



COMBAT & HEALING



The Magazine of the World Taiji Boxing Association
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September 1997 Number 30

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Our eternal thanks to **Kevin Brennan** Editor in Chief Of Australasian Fighting Arts

Magazine for his input.

Front cover shows **Bill Barnes with Peter Jones!**

Another excellent issue with articles of great interest. In particular the one on psychology by *Aaron Cross* and on Dim-Mak, Medically Speaking, by *Michael Kelly*. Both of these articles attempt to give some scientific basis to the internal martial arts and succeed. *Ken Johnson*, as usual gives some of his own insight as to the martial arts and *Mike Babin* is his usual quality self. *Jim Marincic* gives an idea as to his history in the martial arts which could help others. *Marvin Labatte* contributes with a 'virgin article for the first time. *Peter Jones* reports on the "Welsh Gathering" which was a resounding & bloody huge success.

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Australasian Fighting Arts Magazine

The longest continually running Martial Arts Magazine in the world. Erle Montaigue has had a column since 1983. Back issues available. **POB 673, Manly NSW 2095, Australia.**

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Who Am I

(Finding Out The Taoist Way)

By Jim Marincic

It is always good to look at W.T.B.A. Magazine. I enjoy reading about different ideas and opinions on problem training students, problems of understanding Taijiquan as a whole.

I sympathise with anyone in this situation. Taijiquan is not an easy subject to grasp and learn. I have been there for at least 20 years or so and I am still at it, with more enthusiasm than ever. One simply never stops learning, it does not matter what level of expertise one has reached.

I personally believe that there is no particular level in Taijiquan where one can say "now I know it all". In early days of my introduction to Taiji, I believed that some day in the distant future, I would become famous master and at least a good martial artist. Understanding very little of what internal qi was all about, it was all mystical to me.

As I went through my morning form and calisthenics, I was always on look out for something to happen. I would feel some little twinge here, or a tingling there thinking to myself, "ah, here comes the qi, At last I have it". Only to find out, sadly, that my back was out and that my knees were collapsing under me because of overstepping! "No pain, no gain" was the saying back then and I would probably still be doing that damaging Taijiquan had I not by some strange coincidence met Erle Montaigne, and I might say, a very young Erle Montaigne at that time. I knew that he was young because I

was 10 years older, and strangely enough, I still am! Since then, I know now what Taijiquan is and what it is not. I am beginning to sound like Lao-

tze! And this experience is the same with our daily lives, we think that we are 'this or that' because we mistakenly identify ourselves with what kind of job of work we are doing. How often we read the articles in the martial arts magazines where the author describes himself as a martial Artist who is desperately trying to better himself because he may be in situation where he might have to defend himself. Why I do not say he/she is because these people are always male with a huge ego problem.

I say to him, "relax man, if you take life too seriously it's not god, it becomes too difficult". And if you try too hard, you will never get there, it is not a race!

Taijiquan has Taoist philosophy as its origin. So if you are practicing as true Taoists, and if you know what Taoism stands for, then you will never, ever be in situation where you will have to defend yourself against physical attack.

According to Taoist writer, John Bloomfield, who spent life-time in China in the 20's and 30's studying this philosophy of Tao, you will find out that Tao has nothing to do with the martial arts, it is the way of total freedom, the way of life itself. Taoism has no rules of what to or what not to eat because if you are practicing

virtues like, “non-infringement”, “non-judgement”, “love”, “compassion” and being of service to all human beings, man you can eat dog shit, as long as you harm no one.

With respect to the gentleman who wrote in last issue of C&H about meat eating taboos, mate, there are lot of people who consume meat at some time or other but are high quality people, best human beings you could imagine, full of love and compassion. And as for health and longevity, there is race of people, the “Obkhosians” in Russia, some of whom live to be over 125 years, their bodies are lean and hard, not loaded with fat. These people are goat herders and farmers, they do not work too hard and do not take life too seriously. And to who-ever it was who caused the Head of the W.T.B.A. to have to put out rules for W.T.BA instructors, I have this to say. Mate, how can you call yourself a taijiquan instructor if you do not practice these basic rules without having to be told about them? I am old fashioned, but these rules are very basic rules of decent human society and taijiquan instructors should not have to be told about them!

So, back to practicing Taijiquan. This world of ours is a crazy place, but in spite of all that we do to it in modern times, it is a beautiful place, nothing has basically

changed since the dawn of time, war and killing is still with us, starvation and disease is continuing and despite of U.N. efforts, nothing can be done to stop it! So what can we do about it? I believe the only way we can help, is to concentrate on ourselves. To keep ourselves healthy and create happy homes and families. I believe that by practicing Taijiquan as it was intended, we can achieve all that is important to life and become content and happy. If you are practicing Taijiquan and your life in the family is unhappy, you have to look at your training methods and change them.

