

Combat & Healing

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Issue Number 49

Why Teach?

One Strike, One Kill

The Wrists Have It

The Origin of
Acupoints

Journey to Africa

Healing the Body

PLUS

WTBA News, New
Videos etc.



*Michael Kaniewski (Wales) Paul Brecher (London) Hoon B Lee (Korea/USA) At
Camp 2002*

COMBAT & HEALING

The Magazine of the World Taiji Boxing Association

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FRONT COVER

Shows Michael Babin our WTBA Baguazhang Specialist (also does a pretty mean Taijiquan set as well!) with Michael Kaniewski one of our main teachers in Wales.

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Why Teach?

by Michael Babin

There are many reasons to teach any or all aspects of the internal arts:

— putting up with other instructors — most of whom wouldn't know competent taiji or qigong or bagua if they saw it but have just "jumped on the bandwagon" to make a quick buck off of the credulous and the lazy; — showing-up to teach when not one student bothers to make an appearance; — teaching a group of out-of-shape beginners who don't look as if they can lift the tv remote control, much less balance on one leg; — trying to find time to practice for oneself after having spent much of your free time on your feet teaching others;

most of whom wouldn't know competent taiji or qigong or bagua if they saw it but have just "jumped on the bandwagon"

Whoops! Those were some of the many reasons to NOT teach.

Seriously though, teaching can "teach the teacher" many valuable lessons about his or her own understanding of the art. It is one thing to be able to do a form or training method — it is quite another to explain or demonstrate your performance in

such a way that you help someone else along the same path that you have followed over the years.

In the old days, you wouldn't have dared to teach without the permission of a respected, long-term instructor. Today, for a variety of reasons, both good and bad, this is rarely the case. Deciding or being told that you are ready to start teaching is one thing; adjusting to being the role-model instead of a student is another.

Thoughts on Being A Role-Model

Sadly, few in any group of beginners will bother to practice what little they learn — much less make the physical effort necessary to advance to the deeper aspects of the art and even fewer will have any real aptitude or drive to excel. However, there are always exceptions, and some students will practice obsessively whether you want them to or not.

It's not easy, either, to come to terms with whether or not a student should learn in stages or be "thrown into the water". It is true that the average student will be best served by being taught only the basics for the

first few years and that the majority of students have to learn to crawl before they walk — much less run! Of course, this also means that the teacher must remember the basic ways of doing the various forms and not just move on to whatever level he or she is ready for and forget the material that is no longer relevant to their level of expertise.

Some classes, it's very hard to be patient with the obvious lack of practice or having to correct the same mistakes (in the same person) for the hundredth time. The frustrations of trying to "cast pearls before swine" (as the famous taiji instructor T.T. Liang was apparently fond of muttering during his classes!) will soon teach you why many of the old masters only taught a select few!

I use a lot of humour while teaching and it is usually well-received, although I have been criticised for it on occasion. It is difficult to make everyone in even a small group satisfied with your teaching style so you must use the approach that comes naturally to you. Remember that no matter how competent your teaching style is — someone will be dissatisfied with it or find it incomprehensible. Don't take it personally!

I suggest that you remember

that the people in your classes are supposed to be there to take your advice, if only for the hour or so that you teach them. Don't bend-over backwards to be accommodating to them or to humour their idle chit-chat with each other or the tendency to stand around chatting when not being supervised. As long as it is done with common-sense, the majority of students respond best to structure and gentle discipline in a group-class setting.

There seems to be quite a strong prejudice (in North America, anyway) against instructors who charge for their fees. The sentiment seems to be that a good teacher will happily teach anyone who wants lessons for the pure joy of instruction.

There seems to be quite a strong prejudice (in North America, anyway) against instructors who charge for their fees. The sentiment seems to be that a good teacher will happily teach anyone who wants lessons for the pure joy of instruction. The taxman, landlord and those who provide my Studio phone line have a different opinion — as does my wife — so I don't think that there is anything wrong with charging reasonable fees for your services as many students won't take you seriously unless they feel that they have to get their money's worth out of you. However, in some

ways, it is easier to teach for the love of it or to share what little you know if you can do it for free while earning your living in a "9-5" job.

Sometimes, watching your students flounder is also a powerful reminder that you may not have "got it" quite as much as you think. Unless you are fortunate enough to be under the supervision of a competent instructor in a group of some size and quality; there is also the issue of often having to create your own training partners to be able to practise the two-person methods and forms.

Any good approach should be replicable by at least a few people and not just the instructor who may be relying on his personal genius and experience to make dubious material work. It was one of the things that impressed me about Erle and the material that he teaches — I was able to learn to great benefit from his videos despite infrequent personal correction and I met others in the WTBA who were able to do the same.

However, teaching can also be counter-productive if you lower your standards in order to make money or pay the rent on your facility. In addition, teaching endless beginners can suck all of your energy and leave you skimping on your own training.

There's also a price for teaching martial arts for years/decades — injuries! There are other days where everything aches in my middle-aged carcass and I think to myself why am I doing

this? I have arthritis in both elbows from being a training partner for too many students who didn't have the "control" that prevents needless damage and my hip is a mess for a variety of reasons, including having tried to do "high kicks" for years and the stamping inherent in hsing-i and the Yang Lu-ch'an form. As you get older, it takes longer to recover from even minor injuries and I now understand why traditionally instructors preferred to not train with the beginner and intermediate students. Sadly, those are exactly the students who need to "feel" the teacher's skill and power the most. As in many things, there are no easy answers.

In any case, I think that teaching is essential for a while in the same way that structure is essential; but in the end, both may become limiting. Ultimately, the only good reason for teaching is to help you grow as a practitioner while helping your students find a path that can bring them better physical health and greater emotional/spiritual maturity.

The real reward comes from those times when you watch a group of your students and you can see "magic" in their movements; or you see smiles and hear laughter even though they are working to their capacity.

BEYOND THE CONCEPT OF “ONE STRIKE, ONE KILL

By Rick Bauer

One of the oldest maxims in martial arts is “One Strike, One Kill.” In my humble opinion, it is also one of the most misunderstood and often misquoted of the martial adages. Commonly, it is defined as a level of proficiency where your skill is so great, you can end a confrontation with one strike, and walk away unharmed. This proficiency level is deeply intertwined with Dim Mak, and embodies the martial objective of seeking and inflicting maximum “stopping power” on your opponent in the quickest and most direct manner.

“Power comes from the legs, is controlled by the waist and expressed through the hands.”

There is another Chinese adage, which says “Power comes from the legs, is controlled by the waist and expressed through the hands.” The old classics describe a few exceptionally talented martial artists who tested their martial prowess by fighting domesticated bulls, chopping off their horns with a knife-ridge hand. There are also stories of masters killing animals with a single focussed punch to the slaughter point on the skull (located right between the eyes). When discussed in martial arts circles, stories are also relayed of exceptionally gifted martial artists, who were capable of defeating attackers with a

single strike. Over time, the above perception became synonymous with the attainment of One Strike, One Kill. Reaching that lofty tier of proficiency has been described by many as the ultimate skill level for a martial artist; the apex of the pyramid, so to speak.

