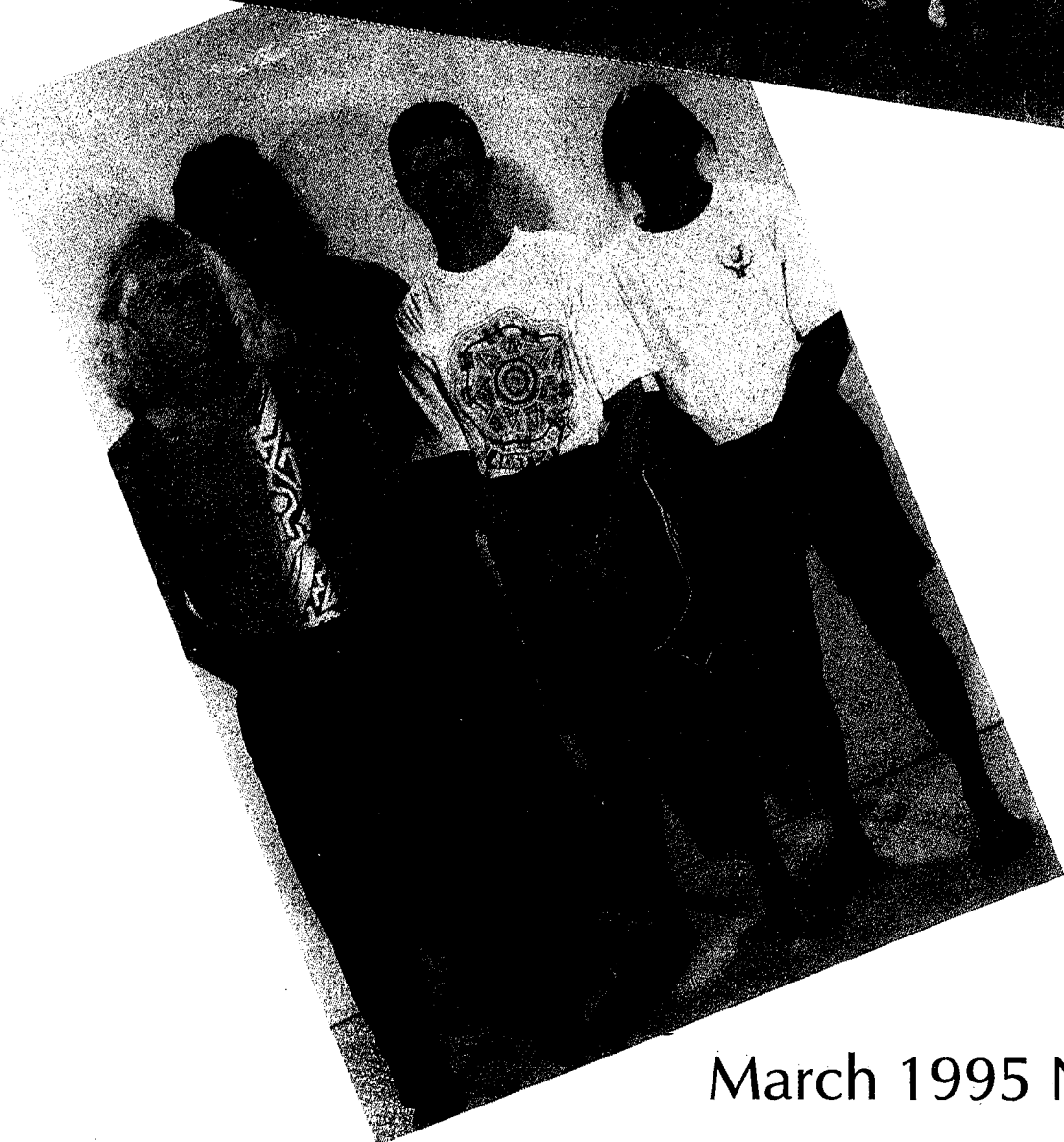




# COMBAT & HEALING



March 1995 No. 20

# COMBAT & HEALING

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## ABOUT THE COVER

This month's cover shows our school in Ghana West Africa, Magdi Mahmud being the chief instructor there pictured at far left (looking at photo). As well as our Senior Students who partake in the Tuesday Morning class up here at WTBA headquarters. L-R Wally The Beast, Steve The Animal, Tim The Thrasher and Rob The Grinder.