We think this is important and that is important, that we should punch and kick in certain way, but I can assure you, nothing is important in the light of the 'big picture'.

We think this is important and that is important, that we should punch and kick in certain way, but I can assure you, nothing is important in the light of the ‘big picture’. The only sobering thought is that we will all die some day, we will cease to exist physically, so the only time we have physically, is right here and now. The past has mistakes that we have created and for the most part cannot be corrected. The future is not

here now, and the things that we worry about may never happen, how can we worry about things that do not exist? The future does not exist! And when we get there it is no longer future.

So take your dog for a walk or take horse for the ride in the country, These. animals have beautiful energy (qi). Dogs are full of fun and horses are beautiful and powerful animals, so treat them with respect. There is nothing better to quieten your ego than spirited horse.

So have a long look at the star studded sky in the night and become aware of your impermanence. And when you rise at 4.30 a.m. to practice your Taijiquan, the stars are still there and remind you of infinity of Mother nature and the whole universe. By doing that, other people will think that you are crazy for rising so early just to move around in a strange manner. But remember, you are not other people, you are this little insignificant human being, practicing Taijiquan at 4.30 a.m. and that is the whole point.

Happy training and may the qi be with you at all times.

Jim Marincic is the Chief instructor for the Capital Territory in Australia and he really does rise at 4.30 a.m. often in sub-zero temperatures, he is dedicated and has a wealth of knowledge.

Ha & Heng Sounds

Michael Babin

The “hen” and “ha” training was long considered an oral secret only transmitted to family members or senior students in the tai chi tradition. The value of such a “secret”, as with any buried treasure, is found only by digging (ie., effort!).

The “hen” sound is the gentle, rather drawn-out, sound you make when inhaling fully to inflate the tan-tien. For self-healing purposes, using natural breathing you inhale through the nose and the resulting sound should be relatively quiet, slow and even. The lower torso tan-tien inflates gently in response.

For martial purposes, it is important to remember that you must have learned to use reverse breathing in which case the abdominal area feels as if it is compressing the air you inhale in an up-and-down inflation as you “fill-up” the lower torso and tan-tien.

By contrast, the “ha” sound occurs when the tongue drops onto the lower palate and, for self-healing purposes (eg., a “cleansing breath”), is normally done in a drawn-out manner.

For martial purposes, the “ha” sound is sharp, sudden, and triggers an explosive out-rush of air while the abdominal area expands suddenly. There are at least three martial reasons for using the “ha” sound: it loosens and focuses the abdominal tissues (muscles &

connective tissue) to provide stability and aid in the absorption of blows to the torso; it can increase the power of your strikes as well as your speed in a significant manner; and, the sound itself has “shock” value to your opponent, often even if he or she is half-expecting it to happen.

The use of a powerful cry to augment the power of your strikes is nothing new.

The use of a powerful cry to augment the power of your strikes is nothing new. However, most modern martial arts/sports no longer take such training seriously or only make a perfunctory use of sound to accompany techniques.

Real martial use of sound has to slightly lead the physical expression of the “explosion” -- not accompany it. Like the eyes the voice acts as a mediator between the spirit/chi and leads the hands to the target.

When first exposed to this aspect of training, I found it very difficult to get used to the concept of making noise as part of my martial methods. In general, women and men both tend to resist really letting go of their fear of being noisy. The initial strangled squeaks and grunts tend to provoke laughter more than fear!

Eventually, the "letting-go" process will include being able to "ha" from the very centre of the tan-tien -- the difference it makes to the speed and power of your movement can be quite spectacular.

Like any other aspect of your training, you'll only be able to understand the martial usage of "hen/ha" by practising. You'll need relative privacy, so that you don't give your family or the cat heart failure. Make sure that the shouts are short and sharp and come from the lower torso/tan-tien and not from the upper chest/throat. Don't do too many at one time, as you can get a sore, hoarse throat if you don't get it right.

When first exposed to this aspect of training, I found it very difficult to get used to the concept of making noise as part of my martial methods.

Perhaps Lao tzu was thinking of this kind of training when he wrote that a baby can scream all day without getting hoarse because it breathes naturally and, by implication, without tension. Anyone with children will know the truth of this!!!

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Tai Chi and Psychology

Aaron Cross (Australia)

To those of you who do not know me, my name is Aaron Cross and I am a third year Psychology student at Griffith University on the Gold Coast. I have been fortunate enough to study Tai Chi with the WTBA for the past four and a half years, and although still relatively a novice I believe the physical and mental changes that have gone through within this time have been tremendous. Only recently have I discovered, through my own studies in psychology, just how potentially powerful Tai Chi is as a mechanism for physical, mental, emotional, and spiritual growth.

