

COMBAT & HEALING



September 1995 No. 22

COMBAT & HEALING

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

EDITOR

Erle Montague

ART DIRECTOR

Ben Gabriel

U.S. Correspondent, Al Krych:
SUB EDITORS:

Sandra Press and Eli Dana, Katalena

TECHNICAL ADVISORS

Master Wang Xin-Wu China (Taiji, H'sin-I)

Master Chong Kwok China (Healing)

Master Mak Po-Sun Australia (Taiji)

Master Shao Shan-Karn China (H'sin-I)

Michael Babin Sifu Canada (Taiji)

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Mike Sigman U.S.A. (Chen Taiji)

Graham Noble Sensei England (Karate)

Master Dan Inosanto USA (Geet Kune do)

Jim Uglow, England (Hung-Gar & Taiji)

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ABOUT THE COVER

Miss Gung-fu Camp 1995

Katalena Montague has started her Gung-fu training early at age three and a half. She had her 4th birthday during Camp 1995 I wish I had stretch like this.

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Recommended Reading

Australasian Fighting Arts magazine
POB 673 Manly NSW 2095 Australia

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

THE VIOLENCE THAT IS TAIJI

By Erle Montaigue

What thoughts come to mind when you think about the 'gentle' art of t'ai chi? Probably, like just about 90 percent of the western martial arts community, you will be contemplating on words like, peaceful, running brooks, soft music, ballet, yoga, calm, taoist philosophy, non-violence. If those words did come to mind, then you, again like most of the western martial arts world would be dead wrong.

***for the most part, taiji is
a very violent martial art.***

Sure, taijiquan has the above aspects simply because the body must be relaxed, or as the Chinese put it, 'in a state of sung', but for the most part, taiji is a very violent martial art. In fact, I always tell people when they are looking for a taiji class, to look for violence in that class. If it is not there in the advanced classes, then leave that class.

I say in the 'advanced classes' because everyone must first of all learn the katas or forms and in learning, and thinking, there is not much violence. Even those people who come only for the great healing benefits that taiji can impart, also must go through the violent stages of the art. We think of healing someone as being calm and beautiful, but healing, using taiji/energy has also to be violent. How much more violent can you get, fiddling with someone's internal energy, you are violating their body while you fix them. The 'intent' for the healing art of taiji and the 'intent' for the fighting art of taiji are exactly the same, it's only the physical manifestation that is different. And we learn about things like affecting someone's energy flow, or being able to balance out the acupuncture meridians in someone's body by learning about the violent nature of taijiquan. It's much easier to learn about violent fighting and then use that

same energy to heal, rather than go straight into the healing art of taiji. The art of "Paired Meridian Balancing" is a type of taiji massage where the practitioner is able to simply rub the patient's meridians without actually touching the skin, while the 'balancing hand' is placed upon the 'balancing point'.



Meridian Balancing

This balances out the meridian pairs in the body. There are 12 main acupuncture meridians in the body and these each have a partner meridian, making for six pairs of meridians. If one side of any one pair is out of balance, then a physical or mental illness occurs. It is the job of the taiji healer to re-balance these pairs so that the amount of yin or yang energy within each meridian is exactly the same. Only then will the body come back to a state of balance.

***must know about energy
and how to use it. The
easiest way is to learn the
violent part of taiji***

In order to affect a balancing affect upon the patient's energy (qi) within the meridians, we must know about energy and how to use it. The easiest way is to

learn the violent part of taiji as this is where we learn about energy and the transference of it and the ability to drain, upset, add to or disrupt someone's qi.



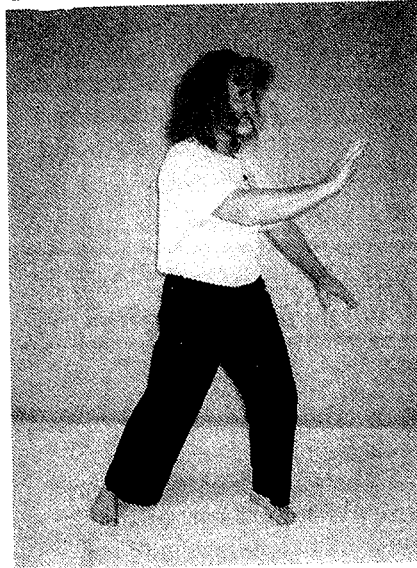
Violent Taiji

This is also exactly what we wish to do when we are healing someone of an illness. The only difference is that instead of hitting someone in a vital point and putting adverse qi into that point, we 'touch' the vital point with positive energy in order to heal.

Meridian Balancing

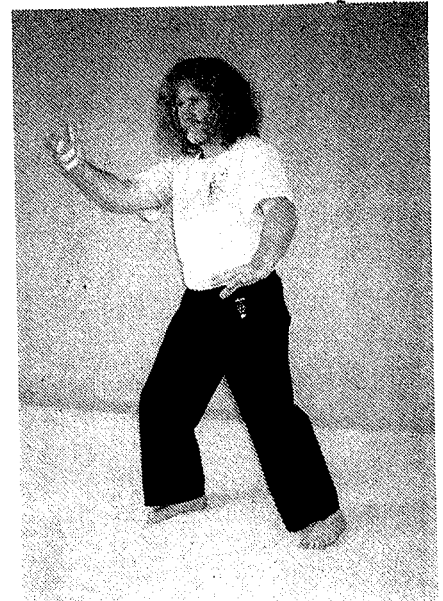
Meridian Balancing Affects Paired meridian balancing is an extremely affective way to balance the energy flow in someone's body. I have had personal experience with this. Now, we have practitioners of acupuncture, massage, shiatsu and other alternative healing arts who are using this method of healing and are achieving great results. I even have a surgeon as one of my students who is using this method to calm patients before surgery. The 'Heart/Small Intestine' pair are the major 'fire' pair. This pair will control what all of the other pairs do. So it is this meridian that we begin with. This pair also have an affect upon 'laughing

and happiness'. So, at a lesser healing level, if someone simply is either too happy, laughing hysterically, or is never happy and never laughs, then they will have an imbalance in this meridian pair.



Brush Knee Step

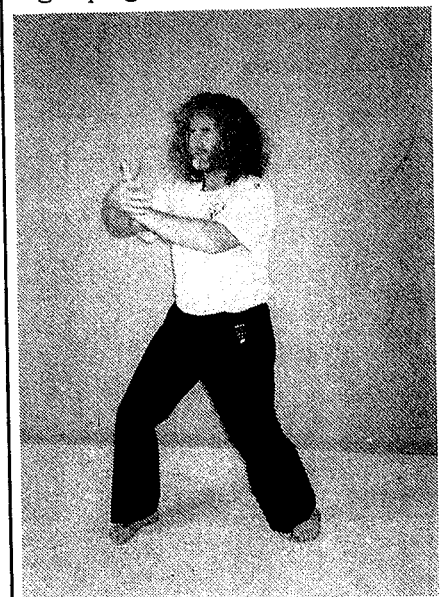
The above is what the practitioner actually does to the patient. However, there are other matched postures from the taijiquan form that are used as qigong movements so that the patient can go home and continue the therapy by themselves. Obviously, someone comes to be healed and they are hysterical, you cannot give them a qigong to do by themselves as they are not capable of even listening to you. So you as the practitioner must firstly balance the appropriate meridian pairs so that they will come back to a more normal mind level. Then, they are able to be taught the appropriate qigong. In the case above of 'heart/small intestine' imbalance, the particular qigong from the taiji form are the movements called "Brush Knee And Twist Step" then into "Parting Horse's Mane". There is a specific way of getting from the first posture into the next, and the way that we do these two postures sends us in a circle, repeating the movements eight times.