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## Recommended Reading

Australasian Fighting Arts magazine  
POB 673 Manly NSW 2095 Australia

Write for subscription rates. Erle Montaigne has his own column in this magazine. Has been running since 1973.

# Chinese Folk Medicine

By Jaime Flor Cruz (Beijing)

Clad in white robe and white cap, Zhao Xuez-hong swaggers into the spartan Beijing hospital ward and greet his patient with a toothy smile. He looks at the middle-aged woman for a few seconds and then recites her medical history in staccato tomes. "Ten years ago you had an appendectomy," he tells Yang Jinlu, 52, a ruddy faced peasant from Mi-yun County, 40 miles northeast of the Chinese capital. The surprised patient nods. "Five years ago, you had gastroenteritis and your stomach gave you pain whenever you ate." She nods again. "That's because you are so short-tempered," he concludes. "You get stressed too easily."

The solemn-visaged Zhao, 50, stands beside the couch on which the woman, who complains of chronic stomach and back pains, lies motionless. He stretches out his right arm, crosses his index and middle fingers and aims them at her feet for three minutes. He waves his hand close to her body as if shooing a fly. Then he kneads and pats her shoulders to conclude the 15 minute session. "Song le", she smiles, agreeing with Zhao that her system has been unclogged and obviously feeling better. As early as 2 a.m. every day, hundreds of patients from all over China cue up in front of Huayi Hospital in southeastern Beijing to visit a man they consider their last resort for relief. For a fee of 4.5 yuan (\$US1.20) a session, master Zhao offers cures for ailments ranging from backaches to irregular menstruation to paralysis. He is a master of Qigong, the ancient Chinese discipline of concentrating one's qi, or vital energy, in order to stimulate a person's body for therapeutic or curative purposes.

As medicine, qigong is based on precepts similar to those of acupuncture, a procedure that has often surprised Western experts with its success. Zhao feels that his brand of qigong is no less effective. "My qi is like a laser beam that unclogs the "jingluo" meridians," he explains, referring to the invisible channels in the human body along which, according to traditional theory, vital energies flow. Practitioners of both

qigong and acupuncture believe that illness results when these meridians are blocked. "Once the jingluo are unclogged, the patients are cured," Zhao asserts.

Only two decades ago, qigong was denounced by the Chinese government as witchcraft. The government's antagonism let up in 1978, after the cultural revolution of the late '60s and early 70s' was over, and doctors and intellectuals argued that qigong, though unscientific by Western standards, could help sick people. Now the practice is sweeping China again, and a debate swirls about its effectiveness. But there is no doubt that Zhao's patients swear by him. Over the past four years, Zhao and his nine-member staff say, they have had a 90% success rate in relieving the ailments of more than 50,000 patients.

Mr Kang Shizun, 40, is one. He suffered a hip injury on a farm in Inner Mongolia to which he and his wife were banished during the cultural revolution. The tanned, lanky Kang, now a local government functionary in Beijing, was in excruciating pain two months ago when he was rushed to Zhao on a flatbed tricycle. He swears that he got relief almost instantly.

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***"I felt my bones twitch when the doctor emitted his qi"***

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"I felt my bones twitch when the doctor emitted his qi", Kang recalls gleefully as he paced the ward at Zhao's clinic. "After five minutes, the pain was gone".

