taken from "Poisons In Your Body". "The problem of body pollution is further compounded by the fact that modern food processing methods remove many vitamins and unknown nutrients that might help protect us from additives. When a food is divided into its component parts either by refinement or extraction, such as the separation of all cream and butter from milk, nutritional losses are inevitable. The trace minerals of magnesium, copper, cobalt, chromium and molybdenum remain in the cream and butter, while the manganese and zinc stay in the skim milk. Homogenization was invented to solve the problem of cream gathering in large globules at the top of milk. In this process, the cream is combined with butter and then put back into the skim milk. This way the dairy farmer is never stuck with surplus butter; it can always be mixed back into fresh whole milk adulterated with water and skim milk powder. It is now virtually impossible to find anything but homogenized milk in a commercial outlet — milk that is in effect reconstituted, its molecular structure changed so that it will not separate. In the homogenizing process,

the date stamp. This is because although the milk has been cooked at a high temperature pasteurized to destroy disease-producing organisms, some bacteria are not killed and multiply at a fantastic rate during the time it takes for the milk to be brought to market. Some of this contamination comes from fecal matter on the cow's flanks, teats and udder, and is called coliform bacteria. Rather than insist that milk be brought to market sooner and cleaner, the authorities allow a coliform bacteria count to be taken by the processor and not at the point of sale! Therefore the allowable count of coliform bacteria is useless since the bacteria are sure to multiply before we drink it. Most of us don't realize that in effect we have been poisoned; stomachaches and diarrhoea are usually attributed of course to other disease. In reply to the statement "in moderation, it is OK", is it therefore OK to take only a little arsenic. If a large portion of something is bad for u(, then I contend that a smaller portion is also bad for us, on a smaller scale. With milk and other things that aren't good for us, we take them in moderation, but these things slowly build up and eventually kill us. I take my information from my own experi-

ence and experiments and then back it all up with other's observations. And in the end, it all comes out that milk is not good for us in any quantities. And if Kale were the only source of calcium, then I would gladly eat 6 cups per day. People come up to me in the streets and tell me about their success with good health by simply giving up dairy. I will not have an article in next week's TVT as I will be in the USA and Canada giving workshops on the martial arts.

What To Do With Pumpkin Seeds

No.12 by Erle Montague

The Chinese people have always had to make do with what they had Immediately on hand. Even today many millions of people still rely upon the

‘barefoot doctor’ as this is the only medicine that they will probably ever see. So when in China and you need some eye treatment, don’t be surprised if the doctor produces a pair of walnut glasses) placing the walnut pat over your eyes and burning some moxa on top of them.

It’s the same with their medicines and in many ways the Chinese are way ahead of us, where food medicine is concerned. Many items of food that we would discard, they Chinese doctor would keep for later to make info some kind of concoction to heal a certain disease state.

Like the humble pumpkin seed. Many westerners have been eating pumpkin seeds for many years, but only as a taste, something different to eat. But there is more to this small piece of energy than meets the eye. It is capable of helping with many disease stales. Pumpkin seed are able to eliminate internal parasites and help with many intestinal problems. They contain protein, oil, amino acids, vitamins BI.B2 &C. To eliminate tapeworm: Take 60 gms of dry seeds, discard the shells and add 30 gms of honey and an appropriate amount of water. Grind it all into a paste and eat on an empty stomach.

Once a day for three days.

Schistosomiasis: This ailment is not prevalent in Australia. It causes Mood in the urine and other problems with this area. You take dry seeds and stir fry until fragrant. Discard the outer shell and grind into a powder. Take 30 grams mixed with water and honey 3 times per day for fifteen days.

Whooping Cough In Small Children: Stir some seeds until the skins begin to scorch black. Discard the shells and grind the until a fine powder. Take 1.5 gms mixed with honey & water 4 times per day.

Nursing Mothers Lack Of Milk: 30 gms of fresh seeds or 18 gms of dry seeds. Discard the shells and add 30 gms of honey and a little boiled water. Grind into a paste. Mix with boiled water when serving. Take this in the morning and evening for five days.

Haemorrhoids: Take one kilogram of fresh seeds or half a kilo of crushed dry seed. Cover with water and simmer. Wash the affected area daily 3 times for 7 days. Anaemia; Malnutrition With Yellow Face & Constipation: Take one Chinese soup spoon of pumpkin & sesame seed tonic daily (see below for recipe), in the morning and in the evening. Pumpkin & Sesame Seed Tonic: Take 60 gms of pumpkin seeds and stir fry till fragrant. Discard the shells. Take 60 gms of black sesame seeds and also stir fry until fragrant. Do the same with 30 gms of fresh peanut kernels. Add 60 gms of honey and a little boiled water and grind into a paste. It is then ready to use.

Food & Love, The Two Greatest Healers

No. 21 by Erle Montaigne

One of my friends and regarded as Australia's leading mind on acupuncture, Chris Madden, (Since Deceased) once said to me that he regarded the human touch as being the greatest healer above acupuncture, qigong and all of Chinese Medicine. And I agree with him, but add to that, the food we eat.

We in the Western world receive too little human touching, we tend to be reticent towards others and a handshake is all we are ever allowed. But let me tell you a story. I was in Swansea in 'Old South Wales' in the U.K. teaching a group of martial artists and healers. The leader of the group there, Tony Court, also traveled to one of the old mining villages to teach a group of about ten women who were M.S. sufferers.

One of the ladies was in pretty bad shape and could not walk, only make sounds and had to be picked up and back into her wheel chair. I was asked to tag along to one of his sessions and when I saw the state of this one lady, wondered what the heck I could do! After pressing a few points, I just decided that this woman needed some attention so I got the whole group to come over and hug this woman.

We did this for about fifteen minutes, and I mean really love her, not just put a hand on her, but really put loving energy into her whole body and mind.

When we had finished the whole morning session, this woman was sitting up, could at least communicate verbally and was able to actually stand for a few seconds. All through touching. Men tend to shy away from other men for fear that others might see them as being gay! Why? Because we have been conditioned to think this way. If we see other humans as being just that and not male or female, then we would all be better off on a human relationship level.

It's amazing what a simple touch can do. When I was in China, I met with a woman from who's family we get all of our acupuncture knowledge. This woman could lay her hands on top of a young woman's head (she was suffering from really bad period pains, nausea etc.) and the other one at the base of her spine and the pain and nausea was gone in three minutes!

What's the difference? This woman was one of the leading Traditional Doctors in China and had been doing this stuff since she was ten years old. She had an apprenticeship for 15 years with her father before he would even allow her to put a needle into people, her son, also her apprentice, had been studying to be a Western Doctor for six years and was already treating people in the hospitals but was not even allowed to put a needle into anyone. And would not be allowed for another seven years!

That's six years after he would become an M.D. Nowadays, we see people doing a four year course and coming out as fully qualified acupuncturist Or worse, we have people reading a few books and then placing a sign above their door which reads, Acupuncturist! There are no laws governing this.

Food:

Well, I have written until my fingers have almost dropped off about the importance of food. Still, I have people phoning me or stopping me in the streets and saying things like, "but when I was a child we were told that milk was good for us". Or, "surely a little white sugar won't kill me". It will kill you, surely and slowly.

I have very old texts that have been translated from the Chinese saying that we should use such and such a fruit with a little sugar. When we read 'sugar' in ancient Chinese texts, they don't actually mean white CSR sugar! They mean any fruit sugar, naturally got. White sugar actu-

ally lowers your sugar level and does not give one an instant boost of energy.

What white sugar does is this. We eat some white sugar and this could be chocolate, cakes etc. And the sugar level in the blood is instantly increased to a very high level. The pancreas says, “hey, hold on, we can't have that much sugar all at once” and pumps an enormous amount of insulin into the blood dropping the sugar level to a lower level than it was before you took the sugar.

Honey is not so bad as it is made from nectar concentrated. However, it is very concentrated and should be taken in moderation.

It's great to read some Chinese texts that have been translated and take it for the absolute truth. But if one has not actually experienced what they are talking about themselves and experimented on themselves, then there can be a big danger in reading Chinese texts that have been translated, or even if one knows Chinese, has studied it at tech, there is still the danger of mis-translation simply because we learnt our Chinese in a western way, relating the words to English words. You can't do this with Chinese. Some words just don't have a translation. The word 'sung' for instance is supposed to mean to relax, but this word is totally incorrect. It does not mean to relax but that is the closest English word that we have. And so we have thousands of people practicing the Chinese martial arts for instance, doing what they think is correct, but is actually quite incorrect.

So, experiment with your food. But the big word here is 'food'. What is food? Many of us nowadays don't even know what food is. Wheat bix come from a box on a supermarket shelf!

Food is what the creator gave us to eat. Think about it for a while. If you were the first person on this earth, how would you know what to eat? Certainly not from a can or packet.

Osteo Diseases & The Body Electric

No.17 by Erle Montaigne

There's this hospital In Israel called the Central Emick Hospital who's sole job it is to cure milk related diseases.

The bulk of these diseases fall into the osteo (bone) category while a number fall into the asthma and sinus area.

When I was researching one of my books on health, I phoned the chief at this hospital and spoke to him at length just so that I could have some back up as to what I was saying in the book.

I was told of one case, a young girl who had some juvenile osteo disease which caused all of her joints to swell up and become very painful, so much so that she couldn't walk. She was eleven years old. I was told that this was a particularly hard case to solve and it took more time than the normal cases that they had at the hospital.

Two weeks it took them to cause all of the symptoms to completely disappear! No swelling, no pain and the girl could move freely again. The cure? They simply took her off all dairy products, nothing else, just that. 'Me girl was sent home to her parents and in one day the symptoms re-appeared.

The girl was rushed back to the hospital. The doctors began to painstakingly check everything that the little girl had to eat while at home. They could find nothing as the parents were aware that she was not to have any dairy products. Then, she remembered that she had taken one quarter of one piece of a Kit Kat. This was enough dairy to set her symptoms off again.

It is interesting however to note that the symptoms did not come back in a direct line with what she had eaten. If that were the case, then the symptoms would have been mild as she only took a minute piece of Kit Kat.

No, the symptoms had reappeared just as bad as they were before she went to the hospital.

So what does this tell us? It tells us that it did not matter if the little girl had eaten a whole chocolate, twenty chocolates, or just a piece of one square. The symptoms would have been the same. Logic tells us however, that the symptoms surely would be in direct consequence with the amount of chocolate.

This is where the body electric comes in. If we wish to get some light into a dark room, we do not fiddle with the light bulb do we. We go and turn on a little switch at the wall, and bingo, light.

If you could have done that 200 years ago, they would have burnt you at the stake.

So we have done a small thing to create a large thing, we have turned on a switch. It's the very same thing within the human body, there are switches all over us and our bodies are just like big batteries with currents of electricity flowing all around the body through channels. All it takes to change the chemical make up of the body, to cause some chemical reaction within is a tiny action from without, like taking a minute piece of chocolate, this is the switch that causes something much greater to happen.

Haven't we all heard someone saying that it's only one piece, it won't hurt, or, just one slice won't do anything. It doesn't matter if it's one slice or twenty slices, the result will be the same.

You have turned on the switch to cause something greater to happen. IT might not happen right away, but could build up over a period of time and then one day, you're gone and no-one knows what it was. Surely it could not have been the one or two chocolates that he or she ate each day, that would do no harm! Or surely it could not be the one cream cake that he had for morning tea each working day, that would not do anything.

Wrong! It's not even an accumulative effect of having the one cake each day. It's rather the accumulative effect of turning on the same switch each day. You simply have to stop right now! It's the only way to live a long and healthy, happy life.

Young people laugh and say that they feel great. Well of course they do, they have the resilience to ward off a few switches, but as they grow older, that resilience will become less and less and the switches will build up until that final switch, that one last fag, or that one last chocolate.

People often ask me where I get all of this information. I have had a number of teachers, and I also research on myself a lot. All of the above information was told to me by an old Chinese man called Chang Yiu-chun who lived till he was well over one hundred years. Still strong and mentally alert. He was the epitome of the old sage, revered by all who met him, a story teller, a teacher.

This is what old people should be, the teachers for the young, but the young don't want to listen to old people. They look at them and see what poor health they have, how stooped they have become, how bitter etc. They don't want to be like that so they try desperately not to emulate. That's not how it should be!

Specific Chinese Self-Healing Exercises

by Erle Montaigne

By now, readers of TVT will have noticed that I work with two specific areas of self-healing. That of diet and the movement therapies. I am, in fact chairman of the Australian Therapeutic Movement Association. You will also have noticed that I lean towards the Chinese ways of doing things in the healing and in the martial arts areas, mainly because they have been doing it for a whole lot longer than we have and no-one has taken the movement therapies and dietary therapies as far as , the Chinese.

The cook in a Chinese home, in years gone by and not so much nowadays, would also be the doctor. She (usually the wife and mother), would diagnose what was wrong, if anything, with the individual members of the family and then proceed to prepare the food necessary to heal the ailments, on an individual basis! Nowadays, it's all in and eat till you burst.

As I have been saying all along, food is the singular most important thing in the self healing area, and if one, knows how to use food to heal specific ailments, then one is able to heal oneself at mealtimes, or have the ability to stop certain diseases from occurring by what they eat. We in the West tend to make too much of meals, we want to be entertained at meal times, have a 'taste hit', a comforter. That's what food has be-

come, a social event, A typical Western and eastern mealtime conversation might go, “What did your ‘fish a la crocus’ taste like Bruce?” “It was a bit bland, but the wasnig sauce made up for it, wow am I full!” Or on the Eastern side, “Wah hen go *in* ma?” which translates as “Wah hen go ni ma?” The answer, “Nee shoo bar hun wing”. Or “I ate some fried chestnuts to heal my ailing liver, what did you heal”.

“...the ‘Dragon Posture’ ...”

It’s the same with the movement therapies. We in the West tend to do sport for the sake of winning or for the social aspects, never thinking, apart from the exercise’ that this Could be used to heal certain ailments or organs. Every move we make is capable of healing internal organs by supplying that organ with life giving qi or energy. The Chinese have brought this art to a very advanced level, so much so that they have given us specific exercises which are capable of healing specific organs or for treating specific disease states.



In this issue, I will be presenting the ancient Chinese Qigong for helping the stomach and kidneys and for generally toning up the muscles of the whole body. It is also given to eliminate fear. It’s called the ‘Dragon Posture’ and works like this. You stand erect and relaxed, shoulders hanging, not help up, breathing naturally and deeply, slowly. You now lean backwards, throwing your arms up and over your head, slowly!



Do not take this exercise too far if it hurts and especially if you have a back problem just do it as far as you are able soon will be to. The photos will show the optimum, but only take it as far as you can. Breathe in as you do this posture as in **photo No. 1**. Now, as you slowly bring your body forward, you bend forward and down taking your arms right back and upward as in the **photo No.2**. Breathe out as you perform this task. Your legs should be slightly bent at all times. You hold that posture for a few seconds and then slowly return to the standing posture. You should perform this exercise three times with the right leg forward and three with the left leg forward. Please, listen, do not do this to its full, if you have difficulty in even walking! Any exercise should be gradually taken and the body should be slowly built up before the full exercise should be attempted. Even if you are able to only raise your arms to the vertical position and then only go down to the. Horizontal position, this is enough to affect the specific organs until you are able to build it up to be able to do the full exercise.

Every posture from the T’ai Chi movements is able to be used as a specific Qigong to heal specific organs and I will begin to cover some of these in the next TVT.

THE STICK:

The Original Weapon

By Erle Montaigne

MARTIAL ARTS WEAPONS existing today can be numbered, literally, into the hundreds. We have the sword - of which there are many different types the saber, the knife, the halberd, the nunchaku, the spear, sai, and -a myriad of others.

The stick was probably one of the first weapons to be used in any set type of way, and from it have come all the other weapons. A few Martial Art schools use the short stick, including the Tai Chi school. The Tai Chi short stick form (or kata) is based solely upon the Tai Chi solo form unarmed kata and is a most beautiful and graceful set - as well as being most effective.