Parting Horse's Mane

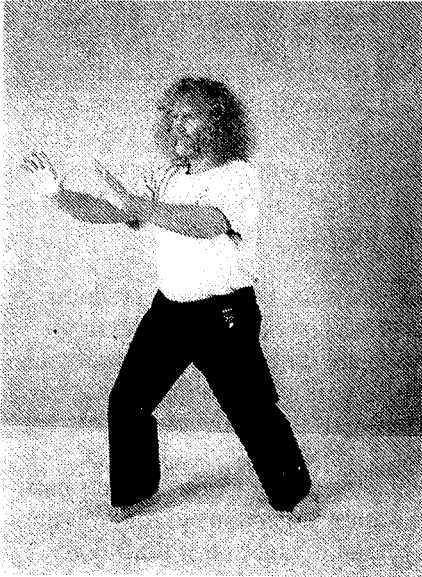
Lung/Colon

If a patient has extreme difficulty in simply learning things and they have an abnormal amount of grief with weeping all the time, then they need to have their 'lung/colon' meridian pair balanced. So, the practitioner would firstly balance the meridian pair, then the patient would be taught the taiji group of postures called "grasping swallow's tail".



Grasping Swallow's Tail 1

Each healing can take anything from only one session to ten sessions to completely balance a meridian pair. The beauty of balancing the meridians is that the associated physical illness will also be cured. Of course, if someone is working in a deadly chemical production plant and is breathing in carcinogenic fumes all day, then there is little we can do to help as the root of the affect is continually being helped.



Grasping Swallow's Tail 2

So, we go through all of the six meridian pairs in this way until the patient is completely cured. However, in order to teach someone how to do this healing, they must firstly either already be well versed in energy movement throughout the body, or they must have practiced taijiquan as a fighting art, but not as the fighting art that 90% of all taiji instructors teach. The soft, mystical, move out of the way type of taiji. Learning this type of taiji will not give any self defence, nor will it impart the ability to heal others. The taijiquan must be learnt at its most violent level. To explain this violent level, I will explain for instance how taiji is used to help someone defend themselves against one of the hand orientated attackers, a boxer for instance. There are only two types of attacker, hand and foot, or grapplers and taijiquan has an-

swers to both of these. But boxing is something that most westerners can understand about. At one of my workshops, I had a young man along who was a boxer. He came into the class in the middle of one session and had not taken any of my classes previously.

if someone is working in a deadly chemical production plant and is breathing in carcinogenic fumes all day, then there is little we can do to help as the root of the affect is continually being helped.

So when he saw me simply explaining about some type of fighting method by having someone hold their arm up for me, he asked about how it would work against boxers who do not leave their arm there for me to do something with. They generally come in, throw a few punches, then get out of there for fear of getting hit themselves, this is the nature of boxing. All one can really do is to try and punch the opponent before he punches you. So I asked this young man to attack me when he wished. Before he even lifted his hands, I rushed at him



Grasping Swallow's Tail 3

and poked him in his neck at a dim-mak point. He then said, "Oh, but I didn't punch yet"! I didn't say anything to this, just allowed his mind to catch up on what was happening. This was not a tournament fight, it was simulating reality where there are no rules and no ring for protection and no gloves. He thought for a while and then said that if this were for real, he would simply move backwards as I attacked. This time I had to say something. There is something wrong with this scenario, he is moving backwards and I am moving forwards. Who is the fastest? The best athlete in the world cannot move backwards faster than any normal person. So I again demonstrated this by allowing this chap to know when I would attack and he could not retreat as fast as I rushed forward. This is one of the areas that martial arts schools fall down in. We do 'one step sparring', where someone attacks and the other retreats and defends. We do not make account for when someone is rushing at you violently, explosively so that you cannot possibly retreat in defence.

You must always come forwards, this is your only defence in the street, come forward violently and attack violently.

You must always come forwards, this is your only defence in the street, come forward violently and attack violently. Your attacks must become reflex through many hours of training, so that when attacked, you will just react, violently, then walk on, as if the attack did not happen. This is the way of taijiquan fighting. And healing.

Faith and the Internal Arts

by Michael Babin

Annoying as it may seem to the internal arts instructors who are teaching competent styles to the best of their ability, it is possible for a beginner to achieve dramatic self-healing from even the most debased methods as taught by those who are little more than frauds.

In the same way that a television evangelist can heal the truly afflicted as well as the neurotics in his or her audience, someone can take up taiji convinced of its innate healing ability or the healing ability of a particular instructor and after a few weeks of lack-lustre and/or incorrect practice become "cured" of long-term ailments.

In the same way that a television evangelist can heal the truly afflicted as well as the neurotics in his or her audience, someone can take up taiji convinced of its innate healing ability

I have seen this happen several times over the years and it should not be too surprising. It is simply another example of how the mind and "faith" (even when that faith is misplaced) can achieve miracles.

In recent years, even western doctors have become more willing to admit that the placebo effect (ie., thinking that a treatment will heal you) is the main ingredient of upto a third of all cures. In fact, one of the major factors in the crisis in western medicine is that the average person has lost that sense of "faith" in the medical system and doctors that is so important to the healing process.

Unfortunately, the healing achieved through an incompetent method is often short-lived if the student loses "faith" in the it or the instructor for whatever reason. Conversely, a new ailment will often replace the one that was

healed if the underlying psychological or biological causes are left untreated (i.e, my chronic headaches have stopped; but now I get painful cramps after every meal!).

In addition, forms and methods that are taught badly, without proper attention to body mechanics and individual limitations, can also cause a variety of physical trauma: knee injuries and lower-back pain being the most common.

Such misplaced faith is bad enough when limited to solo practice, it is even worse when the instructor claims to teach martial techniques which only work on a student who is subconsciously co-operating with their teacher.

For example, if I tell my students that I will be able to pull them towards me with the ch'i in my hand, it will work with a significant proportion of them. If I then explain that it's not really ch'i but just a subconscious reaction on their part (ie., autosuggestion) to my moving my hand in and out of their body space, it will still work on a significant proportion of the students — even though their intellectual mind knows that I was "tricking" them before.

Such misplaced faith is bad enough when limited to solo practice, it is even worse when the instructor claims to teach martial techniques which only work on a student who is subconsciously co-operating with their teacher.

On a traditional martial level, the taoist magicians who told the young patriot boxers at the turn of the century in China that their paper charms and martial methods would stop the bullets of the foreign "devils" were probably not all trying to mislead their followers. At least some of them must have

sincerely believed in what they were saying or experienced the ability of the mind to minimize injury and stop pain and bleeding from a variety of minor wounds.

However, it is criminal to teach modern beginners with no martial experience that they can trust their lives to such nonsense as "projecting ch'i at an attacker to control his movements". In some cases, the instructor actually begins to believe that they have some mystical ability because the techniques work so well on the students.

If you are able to find an instructor whose skills are both physically sound and internal in the best sense of that much-abused term; it is only partly the faith of the student that bring emotional/physical healing.

Cheng Man-ch'ing was said to have answered a question as to why his students, even the long-term ones, lacked his ability and he is reported to have answered "No faith".

In the solo practice, faith is usually a by-product of increasing technical skill merged with a gut-level appreciation of the cultivation and movement of energy — one of the essential stepping-stones to the latter, in the Chinese tradition, being standing meditation. For those who have resisted practising the latter (as I did for many years) all I can say is "do it".