Zhao claims to be working a similar miracle on Yan Ding, 3, a mentally retarded girl whose parents say she couldn't speak, stand or walk when she first visited Zhao in December. "This is a hard to cure type of case and I've cured many of them," Zhao boasts, aiming his fingers at the bob haired toddler as she stands precariously on a couch. After several months of therapy, Yan can now stand up and murmur words like "papa" and "mama". Is her development due to the master's ministrations? Yan's aunt, who brings her to the clinic for therapy sessions, is con-

vinced it is. "Her parents had given up all hope," she says, "but Yan has shown good signs of recovery." Zhao attributes his curative power to "teyi gongneng, or extraordinary human body function, the name that qigong practitioners give to their innate powers. Zhao claims, for example that he can diagnose illness with his eyes: "Like an X-ray machine, they can emit the qi and scan their rebound." He also swears that he can diagnose ailments by looking at pictures of patients, even if they have no evident symptoms. But Zhao admits he is not omnipotent. "I can't cure all illnesses," he says. "Like medicine, my therapy works for most people but not all."

Six years ago, Zhao says, he was a sceptic about qigong. A former repairman in a Beijing electronics plant, he says that in 1982 he changed his mind after suffering from dire heart and kidney troubles. "I was so jaundiced and emaciated that my friends called me and unearthed cultural relic," Zhao recalls. he finally enrolled in a qigong class and in two months became a convert. Zhao says he honed his healing power through repeated taiji exercises. Word of his talents spread, and Zhao, who has no medical diploma, was hired in 1984 as "special doctor" by the employees' infirmary of the Water Conservancy Ministry in Beijing. In 1985 he was licensed by the Beijing bureau of health as a qigong doctor.

Zhao is modest — at least somewhat — about his talents. "I'm still an ordinary man," he says. "like everyone else, I eat." But he clearly enjoys the prominence — and the material rewards — associated with his healing powers. Zhao says his monthly earnings are "above 100 yuan and below 1000 yuan" (between \$US27.00 and \$US270.00, compared with the basic industrial wage of \$US40.00), and he enjoys certain perquisites. "Some old women kowtow to me like a God," he says impishly. Grateful patients offer him gifts in kind: fruit, wine, even paintings and specimens of artistic calligraphy. "we accept them lest they feel insulted," he says with a grin. An insult, after all, might re-clog their meridians!

# A Little Bit From Our "Wheeler & Dealer" Al Williams

## From The Old Wanderers

Another year has passed and a very exciting year it has been. Although there have been some sad loses, greater gains have been made. The annual gathering of the tribes, was yet again a raging success, with old and new friends training, sharing and caring. For one week of bliss, the Mt Burrell Guru never ceases to amaze, they talk of the Dalai Lama. Can we learn it all in this life time?

---

***Kenny, Francois and Tobias,  
we are looking forward to  
renewing your acquaintance  
again, training hard and  
having fun.***

---

After many years with Erle, I see a great stability and ingenuity coming. And to all of you far off Montaigne junkies, it will be wonderful to see you in July. To Kenny, Francois and Tobias, we are looking forward to renewing your acquaintance again, training hard and having fun. For the travellers coming this year, we are keenly waiting your arrival. To make more good friends, train and spread the good oil.

## Queensland News

The Queensland wanderers held a joyous evening at Montezuma's for our Christmas party. Yes, we went Mexican! It was quite a rowdy night with plenty of sangria taken. We moved onto a sidewalk bar at Burleigh heads to consume some Christmas Spirit. The evening closed at around 11.30 p.m. with no-one getting seriously drunk, although Adam was 'under-way!'

I have to congratulate and praise my Queensland Wanderers for putting in a huge year of training and dedication, from which I received hours of gratification. This year our class will break the 20 regulars, a first for Queensland. And a special thanks goes out to John Bell (Machine Gun Jonnie), my training partner and good friend, John is a student of the future and a great artist.

Happy New Year to all.