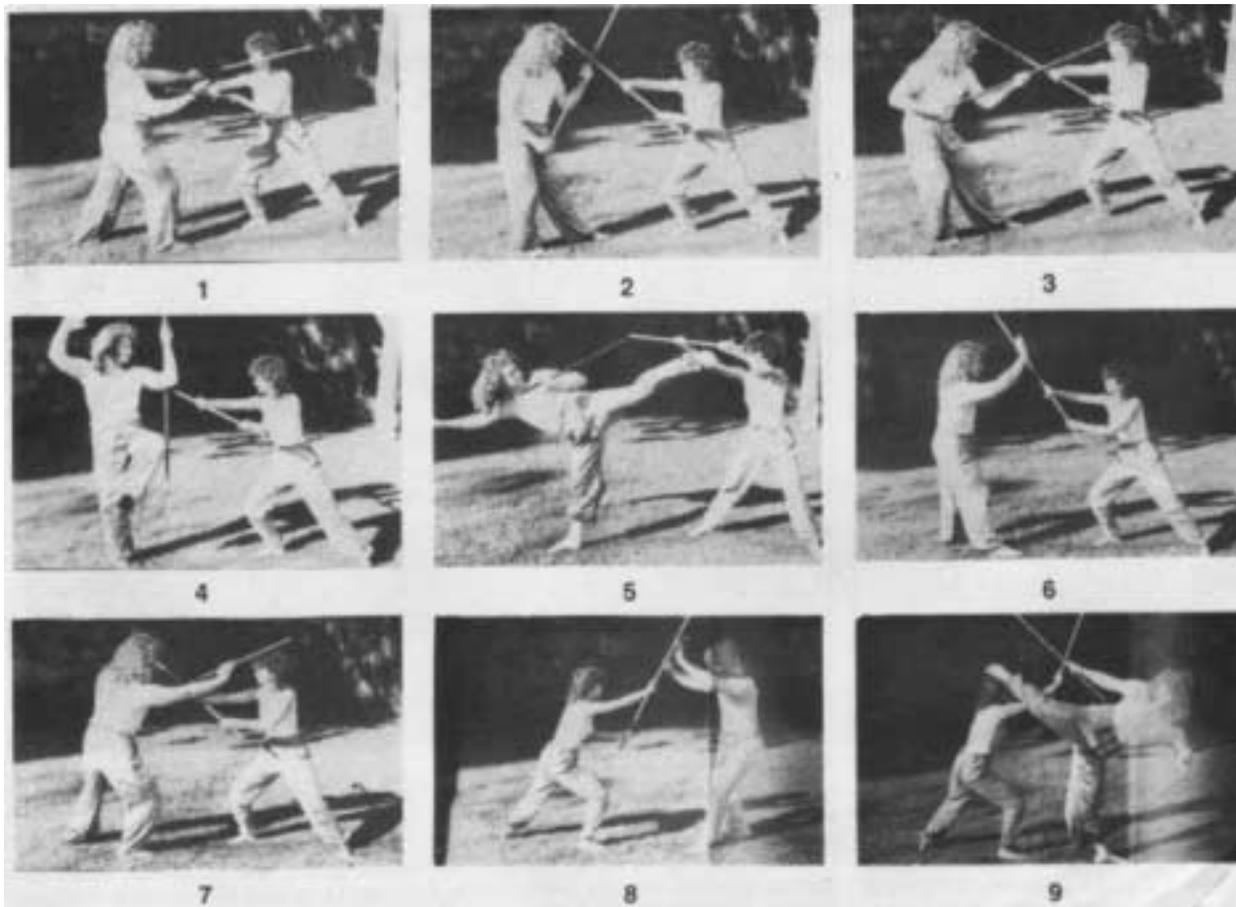
When one starts to practice the Tai Chi stick the emphasis is on control, and one learns to wield the stick and to stop it dead without a flicker. The names of the stick postures are, for the most part, the same as for the Tai Chi form - such as “Stork Spreads Wings” and “Slant Flying”. There are also a few less esoteric names, such as “Club To Left”.

In the Tai Chi school, the emphasis is placed upon energy movement and not so much on muscular force; so the stick form uses this same principle. The stick should become as an extension to one’s body and not just an external thing to be used.

The breath is also of great importance, as it is in the unarmed forms. The right breath is said to build up one’s Chi reserve and then it is said to go right into the stick. In fact it is considered the greatest honour for a master to give his stick to a student, as it is considered to be a part of his body.!

The photos on these pages show a few techniques from the Stick Form SanSau or free-style sparring. The lady assisting Erle Montaigne is Jeni Blake, a 5th grade student of the T’ai Ki Keun & Pa-Kua Chang Chinese Boxing Schools Association.

Having just warded off a blow from Jeni, Erle grabs her stick with his right hand and attacks her face with a one-handed strike (1). Jeni then attacks Erle's head with a right bow strike (2) which he blocks to his left, then slides his stick along her weapon to attack the eyes with a poke (3). Jeni attacks Erle's left side with a horizontal strike (4), which Erle blocks from "stork posture". Erle then lifts and controls her stick as he kicks to her face or abdomen (5). Jeni attacks Erle's head and he blocks to his left (6), then uses the momentum of the block to re-attack (7) Jeni attacks Erle's head (8) and he blocks upwards, then (9) controls her stick over to his right and kicks to her head.

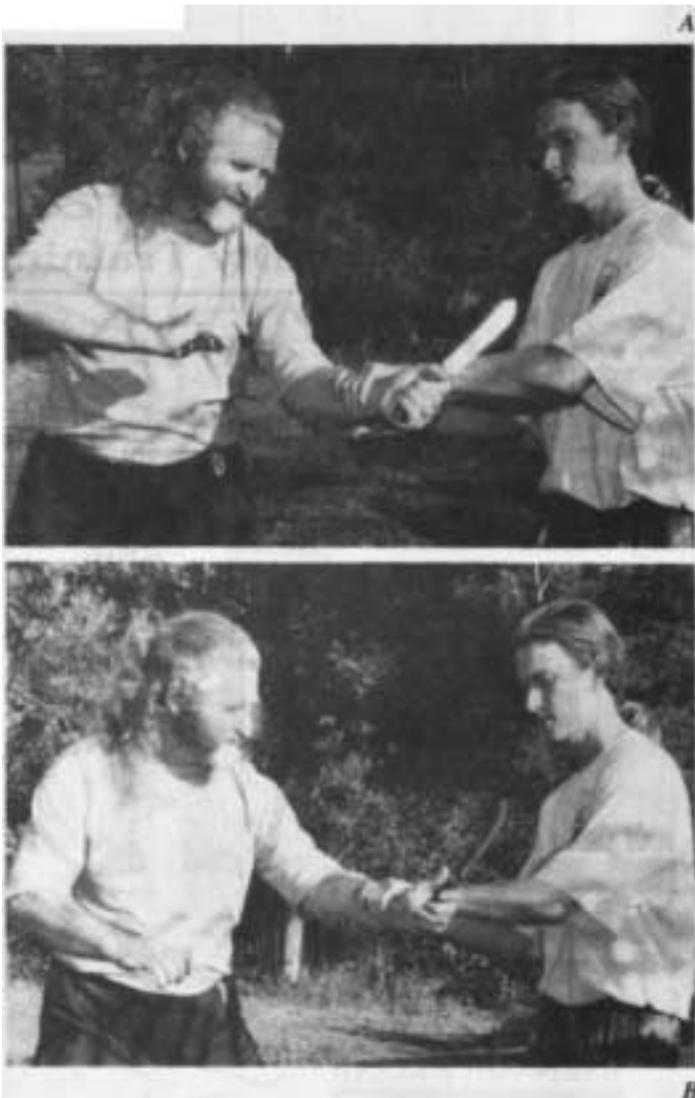


THE ERLE MONTAIGUE COLUMN

Knife Defence Using

The Internal Methods

(A) The defender, Peter Dawkins, grabs Erle's knife arm which (photo B) he immediately withdraws violently, cutting Peter's arm. This is a virtual 'replay' of a real-life 'lesson' in which Erle - many years ago during his former "rock-'n-roll lifetime" - tried the often-taught 'grab the arm that is holding the knife' tactic... and ended up being cut long and deep, to the bone, for his trouble.



THE BLINKING of an eye and you're dead. That's all it takes: one minute, you're alive, and the next second you're dead. This is what knife fighting is all about. People ask me to teach them about knife fighting and I tell them that there is no such thing as knife fighting; there is **only survival** where knives are concerned

You cannot fight a knife. You might be able to give yourself the best chance against the human who is holding the knife, but to try and fight a knife is useless. So all we can ever hope to do is to survive. I hear Martial Artists talking about knife fighting, about the correct technique, as if it is just another part of their training, something they do every day.

Knives are death, and the way some talk, one wonders if they have ever really come up against someone who is trying to 'get them'. Or if they have ever even been threatened by some crazed person with a small glint of steel in their palm. One wonders this because of the techniques they tell us that we should use against such attackers.

‘Techniques’: This word immediately suggests to us that the person talking knows little about survival ways against a knife. There are no techniques, you have not the time to be thinking about techniques. You only have the time to react and this ‘time’ is the difference between life and death. No, there are no ‘techniques’, but there are ways of doing things that will give us the best possible chance, which is, at its best, about 15 to 20 percent survival.

How many times have you been told that the best defense against a knifer is to run? Many times, I’ll bet. I have, and I have heard others telling students that this is the best thing to do. When I give seminars to law enforcement people, I have them work an experiment. I become an attacker with a knife (rubber) and I ask them, while I am standing away from them at varying distances, to try and turn and run as fast as they can to try and escape. No-one thus far has been able to get away from the knife under 15 feet, with many not even being able to get away under 20 feet. I am not able to get away under 15 feet away from an attacker.

The reason is simple and logical. We, as the defender, must firstly turn to run, and if the knifer is on his toes, he will see this movement and immediately rush at us. Usually, the attacker is upon us before we have even taken the first few steps, and now we are in the most precarious position of having our backs to the attacker and not even being able to defend. I have three scars on my body, from three different knife cases, and the first two represent the wrong way to handle a knife attack while the third scar represents me almost getting it right! The scar that runs from just below my kidneys to my lower right buttock represents me running away and having the attacker throw the knife. Luckily, he was not too good at this as it is quite difficult to hit a moving-away or **towards-you target and the knife struck** me with its cutting edge and not the point, slicing my lower back open. Luckily again, was the fact that my attacker was not really intent upon doing real damage as he fled at the sight of the knife actually striking me.

The second scar came when I tried to do what many people in the Martial Arts tell us to do: to grab the arm that is holding the knife! There is not one street fighter, not one thug, not one inmate of a maximum security person who will tell you to grab the arm that has the knife. At all costs we try to keep as far away from that hand as possible, until the attacker has been stunned or has been downed or knocked out, then we should take the knife away; not when he is still fully active and full of aggression and at his strongest. In this case, I received a cut on my right arm about six inches long and to the bone, from his simply withdrawing the knife with much power, more power than I could hold, and taking the knife over my arm as he withdrew it. Luckily again, he fled at the sight of my blood. Both of these incidents took place when I was a rock and roll bandsman. *(See Photo A in which I thrust with the knife, and he grabs my arm. In photo B, I withdraw the knife violently, to cut his arm ...).*

The last scar on my body is across my first three fingers of my left palm and went to the bone. This is when I “sort of got it right”. Giving up a smaller part of my body for the sake of the whole, I was able to defeat this attacker and escape. This time, I went nowhere near the knife hand, but rather barged right in there and had my fingers sliced while my other hand was poking into his eyes... and this worked very well.

So, we have things not to do, We do not try to run away turning our backs on the attacker, unless we know that we are able to get to help before he gets us. We do not try and grab at the hand



C



D



E "Do not attempt the SILLY 'X'-block" (photo C), stresses Erle. "If the attack is for real — unlike the co-operative situation in the dojo or the demo — it will burst right through the 'X'-block and end up in your chest or face" (photo D). "Or, at least, with your wrist sliced..." (See photo E).

holding the knife and we do not back off. I can show anyone that backing away from an attack is inviting disaster. When someone attacks you, they expect certain things to happen; they have certain switches in their brain that tells them that things will happen a certain way. And when they do happen that way they are happy. When, however, things do not go as they expect - in fact the exact opposite - then it is we who have the slight advantage. An attacker does not want us to come forward, for instance, slamming his knife arm so hard that it is knocked away violently and then, while he is getting over this, to have fingers thrust into his eyes, for instance.

There has to come a time when the attacker will be in range to attack you. He has to move in to you. This is the same for the empty-handed art. He attacks you because he knows that you are there. He would not attack you if he knew that you weren't going to be there! So, you do not be there. So,

we do not move backwards; he is going to get us sooner or later if we continue to be the attackee...

We do not attempt the old 'X' block. I still see this **silly** block being taught and can demonstrate how silly it really is.

This type of block has come about because people teach others about knife attack in dojos: safe and sound, no real attacks, not even simulated attacks. See what happens when someone is attacked with a downward thrust (*as in photo C*). If the attack is for real, it will burst right through the 'X' block and end up in your chest or face (*as in photo D*). Or we will have our wrists sliced (*as in photo E*).

Nor should we try to barge right in there and slam him in the face. See what happens (*refer to photo F*) when he tries to slam me in the face. He is stuck in the ribs for his trouble. I still hear people saying things like, "Oh yeah, I'd just slam him in the face. I don't need any of this dim-mak stuff", etc. Now, any law enforcement officer knows that there are many cases where a slam in the face is useless. The attacker is crazed, drugged or drunk, or both, and pain just does not work.

Here, I can explain and show that there are points that work on the human body that do not deal with pain; they deal with a human phenomenon that is unable to be defended against. Physiological things like neurological shut-down, where the nervous system simply gives up when any of the neurological shut-down points are struck. (*Covered in other Erle Montague articles for AFA, plus the video series*). Usually, these people are good ring fighters, and use the Martial Arts as a sport and have no idea of the real streets. And lastly, you should definitely not try to get some kind of lock or hold onto the person with the knife, at least not while they are still fully powerful. Locks and holds are fine, just as long as you have taken care of business first, by striking him at dim-mak points or even, at the least, slammed him in the face to **stun him**, then get the lock on.

THINGS TO DO

Now in my Martial Arts life, I have worked upon ways of giving us the best possible chance of survival. Not much chance, maybe, but the best. I am realistic enough, and have had all the experience I wish to have with knives, to know that there is not any one system that has the exact answer- least of all mine. But here I will give what I believe to be the best 'way' of dealing with knife attack:

Firstly, **get mad**. Fear will often help here. It will cause you to change into something else. You must do this in order to be just as mad, or even madder than the attacker. Do not make a perfect Martial Arts yell (Kiai). Scream! This screaming will help your adrenalin to get right up there: **Scream** as you attack him; it helps. Open your eyes as wide as possible and stretch your fingers wide and tight, this will bring extreme yang energy into your brain and body, helping with the transformation from human to animal, which is what you must become in order to survive.

Then you remember the three words: **‘Evade, Bump, Strike!’**. Remember, we do not actually grab the attacking arm, but rather, we bump or slam it **violently** so that it not only hurts but moves it out of the way for that split second, enabling us to attack. For instance, the attack could be a straight lunge-type attack; we could use the ‘hinge’ arm (the forearm is bent and hinges downward) to damage his attacking forearm and to get it out of the way. This is both ‘evade’ and bump’ (as in photo G). Notice how my right arm is automatically thrown up into the air ready to



Here Erle shows components of the Combat Taiji *Evade/Bump/Strike*’ defence against a straight lunge type knife attack, evading with step and waist-turning and using the Taiji ‘hinge arm’ to strike Peter’s forearm violently - applying Fajing explosive energy (photo F). A split second later, and still part of the initial movement, Erle attacks Peter’s eyes. (Photo G: refer to text for full explanation).

strike. This, I did not have to think about, by doing the ‘hinge’ attack to his forearm, that gave -me the body movement to cause my right palm to be thrown upward. I have struck his forearm violently, so violently that it has caused my own body to shake. This is *fajing*, or explosive energy. (Refer to separate articles in previous issues of AFA). This shaking has caused the rest of my body to be in a state of rebound, ready to attack his eyes or any other important dim-mak points such as ‘stomach 9’, or the vagus nerve in the neck which controls the **that the heart is in, and reverses it**. I have automatically **turned my waist to ‘bump’** his forearm, this is ‘evade’, and I have bumped his arm out of the way. Now, a split second later and still part of the initial movement, my right fingers are thrust into his eye sockets. Don’t just poke his eyes; do a proper job and dig down into the sockets (as in *photo H*). In this way you are also attacking to points called ‘stomach V, which will cause extreme nausea because of this point’s action on the liver. It will also cause him to ‘look inside’, literally, as his eyes will be forced to turn inward. Extreme? Sure, what is happening to you is extreme. Remember, one split second and you’re dead! So, yes, extreme.

The most important part here is that we do not try to control the arm. Leaving our own arm in contact with his arm, we are not trying to ‘push’ his arm away, but rather bump it away so that we only have minimal contact for that split second and in the time when his arm is moving away, we attack to points.

Evade, bump and strike works with all types of knife attack and I advise you to experiment with this, as there are endless possibilities and in time you will begin to know where and when the at-



Direct offensive action responses, as shown by Peter attempting to “barge in and slam Erle in the face” (photo H), can result in the attacker (Erle) simply evading and sticking the Martial Artist in the ribs.

tack will be coming, by having your partner attacking from all different angles and strikes. Not just playing, though, we must get as near to real aggression as possible with this with your partner really trying to get you. fast and hard. However, he must, of course, have that immediate control so that if something does go wrong, as it will, he is able to stop just before he strikes you. Even rubber knives can give a nasty cut.