I was asked recently to do a presentation for one of my classes on non-verbal communication. Not wanting to simply regurgitate the same old 'body language' rhetoric I started looking at how what I had learnt through Tai Chi could be related to non-verbal communication; i.e. how at higher levels we communicate through energy. I was pleasantly surprised as to how much of what Tai Chi had already taught me could be verified by empirical (scientific) evidence. That is; we do indeed communicate with energy.

Energy

One of the most noted scientific investigation into the bodies energy field began in the 1940's with the work of neuroanatomist Dr Harold Burr. Burr found that all living

organisms are surrounded by an electrodynamic field which he termed 'life-fields'.

Working with human subjects he found that changes within the body; changes in brain waves or in heartbeat, are a direct *result* of changes in these life fields. This result tends to contradict the present scientific presupposition that consciousness is the result of physical actions in the brain, as opposed to actions in the brain being the result of consciousness.

The latter of these two theories however directly corresponds with what we are taught in Tai Chi; 'where the mind goes, the chi will follow',

The latter of these two theories however directly corresponds with what we are taught in Tai Chi; 'where the mind goes, the chi will follow', that is; that the mind (electrodynamic field) is pre-eminent, moving prior to physical action. This is also apparent in other martial arts. Aikido founder Morihei Ushiba was reported once saying, roughly; "It is easy to defeat an attacker. Before he strikes his Ki moves, all I do is step to the side and push him over".

More recent research has also focused on the role of emotion in the workings of the bodies electrodynamic

field. Atmospheric physicist Dr Barbara Ann Brennan (1993) concludes that our life fields directly correspond with our emotional state, and that peoples life field interact; a form of subconscious emotional communication. As such to get to the core of emotional and psychological disorders we must look to the bodies energy field. Indeed such a view was adopted as early as 1934 by psychologist Wilhelm Reich. Reich believed that psychological fixations cause blockages in the body's 'orgone energy'; it's life field.

each time we do Tai Chi we are giving ourselves a form of psychotherapy

Such blockages are evidenced by specific areas of tension within the body which he termed 'body armouring'. By massaging specific areas of the body Reich was able to release repressed emotional tension within his patients. Tai Chi does exactly the same thing. I have personally seen some students in our Brisbane classes break down into tears (a massive emotional release) after a Qi Gong session.

I therefore believe that each time we do Tai Chi we are giving ourselves a form of psychotherapy. Indeed the correlation between Reich's work and what we do in Tai

Chi are quite startling;

I discovered, through my own studies in psychology, just how potentially powerful Tai Chi is as a mechanism for physical, mental, emotional, and spiritual growth.

**Body Armouring
Armouring of the eyes.**

When in Tai Chi we go into Sung and use 'eagle vision' we are in effect dissolving the armouring of the eyes. Eye armouring, expressed by an immobility of the forehead and an empty expression in the eyes, is typically the result of repressed feelings of intense fear and/or terror in the individual. People who experience direct aggression in their lives are likely to show eye armouring. When the eye armouring is dissolved the individual is able to face their repressed fear and feel safe again in the world.

Armouring of the neck and mouth

When in Tai Chi we 'hang from the hook' we are helping dissolve armouring of the neck and mouth. Armouring of the neck and mouth is evidenced in either tight jaw muscles and a stiff neck or a slack jaw and an overly loose

neck (a head that hangs low). Both are typically the result of repressed feelings of either anger or grief. People who feel as though they have been abandoned sometime in their life, who feel strong anger and grief simultaneously, will usually show neck and mouth armouring. Dissolving neck and mouth armour will typically result in crying. From this the individual will be able to accept their negative feelings and deal with them knowing that their having such feelings does not make them a bad person.

Armouring of the shoulders

When in Tai Chi we sink the shoulders and drop the elbows we are dissolving shoulder armouring. Raised, tense shoulders are typically a sign of repressed fear. By dissolving shoulder armouring the individual is able to accept their fears and feel safe again.

Armouring of the chest and diaphragm

When in Tai Chi we breath into the diaphragm and relax the chest muscles so as to allow them to sink we are dissolving chest and diaphragm armouring. Both chest and diaphragm armouring are the result of repressed emotions; particularly laughter, sadness,

longing and rage for the chest, and extreme rage for the diaphragm. Individuals with a deep seated fear of being humiliated or manipulated typically have this armouring. When chest and diaphragm armouring are dissolved the individual is able to let go of their repressed emotions and regain a sense of focus. They also tend to regain their sense of trust in others.

Armouring of the abdomen and pelvis

When in Tai Chi we sink into our legs allowing our buttocks to tuck under we are simultaneously dissolving abdomen and pelvis armouring. Abdomen armouring generally represents repressed fears of attack whilst pelvis armouring is the repression of anxiety, rage, and/or pleasure. Severe pelvis armouring is often a sign of sexual disfunction.

Abdomen armouring generally represents repressed fears of attack whilst pelvis armouring is the repression of anxiety, rage, and/or pleasure.