**The Mouth**

## Some Prose also from the 'Mouth'.

*Would You Like To Fight?  
Stan The Man,  
Iron Mike Tyson*

*What Sort Of Things Does This  
Bring To You?  
Fear, Intimidation, Anxiety,  
Or Outright Panic?*

*Do You Imagine Just Letting  
These Guys Mash You? No,  
You Try To Imagine Succeeding.*

*Imagine This:  
Mike Tyson Gliding in, The Per-  
fect Fighter,  
Silver Backed Style, Swinging  
Left, Swinging Right,  
Power Awesome, Knocking You  
Back ... aaahhh Down.*

*The Tiger Sits Still, Motionless  
Not A Flicker, The Prey Moves,  
"bang" Roarrr, It Is Over.  
Mike Moves Left, We Move Left,  
Inside, Bang.  
We Hit Him With Everything, It  
Sounds Like An Explosion,  
We Follow Up Instantly, With An  
Elbow To The Heart,  
And Then To The Throat, He  
Goes Down.  
Is This How You See It In Your  
Mind?*

**Al Williams**

Teaches in Queensland on the Gold Coast. He is our Branch rep Senior Instructor For Queensland.

**Phone: 075-313134**

## New Dim-Mak Location Charts

Our W.T.B.A. representatives from Gorseinon, Peter Jones and Keith Jones, have put together a most helpful aid to learning.

Each of the dim-mak points and what they do, the antidotes, the correct direction to strike and what each does in the healing area is listed in a column type document of several pages.

**From USA or Aust: International Money Orders in £. From Euopre: Eurocheque in £ only. Payable to: Taiji Bagwa Internal Fighting Arts**

**Price: \$US 15.00**

**Price: \$Aust 20.00**

**Price: £5.00 UK**

**Price: £7.00 Europe**

**Postage in included in price**

**Taiji Pakua Internal Fighting Arts  
POB 331  
Swansea SA6 6YH  
Wales UK**

## Bagwa Book

Debbie Harte's new illustrated Bagwazhang book "Dragon Form Bagwazhang" is becoming a best seller.

It is easy to follow with diagrams drawn from all angles with accompanying text.

The form is the 'original' Bagwa form as taught by our grandmaster Chiang Jung-chiao.

Write to Deb at:

**77A Seaview Rd  
Waiheke Island  
Auckland  
New Zealand**

**Or Phone: 64-9-4184314**

# WTBA NEWS

From Erle Montaigne

**W**elcome to 1995 which is going to be a big year for us. The funds for the Marae are building up and we should be able to begin work early this year. The July camp is building rapidly so please let us know if you are definitely coming as we need to know for space reasons. The camp is being held at the Wollumbin caravan park which is on the way to Mt. Warning in a beautiful bush setting. The cost of the camp should be \$7.00 per night sharing in a caravan. There is other accommodation, huts etc. And a swimming pool for those who would venture into such places in mid-winter.

For those who do not know about our weather conditions in July, bring warm clothes and sleeping bags as it gets quite cold in the morning and evenings. But the days will be just beautiful. Each van has its own cooking facilities and there is a sort of barbecue area. Training will be under the trees in a large flat area and there is under cover training for when it rains. However, being winter and our 'dry' season, rain should not be a problem.

## Omissions

As I predicted in the last issue, some teachers of the W.T.B.A. were left out of the list, posted in that magazine. So I will amend that here. The computer did it.

- Ian Garbett: Branch instructor, Townsville Qld.
- Shayne Lachlan: Branch instructor, Townsville Qld.
- Neil McIntyre: Branch instructor, Mackay Qld.
- Gary Rickard: Branch instructor, Toowoomba Qld.

- JJ Tapanes: Country Representative, Cuba.
- Tim Fournier: Incorrectly listed as Wellington, he is in Christchurch New Zealand.
- Jacob Green was listed incorrectly as being in Gorseinon. He is in Barry, South Wales.
- Tom Wilson & Robert Moffett: New Mexico
- Ed Star: Now in Oregon

Please let me know if I have left you out.

Also please remember that there are no joining fees for the W.T.B.A. other than your magazine subscription. It's no good belonging to an association if you do not know what's happening.

## Grading System:

Steve bloom came up with the best idea, one that most agree with. We now have: Instructor grades. Chief Instructor (World): Senior Instructor, (Country Rep): Senior Instructor (Branch Rep): Instructor (Club) and Student Grade. Most will know already what they are, but if in doubt, just ask.