Over the centuries, several schools have produced men and women who’ve attained exceptional levels of skill. These talented martial artists have gone on to accomplish impressive feats of skill, such as defeating great adversaries or superior numbers with a minimum number of blows. As such, the proficiency level required for One Strike, One Kill is rare but attainable. Without question, such a lofty plateau is reached by a select few, and only through a considerable level of hard work and exceptional instruction.

But the concept of being able to survive a life and death encounter by delivering one blow should not be misinterpreted to represent the ultimate level of achievement for a martial artist. There is still a higher level to aspire to, which goes beyond the concept of One Strike, One Kill. It is a level reached only through the healing aspects of martial training, as well as the noble realm of teaching.

The expression “One Strike, One Kill” originates from a longer Chinese proverb; “Talk, walk, run, evade, hide, and terrify. then one strike, one kill for self, or family preservation.” In full context, the proverb takes

on a dramatic new depth and meaning. In the Art of War, Sun Tzu wrote, “The ultimate level of a martial artist is to be able to defeat an opponent without having to fight.” The first part of the proverb examines the steady progression of conflict resolution. Try and talk it out first. Walk away from a fight. Run if necessary. Evade if pursued. Attempt to terrify your opponent, to get them to back down and run away, if you are cornered. If all options have failed to resolve the crisis peacefully, strike to defend yourself or your loved ones. And in doing so, strike to end the conflict not prolong it.

This can be achieved through stealth, guile, and misdirection, not always physical force.

Within the classical systems, using your martial abilities and training to help and heal were always seen as the pathway to the highest levels of skill.

To become a respected teacher of the beneficial aspects and uses of the Arts was always seen as the ultimate level of achievement. Within the framework of the I Ching (Book of Changes), the old masters always held that the ultimate plateau of martial skill was not One Strike / One Kill. Rather, it was expressed (within the conceptual framework of the teachings of Sun Tzu) as “Never draw your sword, and never be defeated.”

The Wrists Have It

Erle Montaigue

May 26, 2002

After one has learnt the basic Taijiquan form and knows roughly how to move the hands, feet, waist and legs, there is a time of practice in order to change those simple movements into something else, something that is internal. This time can be anything from two years to 20 years with many changes happening within and without of the body along the way.

Many experience the flow of Qi for the first time and think that they have discovered the true meaning of Taijiquan and that they now 'have it'. I receive emails and letters from students who after only one year write that they are experiencing Qi Flow in the form of electrical impulses or a white light etc. etc. They think that they know it all. However, these little things are only the very tips of the beginning and it will take many years before you can say that you now know the internal; and more importantly are experiencing it.

Do not let that put you off though, as along the way, it is a most rewarding journey of discovery and change. Remember, that it takes a lot of heat to heat up a large piece of iron; however, it will remain hot for a long time.

We are told that the wrists are one of the most important areas one our training and like myself way back; we think that we know about the wrists once we have learnt the ba-

sic form. We are told to move the wrists like this or that so we simply move them like this or that. However, after many years of practice, one day you will be training, and something different will happen. It will be a wonderful experience, one that puts the whole body into a state of 'sung' for the first time. You will not feel your hands moving, they will be moving in a never ending mode, something like the cake ingredients when you are mixing using an electric cake mixer, it just goes around and around slowly, never ending, no beginning and no end. (I do a lot of cooking also for relaxation as it is a great way to just do nothing). The wrists will be the first area of 'sung' which will immediately move down into the rest of your body and finally, for the first time, tell you exactly what Taijiquan is all about. It is like a drug that you cannot get off of, you want to do the form like that more and more.

Sadly, though most people give up long before that stage has arrived, as they just do not have the patience to get there. They either give up because Taijiquan just isn't working for them as it should (after one year), or they think that they are there, having experienced some little pulses or electrical stuff. This period after such experiences is called the 'void' where nothing seems to be happening, like the lull before the storm. Or like the great void across the ocean when people thought that there was nothing out there, just ocean. Many began voyages, only to turn around and come back because of the void. Others who were persis-

tent kept going to discover great new lands. And that's exactly what learning Taijiquan is all about, sticking to it until you get there!

The group of postures known as Grasping Swallow's Tail will be the first postures where you will feel the wrists. However, this will never happen if your grounding is not perfect.

The group of postures known as Grasping Swallow's Tail will be the first postures where you will feel the wrists. However, this will never happen if your grounding is not perfect. There is an old Chinese saying; "forget about the legs, think on the hands". Which means that the legs, once they are strong enough from doing lots of form work, will look after themselves and as long as the legs can hold you up, perfectly balanced, taking steps without having to move weight onto the stepping foot before it is fully placed. It really does not matter how the legs move as long as they are taking you in the right direction for the various postures of the form, all they have to do is to hold you up. It is the upper body that is the main thing once the legs are doing their job. The upper body is like the internal Qi flow and will move exactly in the same manner as that flow.

You will not feel the wrists moving:

In order to come to this area, the wrists will move very little from a yin shape to a yang shape and back, only enough to cause the energy changes. The wrists will be continually changing state and moving in a never-ending circular/spiral way so that you can experience this 'non-movement within movement'.

A true meditative state (sung) will never come fully until you have the wrists moving correctly. And although you might be adept at some kind of meditation, you will never fully experience true meditation until you have the body in sung. And the wrists will bring you to this experience. Once you have the wrists, you will automatically go into a true state of mediation for the first time and it is indeed a wonderful experience, the whole body, for the first time, really sinks internally and before you know it, you have finished the form, not even remembering that you have done it! A bit like going under anaesthetic, waking up at the other end with the procedure done!

The Hands Do Not Touch:

At this level of Taijiquan, the hands never touch! Not even the fingers of one hand will touch together for instance when performing 'Single Whip' posture, as to do so will short out the Qi flow. It's like when we have a resistance in electricity, for instance a speaker across two electrical terminals. The higher the resistance, the higher the 'EMF' (electro-motive force). So when we do the form without touching the hands together, there is a much higher 'voltage' built up across the hands so the body is forced to make much

more Qi flow around the body. However, beginners should not do it like this!

The breathing will naturally come into complete balance and harmony with the movement once the wrists begin to move correctly. You will no longer consciously think about when to breathe, it will just happen that on a yang movement, there will be an exhalation and visa-versa.

Never Forget Your Yang Cheng-fu's Form, You Might Just Need it Some Day!

Although the Yang Lu-ch'an form is the highest Taijiquan form ever invented, it is often quite difficult to get to the internal because it is so physical and at the same time so internal. Because we have to do the fa-jing moves, beginners who only learn this form, often never get to the real internal as they learn the fa-jing movements incorrectly and only use physical force. They think that the fa-jing moves are the most important part and so, begin to learn these movements first as they are the most difficult. In doing so, they lose out on the internal part which the slower movements will give them. Remembering that even the fa-jing movements are 'slow' they happen so explosively that you haven't really done any movement!

You must remember that it took 6 years just to learn Yang Lu-ch'an's form! And I have people who write to me after having the YLC form tape for only 3 months saying that they now know this form so what do they do next! It's OK to see

what comes next and to even try it. However, you must continue with your basic forms until the internal arrives. And if you have not got 6 years nor the patience to wait that long, this is why we were given the Yang Cheng-fu form. It was meant as an interim form to give us the internal quicker so that we could then go into the Old Style and not have the danger of never gaining the internal.