In the martial practice, faith is a gut-level confidence that your mental and physical understanding of the principles will manifest itself in the appropriate response to whatever attacking movement is thrown your way. Such confidence can only come with long-term training that includes a certain proportion of pain and sweat.

In teaching an internal art, faith is a gut-level ability to communicate to others the means for them to develop the same skills you have, each in their own way, while remaining constantly aware that your

own growth as a practitioner and teacher can never end.

In the healing area (ie., massage, acupressure, energy balancing), faith is a gut-level desire to share whatever healing ability you may have with those who can benefit rather than a desire to gain power over others or make money.

I have come to believe that we are all are born with the potential for this kind of "hands-on" healing but that we are all different in our ability to express it. For example, everyone is born with some artistic ability but only a minority try to develop it; and of those, not all will become technically proficient; fewer still will demonstrate genius as they mature in their art.

For many healers and would-be-healers, the danger lies in a premature certainty that you are an innate genius and have no need for training!

The external trappings of healing are important; for example, learning the acupuncture points and their usage or how to identify and correct an imbalance of energy. However, in some ways, mastering the technical aspects of such methods are also a method of "acquiring faith" which allows the healer to free the energy to move and manifest itself through him or her.

For many healers and would-be-healers, the danger lies in a premature certainty that you are an innate genius and have no need for training!

This "letting go" is remarkably similar to the leap-of-faith that a tai chi practitioner must undergo to transcend the limitations of practising the forms and methods on a technical basis.

As I like to tell my students: "Faith can move mountains or large taiji instructors!"

ERLE MONTAIGUE

WORKSHOPS U.S.A.

Due to family reasons Erle Montaigne will no longer be able to travel long hauls to the U.S.A. And Canada. In his stead, his representatives, *Mike Babin and Al Krych* will be holding workshops together.

"I have selected both Al and Mike as my workshop representatives because they have both shown excellence in the learning and teaching of my system of martial art." *Erle Montaigne*.

Mike Babin and Al Krych are the official representatives of Erle Montaigne in Northern America and Canada.

Mike and Al, will be holding workshops in the U.S.A. Teaching the Erle Montaigne system. Mike Babin has been studying with Erle Montaigne for quite a number of years and Al Krych has also, having just spent 3 weeks studying full time in Australia with Erle.

The first workshop will be held in New Jersey, (Newark) around October 1995. Al krych will teach the 'Mother Applications' from the small san-sau, while Mike Babin will begin the Bagwa system.

For further details phone Al Krych on: 908-4751619.

NEW BOOK

The co-authored book by Erle Montaigne and Mike Babin will be released in September 1995.

"Power Taijiquan" including Yang Cheng-fu's main form, plus all aspects of push hands and san-sau will be published by Paladin Press this month.

PALADIN PRESS
303/443-7250

Camp 1995

Well! What a camp! Definitely the best W.T.B.A. camp ever and I would imagine one of the best martial arts camps ever held. Around 120 people on and off attended the World Taiji Chinese Boxing's Inaugural 3 week, to be annual, camp in July 1995. People literally from all parts of the globe arrived by Aeroplane, Train, Bus, Car and some even hitched rides to Camp 1995. Pat Conley from the U.S.A. alighted from his flight, missed his pick up, and so after around 30 hours traveling, in a strange country, hitched a ride to the camp site. They came from Argentina, England, Denmark, Sweden, Norway, Austria, USA Japan, Russia, New Zealand, South Africa, South America, and all parts of Australia. We had grades ranging from novice right up to 8th dan, with some having over 30 years training and teaching in their own martial systems. Policemen, Master Surgeons, Journalists, Gardeners, Builders, Brickies, Writers, Actors, Oil Company executives, Acupuncturists, Osteopaths, holders of Phd in magnetics, Accountants, Nuclear Scientists, Office workers, Secretaries, Farmers and even a Vet.

Made possible by members of the head office W.T.B.A. and in particular Mause Eaglen (World Taiji Boxing Assoc Secretary) and her husband, Rob, the camp ran much smoother than we could imagine being this, our first time at organizing such a large venture. Food was provided, a marquee was erected just in case it rained, which it didn't. Electricity was on, camp city was ready.

Strangely, it was those from the colder climate countries like the Scandinavian countries who felt the cold the most. They just didn't think that it would be cold in Northern NSW of Australia. However, the climate was invigorating and conducive to training and it was only cold in the early mornings with beautiful crisp, dry, clear days around 20 degrees for training. Grown men were in tears when they had to leave to go back to

their respective countries, many friendships were made, and many extended families were gained, with only a few personality clashes, which was normal for a camp of this size. They were there for the training however, and that, they got.

Even the ones who looked a little skeptical at first, soon realized that this was the real thing, and attitudes soon changed

Even the ones who looked a little skeptical at first, soon realized that this was the real thing, and attitudes soon changed to a 'willing to be taught' attitude. After about the first week, the attitudes soon changed to 'please give us more', and everyone went home more than satisfied with what they had learnt.

The Training

For the first time, a 'menu' of training was set out and I tried to stick to it throughout the camp, although I did get off track more than once due to different people wanting to know different things. Each hour of the time that I (*Erle*) was teaching was taken care of. I will post the training schedule later in this bulletin. I was at camp for 4 to 5 hours each morning and each hour I tried to give a different topic and then carry on with those four or five subjects on the next day. For the first time, I dealt with '*Qi Disruptive Methods*'. These are the nine forms or katas that I was taught in China recently, four of which I had already known for some years. To demonstrate, I had four of our strongest males come forward to have a different Qi Disruptive method done on them. I chose those who I knew would not simply play the game, those who would give it their best shot etc. All were taken aback at the serious



Camp 1995

loss of energy they experienced when the technique was done on them, one even almost lost the power in his legs causing him to falter while standing. After this, and a talk on exactly why these methods work, I taught for the first time, the first of the Qi Disruptive forms with each movement's dim-



Al Williams (Oz) With Adrain Inchauspe (Argentina)

mak application, this was a bonus to the normal training. Ten new tapes were completed at Camp 1995 including one on Qi Disruption, how to do it and why it happens, along with the first of the original Wudang Shan forms. I'll include a list in this magazine of the tapes that were done while at camp.

This was such a wonderful opportunity for the local W.T.B.A. members to see how it is done overseas and for those visitors to see how we live in the land of Oz.

Also for the first time, the 'Medical' applications of the Taijiquan form were taught.

There are three areas of our taiji that we must learn.

Self Healing:

This is where we learn how to heal ourselves using taiji. The form

however, must be performed exactly as it was back when it was founded by the various genius who added to and refined the various forms. The breathing, the structure and movement, and in particular, the eyes must be learnt. The eyes? Yes, it's not good enough just to perform the movements alone. Even when the breathing is correct, you only get 50% of the self healing benefits. You must be taught what the eyes do. In taiji, what the eyes do has

a dramatic effect upon the qi flow. Nowadays, this has been upheld scientifically. Amazing that the founders of these forms knew about the important role the eyes play in the reflex system of the body.

Martial Arts/Self Defence:

This is the next area taught. Again, the basic foundations must be correct in order to use taiji as a self defence art. The four areas must be learnt., Structure & Movement, Breathing, Blood and Qi. Without the 'Structure & Movement', none of the others will follow. So it is so important to get the movement and body structure correct in the beginning.

