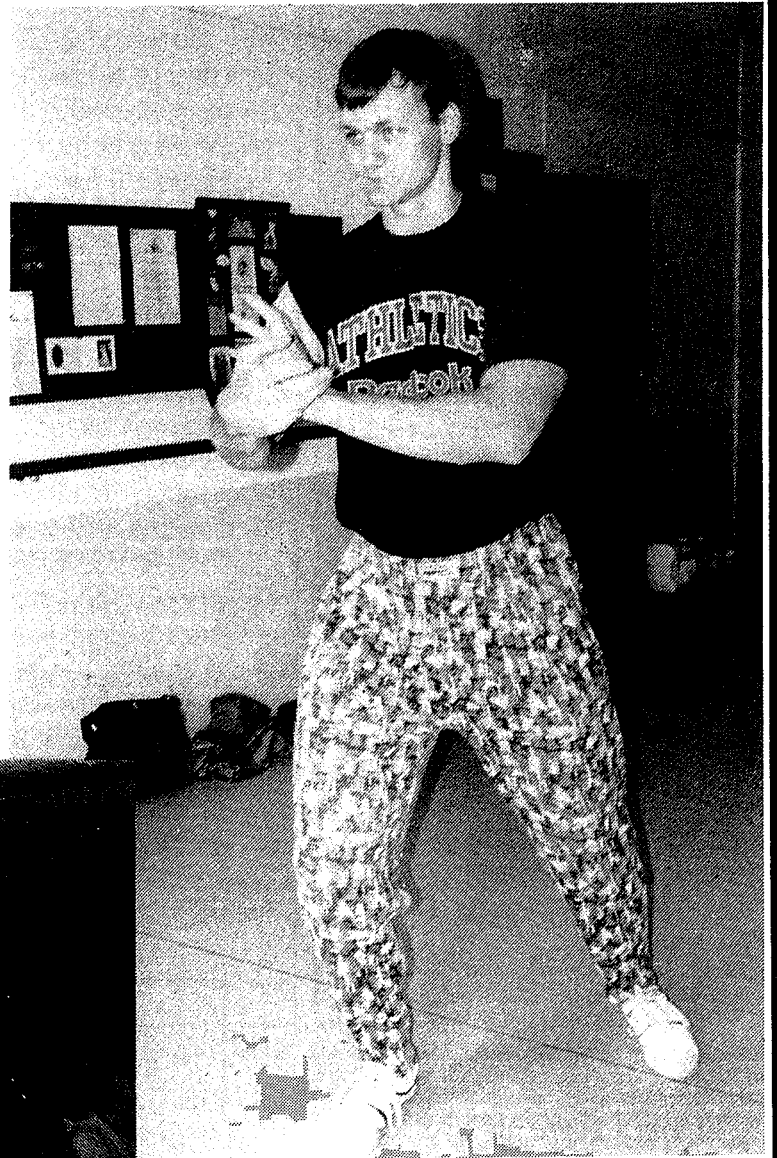


COMBAT & HEALING



March 1996 No. 24

COMBAT & HEALING

The Magazine Of The W.T.B.A. & The Erle Montaigne System Of Fa-Jing Ch'uan

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POSTAL ADDRESS:

Taiji Publications, P/O Box 792 Murwillumbah NSW
2484 Australia (066)797145. Email: taiji@MSN.COM

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ABOUT THE COVER

Allan Williams, the WTBA's chief of training seen here teaching in Wales in December 1995.

Tron Erik Tomtum one of our graded instructors from Norway. Tron is known as the gentle giant, and upon meeting him you will know why, a gentleman who you have to almost stand on tip toes to shake his hand!

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Recommended Reading

Australasian Fighting Arts magazine
POB 673 Manly NSW 2095 Australia

Write for subscription rates. Erlé Montaigne has his own column in this magazine.

Has been running since 1973.

D'AO MAGAZINE

Kolibri Verlags GMBH

Bartholomaeustr. 57 B

Hamburg 22083 Germany

One of the best Magazines on Alternatives. In German.

Dim-Mak:

Stomach 9 Revisited:

Erle Montaigne

(Taken from the forthcoming book by Erle Montaigne and Wally Simpson called "The Montaigne Encyclopaedia Of Dim-Mak". Soon to be published by Paladin Press in the USA.

The old ST 9 knock out. It's still being done on people by irresponsible people to show off, to show how good they are etc. So I thought that it would be time, again to write about some of the aspects of this intriguing neck strike.