We all take our health for granted when we are not ill! However, once in our lives (if we are very lucky) we will have that illness or body condition that will force us to take a long hard look at what we are doing. What we eat, how we move, the daily stress that we allow to creep in. However, all that stress and having to go to work, money matters, all fade into insignificance when faced with a life threatening disease and we finally see what really matters in life. Family and living are the only important things in life! Being balanced and happy are what humans should be all about and when we are faced with dire circumstances, we then see how important our health really is and that we are not supermen or women!

You mind can and will make you ill if you allow it to.

During these times (and it usually comes at around 50 years of age) your Yang Cheng-fu form will be the thing that will get you through your current situation. This is the form that will take you into full meditation and allow your body to regenerate, along with a complete change of diet and life style. If you

have been able to get to an internal stage with the YLC form, then this is OK, however, I have not known that many who have been able to by age 50!

God Talks To Us:

We all of us (and I am speaking also for myself here) take our health for granted and do things that we perhaps should not, like drinking coffee (decaf included) or eating too much animal stuff etc. 'God' has only one way to 'speak' to us. And that is through the body and placing us into perhaps not so nice situations. I always tell people "be careful what you ask of God as he may just answer you"! The only way we have of knowing that we must change, is for the body to fall into ill health. This is the way that 'God' tells us things. And if perhaps you are not eating correctly, or perhaps you are not thinking the internal way, worrying about what everyone else does, speaking badly of others, placing coals onto other's heads etc., This all causes internal tension which leads to external tension and we become ill. And if we do not know the way to heal ourselves, then we could die never knowing that we could have healed ourselves.

Even once we have had such an illness, we tend to get right back into the old ways of thinking that we have now been cured so we can go back to what we were doing! I have seen people who have been diagnosed with curable lung cancer who go right on smoking and eating rubbish, thinking that it is the doctor who will cure them. The doctor can only take care of the immediate symptoms; if you keep doing what it was that caused the

illness in the first place, then it will return bigger and better than ever. It's exactly like if you cut yourself with a knife and the doctor sews it up for you, then you go and cut yourself again!

Stress is the biggest killer of human beings ever. Things like coffee actually cause stress! My faith in Western medicine is not as poor as it used to be as many doctors now are also looking to alternative medicines. For instance I had a specialist recently tell me that things like coffee and dairy products will actually cause prostate troubles! Now for a Western Urologist to say that, that's something! And even the humble GP is telling his patients who have perhaps some urine infection to take cranberry rather than the soul and body destroying anti-biotic for this complaint. So things are looking up.

You mind can and will make you ill if you allow it to. Worry, causes stress and stress causes disease states to creep in with out your even knowing it. All of a sudden, you are seriously ill and wonder why! Even Western doctors are now beginning to appreciate the healing properties of Taijiquan. However, and here's the rub, it must be learnt correctly in order for it to do any good at all!

So it is important to never forget your Yang Cheng-fu form as it may just save your life one day, as we all get old, even masters!

NEW VIDEO TITLES from Moontagu

MTG226
Bagua Fighting: The Most Deadly Point Strikes on the Most Deadly Meridians: Volume One.

Erle Montague receives many requests for a more simple way of showing the most deadly point strikes on the most deadly meridians using Baguazhang. This video series shows how Bagua uses three consecutive strikes using fa-jing all aimed at the most deadly dim-mak points on the most deadly meridians. Erle shows how to use each weapon without damaging yourself, using a hard mitt. He then goes on to show each point and its effect upon the body. Then he shows Bagua Fighting techniques to gain the most from this system. This is an easy to learn from series, it is not sophisticated, it is just straight down to earth Bagua fighting at its best, or worst if you are on the other end of it!

MTG229
Bagua Fighting: The Most Deadly Point Strikes on the Most Deadly Meridians: Volume Two.

Carries on from Volume One.

MTG228:
The Formal Day to Day training of the Montague Children: V. 5

Carries on from Volume 4 below. Including YLC form up to "Step Up Parry & Punch" \$30.00 (USA) or £20.00 (Europe)

MTG227:
The Formal Day to Day training of the Montague Children: V. 4

Carries on from Volume 3 below. Including YLC form up to "Brush Knee & Twist Step" \$30.00 (USA) or £20.00 (Europe)

Where do Acupoints Originate?

Chris A. Johnston

The standard Western medical view is adequate to explain most of how acupuncture and related disciplines work. However, some phenomena still require clarification.

Acupuncture of particular Stomach meridian points produces a stabilization of bowel processes. Regardless of whether the bowel is hyperactive or hypoactive, a normal condition is arrived at in either case through the same sort of stimulation of acupoints. This can not be easily explained with reference to the nervous system alone. Nerve stimulation or suppression only leads to one of either of the two extremes, and does not act based on the current condition. There is no particular medically defined system that can in itself easily account for the phenomenon.

The Eastern paradigm is not scientific in the strictest sense having been arrived at largely based on experimentation and observation. While not scientific, this trial and error approach yields techniques that work regardless of any lack of Western medical explanation. It should still be possible to retroactively determine why these techniques work from a Western medical standpoint.

If a technique produces tangible positive results, then it is valuable regardless of how the technique was arrived at in the first place. There is only one truth, and presumably that is what we should be after. If science has difficulty illuminating some of the underlying mechanism of acupuncture, then science needs to become smarter.

In order to understand how and why acupoints work the way they do it is necessary to investigate precisely what they are and where they come from during growth, ontogeny and maturity.

Acupoints, Chakra Points, Trigger Points and Reflex Points

ACUPOINTS:

Acupoints are a set of small areas or points on the body that are charted on different channels across the body surface called meridians. These meridians are typically named after particular organs or postulated organ systems.

Meridians that are named after specific organs are the Bladder, Colon or Large Intestine, Gall Bladder, Heart, Kidney, Liver, Pericardium, Small Intestine, Spleen and Stomach. Also the three areas of the body known as the head, chest and gut are known as the 3 Heaters, and a meridian known as Triple Heater, Triple Burner or Triple

Warmer is named after them. The midline of the body is broken up into 2 further meridians known as Conception Vessel and Governing vessel. Also, various relations between these points across different meridians are thought to exist, and these relations have given rise to combined meridians that contain acupoints form some of the 12 standard meridians.

In order to understand how and why acupoints work the way they do it is necessary to investigate precisely what they are and where they come from during growth, ontogeny and maturity.

These meridians are called Extraordinary Meridians, and include the Penetrating, Girding, Yin Linking, Yang Linking, Yin Heel, and Yang Heel vessels. There are 361 standard acupoints on the major meridians (1), and various Extra Points numbering around 394. Various texts disagree on the actual number of points and meridians.

The set of acupoints and extra points is often used to treat disease by strengthening resistance and regulating metabolic activities. Extra points denote points that were discovered more recently (new), or do not seem to fall on a particular me-

ridian Miscellaneous). A common definition of the term acupoint is any site where Qi is transported from internal organs to the body surface .