The same applies to, for instance, the hook type of attack. This time, you evade by moving in and turning to your left as he attacks with his right hand, your both hands slam his inner forearm so hard that he arm is thrust away. **(Photo I)**. Notice where I have struck his forearm. My right palm is striking right into the crease of his elbow while my left palm is striking to a point called ‘neigwan’. The neigwan point will drain energy from his body while the strike to the inner elbow is a nerve point strike that will cause extreme nervous damage to the whole body, not only take his arm out. Now, again without stopping and using the energy generated from the initial strike, turn the body and strike across his neck with your both palms’ You are bound to hit something here! There are just so many vital points in the neck - dim-mak, nerve and physiological, points that any strike such as this can prove fatal.

IMPORTANT POINTS

Never become complacent about your knife defence. Never think that you have the answers. Always work in as realistic a way as possible with your partner, attacking with animal aggression. If you are able to grab his hand, then he isn’t doing it right.

Direct offensive action responses, as shown by Peter attempting to “barge in and slam Erle in the face” (photo H), can result in the attacker (Erle) simply evading and sticking the Martial Artist in the ribs.



I

Only use the above ‘techniques’ as guides. Experiment with them and work out your own best way using the ‘way’ rather than the technique. Never turn your back. Move in at the right time. Do not back away. Become the animal aggressor. Don’t give him a chance to attack; attack him first. Be prepared to give up a smaller portion of your body in order to survive.

If you are a law enforcement officer and you are within 15 feet of the attacker, do not attempt to take out your gun. He will get you before you have had the time to take off the safety catch. If you judge that this person is not really intent upon killing, try to talk calmly and without any threat to him of aggression, but always on the alert for danger. Take a really good look around you at your surroundings, not taking your eyes off him. Do not stare at him but rather use your peripheral vision to ‘look around’. Let him know that you aren’t there to hurt him.

And, most importantly, if you are not a law enforcement officer, do not be in that situation in the first place. Law enforcement officers have to put their lives on the line every day and find themselves in those situations all the time; nothing much they are able to do about it...

The Colon.

Many of today's disease states can be in some way attributed to an unhealthy colon. Let's face it, if you can't get the waste out, then you can't get the waste out! Any piece of well oiled and technologically advanced machinery needs all of its parts in good working order with no weak links. A human body is only as healthy as its weakest part. A strong heart for instance is not much use if the lungs are crook, or if the colon is not doing its correct job adequately, or better still, to its max, then the rest of the body will also be in a poor state of health.

Most of we, westerners have at least some colon problems due mainly to our bad and over eating habits. You put the wrong petrol into a motor and it will not last for long.

The problem here is that we for so long have been eating rubbish that we have begun to think that it's natural for us to eat badly with even some doctors not knowing about good eating habits and the fact that a change in diet can have miraculous results in the getting well process. We are also up against the fact that most Westerners simply do not know what it's like to be healthy and learn to accept that "bad back" or that sick feeling in the morning etc,. We accept that fact that the human race is not naturally healthy and we pass this bad knowledge on to our children.

God did not make a sick human being, we have made it this way ourselves. We were presented with a perfectly good working machine and we have abused this machine to the point that we are in today, I mean,

look at us! Just look at us. We are a race of unhealthy slobs who simply know no better.

So we begin from the end upwards. We heal the colon first of all and then the other organs will follow. For instance, in the world of T'ai Chi, we begin to heal the body by

firstly healing the colon with each movement healing a specific organ, the first of which is the colon.

But we are able to heal the colon simply with food. There is in fact a whole Chinese way of healing using fruit, different fruits for different ailments, like the pear done a certain way to stop a cough.

It is not easy to heal the colon because of our set ways of eating and this must first of all be overcome. The mind is the key word here. Change your mind and your body will change. Give up all dairy products first of all. 'But where will I get my calcium?' you all gasp in horror. Plants have all the calcium you will ever need, that's the way it was meant to be in the beginning, we were not meant to eat things that came out of the inside of a cow! There is a hospital in Israel whose specialty is milk related diseases, they simply take people off all dairy products and heal them.

Next is to give up all cane sugar including the raw type. It is the reaction of this substance with the milk products that causes the problems for the colon. Check everything you buy, almost all of it has sugar somewhere. Why? I don't know why they put sugar into corn or carrots but they do.

Fresh figs are the colon food. But dried ones are almost as good.

Next week, exercises for the colon.

What Can You Do With A Tomato? No.24

by Erle Montaigne

When I was a boy, five or ten years ago, I remember my mother cutting up the dreaded tomato and wiping the bloody thing all over my red and painful back and face after a day in the sun on the south coast. Having quite a pale complexion, I was always in the wars where the sun was concerned, and this was pre-ozone layer depletion. Nowadays I go out in the sun wearing a suit of protective armour. How did my mother know about this ancient Chinese remedy and why did it work. There is no doubt at all about the tomato's effectiveness in combating too much sun and taking the heat out of the skin. Along with watermelon, these are the two kings of the sunburn healers.

My Mum certainly did not know anything of Chinese medicine but many of the old western remedies seemed to have come directly from the Chinese way of healing.

The tomato is 'cold' in Chinese medicine and has the property of taking out the heat from the skin so speeding up the healing process. It feels awful when the tomato dries up and you feel as if you have been wearing a mud mask for hours, but it works, seeds and all.

But there are a number of other things that the tomato is useful for, apart from placing in parallel lines on your lunch sandwiches. Just for those pedantics out there, yes, I know, the tomato is a fruit and as such should never be eaten with grains (bread!). But it sure works well on a sandi doesn't it.

The tomato can cool the blood, clear a fever, promote saliva and helps with digestion. It contains sugar, protein, fat, calcium, phosphorous, iron, citric acid, malic acid, tomato alkaline, vitamins B1, B2, C, Carotene and nicotine acid.

For Night Blindness:

I tried putting several tomatoes into my old 1958 Vee Dub and the headlights immediately got brighter. But for humans; take 250 gms of fresh tomato and 60 gms of pig liver ... no, let's stop right here, better we stay

night blind! For those of you out there who like pig's liver, you should eat both together after cooking. Pig's liver, ..great!

I have a very old book on making one's own recipes for when one has been struck on the death points. (for those of you who are 'kung-fu wise'). One such recipe calls for de-fatted bull's sperm. It goes on to say that it is not dangerous eating this concoction, only the 'getting' is dangerous!

Bleeding Gums:

Take 60 gms of fresh tomato and dip into honey and eat. Do this twice daily.

High Blood Pressure With Bleeding From The Eyes:

If you get to this stage with your high blood pressure, you're in a pretty sorry state! But this will help. Take 60 gms of fresh fruit and eat this daily, early in the morning, for 15 days.

Dry Mouth With Thirst; Loss Of Appetite.

Take 60-90 gms of fresh tomato and eat.

Good Health Is Easy; when you know how. I had a friend in China who was at his death, 106 years old. He was still active and still at work as a traditional doctor. He would exercise daily and had an excellent sex life with his 90 year old wife. I once asked him his secret of his long and more importantly, healthy life. He simply told me to look around at all of the people where I lived. Then he said, do the opposite!

There is a whole community of people living in a small village in the Andes. the women there stop menstruating at between 50 and 70 years old and the men still chop wood at age 100. All vegetarian, all small eaters. But they of course have some things that are very difficult for we in the west to obtain. Like fresh air, and water, food that has no trace of pesticides etc. So look around you, see what everyone else is eating and then look at the general health of the community, then do exactly the opposite.

Taiji, The Greatest Qigong No.24

by Erle Montaigue

Back in the seventies, it was taiji (t'ai chi ch'uan) that was the greatest new thing since sliced bread. All of a sudden we had in Sydney alone what seemed like hundreds of new ethnic masters of this art. They did not have to be good at it of course, they just had to be oriental looking and people flocked to their classes. Some were very good at it and stuck around. Others were found out by their students to be frauds and eventually had to stop teaching. Some of the frauds are still hacking a living out of it, fooling some of the people all of the time and some have even perhaps learnt a little over the years. But nowadays, the big bickies are gone and the taiji business has settled down into one where someone is able to just scrape a meagre to poor living out of it. Overseas, there is a much larger population base and the good' masters' are making quite a good to high living out of teaching and franchising.

It could have been a much better business however, had the charlatans not stuffed it for the ones who knew their stuff. Those who use simple tricks to fool students into believing that they are superman. Eventually, those students found out that their teachers were not supermen and left the art in disgust. Many left for good, others took up other martial arts. But those who should have benefitted from the great healing aspects of this art were left with nothing and many would never return to it because they had already tried it out (with some charlatan) and found that it did not work.

Only a handful of real teachers remained from that first euphoric explosion of mystery and wonder. Plus a few of their students who eventually left to make their own dollars with their own schools.

But others who 'needed' to have a superhuman master as their guides for life and remain a student themselves for life, went overseas to find that old monk (or monkey) on a mountain top, he had to have a long wispy beard and move very slowly. Then a new age of fraudulent happenings began. Now, we get them from all over the world coming to the antipodes to rip off the unsuspecting Aussies, and I am told British, Americans and any other western part of the world who will have them. Always, oriental looking and wearing a white nicely pressed silk suit, these 'masters' are the new breed of oriental mystics who are fleecing

the Australian public once again. But still, the good ones from that first faddish era are still hacking it out, and nowadays only look and smile with a knowing grin.

Right now we are seeing the newest 'fad' enabling orientals to once again rip off the Australian, and western world public. A fad, by the way is something that has been with us for yonks and is usually a good thing, but then someone discovers that he is able to make a quick buck out of it and markets it for a time. This person does not have to actually know anything, they just have to look as if they know something. An oriental looking face in this instance also helps greatly.

This new fad is QIGONG. Now, it has taken over as the greatest thing since the nappy pin, with masters claiming that it is able to heal anything from a nose bleed to cancer. And all you have to do is part with huge amounts of your hard earned cash to receive this healing. And if it doesn't work? The standard answer, "well it worked with everyone else, so there must be something wrong with you"!

Tai Chi The Greatest Qigong

No.24

By Erle Montaigne

The Continuing Story (See last issue)



In the U.S.A. and advertised in very up front magazines, is an ad for a chart that will enable you to heal anything, stop any pain, move objects without touching them etc. etc. When you write or phone to complain that it didn't work, they tell you that there is something wrong with you as it has worked with everyone else! Another stock standard answer given by all of the 'supermen', these little chaps in beautiful Chinese looking suits who are able to throw twelve people away without moving or touching them, or like one chap in the U.S .A. who controls his students ' body by putting them into some sort of trance etc, is, when asked to, 'please show me, on me'; "my students are trained, my qi will kill you as you aren't trained". "But please sir," I ask, "I've been doing this stuff for 25 years". He replies, "Oh but not the real stuff, my stuff" Give me a break! They must think we're bloody idiots! Qigong of course has been with us in Australia and the whole of the western world for about the past twenty years, probably more, but not taught publicly. I have in fact been teaching in 1977. The health benefits are great but it is not a miracle cure-all. The postural

meditation gained from these postures and moving postures gives the body and mind a chance to relax and so call upon its own internal self-healing functions. So it's not the qigong that heals, it's your own self and always has been. You can gain the self-healing by other means and never go near a qigong master, however, with qigong, you are able to understand more readily your own self healing mechanism. Providing you go to someone who knows what they are doing of course. Someone who has been doing it for at least fifteen to twenty years, and that's the very least amount of time. I have known of so called masters of qigong who themselves are only in their mid twenties! How could they possibly know about qigong when they don't know about themselves! And we, who are getting on a little know that it takes many years of knocks and losses to even begin to understand oneself. We thought we knew it all when we were twenty five. But when we are forty five we begin to know that we knew nothing back then and perhaps we only know a little now.

Taiji, The Greatest Qigong Part 3.

by Erle Montaigne

The Continuing Article (See the last two T.V.Ts)

So, now the latest 'fad is qigong, although it has been in Australia for over twenty years. In fact if we were to investigate many of these new masters of qigong, we would probably find out that they are really drop outs from medical school or those who did not have the time to do it right but would liked to have done. Dr. is also a tag that many of the new qigong masters give to themselves, or professor. However, the taiji teachers who have stuck with it over the past twenty years or so and whose expertise was more than based upon a few lessons from a video or film or six lessons from the local Academy, (another word given to taiji schools to make them sound more important!), are still out there, Australian or British, French, U.S.A. etc, bred and nurtured. And if the truth was known, taiji is the greatest of all the qigong arts. One of the reasons that tai ji has lost some of its luster and people are discovering the new qigong, is that people now mistrust taiji teachers, having been burned once already and after having shelled out a lot of cash, ended up with nothing but a set of slow movements. If the art is not taught cor-

rectly in the first place, then you might as well go for a good swim or walk each day which will give you more healing than any bunch of slow movements.

The art (taiji) has to be taken to its highest levels before the great healing benefits can be felt. In fact, you don't just do taiji, you become Taiji. Everything you do is taiji and this only comes after many years of practicing in the correct way with the correct teacher. The movements must become so small that someone-watching would not recognize that you are doing taiji. In fact, I'm trying to get my taiji so small, that I don't have to get out of bed in the mornings! But then this would be no good for many, as most people like to show people that they know taiji and like to be seen as performing taiji movements.

So once we come to a higher level of understanding and training, the form becomes not a form, it's nothing, it has become internal. The movements are done internally with only a slight resemblance of their former physical glory. I used to see some, only a few, old people (who I now realise were real masters) doing taiji and would scoff at their movements. They were not actually bending their knees, they were not actually taking large open steps with very defined postures, they would shake and seem to be too loose. Now, I realise that these few, one of which became my main teacher, Chang Yiu-chun who taught me that I should not have a teacher, were the real ones, the ones who had risen to such a high level that they did not give a damn any more. Did not care whether people watching them would know that they were doing taiji. They had come to the level of 'hao ch'uan'. This is the name that taiji had before it was named 'taijiquan' back in the late 19th century. Hao ch'uan means loose boxing, and these masters were loose, like rag dolls. But their power came from this looseness, not from the low postures, not from the breathing, but from the looseness and especially not from the relaxation. That word has probably been the worst mistranslation that has come from the Chinese language. The word should be 'loose'. And power they had, seemed to come from nowhere. I can still hear myself saying "but you didn't seem to move and yet it felt like you have taken a fifty metre run up". He had moved of course, but his body and mind were so finely tuned that he seemed as if he had not moved.

When one has this upper level of taiji or hao ch'uan, this is when it becomes the greatest qigong. A qigong that is happening all the time. We no longer have to set aside a special time to do it. We no longer have to think of it as something special that we do, it's just a part of us, of our

lives, it becomes us. And this is the level that no 25 year old master will ever attain to, because he thinks that he knows it all right now and is afraid to 'do it wrong' in order to maintain his 'master' status. I have seen so called masters putting out videos of their taiji. Because they call themselves master, they are afraid to show that they are making mistakes to the cameraman and sound engineer etc. So they just continue on and it's all there in colour for the world to see! When I do a video I sometimes do hundreds of takes until it's correct, I don't call myself 'master' I never have, others call me master by mistake or through respect. Just because some old masters in China saw fit to give me a 'master's degree', doesn't mean that I can call myself master. I still feel like Erle Montaigne, a lad from Wollongong, Oz born and bred! So, I can make as many mistakes as I bloody well wish. But as soon as you set yourself up as 'master' so and so, you must do it right every time, and this means doing your forms on video in one continuous take, no cuts. And so if you aren't really a master, then the mistakes are quite evident.

When you have real taiji, you don't need qigong. Qigong is only there in the beginning when our taiji is not at a high level and we are not gaining the great benefits from it that we should. It takes many years of course to gain this high level and I am glad that we have qigong to cover us during this period. But once the advanced stage has been reached, you no longer need your standing or simple qigong, all you need is your taiji which is your life and becomes you.

Stretching, Exercise And The Mind

by Erle Montaigne

Someone who chops wood for a living or does some other similar type of physical labour is naturally strong. That person may not wish to have powerful muscles but he or she does by virtue of his chosen work. Others chose to go to the gym and work out in order to have the physique admirable. I call this cosmetic exercise whereby someone only does the exercise to look good. One person does exercise because he has to while the other does it to look good. It's the same with stretching. One person, perhaps who does a martial art thinks that he must be always on the ready and so he stretches at every opportune moment so that he is able to lift his leg up there to kick high.