Medical

Taiji: This is the highest level of one's training. This is where we can actually use the taiji self defence applications as a therapy to heal disease states. This is why it is also very important to learn taiji as a self defence art because all one



Peter Smith (England) With Kenneth Sjogren (Sweden)

has to know are the self defence applications of the form and one has the medical applications. There is no difference between the self defence applications and the medical healing applications, other than we do not knock someone's head off. We perform the applications gently on someone who perhaps has a lung complaint. In this case



Jose Amaral R. (Sth Africa) With Colin L. (England)

noon and evening. Evenings were also taken up with sitting around the camp fire and having someone from the different countries tell about what it is like to train in that particular country. This in itself formed stronger bonds with many having totally different views about those telling the stories than before. The Aussies in particular now know how lucky we are in this country after hearing the horror stories for instance from South Africa or South America.



Bjarne Elkjer (Denmark) With Ralph Tobias (Oz)

we would use the martial arts application of 'Brush Knee Twist Step'. This also has an affect on the per-

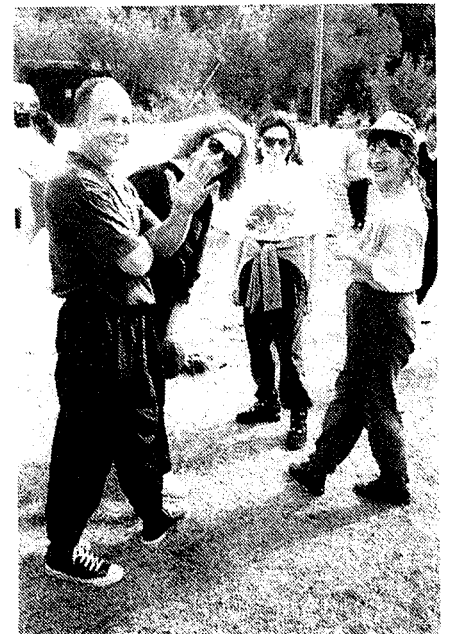
W.T.B.A. Business

was also decided that 10% of all earning derived from using the W.T.B.A. logo or name in any way



The Epitome Of Camp 95. Deb Harte and Lyn McAlister

Two new W.T.B.A. Representatives were given certificates of membership of the W.T.B.A. *Hans Asplund* is now the representative for Uddevalla in Sweden while *José Amaral* is the country representative for South Africa. It was decided at the camp meeting of all members of the W.T.B.A. that there should be a more structured W.T.B.A. with those overseas members running



Aussies With (Mother) Annie Blackman (New Zealand)

sonality and emotional state of the patient. So each movement in the form has a physical thing that it fixes as well as an internal or mind thing. We also did a tape covering this area, although there will probably be a number of volumes.

After I left each day, training continued with a different person taking charge of training each after-

their own schools and having more contact with 'head office'. So a membership form was produced which will be given to all potential members by those instructors who need this type of organization. I say "who need this" as we in Australia will not be having this form, and it is not compulsory for any Country members who do not wish to participate. It

should come back to head office for our building fund. This does not include of course normal class fees, but does include 10% from joining fees and all earnings from 'T' shirt sales and anything that includes a WTBA logo etc. Everyone agreed that 10% was not enough, but we kept it at that rate anyway and those who wished to



Carl Rutherford (England) With Steve McDermott (Oz)

contribute more can do so if they wish. From this camp, the W.T.B.A. growth rate will prob-



Bo Nilsen (Denmark) With Hans Asplund (WTBA Rep Uddevalla)

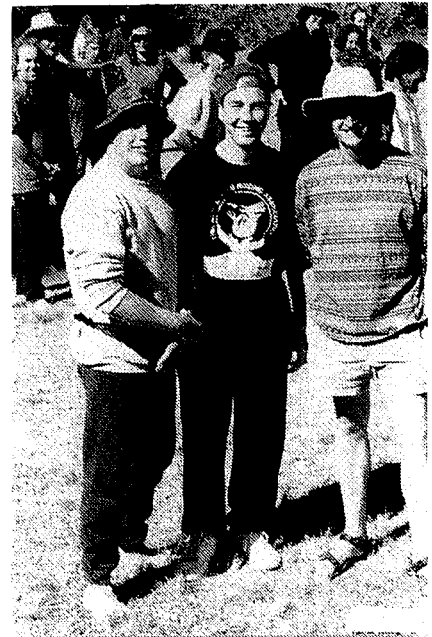
ably treble over the next year. Each country senior however, will be in charge of his or her own business as I do not wish to be involved with any business, I still prefer to be simply the information server and have my more able friends look after the 'business' side of things. The W.T.B.A. has its own bank account now for which I have nothing to do with, and that's as far

as I wish to go as far as organization goes. Mause Eaglen is head secretary for the 'World' part of the W.T.B.A. and as such will look after all dealings with new members, fees 10% etc. Everyone agreed that this is a way for our instructors to keep in touch with 'head office' and have a feeling of belonging and contribution to our organization.

The first Saturday evening saw a large raging party thrown, mainly for the fourteen or so birthdays

that took place in July including my own, so we all dusted off the old vocal chords and instrument playing fingers and gave it our best shot. Camp was held at Wollumbin Wildlife Park at the base of Mt Warning, (Wollumbin in Aboriginal). The overseas visitors saw snakes, little kangaroos, and other wildlife just roaming free while they trained. Al Krych had not seen a really deadly snake until his last day when I took him for a walk on my property. We had still not seen any snakes when I

picked up a piece of roofing tin and discovered a nest of 'red bellied black snakes' not that deadly, about as deadly as a rattle snake. It is our 8th most deadly snake!



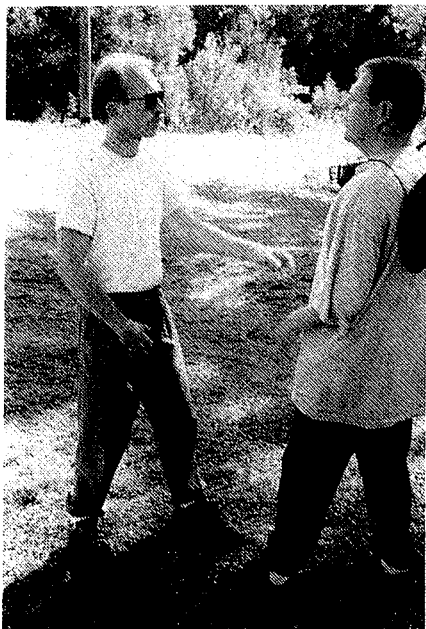
The Yanks. Al Krych, Marvin Labatte, Pat Conley



Ken Johnson (Scandinavia) With Marvin Labatte (USA)

Bill Tebbut

One of the saddest parts of the camp was when Bill Tebbut and wife Gaye picked up Ken Johnson and family at Brisbane airport to bring them down to camp, some 80 miles from Brisbane. After leaving Ken at camp, Bill had a heart at-



Al Krych (USA) With Tonny Bilgren (Denmark)

tack and died a couple of hours later. He was a friend to the W.T.B.A. and will be missed.

I think a word to sum up the camp would be 'glowing'. Faces that were a little dull at the beginning, not knowing what to expect, some from strict karate backgrounds, others only novices, all had glows about their faces after the first day's training that lasted the whole camp. I saw very stiff karate people, very high dans change over the three weeks to a much more bal-



Mean Melvin Gives Marvin Labatte A Lesson

anced personality and appearance

even. This camp had a wonderful affect on all that attended.