Acupoints have an increased bioelectric field relative to surrounding tissues that is associated with ionic current through Gap Junctions (2).

Acupoints and extra points are used in acupuncture and acupressure to treat a large variety of maladies. Some of these include mental and psychological difficulties(3).

CHAKRA POINTS:

There are 7 Chakras of the body and these correspond with existing acupoints and extra points. These 7 Chakras also each correspond closely with major sympathetic ganglia that branch from the spine at different levels. The 7 Chakras are said to exist in the subtle body , an area overlaying the physical body. A traditional definition of a Chakra is a whirling vortex of energy between mind and body .

Chakra points have traditionally been used to treat many of the same types of difficulties that acupoints are.

Many other theories exist about the significance and qualities of these Chakra points (4).

TRIGGER POINTS:

Trigger points are highly painful points that can remain in a muscle after an injury. Often pain is referred from a trigger point to another seemingly unrelated body area. A great any

of the common trigger points correlate with existing acupoints, but in all cases trigger points are found within muscle.

Trigger points may be used to treat chronic muscular pain and stiffness in a non-invasive manner (5).

REFLEX POINTS:

Reflex points are usually located near tendons and ligaments where they connect to bone or muscle (6). They represent proprioceptive nerves, and send messages via golgi tendon organs to the spinal reflex arcs about the condition of the tissue that they are in. Relayed information is used to trigger reflexes such as the Withdrawal Reflex, and the Crossed Extension reflex. These reflexes are triggered independently from brain processes, and can not be resisted directly (7). Often reflex points correspond with existing acupoints but not in every case.

Reflex points can be used to gain control of an unwilling or combative assailant, regardless of what drugs the person may have been using or how much adrenaline is in their system at the time. This is because regardless of the opponent's perception of pain or lack thereof, the reflexes always work at the spinal level.

Gap Junctions

In order to understand what series of developmental events gave rise to acupoints, an understanding of Gap Junctions is necessary. Gap

Junctions are tiny tube-like structures that exist between the cells of many of our tissues, including epithelial and endothelial tissues. Many of our cells produce a hexagonal protein molecule called Connexin. The ring shaped Connexin molecules tend to stack end to end like coins, forming hollow tubes that are called Connexons. When these Connexons join holes in the membranes of adjacent cells in a tissue they are called Gap Junctions.

Gap Junctions pass various chemicals between the cells of a tissue, including ions, simple chemicals and peptides.

Other larger protein molecules and structures within each cell are too large to pass, and must remain in their cells of origin(8).

Chemicals and simple peptides are often used as cellular hormones that regulate a variety of ongoing processes and synchronize events. During the development of an organism, the very first system to develop after the first cell divides is Gap Junctions. As more cells join the tissue, more gap junctions form and many of the chemicals and peptides being passed between the cells of the tissue begin to build up. Some of these chemicals and peptides act to trigger changes in cells that lead to the different structures of the body. Gap Junctions trigger genetically pre-defined events at critical times in the development of an organism(9).

Organizing Centers

As an organism becomes more complex, small areas of tissue regulate activities and changes over larger tissue areas. These regulating centers are called Organizing Centers. The increased bioelectric current that is present in such areas is due to the presence of a large number of Gap-Junctions. Organizing Centers are generally found in critical areas such as extremities, borders of tissues and depressions; sometimes development can cause an organizing center to be pushed aside from such an area.

The acupoints are centers of high Gap Junction density that were once involved in organizing the development of the various systems and structures of the body.

While during development the role of Organizing Centers is largely one of regulating development and differentiation, in maturity these areas maintain structural form and moderate various bodily systems. Generally an organizing center will end up moderating the same body areas that it had a role in developing. In maturity, these organizing centers are known as the acupoints. The increased electrical activity and magnetic flux present in and around acupoints is due to high Gap Junction density.

Most of the chemicals and Peptides transferred via Gap Junctions move relatively slowly. The calcium ion is an exception. Very fast transmission of calcium ions through Gap junctions is possible. In fact the movement of ions is responsible for the electrical effects that are observed in tissues with high Gap Junction density.

The meridians generally correspond with areas of epithelial tissue between muscles and around organs that lie between the various acupoints. A bioelectric current is detectable between points along these meridians that is readily detectable, and is significantly greater than that of surrounding tissues. Presumably this current is due to the transmission of ions through gap junctions between cells of the epithelial tissue. During ontogeny (progressive development) these boundaries were set up by organizing centers at critical times to facilitate the development of the organism into progressively more complex forms. It is said that ontogeny mirrors phylogeny (development progresses through the same forms in individual development as in evolution).

Re-definitions

The Trigger Points and Reflex Points have been well defined above, but more should be added to the definitions of the Chakras and Acupoints. The Chakras have a very long traditional description, with a great variety of religious over-

tones. They are the subject of volumes. It should be realized for our purposes that these points are a subset of the acupoints, and have the characteristic high density of Gap Junctions and corresponding electrical properties. Also each Chakra is closely correlated with its own particular sympathetic ganglion.

The acupoints are areas of the body that satisfy the following conditions:

- 1). High concentrations of Gap Junctions are present in the tissue.
- 2). Increased magnetic flux can be measured over each point.
- 3). A flow of ions is normally present between such points.
- 4). These points correlate with vestigial organizing centers that served to coordinate development.
- 5). These points are centers often involved in maintaining the form of the body.
- 6). These points are centers often involved in modulating metabolic systems.

Where do Acupoints Originate?

The acupoints are centers of high Gap Junction density that were once involved in organizing the development of the various systems and structures of the body.

Conclusion

Clearly there is validity and therapeutic value in acupuncture and related disciplines. In order to bring acupuncture completely into the realm of modern medicine it is first necessary to pin down every possible aspect of how and why it works. Certainly the nervous system is closely involved, but it makes sense to uncover every other aspect of acupoints before we assume that we understand them. The hopeful result will be more effective and useful acupuncture, and a more comprehensive modern medicine.

The association of the Chakras with different sympathetic nerve ganglia makes them obvious candidates for communications between the parasympathetic nervous system and the meridian system.

The association of the Chakras with different sympathetic nerve ganglia makes them obvious candidates for communications between the parasympathetic nervous system and the meridian system. Possibly this avenue takes part in maintaining the stability of various bodily systems, and if this system is healthy and functions vigorously, various health problems might be avoided. Clearly more research into acupoints is necessary. In the martial arts

some acupoints and other sensitive areas are used to control or subdue an opponent. It may be possible that strikes might cause problems with the communication between organizing centers, which may be expected to have latent degenerative effects on various systems in the body. Possibly this might explain some of the claims about the legendary 'death touch'.

It is clear that the high density of nerves in a striking area greatly increases the perceived effect. This is usually the primary property that we make use of in the martial arts when striking these sensitive areas. However more research is necessary before we discount other systems that may be involved. Possibly the effects of strikes involving acupoints are the result of a compilation of body systems each having some effect on the others. While Gap Junctions are probably an important mechanism in the healing arts, the idea that they play a role in the immediate reaction to a strike is equivocal.