So he gets up each morning and does his stretching, sitting on the floor with his head on his knees etc. I know both types of people and the ones who do cosmetic exercise and stretching are the ones who lose their muscle tone and stretch quicker than those who have to be strong and stretched. The reason is in the mind. We have 'active' and 'passive' exercise and stretching. Active stretching and exercise is where we have a real reason for doing what we do. We do not just go to the gym and push weights, there is no real reason (in our sub-conscious mind) for doing this, this is passive exercise. By the same token, sitting on the ground and placing our head onto our knees is also passive stretching where our mind does not know what we are trying to do.

When I hold workshops, I am able to demonstrate that one does not need to stretch every day in order to have high kicks for instance, without tearing a ham string. I do not stretch, never. However, when I have to, I am able to kick to someone's head for instance without tearing anything, and it's as if I have not done so after. why? Because my mind knows exactly why I am doing this and causes all of the right enzymes to go into my tendons and ligaments so that they will automatically stretch when needed. This is the same for the bodybuilder. Take a lumberjack in the old sense of the word and see who is the stronger, the body builder or the lumberjack? The lumberjack will of course always be the stronger because he has a real reason for being strong. His mind knows exactly why he is doing this heavy labour and so causes the muscles to become powerful. Not so much bigger, but powerful. He does

not have the body beautiful like the body builder, but he is much stronger. Body beautiful! well, that's a matter of opinion.

There are natural exercises in the martial arts that allow us to gain this power without having to endure the looks of Arnold Schwarzeneker. Performing these exercises with a partner enables the mind to know exactly why we are doing this and so the correct enzymes are produced and pumped into the muscles to give us great power without the bulk and more importantly without other muscles working against each other. If you of course like the social benefits of the gym, then go there, but if you want to be powerful, do it yourself by doing honest hard work. Get yourself a load of bricks and shift them by hand each second day, or dig a big hole in your lounge room and shift it every second day. Get an old tree and chop a bit off each day. This is how we become powerful. For keeping the stretch up, we simply have to know why we are doing the stretch. For instance if you wish to stretch for the martial arts, then have it in your mind that you are really having to kick that bag because it is a person trying to damage you. Build up the energy and then let the kick out. You will find that after some time, you will be able to kick just as high and perhaps even harder without any stretching at all. It's the mind that does it for you. Your tendons are natural stretchy things but the mind must know why you are doing it, then you will be able to stretch without any exercises prior. After all, if we are being attacked, we do not want to be doing stretching exercises in order to defend ourselves.

I see these protein formulae in the health shops, those that are supposed to be for body builders to put on bulk. Why? To look good! Why look good for such a short period of your life? Look normal. The correct food to gain power but not necessarily bulk is fruit. With fruit you do not break out because of the high protein intake and your insides will be clean and healthy.

What Can You Do With A Pear?

(said the Parson to the chorus girl!)

No.6 by Erle Montaigne

You've had a few at the local and decide, against better judgment (because by this stage you don't have any!) to drive your own car home. Only a raving lunatic would do this anyway, so here is a way to lessen the effects of alcohol.

Although you shouldn't be driving anyway, but then, they do, don't they. Don't give a damn about the others they may injure or kill, it's OK if they just kill themselves, just another killer off the road, but they do injure innocent people.

The pear is not just a pear; it is medicine with many of the cough remedies being pear-based. The Chinese, not having our penchant for modern technology, used what they had, experimented and found out what foods healed what, and over thousands of years came to a very sophisticated way of using fruit as their medicine.

You wouldn't want to know about the way the Chinese used chestnut shells, a wire frame and moxa (a herb, bumf and its heat used on the acupuncture points) to cure eye diseases! After all, most of our modern day remedies and medicines have come initially from plants, then we synthesize in the lab to come up with some man-made product.

Rather than saying that we have such and such a disease, the Chinese use a strange (to us) language, like, one would have fire in the heart, or damp in the lower heating area etc. So they say that the pear is 'cool'.

Its Use:

The Chinese use the pear to cool fevers, moisten the lungs, increase saliva and relieve the effects of alcohol. On a Western scientific level, the pear contains sucrose, fructose, protein, fat, vitamins B1 B2 & C, nicotine acid, carotene, calcium, phosphorous, iron and organic acids, among others.

A warning here. If you are suffering from a weak spleen, diarrhoea or a cold feeling in the lungs with a cough, do not eat this fruit! Normal cough is alright with that burning feeling.

For A Normal Rasping Cough:

Simply take one pear and cut a hole in the top, taking out the seed centre. Fill this with honey and cook in the oven until soft. You know, like the baked apple that Mum used to make. Eat it.

For The Lungs, A Burning Feeling With Thick Phlegm And Cough; Tuberculosis, Spitting And Vomiting Blood .

Take one (Chinese) soup spoon of pear tonic in the morning and again in the evening every day.

Pear Tonic:

Take 500 gms of fresh pear and discard the skin and heart (centre bit). Add 250 gms of lily bulb (*bulbus lili*) and 250 gms of honey. Mix and simmer in water until thickened

Fever With Excessive Thirst; Emaciation With Thirst:

Take 250-500 gms of fresh fruit, crush, squeeze and obtain the juice. Drink twice a day. In other words, drink pear juice fresh and not the kind you buy in a can or plastic bottle.

Constipation:

Take 250 gms of fresh pear, peel and eat at one sitting. In other words, eat a pear!

Hangover:

Squeeze fresh fruit juice and drink two cups full.

All of the above is only used as an immediate remedy, as is acupuncture and most of what the doctor gives us. In order to maintain a healthy life-style, free of disease, we must 'know' what we eat. We don't know what is in a can, or we don't know what is in a piece of beef. But in order

to change our eating habits, we must first of all change the way we think.

Everyone is where he or she is because of what he or she has done themselves. For instance, if you work on yourself, changing your habits, your lifestyle, your food, your thoughts etc. you will find that your very circumstances must change, this is the law of nature, it cannot do anything else. It may take time, but it will happen.

If you wish for the quick buck and even gain, the quick buck, you will lose it all sooner or later. If you, on the other hand work hard, building something up, putting a lot of energy into it, then the laws of nature take over and you cannot go wrong. Heat up a small iron and it heats quickly, but when the source is taken away, the heat is dissipated just as quickly. Heat up a large iron, taking a long time to do it, and the heat stays in it for much longer.

Don't worry if you are in business or otherwise and someone 'rips you off'; just take it as being part of your 'paying off your bills' for something wrong that you did earlier. If you become angry and want revenge upon that person, and get revenge, then that bill will stay valid until it is paid off. So you should thank people for ripping you off, you are paying your debts.

If someone does something bad to you, don't allow that thing to stay with you all day, stewing about it, making yourself sick, throw it off and carry on with your own life.

That person will have to pay back their debts also some other time, perhaps in an awful disease or some other way.

There is a beautiful story from ancient Chinese times that I like to tell here.

Two monks, one old and one young were traveling along the track and coming to a river noticed a beautiful woman standing at the edge. The older monk, not even stopping to think or talk, took the young woman onto his back and carried her across the river, with the young monk traveling behind. The old monk let the woman down on the other side and the two monks went on their way. At the end of the day, the young monk was in a foul mood and had been all day. Upon asking him what was wrong, the young monk replied, "we are monks, we do not defile ourselves with beautiful women by even touching them". To which the older monk replied, "I only carried her across the river, you have been carrying her all day!"

Qigong, ancient gift from China

No. 5

by Erle Montaigue



Qigong (Chi Kung) literally means 'internal work' and was developed in China sometime before 30 A.D. the earliest records in drawings are dated 30 A.D.

It is a system of healing using certain breathing techniques combined with movement or static postures. In my last column, I talked about the flow of Qi (Ch'i) or internal electrical energy around the 12 main and eight extra meridians or channels in the body, which bathes every organ in live giving energy.

It is the 'qigong' exercises that improves this flow and also opens the meridians so that the correct amount is able to travel.

The main hindrance to this flow of qi, is stress and we in the West are more prone to this 20th century disease than anyone. The stress causes the meridians to become tense and so hinder the flow. Without a good flow of qi, we soon become ill and if it is not checked soon, then death follows.

This is the reason that a holiday or a break from work will help the stressed out executive. His other qi flow is able to function easier because the stress is not there as much. However, if the stressed out executive, or anyone who is in a stressful situation knows about the simple qigong exercises then the meridians are de-stressed and they are able to continue each day in a relaxed, calm manner and not allow the daily situations to worry them.

Better health is attained as well as a much better outlook on life in general, things start to change for the better as the body and mind become more coordinated.

Every move we make causes a flow of energy somewhere in the body. Obviously, we must use energy to perform anything, even sleeping and so the Chinese worked on certain movements coordinated with certain

breathing techniques to cause this flow of energy to increase, thus healing the body.

Certain movements cause the qi (energy) to flow through certain meridians. For instance, every meridian is associated with a certain major organ. There is the heart meridian, the lung meridian, the small and large intestine meridians etc. When the qi flows through these meridians it is actually healing the associated organ. Also, at certain times of the day the qi is more active in certain meridians, like the colon meridian which is active in the wee small hours, obviously to cause us to rise and go to the toilet to get rid of the rubbish that was eliminated from the previous evening's sleep. At least this is what should happen. If it does not happen, then we need the qigong therapy.

There are 2000 different qigong postures divided into three main categories. They are - the martial arts, self healing and medical. We are concerned with the self healing area here. See the photo for the stance. Now we obviously need to attend a qigong class to gain the most out of this exercise, but here I will show the basic stance called '3 circle standing'.

This is an overall body qigong and firstly causes the meridians to open so that the qi can flow and secondly allows us to gain more of the qi.

You stand with knees slightly bent, the knees should not come past the toes. The arms are held as if holding onto a tree with elbows lowered. The tongue is pressed gently onto the hard palate with the chin lightly pulled in. The gaze is slightly downward. The back should be straight and vertical, not leaning at all with the buttocks tucked under.

The breathing should be of the 'natural type'. i.e.; when you breathe in, the lower abdomen should expand and when you exhale, the abdomen should contract.

There should be no upper body movement as you breathe, the shoulders should not move at all, only the lower abdomen moving in and out. The whole body should be as relaxed as possible with all extraneous muscles relaxed. This posture is held for up to fifteen minutes and there will be some natural shaking in the legs after about five minutes but this is normal. If this is performed each morning and then preferably again in the evening, you will start to feel the benefits after about one week. When you finish your session of qigong, don't just stand up quickly, but rather, lower your arms slowly and straighten your legs slowly, then walk around quietly for about five minutes, do not drink anything cold for at least ten minutes.

The Body Electric No. 4

by Erle Montaigne

Let's take a look at the heart, this lump of muscle, often given God-like status and treated with mystical wonderment.

Let's face it, that's all it is, just a wonderful piece of God-made machinery that works by receiving electrical impulses which tell it what to do. This electricity is also called "qi" (chi) by the Chinese and is said to travel around all human bodies, refreshing cells, telling us what to do, and even holding the very matter we're made of together. When we die, this flow of "qi" or electricity stops and the body slowly breaks up and we go back to the earth.

So, it stands to anyone's reason that if we have a good supply of this "qi" then we should at least live for as long as we're supposed to, and in good health all the way. So, why do so many of us have weak hearts? Simple, it's mainly due to the food we eat.

The "qi" and its flow depends on a number of factors. We get this "qi" from a number of areas, the most basic of all being the food we take in. So, if we eat rubbish, then our "qi" flow will be greatly diminished until it slows so badly that we become ill and soon die, blaming it all on some disease that has attacked us from outside of our bodies, when all the time, the cause was from within, and our own doing.

In the beginning we were given perfect bodies in which would live our 'spirit'.

We were also given the perfect foods to eat in order to keep this wonderful machine living and in good health until its natural time to go.

Then along came progress and in order to sustain this progress, man had to tamper with this perfect food in order to make it look better, and in order to lose less of it to the insects so that he could earn more money selling it.

So gradually, we have come to accept that we must buy food from cans or from a hot oven in a quick food place. Fruit and vegetables, untouched other than someone harvesting it, is the heart food, pure and simple folks.

It is not beef or chicken or fish or eggs or milk or cheese, simple old vegetables and fruit.

We have heard lately of this new wonder food, 'oat bran'. All grain brans are too harsh for the human body, they are for horses and cows. Whereas the indigestible parts from fruit and vegetables are the ideal 'broom' for the human intestines.

But over the years we have eaten less and less of our natural foods, and so we need these man-processed foods to try and undo the wrong that we have done. "But I feel tired when I only eat fruit and vegetables" people tell me. This is normal. We have pampered our intestines and digestive organs so much with over-cooked gunk, that we have forgotten how to digest raw foods, so obviously, there is a time when we are not getting enough out of our raw food, but this will pass just as soon as it all gets back to normal.

Really, you will be able to smell things again, you will feel energized with a simple change of diet and the old ticker will last a whole lot longer to boot.

For those people who have been taking in nothing but rubbish all of their lives, I do not advocate a radical change as this can be a great shock to the system, but rather a gradual change, replacing some of the meat and dairy products and sugar with fruit slowly so that the body has time to adapt. You will find that you are ruining the toilet more often and for a while you might think that you have an intestinal virus, but this is only the body reacting to the 'new food' and cleaning out the old.

It takes many years to clean out the old gunk which is stored in your body somewhere in the fat cells. People call this, cellulite, those ugly little bumps that appear around the thighs and triceps.

And of course it goes without saying that smoking ... anything ... is bad for you, in fact, don't even bother to follow the above regime if you do not give up smoking, as nothing will help you if you keep filling your lungs with particles of carcinogenic materials.

You see a beautiful girl or young man walking down the street and then they light up a cigarette, then I think, wow, that person is really beautiful on the outside but slowly they will become ugly as the inside works its way out. Nothing worse than seeing a beautiful woman smoking, it puts you right off!

...Following in dad's footsteps

Erle Montague has 12 books published worldwide and has appeared in 37 video programs on the self healing and martial arts, which are also sold worldwide.

His two youngest sons Ben (6 years old) and Eli, 5 (he has four and a baby girl), are both interested in the martial arts and writing, with Ben, the third son having just finished his first book for children. The book is called "The Lion & The Bats" and is a story of intrigue involving a hapless lion and a bunch of nasty bats with a rabbit or two thrown in for good measure. Ben's first book will be published by "MTG Books" later this year and will be aimed, of course, at the children's book market.

"This is the first time, I believe, that this idea has been attempted" said Erle, "A child writing for children. We hope to do a series of books called, Children's books for children, by children".



Yep, that's me, Ben Montaigne many years ago.

Although tempted to correct Ben's work, Erle has not interfered, as he wants it to be Ben's own work. "When adults write for children, they tend to overwrite, their English is perfect and they think that they have to write. But when a child writes, he or she writes the way that they would like to have books read to them. I have watched as Ben has read his book to other children and they are sat fixed to their seats as the plot unfolds. Very simple and down to earth, this is what children want to hear and to read." Erle went on. Ben has also drawn all of the pictures for his book and has typed the whole thing out on his typewriter.

Both Ben and Eli and in the ensuing years, Katalena, are all home educated with Ben and Eli never even seeing the inside of a school. Erle believes that this is the right way to educate our young, but he stresses that it is not for everyone. "We need the time to be at home with the children, and of course not everyone has this luxury".

But Ben and Eli are proof that this system works with education only being secondary to living. Learning for home schoolers is as normal as eating and sleeping, it is just something that they do, rather than education being something that they have to do.

The arts are the most important part of Ben and Eli's lives as far as education goes with math, writing and reading being just a part of it all.

Ben has already taken part in his first piano recital under the guidance of Jenny Philp, piano teacher extraordinaire from Murwillumbah and Eli is not far behind. In fact the whole family, bar Katalena of course who is only 9 months old, are all taking piano lessons from Jenny as a part of their philosophy that education should be a family adventure.

WHAT TO DO WITH A BANANA .

by Erle Montaigne

Most people think that a banana is of the fruit variety of edibles. Banana is not a fruit, but rather the largest herb.

Fruit grows above the ground and has larger seeds inside, like pumpkin and tomatoes! Yes, these are actually classified as being fruit and not vegetables.

Things like carrots, potatoes and onions are vegetables, they grow under the ground. By the way, peanuts are not nuts, they grow under the ground, nuts grow on trees. Peanuts are actually quite bad for human consumption, having a high content of 'oxalic acid' which is not good for the kidneys or liver.

There are many misconceptions that we have about fruit, vegetables and nuts and what is good for us and what isn't. For instance, we all know that things like oranges, lemons and all citrus fruits are of the acid variety. What it is to begin with is not important, what is important is what it ends up as after digestion.

The human body needs to be continually on the slightly alkaline side in order to maintain good health. When we begin to become more acid we feel ill, and if this conditions continues because of the food we are eating then we die! The human body cannot continue to live in an acid state. All fruit, regardless of whether it begins as acid or not, ends up as an alkaline ash after being burnt up by digestion.