Next Year

Next year we will do it all over again with a few changes, changes that we have learnt by the running of this camp. Like only holding it for two weeks in 1996. Like charging a nominal fee for training of \$150.00 Australian, to pay for things like marquees, traveling expenses ferrying people to and from airports, extras like the food for the party etc. Still, two weeks for \$150.00 training fee is still the best value anyone will ever find. Most of the lads from the USA in particular commented that a comparable camp over there would cost at least \$3000.00 for the training alone.

The month is also changed back to early Spring, in fact, camp will begin on the 1st of September for arrivals (Sunday), then Monday for getting to know each other with training beginning on Tuesday the 3rd of September. This could change slightly due to Air flight costs for different times of the year etc. Saturday and Sunday will be days off for sight seeing etc. Then training Monday through to Friday and closing on Saturday morning the 14th of September. Please take note. Bookings for the 1996 camp will close definitely on the 15th of July 1996, which gives us 6 weeks to plan the camp on a more definite basis! No bookings will be taken after the 15th of July and this will include even Erle Montague!

The Way To Book:

Bookings will take the form of a deposit of 25% of your camp accommodation fee. This will be worked out by Mause later this year with letters being sent out to all W.T.B.A. members who are invited advising them about when and how much to pay for the deposit. The W.T.B.A. had to pick up the tab for some participants this year! We will have to have your booking on or before the 15th of July 1996.

This year we had one hell of a job getting people to and from airports and arranging earlier and later accommodation etc. In 1996 we will only arrange 'camp time' accommodation. All other accommodation will have to be arranged directly with the park owners prior to arrival.

So, for next year, those are the rules and they will be stuck to no matter what. This is essential to avoid much of the unnecessary work that we all had to do, and also the fact that some people took offense when asked for money. This money was not for ourselves, but simply to pay the park owners their money, otherwise we would have had to foot the bill as indeed we did have to in some instances. Next year's training will be more specific now that we have had the 'introductory' training with an over view of what the Erle Montague System is all about. So we will probably choose one area and stick to it for the most part. Probably one major form and one major training method. And one very important thing. As this is an Erle Montague System training camp, there will be no karate, no taekwondo, no hapkido or who flung dung styles practiced! Please adhere to this rule.

Well, I've had it with training for now, don't want to see another student for at least one week! I'm off to the computer superstore for some recreation!



Maria Oinas (Sweden) Tobias Duse (Sweden)

Also, we have decided to only invite W.T.B.A. members to ongoing camps. At our meetings, many put forward the idea that people who attended were receiving some very important information, that which they just wouldn't be taught by other sources, and as such should become members of the W.T.B.A. in order to receive such information, in order to put something back into the W.T.B.A.



Annie Blackman (N.Z.) With Asta Harroldson (Russia/Norway)

For those of our members who were unable to attend this year, I hope can make it in 1996 as this one was one hell of a camp, so by hook or by crook, be there!

One very good thing that came out of camp 1995 is that *Al Krych* has decided in my absence to hold his own workshops along with *Mike Babin* in New Jersey, perhaps twice per year. They both have my blessing in this as they are both very nice people and exceptional warriors in the true sense of the word. I am no longer able to travel due to personal reasons, so in my place, I put my trust in these two wonderful students and friends in the USA and Canada.

Full W.T.B.A. Members Or Associate Members?

A full W.T.B.A. member is one who is well versed in the Erle Montague System of Martial Arts/Healing Arts. He or she must be qualified to teach this system. From now onwards, we will not accept people who only have a karate background for instance.

An associate member is a person who is studying with one of our Full W.T.B.A. members and who is perhaps not qualified as yet to teach and who wishes to have more contact with the W.T.B.A.

The \$30.00 joining fee is paid only once by Full Members only. Then they will pay the yearly Magazine subscription. Associate members will only have to pay for the magazine each year.

I guess I'm getting jack of people studying with me and then taking what I teach them into their own martial art, saying that it was there all along! I am also getting jack of people buying my videos and then making their own videos from what they learnt on my tapes,

speaking in their own language and even charging more for these Plagiarized tapes than what I charge! Some people, who I very naively allowed to film my last camp (1994), have even edited that tape and are now selling that tape! Hence the reason for only selling the Qi Disruptive tape to full WTBA members. It has taken me years and about \$12,000.00 to gain this information and I have given it to the participants of this camp for free.

Merchandising

For the first time, and because this camp was run by someone who knows what they are doing business wise, we had commemorative 'T' shirts, Erle Montague System 'T' shirts and sweaters, caps with WTBA logo and books for sale. These went like the proverbial hot cakes whenever they were put out. We have Mark to thank for the screen printing, and Glenda to thank for making the 100's of sweaters and 'T' shirts. Others like Rob and Tim gave assistance in bringing fire wood to camp for the fires each evening. This was absolutely necessary as it was mid winter. And thanks to all local members of the W.T.B.A. for your help in getting people to and from camp. The organization it took to run this camp took nothing short of a super-human effort. But, the effort was certainly worth it. The W.T.B.A. is now the largest world wide internal martial arts organization in the world and this was the first ever world wide gathering of internal style (and some external) martial artists.

For information on the 'T' Shirts etc., please phone Mause on: 61-66-797015

The following will give some idea for those who were unable to attend this year, of what was taught on each day. Although at times I did digress from this menu.

TRAINING MENU:

SUNDAY 8th July

Introduction Plus training methods for Structure & Movement. One Hour.

Yang Cheng-Fu Form Beginning moves used in Structure & Movement. 2nd Hour
Small San-Sau First Move, Plus Mother Application. 3rd Hour.

1st Power Qigong. 12 Meridian Qigong. 4th Hour

1st Of the Meridian Balancing Massage plus Self Balancing. 5th Hour.

Afternoon:

Ken Johnson Is Boss: Training in Small San-Sau Plus Bagwa Walking. Do Not Lift Heel when walking. Etc.

Evening: Again Ken is Boss: Yang Cheng-fu Form all way through. Late Evening, What-ever.

MONDAY 9th JULY:

8 am: Qigong: Yang Cheng-Fu Form, Structure & Movement:
9 am: Small San-Sau 2nd Bit, Plus Mother Application:
10 am: Break:
10:30: 2nd Power Qigong 12 Meridian Qigongs:
11:30: 2nd Meridian Balancing Plus Self Balancing
12.30: 1st of the 12 Deadly katas/Forms.

AFTERNOON/EVENING: Alan Williams is Boss: Small San-Sau Showing Dim-Mak Applications: Form training all way through.

TUESDAY: 10th July:

8 am: Qigong: 8.15 am: Yang Cheng-fu Form. Structure & Movement. 1st of the Taiji Medical Applications: "P'eng".
9 am: Small San-Sau, Next bit plus Mother Application.
10 Am. Break
10.30 am: 3rd Power Qigong 12 Meridian Qigongs:



11.30 am: 2nd Meridian Balancing Massage Plus Self balancing.
12.30: 2nd Of 12 Deadly Katas.
Afternoon/Evening: Mause Is Boss: Go over all that you have done on the first three days.

WEDNESDAY 11th July:

8 am. Qigong:
8.15 am. Form, Structure & Movement. 2nd Of the Medical Applications "Double P'eng".
9 am: Small San-Sau: Next Bit Plus Mother Application:
10 am: Break
10.30 am: 4th Power Qigong, 12 Meridian Qigongs.
11.30: 2nd Meridian Balancing Massage Plus Self Balancing.
12.30 3rd of 12 Deadly katas.

Afternoon: Al Krych Is Boss: Go over that day's training to consolidate.

