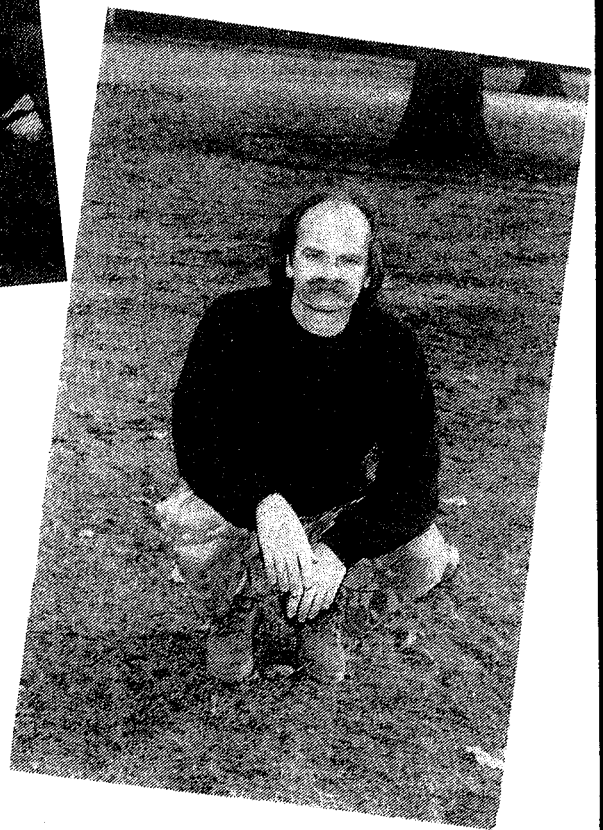
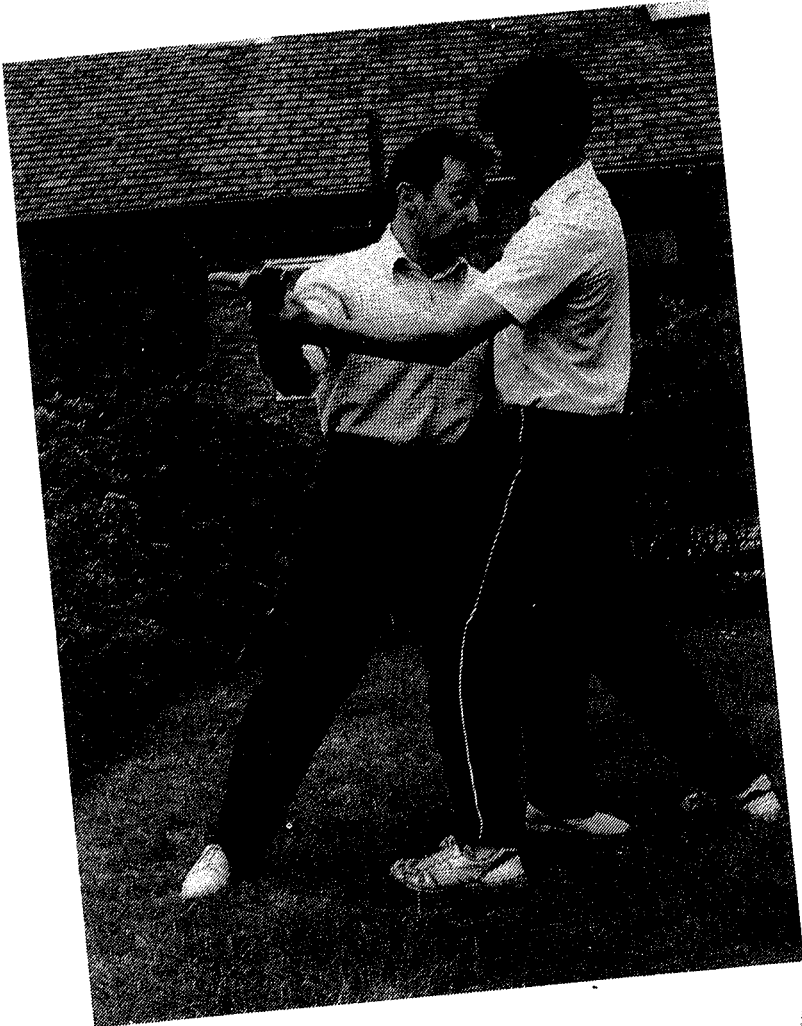


COMBAT & HEALING



December 1995 No. 23

COMBAT & HEALING

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

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ABOUT THE COVER

Graham Noble from Sunderland England, an old friend of the W.T.B.A. (The Old Head-But).