Things like meat and dairy products end up as slightly acid after being digested or as is the case, only partly digested. A banana ends up as an alkaline ash and so is good for us. It contains, among other things, phosphorous which the body needs, is rich in glucose, fructose, sucrose, starch and protein, it also contains fat, volatile oil, vitamins A,B,C,E, calcium and iron as well as various enzymes.

So what else can one do with a banana apart from just eating it because it tastes good. Bob, our editor pleaded with me not to be rude here, so I won't.

The banana, according to ancient Chinese texts can be used to heal constipation, Febrile disease with thirst (fever), dry throat with difficulty in swallowing, painful hemorrhoids, bleeding during motion, high blood pressure, hypertension, constipation caused by hypertension, burning

feeling in the lungs with gasping and coughing, various painful swellings and boils and hangover.

Warning! People suffering from stomach ulcers or hyperacidity should not eat bananas.

How to use the banana. (Either use your own imagination!) or...

For Constipation:

Eat two over ripe bananas just before going to bed and again upon waking.

Febrile Disease With Thirst, Dry Throat With Difficulty In Swallowing:

Remove the skin and eat one to three bananas per day. Simple.

Painful Hemorrhoids: Bleeding During Motion:

Take two half ripe bananas and stick them right up your left nostril... no, seriously, Take two half ripe bananas including the skin. Add a little water, steam in a sealed container and mash. Every day prepare and eat in the morning and again in the evening, four bananas a day.

High Blood Pressure, Hypertension:

Take 60 grams of banana skins or stems, steam in water and eat. Do this three times a day. As well as being used as a remedy, this can also be taken beforehand as a preventative.

Burning Feeling In The Lungs With Gasping And Coughing:

Take two fully ripe fresh bananas, including the skin. Add a little water, steam, mash and eat. Do this every day in both the morning and evening.

Various Painful Swellings And Boils:

Take a green banana, including the skin, mash it into a paste on the affected part.

Hangover:

Take 60 grams of banana skin, boil in water until cooked and serve.

MAKING YOUR INTERNAL POWER WORK FOR YOU!

No.8 by Erle Montaigne

All of my articles thus far have dealt with the natural way to better health. And on the surface that's what they might look like. However, what all of this is about, really, is making use of your own internal energy or "qi" to cause certain things to happen. I don't just mean that we cause our body to become well again as that is only a part of the main thrust of using your qi to change things.

So you get well and find that you have renewed energy and vigour. So what do you do with it? Do you go to the gym and waste it all again? Silly huh. We, all of us have the power to change our directions, to change the very circumstances that we find ourselves in at any given time. This power is called "qi" and it can literally blast you out of bad situations and into better ones. I have seen it work and have had it work so many times that I can not dismiss this as just being coincidence.

You are a source of electrical energy, just rub a comb through your hair in darkness and everyone knows that sparks fly, or rub your palm onto the surface of a balloon and it will stick to your hand etc. We have all experienced these phenomena. But we tend to dismiss this as, just something that happens. We all have qi, and we are able to use this to help us. Firstly though, we must have some way of gaining more of this qi and also some way of coordinating what it is we want, with our energy flow so that it does the work for us.

There are three main areas of qi or energy use. The largest of these is making love, sex, bango, whatever you like to call it, or the act of copulation and ejaculation both in females and males. Obviously, when we make love, or when we don't make love and just have the odd 'poke' here and there, the brain provides us with the most pure energy for procreation. That's what we're here for, to learn and procreate, go forth and multiply and all that ... and he did it with great zeal! We might only be having the nightly or weekly .. or yearly in some cases and don't really wish to procreate, but the old brain sees this act as the act of making another human being and so puts everything the body and mind has into

this act. We must have the purest and lots of, the best energy for making another person.

The next largest user of qi or energy in the human body is the act of digestion. We use much energy in breaking down the food we eat, and the more indigestible our food, the harder the body has to work and use energy to try and break this gunk down, sometimes it is not even able to break it down and so a huge chunk of our useable energy is thrown away. That's what the whole thrust of my previous articles have been about. Eating the correct food so that the body uses the least possible amount of energy to gain the greatest use of that food. It's exactly the same in the martial arts, we try to use the least possible amount of force to gain the greatest possible effect.

The third largest user of energy is basic movement and daily thought activities. Now, here is the good oil, if we wish to have more energy to change our circumstances, then obviously we have to divert some of our total energy source to this job. And there are only three areas from which we are able to take this energy. Sex, Food or Movement. So, I'm sorry folks, you'll just have to give up the nightly in order to gain more energy for the better things! Now don't all die in horror, it's easier than you think to give up sex for a while and to change your eating habits so that your body is using less energy for digestion. If you are able to manage this small thing, then surely and slowly, you will find that things will begin to change. It might take a while, but everything you do now will have an effect later on, no matter how small the effort. This is the law of nature, it cannot change, it always works. It is the law of yin and yang where these two cannot exist without each other and where in order to gain, we must invest in loss. Lose now and gain later.

Such a relatively simple thing of changing one's eating and sexual habits with such great effects. We take these things for granted and think that such simple things could not change our very existence, but these things are the very cells we're made of, the substance of the whole universe and if we are able to change them then we must ourselves change for the better. I have seen so many people who have been able to change their eating habits alone and whose lives have changed dramatically for the better. Some of these people have been on medication all of their lives, and are amazed when they find that such a simple thing could cure them.

If we are able to also, for a short time not move so much and to not think so much then we have the ideal recipe for circumstance changing. Unfortunately, most of us ate unable to change the way we move, as we have to go to work and do our daily tasks, but we are able to change the way we eat and make love. There are three words that we use when try-

ing to change things, 'Think', 'Fast' and 'Wait'. Think about what it is that you wish to change and get it into a simple easily understood format, then forget about it. Fast, means to fast from eating food and from sex, wait means just that. My Mother, used to tell me, that 'everything comes to he who waits' and nothing is surer, all you have to do is the work to make it happen.

Some Laws of Nature

If you take out a loan, you have to pay it back, tight? Everything you do has an equal and opposite action upon yourself. Sometimes this action will lie in wait for many years and rear its ugly head sometime down the track when you have long since forgotten about what it was that you had to pay back. For instance, if you do something rotten to someone today, sometime down the track someone else will do something equally as rotten to you. When this happens, we usually try to 'get even' in some way, like taking the person to court etc. But this is not paying off that debt and it will still have to be paid back at some later stage. When I am ripped of, and it happens regularly as I must have been a rotten rock star in my youth (and I was!), I thank that person as they have helped me to pay back some debts, and surely, this in itself will help to change your circumstances. As more of your 'debts' are paid back, the more your life will change for the better. And isn't this all that the big man himself said, "If someone slaps you, turn the other cheek". Most people read this in the bible and think that what the big fellow meant was that we should be pacifists. No, what he really meant was that we should use this attack to pay back some of our debts and so enhance our lives, physically and spiritually. It's the same when we do something good for others or for ourselves but don't tell anyone about it or that good thing will have been negated in bragging. And wasn't that also what the great man said? The most ridiculous area of doing god ordo gooding is the thing of being able to claim what you give to charities off your tax! Think about it, silly isn't it. We do something good and then completely negate that good by claiming it from our taxes. It's the law of nature, you cannot escape it. There's nothing wrong with being rich, it's what we do with it and how we get it that is good or wrong. You can be healthy and rich! And happy as well, but unfortunately many rich people are rich for all the wrong reasons.

I once took a church hall in which to teach taiji and after a while the minister, a nice young chap came to me and said that I would have to leave as the 'elders' thought that what I was doing was not in keeping with the Christian belief. I asked him if he had ever read any other books on other religions and he answered in the negative saying that he did not need to. So I told him that what Lao-tse, Buddha, Mohammed and Jesus said

was exactly the same, no difference, he would have no part of it. Nowadays, things seem to be changing slightly as we have catholic nuns and priests taking up taiji, only for the health and exercise mind you, but it's a start.

So many so called 'people of God' are walking physical wrecks! Obviously ill, and when asked about this they say that it doesn't matter, only the spirit matters.

The natural law of yin & yang is working here. What the mind and spirit does so too does the body and visa-versa So we must have a relatively (in these days it is a little difficult to have everything pure) pure and healthy lifestyle in order for the spirit to do its earthly job. So a healthy body is part and parcel of a healthy spirit.

Natural Health

With Erle Montaigue

In the last issue I said that the first and most important area of colon care is the food you eat. Without good eating habits, nothing will cure a bad colon. However, combine some simple "colon exercises" with the good eating and the colon will have an even better chance to recuperate from the years of abuse that we Westerners have subjected this most im-



portant organ to. I have just finished a new book titled "How To Beat Jet Lag". This has come about from my many trips each year to Europe and the U.S.A. to teach martial arts. I needed to have some way of being able to literally get off a plane after a long flight and still be able to perform in one of the toughest areas, regardless of jet lag, which can become quite serious due to the different time zones etc. Part of my way of defeating jet lag was to work on the colon as it is this organ that is responsible for a large part of jet lag. Part of this colon work was to get down the back of the plane and do a very simple exercise which had an amazing effect upon the colon. This combined with certain "anti jet-lag" eating and some special "qigong" (Chinese breathing exercises) has allowed me to defeat jet lag.

The exercise: Squatting. Simple isn't it but how many of us actually squat nowadays. And when we do, there is a wrong way and

a right way. See the photo and notice that the feet are parallel and not turned out. Notice that the head is straight with reference to the spine, the chin is pulled in with the hands held out in front crossing each other. You just sit in this position for two maybe three minutes each morning and each evening. It will work even better if you can find a quiet bush to squat behind when going to the toilet. Or now, you can buy special templates that will fit around any normal toilet to enable to you mount the toilet to squat.

Studies have been made using races of people who always squat when they go to the toilet and you will not. find very much, if any, colon problems in these peoples. You do not have to squat up and down a-la weightlifting, but rather just sit there and this will work on your colon in a really positive way to help with prolapsed and atrophied colons. Or just to keep a healthy colon, healthy. Perhaps you are unable to even squat. Try holding on to something and just getting down as far as you are able to, this will help. And of course, if you follow the eating habits described in the book "Food For Spirit", (available from Viewpoints Shop Murwillumbah), then sooner or later you will be able to get right down into the squatting position.

Training For Combat Tai Chi

By Erle Montaigne 1979.

BY NOW, most people should know that Tai Chi is Kung-Fu, especially if you've been reading Aust. Fighting Arts over the past year or so. So why is it that still not many Tai Chi people know how to use this most potent Martial Art?

The answer probably lies in the fact that few people, if any, teach or know about the "basics of Tai Chi Kung-Fu". Just about every man and his dog has seen the photos of Yang Ching-Fu demonstrating the martial use of each Tai Chi posture or at least someone demonstrating . . . but what we never see are the very basic techniques that every great Master had to learn at one time or another.



It's all very well for some teacher to say that "Fair Lady At Shuttles" is used in such a way, or that "Slant Flying" is used to knock an opponent down. If a person doesn't know the Tai Chi basics, then it is impossible to use these advanced techniques.

All of the advanced techniques of Tai Chi come from the basics and in a whole lifetime a student will probably only master and use about three of the advanced techniques, out of hundreds that we're trained in: The old Masters spent their whole lives practising just one or two techniques until they were so perfect that they didn't need any others. We're given such an array of techniques so that we are able to choose the ones most suited to our own bodies.

Another reason why Tai Chi people never seem to advance martially is that they want to advance too quickly and know "What Comes Next" - instead of 'practising what they already have. And even if the teacher keeps people behind in order to master the basics, then we're accused of "keeping things back for self gain". On the other hand, I don't agree with holding a student back if he or she shows great promise. In fact, I try to get people through the Tai Chi form as quickly as their minds will allow, so that we are then able to get back to the basics.

One very good reason that the basics are left put of the modern training, is that the basics were based upon the "ORIGINAL" styles (i.e. the CHEN and the YANG styles). Most modern styles including the

“MODERN YANG STYLE” (which has been changed from the original by various “Masters”) have many of the Original postures left out in order to make them softer and easier to grasp. The Original Yang and Chen styles were certainly not easy to learn and the “Sick and Aged” would certainly not be able to go straight into training of these styles as so many of our well respected teachers and “Actors” have stated . . .

Now, as there are probably many readers who have not studied an original style, I will first of all try to “fill you in” on some of the left-out postures and then go on to some of the basic Tai Chi Kung-Fu techniques.

The first important thing that has been left out of most modern Tai Chi styles is the practice of Chi-Kung, the all important breathing postures. These postures have already been covered in this magazine. I will only cover the major basic techniques but, of course, there are many others which can only be taught by a competent teacher.

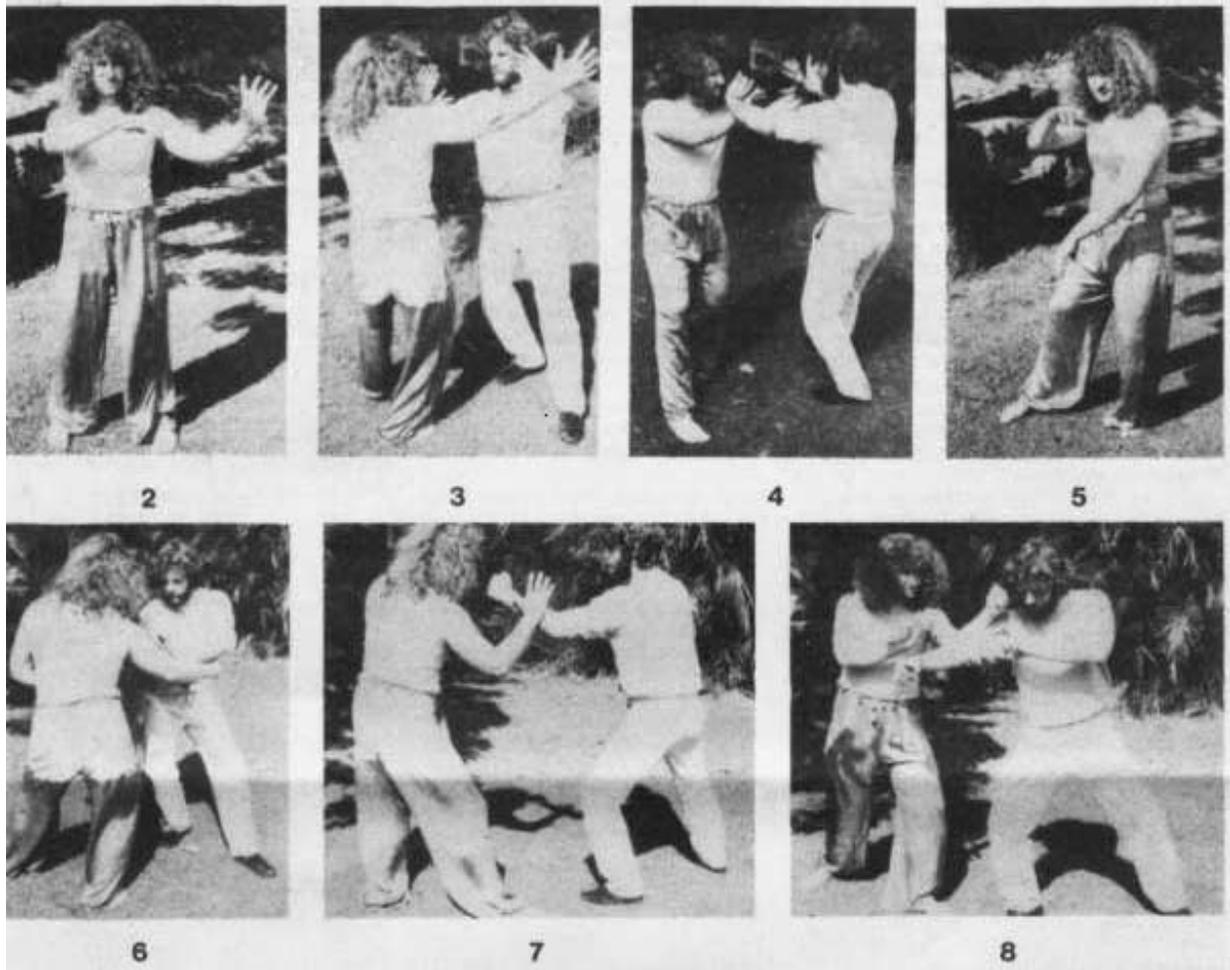
The first posture which has been totally left out of all other styles other than the Original Chen and Yang styles is “Push Left”. The Original Yang Style came directly from the Original Chen (not the modern) style and so there are obviously many postures which are still the same as in the Chen.