When some martial artists began to show how sensitive ST 9 was some ten or 12 years back, medical personnel were horrified that martial artists would strike anyone in the neck at ST 9 in demonstration. Back then, I was one of the only people to write of the dangers of striking to this point and my opinion has not changed one bit. It is still just as sensitive and just as dangerous. Death can occur several years later from stroke caused by the disintegration of the internal lining of the carotid artery. The heart may not start again when ST 9 is struck.

medical personnel were horrified that martial artists would strike anyone in the neck at ST 9 in demonstration.

Back then, no-one even knew what this point was called, they just knew that a strike to the side of the neck caused a knock out easily. I have seen articles written as far back as 1946 in Strength and Health magazine about a strike to just under the jaw on the neck which was not very hard and which knocked out a very famous strong man

back then. Not many, if any, knew why this strange phenomenon occurred. The internal martial arts, when taught to their fullest taught us that a strike to this area was to an acupuncture point called 'Stomach 9'. Just under which was the "carotid sinus", a handy little thing which when struck or in the presence of high blood pressure would cause the heart to either slow down or to stop completely. As more and more martial artists got onto this little number, more and more would show off at demonstrations by knocking out the largest, most decorated (as in karate gi's and badges etc.) man in the room with ease. Not one of these people however, would ever show this strike in a realistic situation where the attacker was actually trying to get him!

Some even had for instance, large grapplers sit on them on the floor and then a quick strike to the neck and the grappler would release the hold etc.

Now it is 1996 almost and there are a whole new brigade of sitting duck, neck strikers, all showing how good they are at knocking sitting ducks out!

It has been my goal to inform martial artists that they must firstly have the ability to fight, before they can use any type of point striking, and I don't just mean tournaments. You can be the holder of hundreds of titles in the ring and still not know how to fight! We now see martial artists who have been practicing a very basic martial art for fifteen years, being graded to 8th dan and master grades after having learnt some of these strikes in a couple of years. After having practiced their own martial art for fifteen or so years at a very basic level, they then take a quantum leap in ex-

pertise by learning a couple of neck strikes. They still can't move! But they are now 8th dan! Still can't defend themselves.

Dim-mak, ie., the whole martial art, takes 3 lifetimes we are

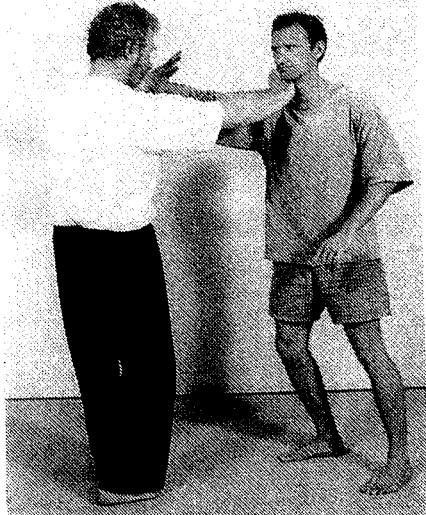


Figure 1

told! That's how complicated it is. So now I will revise the ST 9 point strike in the hope that martial artists will not be so in awe of a so called master who knocks them out in a demonstration or workshop or seminar. My advise to you all is **DO NOT ALLOW ANYONE TO STRIKE YOU IN THE NECK ANYWHERE!**

ST 9 is one of the major Dim-Mak points. It is easy to get to, its effect is devastating ranging from knock out for a light blow to death for a heavy blow. ST 9 is situated right over the *carotid sinus*. The carotid sinus is a *baroreceptor*, whose job it is to detect an increase in blood pressure. When it detects this increase, it sends a signal via the vagus nerve of which it is a part, to the *vasomotor* centre of the brain, which initiates a *vasodilatation*, and slowing of the heart rate to lower the blood pressure to normal.

VASODILATATION:

A widening or distension of blood vessels, particularly, arterioles, usually caused by nerve impulses (as in the case of a strike to ST 9) or certain drugs that relax smooth muscle in the walls of the blood vessel.

VASOMOTOR CENTRE:

A collection of cell bodies in the medulla oblongata of the brain that regulates or modulates blood pressure and cardiac function primarily via the autonomic nervous system. The carotid sinus is a pocket in the wall of the carotid artery at its division in the neck.

Other people have knocked themselves out when they have turned their head suddenly because of a hypersensitive carotid sinus.