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A Journey to an Ancient Land

By Wally Simpson

The trip to South Africa had been in the planning stage for quite a while, so as I repacked my bag at 4.30am on Saturday the 21st of July because the zip on my original bag had broken, my mind turned to the long flight ahead and the strange new land I was about to visit. Morne, my sponsor for this trip, had been preparing me for my visit with emails that read like “Well Wally I hope you are prepared to wear a bullet proof vest, carry a gun and be escorted around town by police” then he would finish with “Only joking”.

I had also been hearing stories for a couple of weeks in my clinic from client that wanted to be helpful and informative. They were all similar. e.g. ‘If I was driving a car and happened to hit someone, don’t stop just keep driving as it might be a set up for a hijacking.’ ‘Don’t stop at red lights, just slow down and if no one is coming, keep on going.’ ‘Most young girls could expect to be raped at some time in their life.

‘Everybody carries a gun.’ Just makes you want to be there and feel the vibe don’t it?

With these things in mind I drove down to Coolangatta to catch the 6am flight to Sydney. I had arranged with my middle 2 sons to leave my car in the car park, leave 20 dollars in the ash-

tray for the parking fee and stash the key in the stash spot we used on surf expeditions. A client who worked at the airport had told me that if I was flying Qantas then I would be on a Compass flight and it would be half an hour late. Glad I didn’t believe him as it was a Qantas flight and it was on time. I had a window seat right at the front of the plane and it was a beautiful day so had great visuals of the coast as we climbed and headed south, cruising through to Sydney in just under an hour. Lots of clouds around as we came in to land, I always feel like I should climb out and take a stroll across the clouds when I fly through those type of white fluffy clouds, they have a surreal inviting feel about them. It’s just my Angel nature coming through!!

“Well Wally I hope you are prepared to wear a bullet proof vest, carry a gun and be escorted around town by police”

In Sydney I realized that I had forgotten to leave the \$20.00 in my car for the parking fee as I had arranged to do, hope it was a pay week for the boys. Ooh well the trip is going well so far.

The flight from Sydney to Johannesburg was packed and I had an aisle seat in the middle

about 8 from the tail. I spent quite a few hours standing and walking around, as sitting in cramped seating is not my idea of fun. We flew south over Melbourne and skirted past Tasmania continuing on to the edge of Antarctica. At one stage I was standing at one of the rear doors looking out the window at these Icebergs and Ice flows 32000 feet below, I could feel this coldness seeping under the door and couldn’t help thinking “Shit I hope we don’t crash here”.

It was a 14-hour flight to Johannesburg and we arrived at 3pm on the same day. Morne was waiting for me at the airport, he had also joked via email that there was no way he was going to pick me up. I had thought I would have problems with customs as I had a bit of loose moxa as well as some stick form moxa and Chinese herbs (but only in pill form). They were busy and just sent me on through, that was a relief, it’s been a hassle in the past having moxa in my bag. Half an hours drive to Morne’s place in Kibbler Park on the outskirts of Johannesburg where I met Morne’s wife, Aileen and their children Bradley and Dylan.

We had some pleasant conversation and a nice meal and I was ready for bed having slept no more than 3 hours in the last 42 or so hours, I had been almost nodding off on the

drive from the airport. This travelling through time can be very tiring at least I hadn't been hijacked, yet!

Sunday was a slow day, I explored the horizon from Morne's front veranda. It looked dry and desolate, with rocky outcrops much like Mt Isa the north west Queensland country town where I spent a good deal of my childhood. Morne told me it was very different in the summer when the rains came. I did a little bit of BaGua Circle form and some of the Wu Dan forms and Morne and I spoke of some of the Philosophy behind Tai Chi Chuan and Traditional Chinese Medicine (TCM) in general.

We spoke of the Yin and Yang qualities inherent in the TaiChi forms, the ever-changing flow from soft to hard from empty to full, of loading and unloading and how it pervades all of Chinese Arts, including Acupuncture but especially of its function in the internal arts of Qi Gong, Tai Chi Chuan and Ba Gwa Zhang.

As always it got around to the Intent of the practitioner of the art in question. The Intent to Heal or the Intent to Harm, an intricate part of Tai Chi. You can be wonderful at your form and still not be able to defend yourself against even the smallest attack if you lack intent behind your strikes and actions. You can also look wonderful doing your form but not get the Qi activation you might, because you are really just wafting along. This intent comes with the sinking of our

Qi to Dantian and the activation of the C back and the reptilian brain during combat and training, as all of us who have studied with Erle have been told many times.

As a student of TCM, I was also told and have found for myself as a practitioner, that Intent is a major aspect of what will happen when I insert a needle, press on a point or just focus Qi in a region. In fact even in everyday life if there is no Intent then very little is achieved.

What we often subconsciously do unfortunately is to form Attachment to our Intent. We need to avoid this Attachment to Intent as it inhibits our ability to move freely and ties us down to expected outcomes, which is not a good thing for a martial artist.

What we often subconsciously do unfortunately is to form Attachment to our Intent. We need to avoid this Attachment to Intent as it inhibits our ability to move freely and ties us down to expected outcomes, which is not a good thing for a martial artist. In fact Attachment in general can be a big problem in our lives. Everything in life screams at us of impermanence, yet we still become attached to incidentals that inhabit our existence.

We can become attached to the teacher who has been spoon feeding us with his wisdom, to the student we spent so much time and effort teaching, to the training partner we always play with and the way he or she moves, to the training methods we use to both block and strike our opponents, to the position in space that our opponent was when we commenced our defence / attack and to the expectations we have of the outcome resulting from our efforts (this last bit extends to so many other aspects of our lives).

A story I told Morne was of a guy who came into my clinic not long before I left for South Africa. How he claimed to be from the Pizza place across the road and acted like an old friend who was insulted that I didn't recognize him. I had treated the owner of the Pizza place 2 or 3 years earlier, but I run a busy practice and could not remember this bloke though he did look vaguely familiar. He wanted to borrow my car battery as his had died according to the RACQ driver who answered his call, and he had to pick up his kids from the kindergarten and his wife from the hospital. I told him that I would loan him mine but I was in my brother's car and it was one of the computer-operated models, so I couldn't take the battery out. He said he had asked the RACQ (a roadside help service for breakdowns) driver to follow him home to get his wallet which he had forgotten in his rush to get to the pizza place to

clean up after the previous nights trading, and the driver had refused.

I had some recent dealings with this company that were not all they should have been in my view and obviously still had some attachment to the transactions that took place. Also I was very busy at that time in my clinic and really needed to get back to the 2 patients I was in the process of treating, so when he pleaded with me to give him the money to pay for the battery and he would have it back to me in half an hour, I agreed.

No he didn't come back and he had nothing to do with the Pizza shop across the road. Yea I was a bit pissed off when he didn't show but because I was very busy with other people and their problems, I didn't have time to spend pondering my naivety and I got on with my life. It would have been very easy to have become attached to this incident and I might have not only spoiled my own afternoon, but what would have been worse, I might have had a detrimental effect on the people who had come to me for help. So the bloke who ripped me off could have had a much more devastating and lasting effect on my life than just relieving me of some cash. He could have continued to wield an influence long after the event, had I become attached to what transpired.