This first posture, “Push Left”, is one such posture. All of the modern Yang styles start the set by lifting the arms as the air is inhaled and, as the arms are lowered on exhalation, the legs are bent. Also, the arms do a circle back into the body as they come down. This was not so in the original Yang style. The arms were raised and lowered in the same arc and the legs were NOT bent, yet. The next posture was the push left posture already mentioned.

From the last posture of lowering the arms to the sides and exhaling, relax the wrists (Yin) out to the right side (**photo 1**). Make sure that the left wrist stays in the centre. Now swing both arms over to the right in an arc and, as the left palm leaves your centre, make it Yang; i.e., it turns out as if pushing something. The right hand stays Yin and hangs across the chest about 90 degrees away from the chest as you breathe out (**photo 2**).

This posture of push left is the first basic block and attack and must be practiced and practiced before any of the other techniques can be attempted. I might add here that it is important for the student to have been practicing the Tai Chi form for at least six months before these basic techniques can be practiced.

To practice this basic technique it is advisable that the student buys a set of shin pads to place around the arms. I mention shin pads, as opposed to the regular martial arts arm protector, simply because shin pads do just



the same job and cost much less.

Have your partner stand opposite you. Your partner will be throwing roundhouse punches to the sides of your head. As the first punch comes into your left side, swivel both toes to your left and place the weight onto your right leg while bending at the knees slightly. At the same time, swing your left arm up and in an arc out to your left and turn your palm out to make contact with the oncoming force. At the same time the right palm arcs out to the front and strikes at the opponent's face (see **photo 3**). It is important to keep the arms relaxed and use centrifugal force, rather than muscular force, as this is much stronger. The person doing the punching also swivels to his/her left as they throw the punch and blocks the oncoming re-attack with the left wrist from the inside (**photo 3**). Now your partner swivels to his right and throws a left round house punch with weight on the left leg. As this happens you drop both

arms to your thighs and swing the right arm out to your right to block as your left arm attacks; this is the opposite of the previous move (**photo 4**). This technique must be practiced until you find the exact “weighting” to block the attack and re-attack with the maximum power.



Start out lightly but after a while, when each person is sure of what to do, increase the power of the attacks until the attackee is able to withstand a full power blow.

As each partner becomes more practiced in this technique you make the roundhouse punch smaller (i.e. decrease the size of the circle until it is just short of a straight punch).

The next posture that has not so much been left out, but changed, is the “holding the ball” posture. I only refer to the postures in the combined group of “Grasping Swallows Tail”. All of the other “Balls” (No other way to say it, I’m afraid) are the normal way, i.e. with both palms facing each other. In the Grasping swallow tail balls, the under-side hand has the palm facing down, as in **photo 5**. The reason is that the lower arm is taking a heavy block whereas, in the other postures, there is a completely different application.

To use this basic block, have your partner throw low punches to your liver area. As the punch comes in, swivel to the right (left hand punch) and take the punch on your left back forearm. The right arm throws down on top at the same time, to prevent any counter. From here any number of attacks are possible but, for now, just practice the basic block. Next, your partner throws a right hand low punch and you block on the other side as before (**photo 6**). .

These are the first two basic techniques. Master Chu had me practicing these until my arms were blue, then we’d stop and start again. After a while you are able to switch between high and low attacks at random, but start with some sort of system (i.e. three high and two low etc). The low punch can also be changed to a kick, as this block is very powerful.

These basic techniques start at “push left” and go until the first “single whip” posture. They are practiced as singular techniques at first, but later they can all be interchanged. There are twelve basic techniques up until single whip.

There is another basic technique which is practiced by itself, and is probably the most effective of them all. This technique is “slap” and “control”. It is not seen too readily in the form as it is so simple. It is more used in the double push-hands practice. But, once again, even

push-hands has been changed in the modern styles and this technique is left out.

Stand opposite your partner and have him/her throw straight punches to your face (**photo 7**). Shift your weight (very Important) to your right foot (left punch), and “slap” the attack slightly over to your left (**photo 7**). It is important not to bounce your hand on the attack, but instead control gently. From this position you are in complete control, because you have blocked from out to in and are able to follow up in any number of ways (**photos 8 & 9**). Also try it on the other side, but practise the block until it becomes a part of you.

Many people complain that many, classical Chinese Martial Arts don't make provision for the very effective “snap punch”, whereby the fist is pulled back very quickly, making it virtually impossible to use most of the classical counters. This slap block and re-attach takes care of this form of attack beautifully.

After some time of blocking practice, try to put in some fast “snap” attacks following the “slap block” (see photos 8 & 9). You'll be surprised at how lightning-fast the block and attack technique will become.

This is basic Kung-Fu and not too many people realize that in Tai Chi there, can be found all of the basic techniques of ALL of the other Kung-Fu schools. These techniques are hidden sometimes, which is why you need a teacher who knows them and can explain where they are in the Tai Chi form or push-hands.

If you're lucky you may only ever perfect two or three of the basics but IF you do then you'll have a most formidable Martial Art. And if you ever get on to practice the advanced techniques.. Well, what more can I say?

Be happy with the basics and build a good root system on which to build all of the other, more exotic, techniques. If you ever become bored with the basics then it's time for you to give up Martial Arts. Stick with it!

An Old Article Also (The rest of this one has been lost.) (About 1980?)

Grandmaster Yang insists that even, if one posture is one inch out of place then the energy is blocked and will never develop. This is why so much emphasis is placed on putting the hands and feet in exactly the right position. In the same way, any hardening or strengthening exercises such as push-ups on the knuckles etc should be avoided as this will also block the energy.

The different energies of Tai Chi

Yin energy is learnt in the single hand pushing hands technique. By totally yielding to a push, one learns to “suck” the opponent in and thereby unbalances him. (See **photo 2**). Yang energy is also learnt in the single hand push. This is advanced and should only be practiced after the Yin has been mastered. A competent teacher (who has himself studied with a competent teacher for more than six years) is necessary when learning this skiff. (Photo 3: Although the attacking push is very powerful, Erle Montague cart-relax and ward off by using internal Yang energy).

Lining energy is learnt in single and double pushing-hands and is a very pct practice. One learns to “listen” by touch, and feel the opponent’s energy before it has begun to attack. Also “listening energy” can be used to find a person’s “centre” and push him over. (**Photo 4**).

Interpretative energy can only be learnt by countless hours of practicing pushing hands and Da-Liu, and cannot be taught:

Flow is not enough

If one item of practice is left out then nothing will be learnt and no Chi will develop or flow. It is not enough to have just flow; each posture must be correct and then co-ordinated with the breath and mind and the Chi must be moving: If you have Chi, no-one can block your punch or kick. (**Photo 5**) endeavors to show a “typical” hard style punch being blocked easily, but in Photo 6 it is not so easy to block the Tai Chi fist with energy flowing).



San' Sui (or Free Hands)

Only after years of soft practice and a build-up of Chi, should a student attempt to learn the faster forms. San Sui is a 92-piece form on both sides, which is put together to create a most formidable two-man attack, defense and re-attack form. This should not be taught until a person has become relaxed internally, with energy flowing in the body and stored in the marrow. Only then will the practitioners not be hurt when struck. (Photo 7).

Tai Chi free fighting

Free fighting should begin with soft sparring, with each player pulling the punches until the teacher is sure that the student can take full contact. Full contact, in Tai Chi, not only means hard hitting and countering, but also every touch is counted as a strike. This is very hard to determine because if the opponent player has not developed his

Chi, then his internal organs will be damaged or he could become ill late; after the bout. (In Photo 8, one of my students began to have stomach problems until we realized that his fighting partner kept "picking" a colon point on his forearm and as his Chi was not yet developed, he couldn't withstand this Chi attack.)

In looking for a teacher you must find out from whom he learnt, for how long, and if he can teach the full round of Tai Chi unarmed practices. That is: single push, double push, Da Liu, San Sui and free fighting. Tai Chi is a Martial Art and should be taught as such. Anything less is not good enough. A good teacher doesn't have to be Bruce Lee or Chuck Norris, but he must be able to defend himself. And, most of all, he must be able to teach you how to use Tai Chi as a Martial Art,

San Sau fighting art of Tai Chi

Erle Montaigne

SAN-SAU is probably the least known of all the Tai Chi Chuan forms. Although a few people may know some of the fast movements of San-SAU, very few know how to put it together to form one of the best training aids offered by any Martial Art.

The trouble with San-Sau is that one cannot learn it until all of the other Tai Chi techniques have been learnt. And so it takes many years before one is up to a certain standard, before they are able to perform San-Sau correctly. Most students usually drop out, or go off and start teaching, or just become disinterested with Tai Chi long before the SanSau stage has been reached.

Of course, San-Sau could be taught to a beginner and it would make for a very good Martial Art in itself, but it would be one of the so-called 'hard' styles and, after a certain level, the student just wouldn't progress. All the other Tai Chi techniques teach the student to become soft and relaxed on the outside, but as hard as iron on the inside. Only then can one go on to the last chapter of the Tai Chi 'book'.

There are two sets that must be learnt - an A and a B side. One learns to use all the Tai Chi postures in a martial way, and not just as a bunch of slow movements. In the same way that the Tai Chi form should not be performed ALL slowly, so too the San-Sau forms should not be performed ALL fast.

There are times when SLOW Fajing movements must be performed, and times when FAST Fajing must be performed. These are either slow or fast explosive energy movements which teach the student to use his or her given energy to the utmost degree.

In San-Sau one learns to use the body in such a way as to utilise every muscle, sinew and bone at exactly the right moment to allow for maximum bodily power to either strike or defend. Some people call this Ch'i or Ki (or 'magic' or 'wow'!) By the time the student has reached the San-Sau stage, he/she usually (depending upon the teacher) has the idea of perfect timing and co-ordination which when also co-ordinated with the Internal (there's that word again) or breath, makes for a most formidable power that can be used by even the smallest woman.

Once the student has learnt both the San-Saus and is able to perform faultlessly, then comes the laborious task of putting it all together with a partner. I say laborious because it's probably one of the hardest things that a teacher has to teach his students. Little by little, and over about one and a half years, the San-Sau is put together until both partners are able to perform both sides at maximum speed and power - each trying to find an opening to knock the other down. After about another year or two the teacher then starts to throw in different movements until the San-Sau becomes totally freestyle and that's what San-Sau means: A Style Of Free Hands. Anyone who has ever seen two-person San-Sau would never again say that Tai Chi was not good exercise!

Tai Chi Chuan IS a dynamic Martial Art. The form, or Kata, is dynamic with some fast and some slow movements. The push-hands is dynamic in attacking and defending, the pushing-feet is dynamic in developing excellent kicks and stability, and the San-Sau is dynamic in developing a great Martial Art.

Wal Missingham has introduced a great new- phrase to the Tai Chi circle Jazzercise Tai Chi - when he referred to the so-called Tai Chi instructors who only teach this great Martial Art for weight reduction, or to allow some trendy to say that he is studying Tai Chi (Refer A.F.A. Vol 8 No 2). More and more people are beginning to realise that there is something more to it than just a bunch of slow movements and many people are becoming a little "sus" about some teachers who miraculously become 'Masters' overnight.

The accompanying photos show a few of the Tai Chi Chuan San-Sau techniques against certain attacks. I am not one to take a few techniques from my form, or Kata, and say that so-and-so does this, so you do that etc. I'm afraid that, in my experience, most techniques that are given in other Martial Arts magazines are only for the pub brawl, against someone who doesn't know what he's doing. So, before attempting to show any San-Sau techniques, I have made sure they work in a real situation against a real Martial Artist.

Let's face it - many techniques from the classical schools, including Tai Chi, were invented in an era that was in itself still evolving and so certain techniques just don't work when put against the very fast snap punches and kicks that just don't stay there to allow certain attacks . . .

These few techniques have been tried and tested and I have found them to work quite well. Others I keep just for the sake of keeping the Classical forms together, but I would never use some of them in a life-or-death situation.

Those shown are only a few techniques from the San-Sau katas, of course. They are not the only ones and I usually only ever use a part of each technique, simply because every situation is different and techniques just have to be adapted to suit. In Classical Kung-Fu we are given such complicated techniques to learn so that IF we are ever able to use them, then we will certainly be able -to use the quicker, more economical techniques. This is why most people become a little bit confused when they are confronted, after having learnt what they think is the 'be-all' of Martial Arts. Suddenly their techniques just don't seem to work as their Sifu has said they would.

What the student must do is to adapt his Classical techniques to the situation. If he is against someone who knows nothing of Martial Arts, then he would probably be able to use all of his Classical techniques but in against someone who IS a Martial Artist, or an experienced street fighter, then one has to be very careful and get in and out as quickly as possible with the most economical technique possible.

In San-Sau we are given every possible type of attacking and defending situation and if one is able to break each technique down into its smaller parts then you come out with a great all-round Martial Art which will work in all situations, modern or classical. For instance in the first technique illustrated, I could have just evaded the snap punch by moving my head, and used the kick to the knee only. Or I could have used the more non-classical technique of slap block and over-the-top punch as in some of the Wing Chun techniques.

Of course for any Martial Art to work well, non or classical, there must be some sort of exercise for the gaining of complete bodily control and mind control. Then the two are brought together as one, so that the gap between what the brain says and what the body does is, shortened. This is why I keep doing my forms or Katas religiously. This is where the Martial Artist gains complete co-ordination, something that cannot be gained from just punching a bag or simply sparring. To quote kickboxing entrepreneur, Bob Jones: "When anyone comes to me wanting to learn kickboxing, I tell them to learn a Martial Art first."

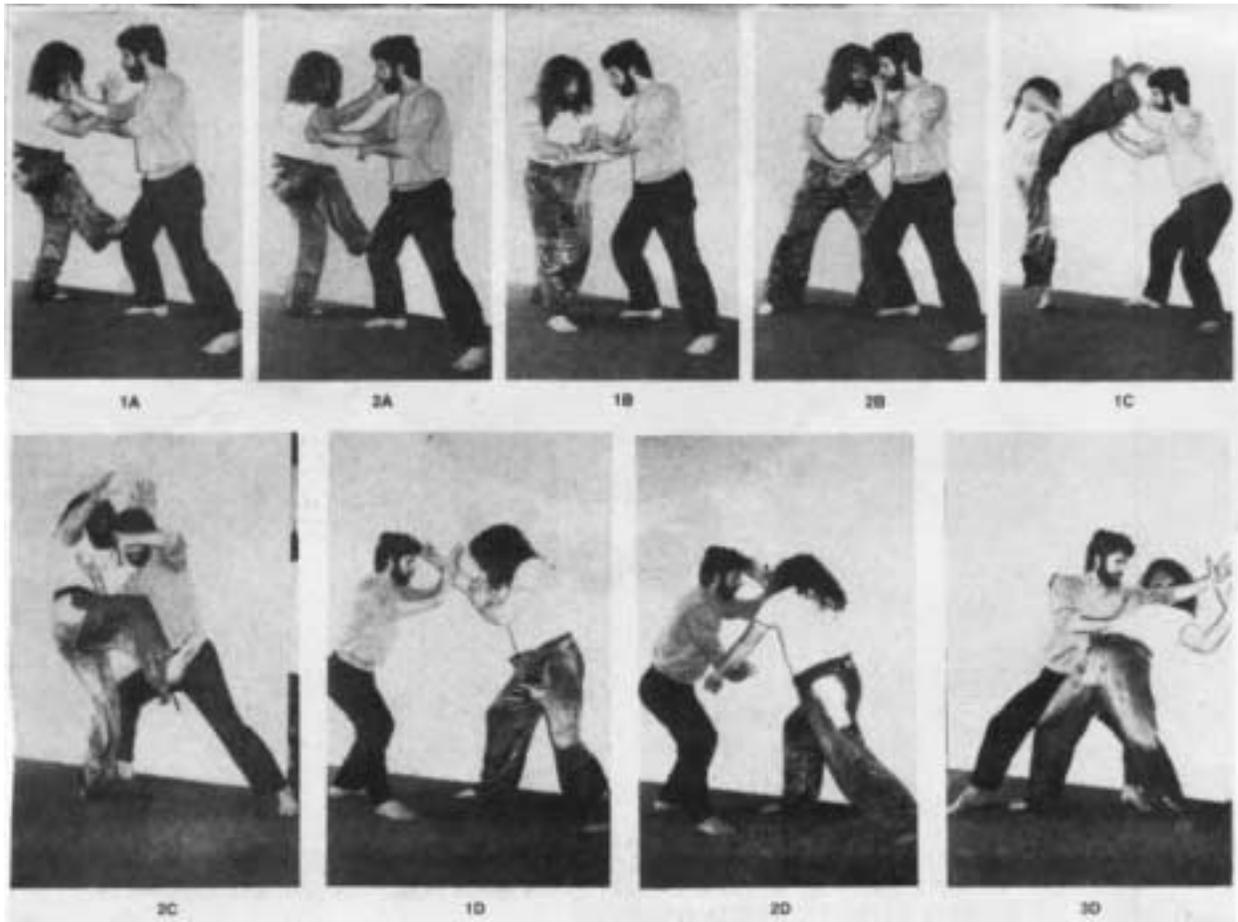
Kickboxing is a new and potentially exciting sport which has been derived from the Martial Arts, but should not be mistaken for Martial Arts. Some of my students fared very well in the recent Aust. Kung Fu contact tournament - which was basically kickboxing - but as soon as their bouts were over, we had to take off the gloves and protective equipment and get back to our Martial Art - so that they would not hurt their fists or legs in a real situation.