Carotid Sinus Reflex:

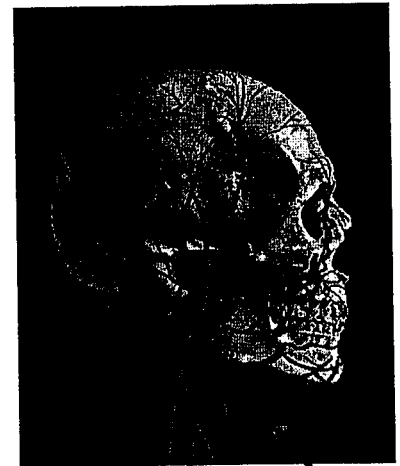
The martial artist is concerned with a phenomenon called *the carotid sinus reflex*, the decrease of the heart rate as a reflex reaction from pressure on or within the carotid artery at the level of its bifurcation. This reflex starts in the sinus of the internal carotid artery.

Carotid Sinus Syndrome:

It is a temporary loss of consciousness that sometimes ac-

companies convulsive seizures because of the intensity of the carotid sinus reflex when pressure builds up in one or both carotid sinuses. (Or from a strike). This syndrome can be caused to activate artificially by striking to the area of the carotid sinus, ST 9.

I have done extensive research on the carotid sinus, seeking out the most knowledgeable people in the world. I wanted to know exactly why a person would black out when even sometimes only stroked in this area. Other people have knocked themselves out when they have turned their head suddenly



Common Carotid Artery

Internal Carotid Artery

because of a hypersensitive carotid sinus. In striking to ST 9, we fool the brain into believing that deadly high blood pressure is present, and in many cases, high blood pressure *is* present when struck in this area because of the carotid artery being pinched.

My research told me that this was not a point to be played around with as many people were doing at that particular time. Some people discovered that they could affect an easy knock out by striking to this part of the neck, however, none

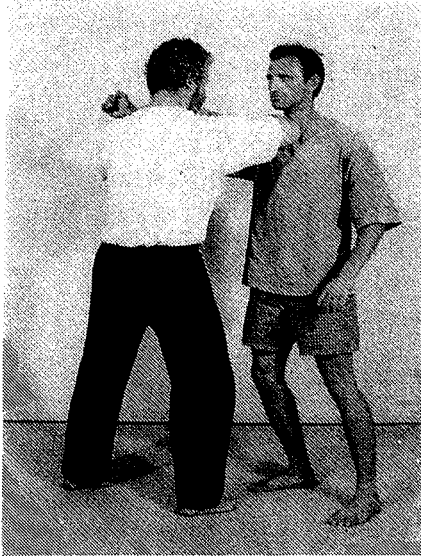


Figure 2

knew why the KO occurred. Nor did they know the dangers of such strikes, usually done to show what good martial artists they were, purely for ego. I wrote an article back in about 1987 showing the dangers of such strikes and exactly why the KO occurred, the first such article, I believe, that showed the medical implications of such a strike. It was my research in fact that introduced the martial arts community to the fact that this point was in fact ST 9. Nowadays, everyone uses the name of ST 9 to indicate the knock out strike to the neck. Since then, martial artists have been a little more careful when executing these knock outs. But the knock outs should never be done just to show off, they should only ever be used in a self defence situation as the dangers are great. For instance, a recipient can die several years later from stroke by the internal wall of the carotid artery slowly disintegrating, hence the *delayed death touch* phenomenon. The martial artist is able to use a very normal and known about medical procedure for his or her advantage. Many doctors will perform the procedure of tweaking the carotid sinus using the finger tips in order to bring the

blood pressure down. However, this procedure is only done if the patient is about to die from high blood pressure! It is a very dangerous procedure! One of my students in Argentina is also a 'Master Surgeon'. He and his team were performing an operation on the carotid sinus to remove a tumour! However, when they even so much as touched the sinus, because of the tumour, the heart rate dropped dramatically, which was seen on the heart monitor. So they were in a dilemma about how to operate without killing the patient. This just shows the sensitivity that the carotid sinus has.

This point also has an affect upon emotional energy and in the long run will cause the recipient to have a 'detached' feeling or floating,

This point also has an affect upon emotional energy and in the long run will cause the re-

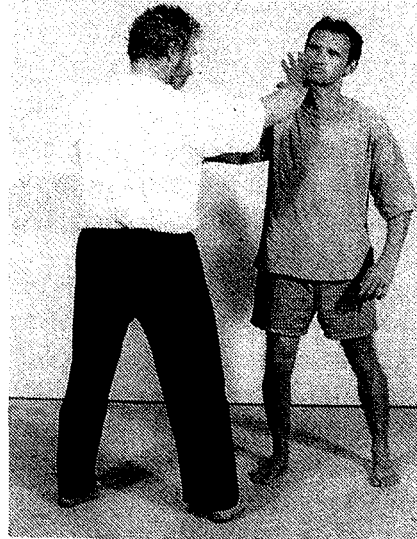


Figure 3

recipient to have a 'detached' feel-

ing or floating, a dis-connection between head and body.