Some attachment in life is necessary but knowing when to let go and release the attachments is probable one of our

biggest lessons. The Colon or Large Intestine is according to TCM, in charge of letting go of not just waste physical material from the body, but also of emotional, mental or intellectual waste. When we become constipated in any area of our being, our ability to move freely and accept change is severely hindered. As martial artists we need to move freely with intent but also with non-attachment. The element partner of the Large Intestine is the Lungs (these two organs are seen as the element of Metal) and its job is to accept new things (the in breath) as well as expel waste (the out breath). If we want out strikes to work in martial situations then we need both aspects of the Metal element to be in good working order. We need not only to be not attached to the strike we throw, we need also to be able to gain Qi from it to be able to continue striking. So remembering to breath into the Dantian while training fast forms is a very basic and important aspect of what we do.

It is easy, when you are learning, to hold your breath during forms such as the Large San Sou, especially when you are trying to get some speed and explosive movement happening.

It is easy, when you are learning, to hold your breath during

forms such as the Large San Sou, especially when you are trying to get some speed and explosive movement happening. You become so intent on getting your strikes in that you forget to breath and so you become breathless.

Qi becomes trapped in your upper Jiao, the lower Jiao becomes empty (you lose your connection to the ground so you are not rooted) an imbalance develops and your form begins to suffer.

In Acupuncture this is also true, if your breath is only from the movement of the intercostals and not from the diaphragm (so a shallow breath rather than deep) then the insertion of the needle comes just from your hand (upper jiao) and not from your Dantian. You lose a lot of sensitivity and strength from your treatment.

Anyway so much for the philosophy rave, I think I've done that one before, if so sorry it just keeps coming up for me.

Morne had decided he would like me to give a brief look at a range of things covered by Erle and the WTBA in these 5 workshops, which was fine by me as long as we could start each workshop with some Qigong. I feel much more centred and find the class can take in more information if we start with a Qigong .

We did the workshops in three different venues around Johannesburg.

In the first workshop we went through the first third of the Yang Chen Fu form. There were around 35 people all of whom were very keen and all but 2 or 3 had been training this third already. This was in Morne's main venue in a sporting complex near his home and was a very impressive venue compared to the places where I teach in Australia. A wall full of Mirrors made it much easier for students to see what I was doing at those times when my back was to them.

In the second workshop we did the Penetration Form, No 1 form from the Wu Dan Qi Disruptive series, we also did some basic push hands, neither of which the majority of these people had ever seen before. Once again there were around 30 to 35 people present and what they lacked in experience in these areas, they made up for in enthusiasm. This was in a huge church hall on the other side of Johannesburg, I don't remember the name of the suburb but it was quite a drive from Morne's house.

The third workshop covered the Small San Sou as a solo form, it was great to have a huge mirror across the front wall of the Dojo for this workshop as I could do the whole form with my back to the students and they could still see what I was doing. There were 35 to 40 people at this workshop and we managed to get through the whole form at its basic level in the one night, once again they were extremely keen. It was a change from so many classes I

have taught in the past where you show the student a move and they do it 2 or 3 times and then stop because they figure they have it down pat. This group would keep practicing until I told them to stop or to do something else. This venue was above a garage in yet another part of Jo'burg.

The fourth and fifth workshops were back at Morne's headquarters and were on Ba Gwa Zhang, circle form and some basic sparring from the Ba Gwa Push Hands. We only got some walking practice in, with the inside and outside turns and touched very briefly on the first palm change of the circle form. This was just for a taste and will probably be some time before they start to learn it, as Morne wants them to learn the Tai Chi forms first.

The WTBA is like a big family and our dedication to playing Tai Chi Chuan, Qigong and the many other forms taught by Erle give us common roots.

Morne and a couple of his students took me out to one of the wild life parks on one of our lay days and I was lucky enough to see a few of the unique animals that Africa is so famous for. I was disappointed when Morne wouldn't jump on one of the Rhino we saw running through the bush and go for a ride. It looked harmless enough trotting along in a hurry to get somewhere. I

also got the feeling there were a few Lions and Elephants that would sneak looks from behind the bushes when I was looking the other way, though I never actually saw any. We also managed some shopping at a market (had to keep the troops back home happy when I return). Here we were entertained by one of the local bands and some dancers, good stuff. This was getting closer to my idealistic thoughts of how colourful and moving it would be in South Africa. It was good to catch up to Morne, Kim, Rodney and Merner once again, I had met them originally at our last Taiji camp at Mt Warning in Australia. I have met a lot of interesting people at these camps and even though I don't see them often, the friendships formed don't fade.

The WTBA is like a big family and our dedication to playing Tai Chi Chuan, Qigong and the many other forms taught by Erle give us common roots.

South Africa is an amazing country facing many difficulties; more Qigong and Tai Chi can only help with the healing of the problems of this unique land.

WTBA NEWS

Erle Montaigne and family will be moving back to the Northern Rivers area of NSW from the end of July 2002. The address will be the old address of *PO Box 792, Murwillumbah, NSW 2484 Australia.*

As a consequence to this, Erle will now be available for more teaching at the WTBA Permanent Training Facility run by **Rob and Mause Eaglen** on their 100 acre farm. Students who book in independently of any formal workshops will also be taught directly by Erle for a couple of hours while they are there.

More 'Mini-Workshops' will also be slotted in because Erle will now be so close to the camp.

Michael Babin the WTBA's Baguazhang specialist in Canada will be holding a workshop in Wales with Erle's blessing later this year, perhaps in September. **Mike Kaniewski** will be hosting this workshop possibly at his own new facility, an old dance studio which he is in the process of purchasing. We will post information about this with contact details etc., on www.taijiworld.com and www.taicheworld.net as soon as they become available.

Some of our instructors are now moving away from their homes to travel the world meeting and training with some of our other instructors. Mike Kaniewski travelled to Canada to train with

Mike Babin recently and both were pleased with what they taught and were taught etc.

Our French representative, *Francois Hainry* is still moving around the world teaching as well as holding his local workshops which are always well attended.

Peter Smith has become a big hit in Italy holding regular workshops in Italy for our students there.

Peter Jones will be again holding his annual WTBA summer camp beginning 6th of July 2002. The contact is Adrian Jones email adrianjones@rhydaman.fsnet.co.uk

Our London Representative, *Paul Brecher* has had another book published in the UK and in the USA called "*Taiji Fighting & Healing*" which cronicles the stages that one must learn to attain real Taijiquan. It is good for people who are studying other systems to see the immense curriculum there actually is in Taijiquan! Paul@taiji.net

From Erle:

I am working on a couple of new video titles which should be completed once we move to our new home. The Spear form is one of the nicest weapon forms that I have ever learnt, along with the Broadsword form. The spear form contains many minute movements that

are aimed at Dim-Mak points, along with the more common larger movements. It is great for health as well as exercise and fitness.

I am also working on the whole of the basic Yang Lu-ch'an form done non-stop because that is what our students worldwide have requested. Our 'Children Learning' series is proving to be very popular as it is just so comprehensive! It has to be as this is what I teach my own children so they HAVE to get it right.