One of my students is an old boxer from long ago who used to train with some of Australia's best known boxers from the 'old days'. John has some very funny and interesting stories to tell. One thing he told me just recently has great relevance to today's newest form of boxing (i.e. kickboxing). In the old days there weren't many rules in boxing and so a fighter was allowed to use any sort of punch and usually the people who took up boxing were very used to street fighting - as in John's case. These fighters, when trained, went very well in the ring with the gloves on, because they were able to throw many more punches without hurting their hands. However, some of these old fighters became too dependant on the gloves and when they became involved in street fights again (as most of them did) they broke knuckles and bent fingers etc.!,

So I think this serves as a warning to Martial Artists who wish to participate in the sport of kickboxing. Do it by all means, as it is probably the only way that you'll have to use your Martial Art as a sport, but be careful not to become dependant upon the protection. One of the main things of kickboxing, as explained to me by Bob Jones, is that the whole concept is the protection of the two fighters. This is why there is so much protective equipment, and rules, governing what can and can't be done in the ring. In fact, kickboxing is probably cleaner and less violent than the old style wrestling from Chicago, or the old days of wrestling from Channel 9. (You're showing your age if you remember that).

You cannot use the Martial Arts - no matter what style - as a kind of sport, because people would be killed, maimed, dismembered (and even hurt) so this is why kickboxing has been evolved by mainly the Americans. One of the main requirements of training in kickboxing is that the players must be super fit - more so than a normal boxer - and in most cases, because of the protection, it is the fittest fighter who wins the match. Whereas in Martial Arts, we try to knock down and end the confrontation within the first few seconds - and this; can be achieved because we are talking about bone-on-bone techniques which just wouldn't work with gloves' on.

You don't have to poke into someone's throat very hard, or use much power with a backfist to the chin, to put even the biggest chap onto his behind. But in kickboxing, the fighters have to punch and kick much harder to try for the same effect. In our training efforts for our recent Australian Kung Fu contact titles, I went into the ring with some of my young students with gloves and after about three rounds I will admit that I was quite exhausted, simply because techniques that would normally work would no longer have the same effect. So I would also say that kickboxing is also a young person's sport and certainly not for oldies like me...



Defence against a front-hand snap or lunge punch These- ‘ applications happen simultaneously,- block using ‘lift hands’ and kick to the knee (1A). Snap punch to the jaw or nose (2A). San-Sau defence against a body punch: Block the attack to the right with the back of the left forearm and took it in with the right (1 B). Grab the wrist and, as you step In, attack with left backfist strike (2B). Against a snap round house kick: Block to the left using “Chee” (1C) then, using Fa-Jing charge in as fast and as powerfully as possible using “Press” (2C).

Photos 1 D, 2D, 3D show a right punch, then a left attack, then the re-attack using Fa-Jing explosive power. . .

AUSTRALASIAN FIGHTING ARTS PAGE 39

Internal Chinese Boxing : Bagua

By Erle Montaigne

PA-KUA CHANG may be one of the oldest martial arts being based solely upon the Chinese Book Of Changes, or the I Ching. In practice, only the palms are used to attack and defend - along with perhaps the most unorthodox foot-stepping/body twisting and turning of any martial art. It is said to be the fastest-stepping of all the martial arts... I will not waste time here on the very vague origins of Pa-Kua, as most books and articles contain something of this. No-one really knows where, from whom, and when Pa-Kua began as there is no written record. It does, however, have something to do with a great modern master called Tung Hai Chuan (1796-1880).



The Posture “Fierce Tiger Leaps Out”

Tung is said to be the modern Father of Pa-Kua. There have since been many masters, each leaving his own special version. Sun Lu Tang is one such Master. Still, we do not have any written diagrammatic record as we have with Tai Chi Ch’uan; all we have are a lot of classic sayings which we are supposed to relate to what we think are the right movements.

The Pa-Kua that is taught at our Association comes from a student of a modern Master called Chiang Jung-Chiao. We can only assume these movements to be correct.

Pa-Kua Chang consists of eight different palm maneuvers which correspond to the eight trigrams of the I Ching. I will not try to expound on the subject of the I Ching as it would take too long, but there are many good books on the subject. I will say that the I Ching represents the Universe and the changes that occur within it and Pa-Kua uses those same changes in its palm changes. There are eight palms which, when doubled by using two hands, make 64 changes. The I Ching has 64 hexagrams or double trigrams.

By “walking the circle” and using the 64 changes we bring ourselves a little closer to the Universe and eventually build up the internal energy called Chi. This Chi is likened to us as water is to fish.

Chi can be used for martial purposes, or to heal. By studying PaKua one studies both.

The Pa-Kua Form

In the same way that T'ai Chi has its form so, too, does Pa-Kua. The form is performed while walking a circle and relating your centre to the centre of that circle. In this way one learns to "know another's centre" and to shift one's centre around the attack, rather than meeting it head on.

One also learns to keep the concentration on the Tan Tien, an "electrical" point about 3" below the navel. In fact it is most difficult to execute the form without this sort of concentration, as the form has such difficult balance. The only way to balance properly is to balance psychically as well as physically.

Concentrating to bring the Qi onto the palm:

By looking at whatever palm is doing, the work one learns to concentrate the mind-onto the palm and, in so doing, bring the Chi right into that palm. At first the students are told to look past the palm in order to maintain balance while learning the movements. When the form has been mastered, one looks directly at the palm. Then the only way to balance is to keep the mind on the Tan Tien and sinking the energy.



There seems to be some confusion among the masters of Pa-Kua as to which are the correct palm maneuvers so, at the T.K.K.A.P.K.C., we teach 11 different maneuvers. The first eight are the "classical" and the other three are "extras" that I have learnt from my various teachers. It is my hope that by doing 11 changes we must at least have some of them right. A Grand master from Hong Kong called Ho Ho-Choy seemed to be doing much the same form as the one we teach, when I visited him in 1981.

The Pa-Kua form should not be practiced with any thought of martial application in mind. The form only trains the body to move in such a way as to confuse any would-be attacker and to create fantastic balance.

The names of each posture are very important, as one takes the feeling and attitude from the name. For instance, the posture “Flower Hides Under Leaf” is a very delicate and gentle posture. Whereas “Fierce Tiger Jumps Out” is a stronger posture.

The form should be practiced slowly at first, paying great attention to intent attitude and balance. Then, after a long time of practice, the form starts to speed up and the circle becomes smaller until the inside hand doesn't move - it just pivots on the centre.

The next stage is to learn the linear, or San Siu, solo form. This is where one practices the application of each posture. This form is done using a lot of energy as if really being attacked etc.

Along with learning the linear form only uses hand attacks and defense one is also taught Pa-Kua push hands The final test is to put it all together and Pa-Kua sticking hands. The in two-man and multiple attack sticking hands uses kicking and hand sparring but, of course, as with any attacks and defenses and is circular, internal system this takes quite a long while the Push Hands is linear and time

Combat Tai Chi Master Erle Montaigue:

Interview & photos by Kevin Brennan



Combat Tai Chi Master Erle Montaigue:

'I regard any Martial Art as a mere key, or tool, to develop the REAL fighting art...'

Interview & photos by Kevin Brennan

Just to get the ball rolling, would you like to explain that quaintly termed Tai Chi art of King Prawn Boxing - sorry Erle, I couldn't resist that one - Dragon Prawn Boxing...

King Prawn Boxing! Don't give me the raw prawn! Sure, that's another one of those Chinese translations that sounds funny to Australians and other westerners. The term is Lung Har Chuan, comprised of Lung, meaning dragon, Har, meaning prawn and Chuan, of course, meaning boxing

or fist. In fact, there is also a form of boxing in China known as Squid Boxing - the term having been derived from the long feelers of the squid. In a nutshell, it's a form of boxing in which you fold in at the waist, with the arms or 'feelers' extending over the top to block and counter: you can reach him, but he can't reach you. Theoretically. But Lung Har Chuan is what I call the key to taking Tai Chi from a Martial 'Art' to a self-defensive fighting art.

There are, of course, many people who only want to do Martial Arts training for its aesthetic value as a Martial Art. And that's fine. But there are some people who want to develop it further ash tool - and that's what

I regard any Martial Art as, only a tool, not a fighting art — to be able to defend yourself. And I believe the Lung Har Chuan of Tai Chi Chuan is that essential key that takes it on from being just a bunch of lovely, aesthetic movements and I'm not referring only to the slow movements, but the fast and explosive techniques as well. They are nice things to do, aft those leaping kicks and explosive movements. They give a good release of energy and good all-round exercise. But it is the Lung Har Chuan, or Dragon Prawn Boxing, which is the bridge that takes Tai Chi Chuan onwards from being a Martial Art, to a defensive fighting art.



Tai Chi with pup! The refreshing (although some would say 'outrageous') Montaigne irreverence towards what he perceives as the "too serious" approach to Martial Arts training is never far from the surface!

And that's basically what you've been on about in recent years, generating your fair share of detractors from the internalists in the process?

That's right. What I've been saying, in a nutshell, is don't take the Martial Art as the fighting art. Rather, use it as a 'key' or 'tool', by which you develop it as a fighting art. Because, in the real fighting art, you seldom use the techniques practised in the forms of the Martial Arts. Unless you want to get wiped out by some big animal on the street. I've seen and heard of it happening so many times... We do have special training methods for fighting, but not 'sparring' as such. Because sparring - I can't say this about all arts, but certainly in my art - tends to give people some very bad habits. Especially when you're sparring against other martial artists. Because that's nothing like the way it happens in the street.

In the street you're just, going along, minding your own business, and not expecting to have to start hitting someone. And suddenly someone attacks you, so you instantaneously have to get your mind into that state of sheer aggression necessary to defend yourself effectively. Bang! In an instant. Whereas in the ring, at a tournament, or during sparring training in the club, you're already 'psyched-up' and 'it' is already there. To me, that is totally unrealistic. So vice have a training method called attack-defence sparring, whereby myself or maybe one of the senior students - it has to be someone who can control himself - puts on some protective equipment and attacks the defending student with full-on aggression and plenty of force and power. And, especially, defending against plenty of 'round' attacks - the typical 'haymakers' because that's what they'll encounter a lot of on the street. If they don't block and defend adequately I'll just keep pouring it on until they go down. They have to team to withstand the full aggression and counter effec-

tively and with plenty of power. They have to learn to get out of the way of the attack and counter strongly to a vital point. If they can hit me effectively, I'll recognise that I've been hit. But that training method never happens with beginners or even intermediate or reasonably advanced students. It's only for very advanced students and they have to really want to be able to do it.



Tai Chi's final goal, Erle believes, is to HEAL people — not to knock them down. "But its semi-final goal", he adds, "is to be very competent at streetwise self-defence." He is photographed above, in China, with Yang Style Grandmaster Fu Jung-Wan, nephew of the legendary innovator, Yang Ching-Po.

Erle, I'm pleased to be able to report there, has been a very positive response to the first part of this interview. However, there has been some dissent, of course. For example, one Kung Fu instructor wrote to say he was extremely disappointed with the article, and he's hoping we will follow up with the views of a teacher ` perhaps more qualified and

skilled in the said areas, to clarify any misunderstandings of Tai Chi's - and other internal arts' effectiveness as a Martial Art". Your response?



"Some of these movements from the forms you'd never see in a good Tai Chi class, seen practicing with his favourite Japanese handwood club at Westport Falls, in NY's Blue Mountains. "You'll be finished before you get started..."

Well, firstly, I have never said that Tai Chi is ineffective as a Martial Art. In fact, on the contrary, I thought the whole thrust of the article was about how effective Tai Chi can be in a fighting situation - a real self-defence combat situation. Not just in a classroom sparring situation, but the real thing. However, if Tai Chi is practised just in the way that many of the modern masters have decreed that it should be used that is, just taking the form postures and using those as a fighting art... Well then, surely, anyone with any logical sense at all can easily see that these just can't be used in a streetwise situation - against a big bloke who's coming at you like an animal.

I think your expression on merely practising the form was that you can 'practise forms until you go blue in the face, but they won't be any help in a real combative situation"... ?

That's right. The forms do have their place, of course - as I've already said until I'm going blue in the face! They are for gaining timing, balance and co-ordination, etc. You can't have a decent fighting art without those prerequisites, and for those purposes the Tai Chi forms are really excellent. And everything is hidden within the form. It's all there. For example, I've heard many people who say, "Well, I'm not going to do any kicks above the waist, because they are not in the form..." But it's all there; it's suggestive. And this is why the study of Tai Chi requires a teacher to have a very solid background in their training, to be able to explain what each technique is about. The student might simply do a side-step, one leg behind the other. He doesn't actually do the side kick, but it's there- it's inherent in that particular movement. He might just drop the hand back, with the wrist flopping in front there's a finger thrust to the eyes. But it's not actually done in the form. Just picking up the leg to walk can be the disguised low knee kick. It's all hidden in the form.

But from what you've said previously, you obviously concede that many of those 'hidden movements' can be of little value anyway, without the correct training methods and loss of plain, old-fashioned hard work to develop the specific techniques...



Oh, absolutely. Most of it's useless. That gets back to what I was saying about the forms, or kata, not necessarily meant to be taken out into the street defence environment and applied, per se, as a fighting art. But they're there for a specific purpose. If you can do all those movements - some of which appear fairly 'weird' to the untrained eye - slowly, precisely, well co-ordinated, with correct balance... including all the kicks, for example. When you can do all that properly, then the potential is there for your fighting art to become greater. But not necessarily so.

I mean, had China been a great tennis playing nation, for example, we might have been practising 'serves' or 'backhands' to get a certain movement happening properly, to get the body moving correctly. But because China was a very feudal and pugilistic nation - with virtually the whole of its culture based upon the fighting arts - from the Martial Arts has come everything. The

opera, the healing arts, the fighting arts - all coming from the Martial Arts. We could portably very well develop timing, co-ordination and balance from some other sport or activity. But because it has come from China, it happens to be based upon classical Martial Art movements. But sure, some of those movements you'd never use in a pink fit! You'd be finished before you got started. Silty movements where, for example, you bob your head down below someone, finishing up about two inches from their knee. We in the West think, “Oh, what's that technique?” Not realising that the movement was actually designed for sending the chi, or internal energy, for healing purposes. Because most of the internal arts' forms were also based on the healing arts.

So, as far as an effective street defence system goes, you have to take Tai Chi further to its final goal. Well, not it's final goal, actually. Because I believe Tai Chi's final goal is to be able to heal other people. But

its second-final goal is to be good at streetwise self-defence. But to take it to that second-last goal you have to develop Tai Chi to the point that the really old masters knew about it. And that is that you just fight. You don't really on postures, or forms, or any set techniques. You just fight, taking from Tai Chi what you've gained and just using it. You become as aggressive as the attacker for those few split seconds, and do what has to be done to beat him. But, coming back to the critical letter: As for his other statement, about finding someone more qualified to interview - well, what can I say?

(Editor's comment: It was obvious, at this point, that Erle Montaigne was reluctant to 'blow his own trumpet' by presenting his impressive 'credentials' in his own defence. So we'll say something on his behalf: Erle's record of achievements - including comprehensive training with one of the leading descendants of the 'Yang' family style, a master's degree from China, a healthy degree of intelligent scepticism, an inquiring mind, and oodles of hard daily training and on-going research are well documented. Regarding our canvassing other opinions, AFA has already presented detailed alternative viewpoints on Tai Chi and other internal arts - including the feature on Sifu Cordia Chu, as recently as our preceding Vol 11/5 issue. And as far as 'seniority' is concerned, AFA has also published interviews with some of the most senior Chinese 'Old Masters' of the Australasian scene, including the highly-respected Sydney instructors, Sifu Mak Po-Sun, of Yang Style, Sifu Tan Hee-Tow, of Wu Style, and Melbourne's Sifu Rocky Kwong, also Wit Style. And each of those 'Old Masters' was, in fact, interviewed by Erle Montaigne... So we are, certainly doing our best to "clarify any misunderstandings"...)

When you interviewed the leading Yang Style master, Sifu Mak PO-Sun several years ago, he seemed to be gently defeating Tai Chi's claims of self-defence capability when he said he believes, "in some ways Tai Chi can be helpful for self defence". What do you think he was getting at?