Set Up Point:

There are really only three set up points for ST 9. The first one is Neigwan or PC 6. I have experimented, under control situations, and have found that the ST 9 shot works anywhere, any time, however, by using the set up of neigwan, the knock out is affected using much less pressure. PC 6 must be struck either straight in wards or with a slightly towards you direction. In fact, many researchers are now finding reasons in their karate katas for instance for certain movements that were hitherto seen to be silly or to have no reason.

The other set up points are LU 8 and HT 5. These are usually activated by grabbing the wrist and jerking violently thus draining qi from the body.

Antidote:

The antidote to a ST 9 shot is to squeeze GB 20 in back of the skull upwards into the head which will bring Yang qi back into the head. If of course the recipient has been knocked out and the heart has not recovered, then you must use C.P.R. and failing that, you must use one of the heart starting methods already shown in the book.

Applications:

1/. There are just so many ways to access ST 9 so here is one of the best. He attacks with a right hook, swivel on your heels and

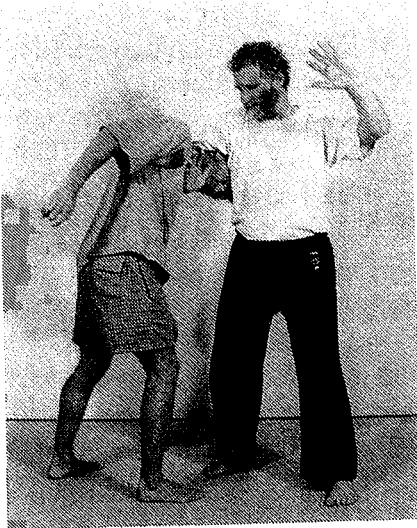


Figure 4

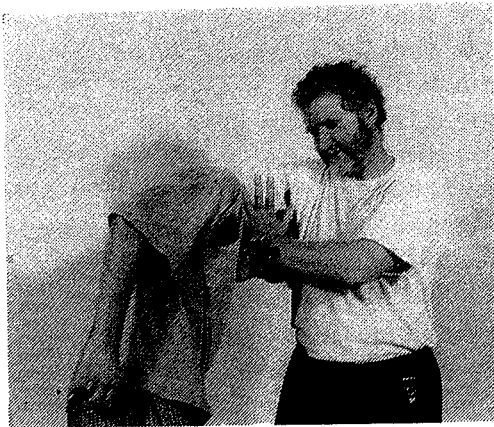


Figure 5

strike his right neigwan point in a direction that is away from him, a split second later, your right knife edge will cut into ST 9 point in the correct direction towards the backbone. **(Photo No.1)**. Done correctly this will cause death! Done lightly will cause knock out.

2/. From Taijiquan we have "The Mother Applications" from the set called "Small San-Sau". These are some of the most deadly self defence methods ever invented and mostly aim at the neck. Each of these applications takes only a split second to execute, although it

might seem complicated when reading about it.

From the above method (No. 1) which is the first movement in the Small San-Sau, we then go on to do the "Mother Application" of that application. The mother applications should never be brought into the small san-sau, they should be performed as separate methods. Each Mother Application has three parts to it with each part flowing quickly into the next. Turn your waist to your right slightly (loading it) and then back to your left violently to strike him at a point called CV 22 (pit of the neck, a death point) with your right elbow. **(Photo No. 2)**. Your right palm now slams into the side of his neck at SI 16. **(Photo No. 3)**.

The mother applications should never be brought into the small san-sau, they should be performed as separate methods.

Your right palm now slips around his neck. **(Photo No. 4)**. Notice that the palm is flexed backwards to stop him from escaping using a simply head lock breakout. Your left palm now applies pressure to the other side of his neck at ST 9 thus causing a KO by the action on the ST 9 point. **(Photo No. 5)**. It's amazing at how quickly this hold will put someone to sleep! All you have to do here is to literally flex your chest muscles and the pressure builds up on the neck very quickly. It works! But if it doesn't, then you are doing it wrong. There must be a 'V' shape made by your right radius bone near the wrist and

your left knife edge palm. I.e., the front of his neck is lodged in a 'V' shape. When you apply pressure, both carotid sinus points are activated causing the heart to stop and vasodilatation to occur. This is a somewhat safer way to try out the carotid sinus reflex, only do not do it quickly or apply hard pressure if it does not work. Even a slight pressure should have your partner tapping his leg when he feels an immense sense of pressure building up in his head, and that black out feeling beginning to occur.

Thanks to John Bell for being in the photos.

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