

COMBAT & HEALING



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COMBAT & HEALING

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ABOUT THE COVER

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Recommended Reading

Internal Strength Magazine

Traditional Internal Information: P/O Box 280948 Lakewood CO 80228-0948 U.S.A.: \$US20.00 (\$10.00 extra for overseas) U.S. funds. Quarterly.

Modern Kung-Fu Journal

Traditional Wushu, Neo-Classical Gung-Fu: P/O Box 5619, Chicago IL 60680-5619 U.S.A. Cost, same as Internal Strength.

FEAR AND INTERNAL ARTS TRAINING

by Michael Babin

Many beginners are attracted to the martial arts partly because they feel at risk in some way in their daily life. This may be because they or someone they know have been victimized at some time or because they are afraid of it happening.

*Crushing a windpipe
because someone bigger
and uglier than you
shoved your shoulders a
few times in a crowded
bar is a sad expression of
your training.*

Unfortunately, this same motivation — fear — is a complex factor in whether or not these individuals might be able to use the skills they

develop to effectively defend themselves or their loved ones.

Fear (and its accompanying adrenaline rush) can bring unexpected vigour to your response if you are attacked and don't have enough time to let your nerves get the better of you. Or, it can leave you completely open to the slowest and stupidest of attacks.

Conversely, the martially-skilled person who is emotionally still struggling to overcome his or her fears may find it difficult to avoid over-reacting with combat skills that should be reserved for life-and-death situations.

Crushing a windpipe because someone bigger and uglier than you shoved your shoulders a few times in



a crowded bar is a sad expression of your training. In addition, the resulting arrest for excessive force and/or law suit from the victim's family will only give you further reason to regret your lack of control.

Of course, it's easy for an arm-chair expert (or even an experienced martial arts instructor) to generalize about how you should react against a real aggressor. None of us know how we will act until we are thrust into such a situation and each situation will be different.

I have seen a 140 pound man who was drunk and enraged to the point of insanity fight his way through a half-dozen men trying to restrain him despite his having been hit in the head several times with a chair.

However, it is equally true that if you can't make your martial skills work against a unrehearsed and committed attack from your instructor or a senior student than you don't have a hope of successfully defending yourself against a real attacker.

It is easy to talk about being calm in the face of danger when you are in a classroom setting; it's much harder to achieve this state when someone larger than you is screaming in your face while being goaded on by his friends.

This is particularly true if you do an internal martial art that has dispensed with hard, skilled and determined attacks as a part of its training curriculum. Sadly, this is the case in the majority of such schools where pious statements about "avoiding the use of force" and "neutralizing and yielding overcoming brute strength" have replaced combat common-sense.