Well, what I think he was saying - and bear in mind that Mr Mak is a very well respected old master of Tai Chi with an excellent background. And also bear in mind that he is very secretive. So there are certain things he won't teach certain people! So what I think he was saying was that, yes, Tai Chi can possibly be used for self-defence, if, once again, you learn the extra techniques that must be learned for that purpose. But

he has been teaching it mostly for health purposes, hence his allusion to that 'if' factor. But sure, I teach Tai Chi for health too. But for those few people who want to take it through to its final stages - and they are few and far between, by the way - well I cater for them too.

About what percentage, would you estimate?

Well, nowadays, probably about 75 percent show interest.. But the people who are actually able to take it through to that point of development-to become really good self-defence exponents, as opposed to 'martial artists'? Probably only about two or three percent. But they are the natural fighters anyway. You do get people who are going to be good at any Martial Art - as you know. But you still get people who form incorrect conclusions. They will see a certain individual who is very good at, say, a specific form of Karate. So they say, "Oh look, isn't that a great style! But then they'll look at another individual, who may be great at kata but maybe he gets beaten-up on the street, and they say that style's "no good". Now that's just silly! As we know, it's the individual, not the style...

Do you lose potential Tai Chi students because of your apparent emphasis on the 'combative aspects' of your teaching?

Yes, that has happened in the past. There was a time when my school in the city became virtually all Martial Arts training. I'd get ladies, for instance, coming in and taking one look, freaking out and then exiting rapidly. But in my classes in the Blue Mountains, I have maybe one or two students doing it as a Martial Art and the rest are doing it for the health, relaxation and therapeutic benefits etc. In the city we teach mostly self-defence. But it's nice to have the 'yin' side of things up here in the mountains. So I think I've got a nice cross-section now.

I know you teach a full range of defensive techniques, Erle, but I notice you refer to locks and holds as "silly"?

Yes, I do regard locks and holds as silly. Because if you're properly taught how not to get caught in one, then no-one can get a wristlock, an armlock, or an armbar onto you. And I'm very good at applying locks

and holds, from my wrestling days. But I tell my students that if I can get them in a lock or hold, then they've still got a lot more training to do. In Pa Kua, for example, we have eight methods of breaking wristlocks, and one of them is going to work. No one can maintain a wristlock on you if you know the Pa Kua ways of breaking them. And you'll also see people held, in a headlock or a wristlock for example, with all their attention focused on the point at which the lock is being applied.

They're thinking, "Ooh, my neck!" Or, "Ow, my wrist!" They seem to forget they've got another arm flapping in the breeze, which they can use very effectively for a counter-attack to the eyes, groin, or another vital point. But, in a nutshell, you should never let anyone get a lock or hold onto you in the first place. Because if you let someone get that close to you without hitting them, you're in real trouble anyway! And that's the principle on which the whole of the fighting arts of the internal styles of Tai Chi, Pa Kua and Hsing-i are based — you should have hit an attacker long before they can get that close to you!

And that's where a lot of people get the wrong idea about Tai Chi. They think you have to wait there, until the attacker comes in close to you, and then grab their arm and put them down with a 'soft art', or something like that. As soon as that person gets within your sphere of defence, that's when you attack them. The whole of this fighting art is based on the advice of an old Chinese master who said, simply: "If he attacks, you attack him first!" And that's what it gets down to. So, although I say you obviously don't 'attack' people, once someone gets within that defensive sphere he will need to be attacked. And the attacking techniques from Tai Chi and Pa Kua are quite devastating...

And from your own experiences in working a lot with the less-common palm techniques, because of your involvement in Pa Kua, how do you rate each - fist and palm - on your personal scales of efficiency?

Equal. No difference. Although I now prefer palm techniques, personally. And I always preferred fist techniques in the past. But yes, I can certainly deliver more power with the palm. Especially with what's called the 'frog palm' - or, at least, I call it the 'frog palm'. There are three palm techniques which we use - the percussive palm, which is supposed to put energy into the target. Whether it actually does or not, I'm not sure. There was a famous old Hsing-i master called Wang who was supposed to have hit a horse on the rump with that type of palm strike and it died, apparently with no outward damage visible, but its kidneys had been ruined. He was the same Wang who was supposed to have been able to stack up a pile of bricks and nominate which particular brick he was going to break with his iron palm strike, leaving the others undamaged. "Number 4! Slap! Crash!..."

Ah, now we're really delving into the realms Martial Arts 'legends'. That's one of a number of stories bandied about over the years, which I find impossible to believe.

I don't believe it either. Although he is supposed to have killed the horse. Then we have the normal old palm-heel strike, which is a breaking palm - to break bones etc. Then there is the 'frog' palm, which is a combination between the two. With that palm, I can make the bag 'explode' against the wall, with a short movement, and people say, "Wow! How did you do that?" Because it looks as though you've just touched the bag. But it's purely a good, physical thing - knowing exactly how to hit the bag-combined with the right attitude of mind. And I guess it's a matter of knowing that at the precise split second of hitting the bag, the mind is nowhere in particular. Not thinking, "I'm going to really blast this bag!" It's just like a sneeze.

But, while still on the subject of specific techniques, I have definitely found the elbow to be the most devastating of strikes. As Tom Slaven said, in your interview some years back. I've demonstrated this by getting people wearing two of those Taekwondo chest protectors, plus the Sydney Yellow Pages directory, plus a focus mitt on the inside of their shirt, and then gradually increasing the power with various techniques. Using a very powerful fist strike they'll buckle at the waist a bit, but they can take it. With the palm strike they'll say, "Okay, stop now..." just before I get up to fullpower strikes.

But using an elbow strike, I'll only need to apply not much more than what I'd describe as a 'tap' before it starts doing real damage. You do suffer a range disadvantage, of course, with elbow and knee strikes, but they are the most powerful.

While on the subject of internal arts in general, much less common in the west are the Pa-Kua and Hsing-i styles. Many people know you also teach Pa-Kua, but have you had any experience with the Hsing-i?

Yes. My idea of Hsing-i - and other people have said this over the years - is that is the 'Son of Tai Chi'. Because Tai Chi was the first. And Tai Chi, at its advanced stage, has elements of both Hsing-i and Pa-Kua. So my interpretation of the history of the internal arts is that Pa-Kua and Hsing-i are much more modern arts than Tai Chi. Some time in the past, someone has taken some of the advanced forms of Tai Chi and said: "I don't want to spend years going through all this slow stuff. Let's just do the fast forms!" Now I might cop some more flak for saying that - in fact I'm sure I will! - but that's my idea of what has happened. So they have

specialised in a certain area of Tai Chi, and developed Hsing-i. And I believe that's quite a logical explanation of the development of Hsing-i. The the same with PaKua. They have taken all the palm techniques from Tai Chi - because they are all there - plus all the 'metal' and 'wood' punches from Tai Chi. They are all there, in the Tai Chi training.

What about Pa-Kua's circle walking?

It is a bit different, but we still do the circle walking - in a way - within the Tai Chi form. There are 'funny' little crossing steps in Pa-Kua's circle walking, but it still comes into the Tai Chi form at an advanced stage. So, once again, I think someone has taken that aspect from the Tai Chi, concentrated on that 100 percent, and refined that into an excellent Martial Art in its own right.

How much emphasis do you place on the Qigong, or Chi Kung, training?

A lot. I believe it is the basis of what our training is supposed to be all about. For starters, it gets your body into perfect alignment. You can actually feel bones going into place along your spine when you are in a Chi Kung position. And, still on the physical level, it gets you breathing correctly - more deeply, getting more oxygen into your blood. Sure, it's a really good, health-promoting training exercise. And let's face it, you have to be in good health to be able to defend yourself effectively. Yes, I believe the Chi Kung should be an integral part of anyone's Martial Arts training. And, of course, there are versions of it in the Japanese Martin Arts as well.

One hears stories of some people having become too deeply involved in the Chi Kung aspects, possibly without the correct tuition, and suffering rather 'strange' side effects... ?

True. But I think those people who stray off into the more bizarre areas would probably have ended up becoming 'strange' whether they got involved in Chi Kung or not. The Chi Kung has possibly been just the catalyst. We've had recent cases of certain people from the USA publishing material saying that certain Chi Kung training methods can be extremely harmful, if done the wrong way. You know, the suggestion that you'll go 'mental', etc, etc. But I think some people put that sort of idea about because they only want people to team from them. Well, I've been doing it for over 15 years now and it hasn't harmed me at all. (*Well, that's his story and he's sticking to it!*- Ed.) You're simply standing with your body in a perfectly, structurally sound position, breathing naturally... so it can only do good for you. In fact, done properly, it's physically a very difficult thing to do.

I've had really tough guys come in -people who have been training in various Martial Arts for many years. I stick them in a Chi Kung position and they're shaking like lilies within five or 10 minutes. Because it is a very hard thing to do, in the initial stages of practice. So it's a damned good exercise! But it's also an excellent mind quietening practice, because you've got to think about nothing for 15 minutes. And that's one of the hardest things for people to do! You can watch television, have a quick snack, and 15 minutes has gone in a flash. But just stand there, doing nothing especially with your legs aching like buggery for 15 minutes. That's very difficult. So if you can do that every morning, it's good training and it gives you quite a feeling of achievement in its own right. And it seems to help the rest of the day go well and quietly.

So you're suggesting those 'negatives' are simply myths, put around for commercial reasons?

Yes, I think so. People like to think that they are the 'top rooster' in the chicken coop. And it's another example of trying to 'keep it mystical'. You know: "Wow, Chi Kung! This is very powerful stuff. If you do it incorrectly it can send you mad!" No, I don't hold with that at all. I used to, mind you...

Now, Erle, on the subject of your training videos. Some people would say-in fact, they do say! - that you cannot learn a kata, or a Tai Chi form or whatever, from a video. What do say to that?

Well, I would say that it would be very difficult to take Tai Chi right through to its advanced stages, having never had personal instruction from a competent teacher. But for those people who can't get to a good instructor for some reason or another, or who simply don't like going to the social atmosphere of a Martial Arts class - some people are a little bit timid about that, and that's okay - I believe they can actually learn the whole form. I have had people do that, then come in to me for correction and, nine times out of ten, they've got it down fairly well. Because there is just as much detail on the videos as I give in the class. The only negative aspect of home training using a video is that people do tend to go through it a bit too quickly. They do tend to want to go too far too fast, rather than perfecting it step by step.

But I do truly believe they are a fantastic training aid. I only wish videos had been available when I was doing my early training. I think I would have progressed much more rapidly. Sure, I believe we should use all the high-tech stuff, all the mod cons, to take from these arts what you can get. To me, the availability of video training is the greatest of all the modern innovations. As you know, I've been producing my own training videos for quite a while now and I've had people from all around the world using them: Hungary, Poland, Norway, South Africa, England, the USA. People from the strangest places have seen my ads in AFA, written to me, and purchased the videos. They usually write back to say they're great, and end up buying the whole range of whatever they are interested in.

You're also doing Pa-Kua training videos. Do you think the Pa-Kua is more, or less, difficult to study from a video?

Well, it is a bit more difficult to 'break down' Pa-Kua into its components. But you can do it. There are two ways to learn Pa-Kua. You can either learn it in the very traditional way, and take a hell of a long time to learn it. That is: the teacher does the palm change in front of you - and he might do just that for six months - while you just have to concentrate on getting it right. But the way I was taught it by my first Pa-Kua instructor, Master Chu, was that he broke it up into sections, as he did with the Tai Chi and the Hsing-i. I picked it up a lot better than way. Then I went to his teacher, Ho Ho-Choi, in Hong Kong, and from him I was taught it the other way. Which is: he just does a whole series of techniques and

movements - without any sequential instructions - and you have to follow him. So I teach it both ways.

I teach people the static way first, and then I teach them with the 'follow-me-through' method, so they can get the essential flow. Because in Pa-Kua, every movement is self-contained. There is no followthrough, as in Tai Chi. None of the momentum from one posture follows through to the next posture. And that is the most difficult thing for most people to 'get' about Pa Kua, because we are so accustomed to learning things step-by-step, as dancers are taught. But I certainly find that those students who have done Tai Chi will pick up Pa Kua more easily than those who come straight to Pa Kua. Although there are exceptions to the rule, of course.

And I'm told your new, professionally-produced 'Learn Tai Chi' video – which concentrates on the form and the self healing aspects - is already selling like the proverbial 'hot cakes'?

Yes. It sold out in most Grace Bros and Myers stores within the first four days of release. And I think it's going to prove very popular with other martial artists, who are often just interested in Tai Chi for its health and therapeutic benefits. In fact, I see Tai Chi as a useful bond between various Martial Arts. I have all sorts of martial artists coming to my schools, because they don't have to feel intimidated and they don't have to worry about the 'ego' component. They don't have to show me their Martial Art is 'better', because they only want to take from Tai Chi the great health benefits, the balance, the co-ordination and relaxation that is there to be derived. I'm not saying to them, "Here's a better system". What I'm saying is, "Keep your own system. And this will complement it nicely..."

Leaving these chilly mountains for a few minutes, can we change the scenario to London for a few more questions, Erle. I believe you were also training in Aikido while you were studying acting there?

Yes, I studied Aikido there with a Japanese instructor who, at that time, was reputedly the leading instructor in Europe of that particular style of Aikido. Sure, that was a nice experience.

And your impression of the effectiveness of Aikido as a Martial Art?

Well, I really regard Aikido as an excellent adjunct to real Martial Art training. I don't particularly see it as a fantastic fighting as such. It is a great Martial Art, but I just don't see it as a great fighting art.

And I understand your 2nd instructor, Master Chu, had some kind of confrontation with the Aikido Sensei?

Yes. You see, Master Chu was a 'peasant' like type of person. I don't mean that in a derogatory sense. What I mean is a very basic person. Not an educated or sophisticated man. And he would certainly call a spade a spade. He would go around saying things like: "Aikido is rubbish!" Or "Karate is rubbish!" "This, that and the other thing are rubbish..." Whether that was right or wrong, if that's what he believed, that's what he would say. And he did get into quite a bit of trouble because of this attitude. But he used to keep particularly strongly onto this theme of Aikido being 'rubbish'. He would hear such stories as the one of Koichi Tohei, or some of those masters, sitting on the floor and no-one being able to push them over. You know the kind of thing. And so he would try it, on the basis that if anyone could do it he could. And if he couldn't do it, then it didn't exist, I guess. So he'd get down there in front of the class and then get me out and, of course, I'd push him flying. So he'd say, "See? Stupid! Stupid!" Mind you, he used to do some fairly bizarre things in those days. He'd close his eye and put a stick up against his eye, and get me to run at it and hit it! Sure, it wouldn't knock his eye out but he ended up with some awful black eyes! So he liked to investigate all these 'mystical' areas of qigong, etc.

Anyway, this Aikido instructor - a Japanese instructor, whose name I can't recall at the moment, but he was reputedly an 8th Dan - got pretty tired of hearing all this stuff so one day he arrived at Master Chu's school. His wife who was also an Aikido 6th Dan, or something like that was with him. He announced that his wife could take care of any of Master Chu's most senior students. There weren't any particularly advanced students there at the time, but a couple of quite big students got up and she did throw each of them. Then the Aikido Sensei said, to Master Chu, "Now my wife will take care of you!" Chu said: "I never fight with women. But I'll have you!" So apparently-because I wasn't there

at the time, unfortunately every time the Aikido man attacked, Chu literally bounced him off the walls. Not that that necessarily proved anything in particular. The Aikido Sensei was a lovely, quiet, polite, aesthetic Martial Artist whereas Master Chu was a tough tittle, very experienced street fighter and former prize fighter. And the two just didn't 'gel' together... The Japanese Sensei left London after that experience.

CONTINUED NEXT ISSUE: The facts on the lethal 'CV14' vital heart point- the

'forbidden point' of acupuncture; Erle's thoughts on the much maligned 'death touch'; and more on the 'funny business' of 'invincible Chi power'. And much more!

In Conclusion

I have presented only a very small fraction of Erle Montague's previously published articles. If only one person gets some enjoyment out of them then this task has been worthwhile. These articles are not only information at its best but also a history lesson about my Father and his art. The photos range from when he was quite young to the present day and all of the incarnations in-between.

It was my initial intent to publish all of Erle's articles. However, when I saw just how many of them there were, it would have been a mammoth task. I probably got through about 15% of the articles that we still have. Unfortunately, some of them have gone while some have pages missing, such is the informal nature of my Father. He really does not think that he is that important! Hence the fact that his articles were just thrown into a heap in the back shed!

Maybe next time I will get some more articles re-published. But for now it is back to practicing with the Moontagu Blues Band.