We have two new WTBA instructors in New Zealand who were graded on my last visit. Paul Rourke and Andrew Christoffersen were graded to Instructor 1st degree.

## Visitors To Horse's Head

For those who do not already know, "Horse's Head" is the name of our farm, it is called that because there is a natural carving of a horse's head in the mountain overlooking the farm, it has been called this for 80 years. Tim Fournier visited us for one week for training from New Zealand. Tim began his training, as so many do



Tim Fournier



Barry & Holly Crain

from the videos. Each time I see him, his skill has improved out of sight.

Barry and Holly Crain were in Australia for their honeymoon and visited us for some training. They are based in Chicago and train in the 'Penjank Silat' Indonesian system of martial arts. Barry has been taking the videos for some time now, so took the opportunity to come and train personally.

*Lucia Kurfess and Steffen Wyhler* visited us from Stuttgart in Germany. Steffen has tried other martial arts and is now on his own search for the right one for him, so many questions and answers given. They are a lovely couple with Lucia being the sister of our video and book distributor in

Germany. Marcus Kurfess will also be helping to arrange workshops in Stuttgart in 1996. I'll see how my Bremen workshops (Germany) go first later this year. They will also visit Annie, Deb and Lyn in New Zealand in April before returning home. These Germans know how to take a holiday, 3 months! They have been all over Australia so far, visiting the red centre and all of the Eastern capital cities.

### U.S.A. Tour

My visit to teach in the U.S.A. this year was the most successful to date with all centres packed out. *Jack and Bev Gustafson*, our representatives in Minnesota, hosted the workshop in St Cloud where around 50 people turned up. I have never seen such enthusiasm from one group of people, I even had to do a book signing session for one hour before the first day's teaching, takes me back to my



The New Jersey Workshop

rock and roll days! Bev did a professional video of the workshop and I believe that this is now available from them. Jack and Bev's school is the ideal school, being the bottom floor of their home, so it's a walk down the stairs to go to work, they are dedicated and very enthusiastic about their training and the training of others. We had two of our members, *Robert Moffett and Tom Wilson* travel from way down in New Mexico (about 2000 miles) and others like *Rick Rittmeier and Don Wirth* drove all the way from Michigan, about 14 hours drive! New Jersey at the Ramada Hotel Newark was again a roaring success, hosted by our U.S.A. representative, *Al Krych*. Again, a most enthusiastic crowd of around 58 people attended.



St Cloud Minnesota

Old friends that I had never met before, like *Jack Davis* who is more like an Aussie than a Yank, and *Antone Davis*, the gentle giant from the Bronx, 7th dan. The lads from Virginia travelled the five or six hours again to be there as did *George and Wade* from Pensilvania. And as usual we all had a laugh or two, more like two hundred actually.

Canada saw me travelling for the first time to Winnipeg hosted by *James Chan*, one of Mike Babin's students who has branched out and has started teaching as our representative in Winnipeg. The workshop was

held in the studio of *Patrick Kelly* who runs the Ching-Wu Athletic Assoc., in Winnipeg. The turn up was enthusiastic for a first time with people coming from all different styles. And as usual the crowd in Ottawa was a bunch of old friends, just as enthusiastic as ever hosted by *Mike Babin*.

At all venues, I covered the small san-sau at a dim-mak level. This is probably the best way to learn about dim-mak as it teaches it at a reflex level, so there is no having to learn points or directions as it is all there in this small but explosive kata. I will include an interview/article done on me about the USA/Canada part of the tour in this issue as it covers a lot of what was done and why etc.

### New Zealand

My New Zealand tour, hosted by *Annie Blackman* and backed up by *Debbie Harte and Lyn McAlister* was the most successful ever with over 70 people on the first day (healing) and over 50 on the second, (martial).