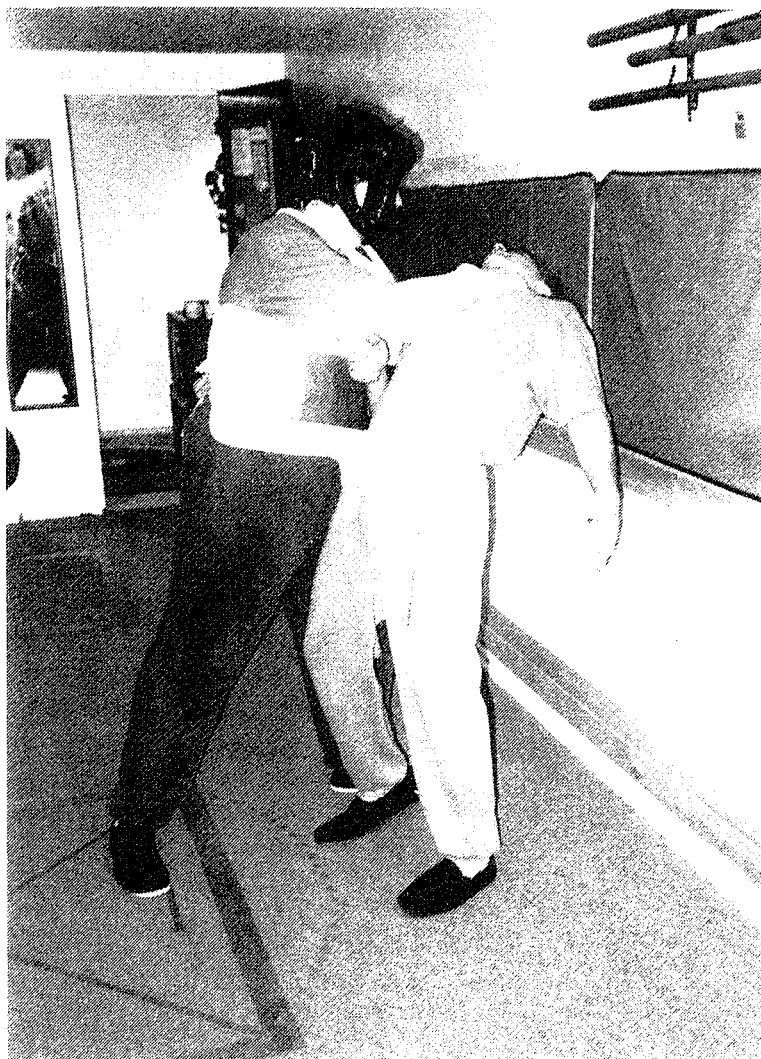
The majority of the techniques and skills that you will practice in your T'ai Chi (or Pa-kua, Hsing-I, Aikido, etc.) are useful ways of learning self-discipline, of becoming more physically fit and expressing yourself martially in the particular style of the art you practice. Such training brings physical and emotional insights and with enough time and hard-work should bring combat skills that would serve you well against an aggressive amateur.

The key word here is "amateur" and this is where most modern internal martial arts styles fail to come to terms with reality. It's not enough to train in methods that will work against someone like yourself, ie. a nice person. Rather, in terms of self-defense skills, as opposed to martial

skills, you have to train with the worst possible scenario in mind.

I have seen a 140 pound man who was drunk and enraged to the point of insanity fight his way through a half-dozen men trying to restrain him despite his having been hit in the head several times with a chair. It's going to be a challenge to defend yourself from someone similar by "yielding with softness to his aggression".

Even in a class-setting, it has been my experience as an instructor that most students, no matter how skilled and experienced, have trouble actually stopping a sudden, aggressive attack from me even when they know that I'm not really going to hurt them. Would it be different if they were faced by a real aggressor,



either an experienced brawler or someone just big and enraged? It's hard to know.

However, I can assure you of one thing. If you can't keep your instructor from using strength and speed to get his hands around your throat while ramming you into a wall; your chances of doing it to someone mean and angry are probably minimal! (See Photos).

At least some of the time in your training, you have to practice applying your skills against someone who rushes in, doesn't care whether he gets hit anywhere except for vital points and keeps coming until he has you against the wall or on the floor.

However, I can assure you of one thing. If you can't keep your instructor from using strength and speed to get his hands around your throat while ramming you into a wall; your chances of doing it to someone mean and angry are probably minimal!

Such training has only a two requirements: a heavily padded and skilful "aggressor" who attacks suddenly/violently and won't stop advancing unless hit somewhere vital; and, students willing to put their martial "egos" at risk.

Remaining calm under pressure is essential in martial terms; but is very difficult to do. The "no-mind" of Taoism and Zen Buddhism is, I think, a more philosophically-acceptable expression of the "reptile mind".

In combat terms, both have the same result — removing the effects of moral training from our actions. The aggressor is no longer another human being with a family and a

personality both good and bad; he or she is reduced to being a dangerous fact which must be immediately neutralized as efficiently as possible without contemplation of the ethical consequences.

To our reptilian ancestors, sudden movement nearby meant only: "do I eat this?" or "will it eat me?". If the latter: "do I run" or "do I attack". In self-defense terms, running away (ie., avoiding trouble by removing yourself from a potentially dangerous scenario) is always best, if possible. Unfortunately, you can rarely do this safely as most real assaults are sudden and at close-range.

In many ways, attacking with spontaneous movements powered by the reptile/no-mind is the only real option against a committed or crazy aggressor as opposed to relying on a passive defense or on specific techniques.

Your fear must energize your self-defense skills not over-whelm them. Your internal martial training should make you neither an easy victim nor a paranoid powder-keg waiting to explode.