I am looking forward to moving back up North and taking a more active role in the WTBA's new training facility which is being added to and upgraded daily with much hard work.

Do You Want to Be Famous?

Calling all WTBA instructors. The physical version of this magazine might be no more, however, the on-line version is booming with now over 12,500 downloads each issue! And we need your articles so that Erle does not have to write them all!

So please put byte to hard disk drive and write something, anything! We need articles from our members so that others will know who you are and that we have an active school or teacher in your area etc.

Healing Your Body: A Message For Young People

By Erle Montaigne

Believe it or not, I was actually young once. And having a young family I know exactly how young people think where their health is concerned. Not so much my children as they have never been to school and have been brought up in a normal atmosphere of health and Taijiquan; to them, this is the normal way that people live. So it is a joy to me when my children look with concerned eyes when I for instance eye off a chocolate in the supermarket! My children are much more health aware than I was when their ages. In fact, apart from eating birdseed and being a vegetarian from age 13 because that is what my parents did, I knew precious little else about how the body works and what we must do to keep it healthy. But because I went to school and had influences from the other children, when I was old enough to join a rock band and marry a 16-year-old girl when I was only 18, I went right back into bad habits.

Most children however, those who go to a normal school and have a 'normal' family do think that they are invincible, that they will never become ill or even die! How could they think anything else as they are young, full of Yang Qi and the world is at their beck and call. However, what children do not know and something that they should be told, is that what they do now while young will determine

their health in later life from 40 years onwards. 40 years if age! Wow that is so far away they all gasp! I remember when I was only 21 and sweet on a girl of 19 who had a boyfriend of 25 years of age, telling her that "he is just so old"! So 40 years of age to a child of 15 is just so unimaginable. But as we in the middle age group know, it just comes around so quickly as we often wonder where it all went and how we got to middle age.

What My Children Know and What I Tell Them

Every human being and indeed every thing has a big electronic notebook in its body called DNA. Everything that you do in life, everything that you eat, every thought you have, every action you take and how you live your life if written down in that notebook only to be opened and read by the body when you turn 50 it would seem. This, most people called the 'dreaded 50 syndrome'.

So when we do get ill we call it old age or the middle age syndrome or some other cop-out. Just because it happens to everyone, we accept it as being normal!

And what your body reads in that book will determine how the rest of your life will be; your

health, what 'debts' you have to pay from what you have done to other people, how your mind works, what you have put into your stomach, how tense you have been, how much anger you have had, what kind of stress you have allowed to creep into your life from unimportant things like your job or what others do to you, how you have treated other people, how much love you have given out, etc., etc. All of this is computed in your body to determine your life sentence and how healthy you will be from 40 or 50 onwards.

Most young people say to me that they will think about all of this when the time comes, when they reach 50 and that they are not going to sacrifice their 'fun' while young! However, it does not work that way. By 50 years of age, your notebook had already been written and it is too late!

So when we do get ill we call it old age or the middle age syndrome or some other cop-out. Just because it happens to everyone, we accept it as being normal!

A child should begin the getting well process from first day of conception. This of course is the duty of the parents as to what they put into themselves and how they conduct their own lives when the mother is carrying the fetus. If the mother or father smokes for instance, they have already condemned their child to a middle age of illness. When the child turns 50, how can it be MY fault that he or she is in bad shape? They are now

an adult so it is their fault! Wrong, it is the parent's fault firstly for not doing the right thing for the fetus and secondly for not educating their children as to health.

But how can a normal person know anything about healthy lifestyle if the doctor, that God in a white coat, learns precious little about nutrition in their University course. Correct nutrition should take up at least the first year of any doctor's course. But instead, they are taught about drugs and surgery. But then, if everyone were health aware, there would only be a need for a doctor in cases of accidents etc. So it is in the doctor's interest to have sick people coming to them of course.

One of the best things that you can do for your children is to take them to a hospital to meet men dying of prostate cancer, women dying of breast cancer, people dying of lung cancer and heart disease etc. Most young people learn something about math and 'odds' so they must be told that the odds are not good for them against to be one of those people, as there are just so many!

Adults are also into denial where their health is concerned. Men in particular many notice that their urine is not flowing as well as it used to or that they are out of breath easily etc. But they just put it down to old age! Women do not seem to have this problem though. As soon as a woman noticed a lump or any other symptoms, she is normally off to the doctor to have it checked out. Not so with we macho men and this could lead to death! I mean, what is the discomfort of the old 'finger up the bum' compared to dying ten or twenty

years too early? I must admit that the first time that this happens, it is a bit of a shock! Especially when the doctor has to push in so far in order to feel the prostate! I now know how some of my girlfriends felt when I was younger! Although I am sure that was a bit more pleasant than a male doctor sticking his finger up your bum. You can get used to it though to the point where it is not so bad going in, but it's the withdrawing that is the not so nice part! On a serious note though, I advise that all men over 40 have this done at least once every two years after 40 and then every year after 50!

So no matter how much I tell people about these matters, only a few ever seem to listen and do something about their later health! However, even if I reach only three people, then I am happy.

This article is for young people who still have a chance to change how their health will be in middle life and into old age. However, even if you have done all of the wrong things in your youth and up until now, there is still something that can be done. You will unfortunately, probably have to come to a very low level of health or have some life threatening disease in order to force you to do something! This seems to be the way of adult human nature, 'If I feel OK, how can there be anything wrong'? However, lurking inside of all adults, there is a time bomb ready to explode based upon your DNA and what you did as a child and youth. But most people do not see this, they simply say that they have contracted cancer or that they have contracted heart disease etc. You do not GET anything, you CAUSE

it! So when you wake up one morning and cannot urinate and have to go to the hospital and have a tube stuck up the old fella, awake and feeling it all as this happens, you put it down some kind of disease! You never think that this enlarged prostate could be caused by wrong sex all of your life and too much of it, or that you have eaten all of the wrong fatty animal fats and have enjoyed the one or two cups of coffee per day. But this is the problem; even western doctors nowadays tell us that coffee is one of the worst things for the prostate, along with milk and other dairy products! Most however, tell us that we should go on having copious ejaculations! Their excuse for this is that the prostate is a muscle and its only job is to make ejaculant fluid and that it must be exercised. However, every time that you urinate, you exercise this gland. And they then tell us that we must avoid all things that aggravate the prostate. Ejaculation is one of the most aggravating things that you can do to the prostate!

If, as a young person, you have the brain to ask questions and to find out about your health, and then have the will power to do all of the right things for your health in older age, you will not need things like supplements and herbs etc. But if you are older and have not heeded the warning signs, then you will be able to fix most things, but you will be on a regime of herbs and supplements for life! And of course a complete change in your diet and lifestyle.