Evening: Form practice all way through. Al Krych is Boss: Everyone help those who don't know it!

THURSDAY 12 th JULY

8 am: Qigong.
8.15 Yang Cheng-fu Training Structure & Movement. 3rd of the Taiji Medical Applications. Chee.
9 am: Small San-Sau. Mother Application.
10 am: Break
10.30: 5th Power Qigong 12 Meridian Qigongs.

11.30: 5th Meridian Balancing Plus Self balancing
12.30: 4th of the 12 Deadly katas:
Afternoon: Tobias Is Boss: Go over all that was done that day.
Evening: Tobias takes form practice. Plus Basic Single Push Hands.

Friday Free Day; Wine, Women/Men and Song; More on the 'song' please!

Saturday: 15th July: Party Evening:

8.am: Qigong
8.15 Form Practice, Structure & Movement: 4th Of The Taiji Medical Applications: "Am".
9 am. Small San-Sau Mother Applications:
10 Am. Break.
10.30 am. 5th 12 Meridian Qigong.
11.30: Last Meridian Balancing Plus Self Balancing Method.
12.30: 5th of 12 Deadly katas:

Afternoon Prepare to Party.

Sunday 16th July:

9 am: Qigong.
9.15 am: Form, Structure & Movement, Sit Back Ready Medical Application, Form.
10 am. Small San-Sau Mother Applications.
11 am Break
11.30: 6th 12 Meridian Qigong..
12.30: Circle Walking Bagwa.
1.30: No. 6 of the 12 Deadly katas.

Afternoon: Rob Is Boss: Go over all that you did that day.
Evening: Rob Is Boss: Single Push Hands, with the first stepping.

Monday 17th July.

8 am: Qigong
8.15: Form Structure & Movement. Taiji Medical Application For Single Whip.
9 am: Small San-Sau: Mother Applications.
10 am: Break
10.30am: 7th 12 Meridian Balancing Qigong.
11.30 am: Circle Walking bagwa:
12.30: Non. 7 12 Deadly Katas.

Afternoon: Annie Is Boss: Go over that day.
Evening: Annie Is Boss: Form All Way Through: Push Hands.

Tuesday 18th July:

8 am: Qigong
8.15 am: Form Structure & Movement: Medical Application for Lift Hands:
9 am: Small San-Sau Mother Applications
10 am: Break:
10.30 am: 8th 12 Meridian Balancing Qigong:
11.30am: Bagwa Push Hands, Circle Walking.
12.30: 8th Deadly Kata.

Afternoon: Boss Is Debbie: Go Over That Day.
Evening: Debbie Is Boss: Form Run Through: Push Hands;

Wednesday 19th July

8 am: Qigong
8.15 am: Form Structure & Movement: Medical Application Of Stork Spreads Wings.
9 am: Small San-Sau Mother Applications.
10 am: Break;
10.30: 9th Meridian balancing Qigong:
11.30: Dim-Mak Striking. Gall Bladder Meridian. Applications.
12.30: 9th Deadly Kata.

Afternoon: Tim Is Boss: (Tim Korerlwyn if at camp. If not, Wally, if not, then John Bell: Go over that day's training.
Evening: John Bell: (Push hands, Small San-sau run through.

Thursday 20th July:

8 am: Qigong:
8.15 Form Structure & Movement: Medical Application Of Brush Knee Twist Step:
9.am: Small San-Sau Mothers.
10 Am: Break
10.30: 10th Meridian Balancing Qigong
11.30: Dim-Mak Striking, Gall Bladder Plus Qi Disruptive Theory and Practice.
12.30 12th Deadly Kata:

Afternoon: Boss To Be Named, depending upon who is there: Go over day's training.
Evening: Form Run Through: Push hands.

Friday 21st July: Day Off:

Saturday 22nd July:

8 am: Qigong:
8.15 am: Form, Structure & Movement: Step Up Parry & Punch Medical Application:
9 am: Small San-Sau Mothers
10 am Break.
10.30am: 12th Meridian Balancing Qigong:
11.30: Dim-Mak Striking: Gall Bladder: Qi Disruptive Theory and practice:
12.30: Structure & Movement Old Yang Style Taiji.

Afternoon: Boos to be named. Run through day's training. Plus Circle Walking.
Evening: Form Run Through: Plus Push Hands.

Sunday 23rd July:

8 am: Qigong:
8.15 am. Form Structure & Movement: Medical Application for Apparent Close Up.
9 am: Small San-Sau Mothers.
10 am: Break

10.30 am. Different Types Of Qigong. Bear, Leopard Etc.
11.30am: Dim-Mak Striking: Gall Bladder.
12.30 am: Structure & Movement Old Yang Style.

Afternoon: As above:
Evening: Free Training.

Monday 25th July:

8.am Qigong
8.15 Form Structure & Movement. Medical Application For Carry Tiger:
9 am: Small San-Sau Advanced Training.
10am: Break:
10.30 am: Bagwa Fighting:
11.30 am: Striking Areas Of The Body For Dim-mak. How to Punch:
12.30: Structure & Movement: Old Yang Style:

Afternoon: Free Training: Evening Same.

Tuesday 26th July:

8 am: Qigong:
8.15: Form Structure & Movement: Medical Application for Fist Under Elbow:
9 am: Small San-Sau Advanced Training.
10 am: Break
10.30 am: Long Har Ch'uan. Beginning movement.
11.30am: Punching how to: Fa-Jing How To.
12.30 : Structure & movement Old Yang Style:

Afternoon Free time
Evening Free Training:

Wednesday 27th July:

8am: Qigong
8.15: Form Structure & movement: Medical Application Repulse Monkey:
9am: Post Training:
10 am: Break:
10.30: Post Training:
11.30: Bagwa Circle Walking:
12/30 Post Training:

Thursday 28th July:

This day is for revision and asking questions. We will go over anything that individuals wish to go over. So have your questions ready.

Friday 29th is our last day. So we will revise the main topic of the whole camp. Structure & Movement using all that we have studied over the past three weeks. We will leave the camp at 10 am. As this is the leaving time..

What follows is the hand out that was given to each member attending the camp upon arrival.

W.T.B.A. CAMP 1995

A word from Erle Montague

Thank you for attending our first World Taijiquan Gathering and welcome. Please be tolerant with us as we try to organize this huge camp for the first time, well actually, it's Mause who is doing it all. She has done a magnificent job so a little thanks to her please.

This camp will create harmony, direction and unity between the W.T.B.A. schools worldwide. So please try to make it as harmonious as possible under the circumstances. Obviously this is not a holiday camp, it is a camp for work so we have sacrificed 'home comforts' to achieve this goal for the least amount of expense. Mause has tried very hard to accommodate those who have asked for special considerations etc. However, if those considerations cannot be met, please do not be upset. You would not believe the work that has gone into the organization. To make matters even worse for Mause, we have had people not be in touch to let her know if they even intended coming, we have had others contact us with only days to go, long after the cut-off point. Others have just dropped out at the last moment, long after accommodation had been booked. Itinerary (Very Loose At This Stage)

8th July, Meeting Day, Getting To Know Each Other

Upon arrival, you will be shown your allocated accommodation, then it is up to you to get around and meet with as many people as possible. Just introduce yourself and you'll find that all of our members are friendly and eager to meet new friends. Others will be arriving on other days.

"The very moment that you touch your opponent, you have defeated him, without even attacking him".