By dissolving abdomen and pelvis armouring the individual is able to feel safe again in the world and accept

their feelings of anxiety, rage, or sexuality.

Breathing

When performing the movements of Tai Chi it is important to maintain rhythmic, relaxed breathing. In doing so we immediately begin to circulate the orgone energy or chi around the body. This begins the process of unblocking tension or 'dead orgone energy'. Studies have shown rhythmic breathing to increase energy levels and heighten consciousness. For instance several studies have shown that relaxed, rhythmic breathing during periods of learning can dramatically increase memory retention (see *Superlearning* by Sheila Ostrander and Lynn Schroeder, 1979). Our breath is our link to the universe, and when we lose this link; i.e. breath incorrectly, we become susceptible to a variety of physical, mental, and emotional problems.

In writing this paper I have relied heavily on the works of several authors; Wilhelm Reich and Somatic Psychology in *Personality and personal growth* by Fadiman and Frager (1994), *Tai Chi Touchstones*, compiled and translated by Douglas Wile (1983), *Superlearning* by Ostrander and Schroder (1979), and Barbara Ann Brennan's *Light Emerging* (1993).

Zanshin: A State of Total Awareness

For the past 9 years, *Jack & Beverly Gustafson* have sold books, tapes (audio & video), pressure point models, charts and point-location devices in an effort to improve the Zanshin of their customers about the cultivation and use of qi for healing and self defence.

That's how they met *Erle Montaigne*. Having heard many good things about the calibre of Erle's martial arts and the quality of the information he was putting out, the Gustafsons contacted him. "We were very impressed with Erle's teaching ability, his attention to detail and the sheer amount of information he so freely gave out." In the process, they discovered someone who they came to believe in as a teacher of Taijiquan (their own instructor having passed away many years before), and they joined the WTBA.

The Gustafsons have since had Erle teach a weekend workshop at their martial arts school in St. Cloud Minnesota. Eventually they hope to visit him in Oz, but they say they may have to sell their "baby" in order to do so. Anyone looking for a gorgeous **yellow 1968 Porsche 912?**

The biggest sellers for Zanchin by far have been the two volumes of the Encyclopaedia of Dim-Mak. "Erle & Wally have set a benchmark which all of us rise to."

So, with the increased sales of the Dim-Mak Encyclopaedia, have the Gustafsons become "Rick & famous" yet? Not according to Jack, "the business has never been a huge money maker, but we enjoy helping others and making a lot of new friends in the process. In a way", he continued, "maybe we *are* rich & famous, at least according to blues musician Curtis Salago, who once said, "I am rich in friends and famous in the eyes of God". If that's as 'rich & famous' as we get, then that's OK with us. We have become aware of our true wealth and isn't that a form of Zanshin?" If you would like to receive a free copy of their catalogue, you may contact them at:

Zanshin Productions
POB 1512 St Cloud,
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1-800-252-0144 or +1-320-252-0144

WTBA NEWS

The WTBA is as usual growing steadily with new instructors becoming members from different countries. *Jose Amaral* formerly from south Africa is now living in Portugal and has set up our formal headquarters in that country with *Jose De Freitas* as secretary. You can contact Jose on the following fax number in Portugal. 351 1 392 71 98. I believe that 351 in the country code.

I have been asked many times to include a list of all WTBA instructors worldwide in the Magazine. I would love to do this, however, with so little space in the Magazine, it would just take up too much space as we have so many members. If anyone wishes to know a certain member's address, please simply contact us here in Oz on +61-2 6679 7015 (Phone) or +61-2 6679 7133 (Fax). It would take a number of pages to include everyone in the Magazine. I am however, trying to get all names and contact numbers and/or Email addresses into our home pages at:

<http://www.ozemail.com.au/~taiji>.

We are already getting some good responses to our USA listing in the pages on the Internet.

John and Manisha Ross have a new family member, little *Leon Ross* was born early in June this year, and being three (*Angelique* is Leon's big sister) of my most favourite people, I send them all my love and happiness. Nothing like a little boy to keep you on

yer toes! John is our representative for the State of Western Australia.

On the subject of Western Australia, *Susan Sharr* and *Tomoko Kabasawa* have been graded to Senior instructors running the WTBA in Perth, the capital city of W.A.

Jack Gustafson with his wife *Beverley* run our post in Minnesota USA. Jack was graded up to 2nd Degree Senior Instructor while *Beverley* was graded to Senior Instructor. Jack and *Bev* also run *Zanshin Productions* (see ad this issue) which stocks all of my books and most of my videos in the USA. Along with many other videos and books from other martial artists.



Jack Gustafson with one day's Mailing of the Encyclopaedia

The Encyclopaedia of Dim-Mak written by myself and *Wally Simpson* has become the best selling book of its genre in the USA as the photo of Jack Gustafson shows.