On the first day I covered the four 'power qigongs' and began the massage routine, 'paired meridian balancing'. Some immediate healings happened which is usual for this powerful way of massage. This should be done over a two day workshop, but we decided to break it up into healing and martial so I was only able to get the first pair of 'Heart and Small Intestine', which are the fire meridians and which 'set up' all of the others. So I this gave a good introduction to continue with this on my next visit in May 1995. The second day saw martial artists from all different backgrounds and styles arrive for the martial day when we again covered the small san-sau. This should also be covered in a two day workshop so I was able to take it up to the 'arm' method. I will finish it in May. Again, such enthusiasm seems to be engendered when this stuff is taught, it's as if a switch has been turned on, and people light up. The whole two days was professionally filmed and a video tape of the workshops should be ready by now. So if you wish to purchase one, write to *Annie Blackman, 77 Seaview Rd, Waiheke Island, Auckland, New Zealand*.

### Montaigue Challenged!

While in New Zealand, I was officially challenged. After the first day's teaching, we were to have a meal at the Awataha Marae, the traditional Maori 'Meeting House' in Auckland. I was told to wait and Neil would bring me over later. I thought that this was so that the others could get the meal ready etc. I arrived and was told to wait in the car



Winnipeg

park! Then after some time, a Maori woman in traditional dress, started singing a Maori song from the entrance to the Marae. This very large Maori man, again in traditional

very hard and have been studying now for seven years.

*Jack Gustafson* was officially asked to become the branch representative for Minnesota for the W.T.B.A.

*Paul Rourke and Andrew Christoffersen* in New Zealand were graded up to Instructors level one. They have both worked

*Tom Wilson and Robert Moffett* head our school in New Mexico while *Ed Star* now heads the school in Oregon.

Our school in Darwin is growing with our representative there *Brian De Kreiser* being very enthusiastic about its growth. Brian has an excellent back-

ground and is currently studying the videos and I will visit Darwin in July 1995, my first visit to that area of Australia.

**Perth**

I travelled the 3000 miles to Perth to take a two day workshop for *John Ross* our Perth Representative and hosted by *Peter Graham*. A large turn out with people from all different styles attended, again covering the small san-sau. I will be teaching in Perth twice per year from now onwards. I stayed with *Sue Shaar*, one of John's students and ex-nun. Now, if you martial artists think you've had it tough in your early training! Susan told me about here

novice training and some of the things that happened to her in those early years, and I found myself taking notes for a book! What an amazing story she has. Too hot for these quiet pages though.

**New Instructors**

**1995**

In 1995, I will be somewhere, every month! I will post a listing of my travels later in the magazine. This year will see much growth, especially in Europe and the U.S.A. Already we have new schools in Scandinavia and Europe and the USA. *Tobias Duse* has a school in Sweden of around 20 people, his first time officially teaching. And *Tron Tomtum* also has begun officially teaching in Norway. Denmark, under *Bjarne and Tom* continues to grow, and we will have at least one school in Finland hopefully this year. Argentina will join our list soon with one very enthusiastic karate man 5th dan, *Dr. Adrian Inchauspe* becoming an official personal student of myself in that country.

By the time this magazine is published, I will have already given workshops in Canberra, London, Oslo, Manchester, Wales, Italy, Sweden.

**Medical Breakthrough!**

For Years, I have been saying that what you are when you conceive your children will be passed on to them. Medical science poo pooped this idea saying that scientifically this was impossible as the sex cells



Ottawa

dress, began to speak very loudly in Maori and leapt out into the car park wielding a large Maori weapon, the Taiaha. He chanted and danced his way up to me, poking tongue and the whole bit, and right up close threw a green branch onto the ground. He then pointed his Taiaha at the branch and I was told to pick it up as this meant that I did not want to fight him! So I quickly picked it up and we all followed him into the Marae where I was greeted by many others singing traditional welcome songs. The Chief then talked in Maori for about 30 minutes, traditional Maori welcoming talk, firstly talking to the spirits of dead elders who were in the Marae, and appeasing them for bringing this whitey, into the Marae, then he told them to go and spoke to me. I then responded and had to rub noses with the whole group. This tells the elders that you are a friend as they can 'see your breath', or in Chinese terms, see your qi.



Auckland New Zealand

and other cells (we only have two types of cells, sex and body cells), could never communicate, they were