9th July First Day's Training

The first day will begin tentatively at 8 am. I will probably be there on this Sunday for the whole day just to see that everything runs as smoothly as possible. Each day will begin with standing 3 circle qigong for at least 15 minutes. The Theme of the whole camp is "Structure & Movement". This covers an enormous amount with training methods, forms and fighting methods involved. I will usually give a talk at the beginning of each day to outline what we will be doing that day.

Structure & Movement:

I will generally be using the taiji Yang Cheng-fu form to teach this area. It is my view that it is essential for other martial artists, (karateka etc.) and taiji people to learn the basic slow form of Yang Cheng-fu correctly and not from some mystical dancer type of instructor. There is just so much in the learning of the slow form and it really does take much effort, time and concentration to obtain the great benefits, almost super natural benefits that taiji imparts. So if you are doing karate, it is even more important that you do this training as you will never get it from your

karate training. Even given that karate for the most part teaches unnatural movement, with the basic taiji training, your own art will soar to great heights.

There is an old saying from taiji. "The very moment that you touch your opponent, you have defeated him, without even attacking him". This is what I will attempt to teach you over the next three weeks. Correctly structure and movement is the most amazing area to enter into. Structure meaning not only the way we physically hold our body, but also the way we hold the internal organs and attitude. Movement meaning not only the way we physically move, but also the way we move the internal qi. You will learn to move like a gorilla!

What Is Qi?

This is a very easy concept for a logical Jewish mind to understand. And if you're not Jewish, then at least try to think like one. Ask anyone who has diabetes and they will tell you that when you lose your kidney jing, your legs just don't work. And no matter how much food you eat, to gain extra energy, it doesn't do anything at all. In these cases, the Chinese tell us that there is no jing or qi going to the leg muscles, the kidneys are being depleted of jing. What makes muscles work? Not food that's for sure. It's electricity, this has been proven by Western science. If there are no electrical pulses going to the muscles, then they just don't work. So qi is actually electricity, the basic force of all life. We know that electricity only flows along conductors like copper or other metals. We eat metals from the ground in our food. The meridians are made up of 'wet' conductors, this can also be measured nowadays. This is why we have meridians, so that the qi (electrical current) can flow freely along these paths. Every two hours, the qi is 'activated' in a different meridian. How is this done? Somehow, the

mind and body react to the sun's path and cause that particular meridian to become more resistive to electricity. We know that when one has an electrical circuit, and when a resistance is placed on that circuit, the EMF or voltage across that resistance is larger depending upon the amount of resistance. This is the only way that a particular meridian can become 'active', it simply has more voltage across it. Who thought of all this? Amazing.

MARTIAL

For this part of the camp, I will be presenting the 'Small San-Sau' Mother Applications which is the best possible way to learn about 'reflex' reactions. It IS possible to cause other movements other than automatic reflexes, to become as reflexes. The Mother Applications will give you this ability.

The 12 Deadly Katas or Forms will also be taught in this section. Perhaps we will learn one of each, each morning. Pushing Hands will also get a going through in the morning sessions.

HEALING

The afternoon sessions will be for the healing part of the training. This is where I will be presenting the Yang Cheng-fu form as it has never before been taught. With the 'structure/movement' thing in mind, I will use this form to teach the most wonderful part of the martial arts training, where we learn how to move! Where only one hand touching the opponent is sufficient to defeat him.

At the afternoon sessions, I will also be presenting the 'Paired Meridian Balancing' massages. These are very powerful when used in the hands of someone who 'has it'. People are setting up 'shop' now using only this form of treatment or in conjunction with other alternative treatments.

Qigong, both basic and advanced will also be covered in the afternoon sessions.

All of the above is open of course and will obviously change as we get into the camp. But I can assure all, that much information will be given out, things that I have never before taught, things that I only now, after 27 years feel competent enough to teach.

I will also be teaching the first of the Qi Disruptive Forms which I learnt in China.

MEDICAL

Taiji has three areas, all martial arts SHOULD have these areas but very few do.

Taiji has three areas, all martial arts SHOULD have these areas but very few do.

The first is the **SELF HEALING** area. Here, things like Qigong and Moving Qigong are learnt in order to heal oneself of disease. The second area is the **MARTIAL ARTS** area, where we learn the martial arts movements for self defence. Not only the movements and their applications, but also the inner work that is gained by performing these movements. The last area is the **MEDICAL** area. This is where we learn how to treat others using our martial art as a direct therapy. This could be the 'Paired Meridian Balancing', or it could mean that we actually use the taiji movements on someone to heal them of certain diseases. For instance, the posture called 'High Pat On Horse' has a healing part, (helps the spleen) when held as a static qigong. So we can use this posture for 'self healing'. It also has a devastating martial application, b]y slamming down onto 'neigwan' to set up St 9, then striking into st 9 with the knife edge of the right palm. This is the self defence area. Then however, we can also use this posture directly as it is to heal someone with insomnia. This is

why I always tell people that the martial can never be disassociated with the healing. All we have to know to treat insomnia, is the martial application of this posture. We slap the inside of the forearm at 'neigwan' not too hard, and then gently stroke downwards over St 9. I will also be giving a brief introduction to this area. This area is probably the most exciting area that I have taught as it is the epitome of the complete martial art.

FILMING

Please do not ask to video the training at this camp. Much of this information I do not even have on tape myself and so I will be making a compilation tape of the whole training at the camp and this will be for sale to only those attending the camp. Sure, you may take video of the 'goings on' at the camp etc., but the training will not be filmed by anyone other than myself.

COSTS

This year we did it for free. However, being our first go, we got it a bit wrong. This camp has actually cost the W.T.B.A, myself and Mause and Rob and others of our core Oz group quite a bit to run. Things like the hireage of a huge marquee and tarpaulins etc. Things like fuel to ferry people to and from airports etc., all adds up. Phone calls, letters, fax messages etc., add more to the general cost. So with this in mind, for our next camp, same time next year, we will be asking the enormous sum of \$50.00 Australian for the running of the camp. That's not too bad for 3 weeks training! We will also be asking for a small sum from everyone this camp simply to pay for things like the tents which so far have amounted to well over \$1000.00. So I'm sure everyone will not mind kicking in for this. Well, it's our first go at doing it

this way, so I'm sure there will be more mistakes made before we finish on the 29th of July.

As for the 29th of July, please let Mause know early as to your departure times etc. So that we can get you to the bus station for your trip back to the airport of train station etc.

The logistics of taking up to 100 people on trips on our day off (Friday) is just not on. Even a bus is not big enough. So we will be trying to arrange for trips away, by car, van or horse in the best way that we can given the circumstances.

IN CONCLUSION

Be prepared with pen, paper, dictating machine or photographic memory as there will be a lot of information coming out and going in. Not too much though as it's much better to have little and keep it than much and lose it later.

I am excited about the W.T.B.A. as it has been my dream to bring people together in friendship with like minds from all around the world so that there ARE more than ten joined in consciousness to try and help the way things are. The words for the camp are Love, Peace and Friendship. Learn well, I will. Erle Montague

A BOOK On CAMP 95

John Bell, one of our W.T.B.A. Members is a brilliant artist. He has done diagrams of Erle Montague performing many of the lessons from Camp 95, including the Qi Disruptive Kata number 1.

Should you wish to buy a copy of this book, write to:

John Bell
P/O Box 8010
Bundall Mail Centre Qld 4217
Australia

The cost is **AUD\$40.00**

NEW VIDEOS FROM MTG PUBLISHING

Camp 1995 Tapes

The following tapes were filmed at the Annual W.T.B.A. Instructor's Training Camp held in July 1995.