Actually, one of the best things you can do for your children is to have some life threatening body condition caused by bad living habits in

your youth. This way, your children and then see what an unhealthy lifestyle and unhealthy eating has done to you in older age. Provided of course that you have come to this conclusion and tell them that this is why you are in such a state! And yes, even masters of Taijiquan can come to a sorry state in middle age because of an unhealthy, 'rock muso' lifestyle! Things like diabetes and prostate enlargement will hit a huge amount of males by the time they are 50! You CAN either prevent it and/or fix the problems with a dramatic change in lifestyle and diet. I must add here that every healer's greatest enemy is himself! But as I always say, better to have had it and can then talk about it from an experience point of view! BY the way, all prostates continue growing throughout our lives, just like out ears! It's just that for around 50% of males, it also grows inwards thus crimping the urethra and indeed stopping flow altogether in some cases. The difference between a simple enlarged prostate (BPH) which is benign and fully blown cancer is how we treated our body when we were young and what we are now doing to combat it.

I hear always that if it is in your genes then you have no chance! This is utter crap!

I hear always that if it is in your genes then you have no chance! This is utter crap! Even if you have any kind of cancer genes and it is so-called hereditary, this does not mean that you will get it. It simply means that you have to extra careful in what you do when you are

young in order to stop those genes from killing you! And this can be done by a simple but difficult change in diet. Difficult because most people are addicted to meat, dairy, sugar, salt and bread products. Bread!! Oh no, not the bread! Yes, friends, I now consider that anything with gluten in it is very bad for health, even if you are not celiac. (Those people who have a huge intolerance to gluten). All human beings are gluten intolerant; it's just that some are more so than others. I have experimented with gluten (being one who is now greatly gluten intolerant), from all kinds of grains and every time my urine flow gets less and less! Even a couple of spoons of porridge (oat meal for our American readers) sends the old prostate into spasm!

For those who are thinking how I am, thank you! I have reversed both of my body states to the point where I no longer worry about it, nor even have to think about it anymore. I just stick to my very strict diet regime and take many supplements and herbs each day as I am one of those younger ones, who used to think that I was superman and could not possibly get some horrible disease or body state. Which is why I am now trying to get the word out to young people especially my own children that they must begin now to do something about their health in older age! Hopefully those who read this will have a much better chance of staying young, healthy and robust into older age I have had, as I have had to work really hard at it! In fact, I believe that I am now fitter than I was at 19 years of age. Although when I see the size of my triceps on some of my older videos, I often sigh! But then I come

back to reality and realize that it is much better to be lighter in weight, carry less muscular bulk and be healthy than to look like a Adonis for those few short years!

Now I know that some of my wonderful friends from all over the world will be reading this, especially those who are perhaps a little to a lot overweight! So I am through being political, I love my friends and if it needs to be said in order to help them to survive, then I will be blunt! Hey, you know about whom I am talking! Give up the meat, give up the dairy, give up the sugar, give up ALL salt and give up too much sex. Once per month is enough and you and your partner will appreciate it even the more! Oh yes, and bread and wheat products! You can get some very nice non-gluten breads made from corn or soy if you MUST have some bread. Although corn is quite high on the Glycaemic index and too much soy is bad for your prostate as it contains estrogen. I probably won't have any friends now, but I have watched too many of my closest friends die of what can only be called useless things, things that could have been prevented easily if only they had realized a few truths early enough!

As an adjunct to this article, I will be including a whole article devoted to 'Male Problems' in a forth-coming issue of C&H including what you can do to combat even cancer if it has not already gone to far!

CAMP 2002

What a camp it was! I know that I keep saying that every camp is the best ever, but this one definitely deserves that title.

Around 50 students attended our WTBA annual training camp held at our new permanent training facility owned and run by our senior instructors *Rob and Mause Eaglen* on their farm at Midginbil in the Northern Rivers area of New South Wales.

The new facility is continually being upgraded and added to by *Rob and Mause* ably assisted by *Queen Victoria and King Eddie*, with assistance from *Laurel and Steve*, (a recent WTBA wedding between a Texan and a real Aussie), for the comfort (not too much comfort though!) and training of our world-wide contingent of WTBA students and instructors. We now have four showers with beautiful wooden benches and basins with a laundry facility at the rear. (See the article on the property on our web site). Four 'Aussie Loos' were quite adequate with never a line up.

The new kitchen facility would make even the most discerning Italian chef proud and our new undercover training area and dining area is a joy to behold. Accommodation is still by tent on a newly flattened piece of ground among the gum trees just down from the training

area. However, we do now have a couple of caravans (trailers for Americans) which can be let out for the camps or for those wishing to attend for continuous training on a live-in basis etc.

The atmosphere of this year's camp was possibly the best ever with friendship and love and the training wasn't bad either! And the last night party was a doozy with music and dancing blasting the surrounding valleys away into the wee small hours.

The food this year was just perfect with things like spinach pie, spaghetti, pasta, vegetable bakes, rice, apple pies, scones, fruit, felafel rolls, sandwiches, salads etc. And those wishing for a 'meat hit' could go into town on the daily run to buy a meat pie etc!

This year was the year of the Broad Sword and Baguazhang Linear form.

Training began each morning at 7 am sharp until 9 am when breakfast was served. 10 am until 12 noon saw more training and then it was individual training until the early evening when it was cool enough to begin formal training again with another two hours from 5 until 6 pm.

This year was the year of the Broad Sword and Baguazhang Linear form.

The broadsword was taught at its advanced level in great detail, showing movements that are not traditionally taught in the basic form. As a consequence, I will be doing a two part series on the advanced Broad Sword form soon. Everyone said that this form was perhaps the most beautiful and deadly forms that they had ever had the pleasure to learn. Our master Sword Maker, *Paul Dixon* made up enough wooden swords so that all could join in. Paul will also be beginning to make our WTBA weapons from pure spring steel, handcrafted in Australia with beautiful wooden handles for those wishing to purchase the real deal. You could write to Paul at 292 *Farrants Rd, Condong, NSW 2484 Australia* for further details. Paul will also be making our spear heads when we begin learning that amazing weapon.

This year saw 50 people from all over the world from countries like, Italy, Wales, England, Holland, The USA, Korea, Sweden, Japan, and of course from all over Australia and New Zealand.

We now have an Italian representative for Italy in one *Vincenzo Staltari* who also attended camp this year. He has been training diligently with Peter Smith in the UK and Italy for some time and this training has paid off for him as he has risen to a high enough level to represent the WTBA in his own country.

This year we also covered the Bagua Linear form about 1/3 of the way through. This is truly the King of all Bagua forms as it gives self defence as well as great good health with its many twisting movements and aerobic ability as well as anaerobic.

Some people from overseas made the mistake of thinking that Australia is a hot country! Well, at times it is of course, but it can become quite cool! So for those wishing to attend camp, it would be advisable to bring warm clothing and a warm sleeping bag.

Our next camp will be a mini camp of duration 5 days with myself teaching for the four days Friday to Monday. September 2002 for that one. Then in May 2003 again will be a mini camp of the same duration with the longer one going back to its original time slot of September 2003. Baguazhang will be the theme of the next few camps as everyone so thoroughly enjoyed what they learnt in the way of Bagua at this camp. However, if you wish to attend, please get in early as we are restricting the numbers to 50 only! Please be in touch with *Mause on +61 2 6679 7015 for details. Or you could write to PO Box 22, Uki NSW 2484, Australia.*



Roberto, Vincenzo and Lucia at Camp 2002



The Out door Training Area



The Camp Site