Michael Babin is the Chief instructor For *The World Taiji Boxing Association* in Canada. He is Erle Montaigne's representative, teaching Fa-Jing Ch'uan in Ottawa.

The new book "Power Taiji", will be published by Paladin Press in Boulder Colorado and is a co-authored book with *Erle Montaigne*. Michael teaches formally in Ottawa and is contactable on:

613-7397805

NEW VIDEOS By Erle Montaigne

MTG77

How To Fight A Grappler
Volume 2.

\$US50.00 £30.00

1 Hr & 44 Minutes

MTG78

Taiji (Dim-Mak) To The Max
Volume 6

\$US50.00 £30.00

1 Hr & 34 Minutes.

MTG79

The Warrior's Magic Volume
No. 5

\$US50.00 £30.00

1 Hr & 34 Minutes.

MTG80

Taiji (Dim-Mak) To The Max
Volume 7

\$US50.00 £30.00

Approx 2 hours.

MTG81

Fa-Jing Ch'uan (Dim-Mak
From A To Z) Vol 1

\$US50.00 £30.00

Approx. 1Hr & 35 Minutes.

MTG82

Fa-Jing Ch'uan (Dim-Mak
From A To Z) Vol 2

\$US50.00 £30.00

Approx 1HR & 35 Minutes.

MTG70

Bagwa Intricacies Linear
Form Advanced, Vol 1 With
Dim-Mak Applications

\$US50.00 £30.00

Approx 1 HR & 35 Minutes

MTG83

Taiji (Dim-Mak) To The Max
Volume 8: Demonstration
Volume. Last In The Series

\$US50.00 £30.00

Approx: 1HR & 30 Minutes

WTBA NEWS

From Erle Montaigne

The big news this issue is that we now have a name. The World Taiji Boxing Association will still be the umbrella under which we teach. However, until now, what I teach has been many things. And indeed when asked what I do teach, I always say very softly, "Taijiquan". The reason for this is that most martial artists' idea of taiji verges upon the ridiculous. So we needed a name that was truly representative of what my own eclectic learning has come to, including Taijiquan, Bagwazhang, Hao Ch'uan, Fa-jing, Qigong, Combat Wrestling and Dim-Mak.

In order to distinguish 'we' from 'them', the Erle Montaigne System will from now onwards be called "Erle Montaigne's Fa-Jing Ch'uan" (Explosive Energy Internal Chinese Boxing).

So we needed a name that was truly representative of what my own eclectic learning has come to, including Taijiquan, Bagwazhang, Hao Ch'uan, Fa-jing, Qigong, Combat Wrestling and Dim-Mak.

The new Logo which will be available for screening onto T Shirts will also include the name "Hao Ch'uan".

I am the only person now who teaches Hao Ch'uan (Loose Boxing) or the Original Yang Lu-ch'an Form of Taijiquan. To this end, I have had international registration placed upon the names of "Fa-Jing Ch'uan" and "Hao Ch'uan". The only people who will be able to use these two names will be those registered as Fa-Jing Ch'uan teachers and who hold appropriate certification

from myself. Instructors already teaching the Erle Montaigne system such as *Mike Babin and Al Krych, and those learning Fa-Jing Ch'uan here in Australia will also be registered to teach this system. Rob and Mause Eaglen, Steve McDermot, Wally Simpson, Tim Koelewyn, Al Williams, Bill Barnes, Peter and Keith Jones, Ken Johnson, Francois Hainry, The lasses from New Zealand and all the others who have stuck by me throughout the gradual changes in my own training. There are just too many to list here as we now have schools all around the world.*



**Internal Chinese Gung-Fu
Explosive Energy Chinese
Boxing**

Fa-Jing Ch'uan Logo

Those registered to teach my system already will automatically be registered to teach "Fa-Jing Ch'uan". If you are unsure, just phone or fax or write to me and I will let you know if you are authorised to use the new name.

I have already begun teaching "Fa-Jing Ch'uan" to my Sunday morning and Tuesday students here on Taiji Farm Australia. This system will incorporate all that I have either begged, borrowed, paid for or stolen over the past 25 years.