MTG101

Structure & Movement Vol. 1

This 3 part series (MTG102, 103), gives the correct structure and movement for gaining the most power for the martial and healing arts. Training methods are given as well as qigongs for this purpose. The Yang Cheng-fu form is used to show these principles. Much information necessary for correct martial arts training is shown. Tape three is more Taiji than general martial arts.

MTG102

Structure & Movement Vol. 2

MTG103

Structure & Movement Vol 3

MTG104

Medical Taijiquan

This is an exciting area of one's taiji training. For the first time ever, Erle Montague shows the third area of training. There is 'Self Healing', then 'Martial' and then the Medical. This is where the practitioner actually uses the taiji postures on a person to heal certain ailments. It can be used as a stand alone therapy or in conjunction with acupuncture or shiatsu etc.

MTG105

Medical Taiji Vol 2. (Available December 1995)

MTG106

Meridian Balancing

This is another exciting area and can be used as a stand alone therapy. Erle shows how to balance the six meridian pairs, their symptoms and how to heal certain ailments caused by each pair being out of balance. Diagnosis is also covered here. Along with the 'hands on' ap-

proach to 'meridian balancing, Taijiquan also gives us a way to giving to our patients something that they are able to do for themselves in order to keep their meridians balanced. So each healing method also comes with a self healing balancing, usually two groups of postures from the 'old or new' Yang styles of Taiji. These are also shown on this tape.

MTG107 (NB. This one is only for **FULL W.T.B.A. Members!**)

Qi Disruption

In the martial arts area, this is another exciting area. Just a swish of a hand, not even touching the opponent will cause him to become weak or even have to sit down! Follow this with the appropriate dimmak strike and you have the most devastating part of your martial art ever. Demonstrations are given on people who were before having it done skeptical and who do not 'play the game' etc. The first of the original wudang shan 'Qi Disruptive' katas or forms is given. This is the first time that any of the nine 'secret methods' has been published. Each kata uses one of only nine qi disruptive methods. The nine methods are also shown, with their healing as well as their 'tests'.

MTG108

Entering Methods

Erle Montague shows exactly how to get in when someone has a really strong on guard stance, or who is ready for you. Some real sleeper holds are applied as well on this tape.

COST:

Each of the above tapes is **\$US50.00** (if ordering from the USA) or **£30.00** (if ordering from Europe) or **\$Aust55.00** (if ordering within Australasia). Postage is USA \$6.00. Europe 05.00. Australia \$5.00. New Zealand \$Aust 6.00.

Duration:

Each tape is approximately 90 minutes.

Occam's Razor

By John Humphries

We must spend training energy wisely. This entails economy of operation. It means thrifty use of our limited recovery ability, and training time.

"It is only rational to use economically, that which exists in limited amounts".

This derives from the principle of "Occam's Razor". Occam's Razor is named after a fourteenth century Franciscan Scholastic Philosopher, William Of Occam.

It states that hypothesis introduced to explain relationships should be as parsimonious as possible by cutting away the superfluous.

Occam's Razor is a demand for prudence, so that we do not overcomplicate the search for truth.

To get the most out of your Taijiquan, the relationship between your progress and your training be as parsimonious as possible. This means you should experience maximum gains from the least amount of training.

You will get the most benefit from your practice when you really concentrate on everything you do. One focused series is far better than ten done with your mind wandering. In this case, the economy and thrift implies becoming one with the exercise, feeling each movement down inside your being.

You must concentrate on the task at hand, focusing your attention, not day-dreaming and drifting off.

Parsimony is necessary during your rest periods between sequences too. To get the most productive training you must pace your rest periods and not waste time with unnecessary conversation or idle thoughts.

Economy is essential for beginners as well as the more advanced trainee. Do too much in the beginning and you'll end up overtrained, or injured. On the other hand, don't do enough and you'll make

very slow progress. It is always best to do just enough training to feel slightly sore the next day. But be sure to get enough rest for the soreness to subside.

Week by week, you should get stronger, so long as you do not overdo training exertions and push the body too far into fatigue for it to recover for your next training session.

If you find you have broken the rule and are sore, weary and off your best, then rest up till your body and mind recover. Or if you have to continue, cut back on your training volume and intensity until you have recuperated.

Occam's Razor is a demand for prudence, so that we do not overcomplicate the search for truth.

Economy of operation also applies to nutrition. Eating less fattening and processed foods will help you to stay leaner and harder. Get the right proportion of nutrients:

Enough protein for muscle repair and growth; enough complex carbohydrates for energy -- but not too much, because excess will be stored as body fat. And keep your percentage of calories from fat down to twenty percent.

Perhaps the word that best describes the principle of "Occam's Razor" is elegance. The most elegant design is the simplest, most functional design. This applies equally will to your taiji training, to your lifestyle, to your approach to any project what-so-ever, to the way you choose to shape your body, to developing the few things that matter.

Focus upon quality, not volume. You don't need to do much, you just have to *do it well*.

Parsimony is the crux of quality training/ Doing the most work in the shortest time. Quality training cuts away the excess, the unnecessary, and is the ideal way to tune your body. Remember, that finding out if something has worked is more important than knowing why it works. Pondering why, can come later.

The body is in a constant state of adaptation, whether it be shrinking its muscles, due to under-use, putting on body fat, due to over-nutrition, becoming stiffer with old age and lack of full range movement and stretching; or on the other hand, growing stronger, tighter, faster, more flexible, more enduring, more explosive, more graceful because of consistent training demands.

In your entertainment, do you watch too much television? That is, do you watch shows that are not that important to you?

As your metabolism slows with age, it's healthier to carry less bulk, so look to cut back on calories. And for Pete's Sake, use Occam's Razor to cut out the crap, the junk food, the processed food, the fast food, rather than the fresh fruit, vegies and grains.

In your entertainment, do you watch too much television? That is, do you watch shows that are not that important to you? Do you spend hours at it when you might be happier developing your body, mind and spirit with a little more useful activity?

In busy lives we are limited in the time we can spend on things we choose to do. And these things should be good. Things we can look back on at the end of our lives with quiet pride and a sense of achievement.

Your spiritual life is the most important facet of your existence. It overruns the borders of everything you do. No matter how rich, famous, beautiful or manipulative you might be, there will be all too frequent occasions when things do not go your way. These will run all the way from minor disappointments to total tragedies. And there is nothing you can do to stop these things from happening. The only answer is to meet them from a fortified position of spiritual strength.

Use "Occam's Razor" to select and strengthen your position. There are countless things that can be done to exercise your spiritual nature. Select the best, the ones that will give you the greatest return from your investment. Anything of dubious value, turf it out. (Means: Throw it out for our overseas readers ... Ed) Travel light, have trusty weapons, and be well practiced in their use.

John Humphries has been studying with Erle Montague via videos and personal lessons at camp for a number of years. He now teaches in the driest State on the driest continent. South Australia.

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A Special Thanks

To all of our local W.T.B.A. Members who helped in the running of "Camp 1995".

I am proud of you all for the tolerance and help you showed to our overseas visitors.

Erle.

I don't want to come to the end of my life and think; "what was that all about?"

I want to get there and think; "I'll have some more of that please, that was great!"

When you do taijiquan, move like that rock over there, it is not moving, or is it?

If my body is completely changed in a 6 monthj period by the cells renewing themselves, why don't they renew themselves without the wrinkles?

Life is a sexually transmitted terminal disease!

The rest of this column will be the 'Taoist' column for this issue.

Al

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New Farm.