Ed Star in a pensive mood. (See article, Bare Bones Boxing)

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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.

W.T.B.A. NEWS

With Camp 95 still ringing in our ears, we are looking down the barrel of Camp 96. The repercussions of Camp 95 are still being felt as I predicted, with some of those at the camp having been given the first or second of the "Ten Internal Keys". Some people have phoned me saying that they don't know what has happened to them, strange things are happening to them slowly, their movements are becoming more coordinated, they feel more power, tingling etc. These people are those who have received the first of the ten *keys*. Others, after having received the second of the ten keys, have finally realised that there is much more to this internal stuff than meets the eye, ear, or mind!

The Ten Keys

The last bastion of secrecy within the internal martial arts are these 'ten keys'. A key, is something that 'opens' some lock or door etc. And that's exactly the way that the internal keys work. You don't know that you have received anything special until some time, usually a couple of months after the effects of the key being turned and the particular door associated with that key is being opened. But you certainly feel something different and great. Some people have been practicing in the martial arts for 30 years or more and have never received any keys, because either their martial art does not have them or their instructor himself has never received them.

They are only given when a student is ready to receive after many years of diligent training. They 'keys' denote a mediocre instructor from a great one. That instructor that has that something special about him or her.

So how do you receive them? At Camp 95 many noticed that I was continually calling out the same people with whom to demonstrate certain methods. A touch here, a thought there, a rub down the arm etc., And that particular person is

receiving the first key. The first key is a physical touch key, causing physical things to happen, as well as the very beginning of the internal work to happen. Which means that the instructor giving the key must physically touch the receiver. The second key is a verbal key whereby the giver, says certain things which cause the conscious brain of the receiver to think certain things, which in turn cause the internal mind to use the key to unlock those electrical passages to cause the first real stage of internal development to happen. The consequence of receiving the second key is to cause one to firstly think that they simply know it all. The 'words' given might not seem to be 'nice' things to say to someone, but this is what that particular person needed at that time to unlock the second key. There might be at first some bad feeling, from receiver to giver etc., but after two months when the second key is well under way, the receiver, begins to see that there is something special about the giver and that perhaps the receiver doesn't really know anything at all, but that there is something to be gained from being around the giver. And so a change of attitude occurs in those who 'heed the message'.

But now, I realise that he meant that I am REALLY like that rock over there.

Those instructors who have received all ten keys, become one with nature, knowing that there is only one thing in life and that is to live! When Chang Yiu-chun used to say, "You are like that rock over there", I always thought that he meant that the rock was still, steady etc. But now, I realise that he meant that I am REALLY like that rock over there. He meant that everything on this earth, literally everything has the same goal. To be born, travel a straight line until death. Even rocks do this, grass

does it, all inanimate objects do it. In this way, everything on earth does the same thing. When one has been given knowledge, one does not see that knowledge as anything special any more. I have people asking me why I do not give more information out? Why I do not perhaps train as much as I should. I don't have to! I see the knowledge as something that is only given when one is ready to receive. So I see that giving people everything, is useless until they can receive.

Secret Treatise On Original H'ao Ch'uan Found.

While I was in China last, I 'obtained' a copy of what I was told was the original work by Chang San-feng. This was supposed to be the treatise written by Wang Tsung-yeuh on Chang's original oral teachings that Yang Lu-ch'an found on a bakery floor. Yang then read it and formulated the H'ao Ch'uan, that later became known as taijiquan.

This was supposed to be the treatise written by Wang Tsung-yeuh on Chang's original oral teachings that Yang Lu-ch'an found on a bakery floor.

Now, whether or not, this treatise actually is the original Chang San-feng writings, it doesn't matter, because upon having the first few pages laboriously translated, I believe that it certainly is something that is quite pertinent to taijiquan as we know it today. And for my money, I believe that this treatise is the words of Chang San-feng.

So, what does it say? The whole three chapters are in ancient Chinese rhyming couplets. To the

untrained eye, it sounds like a lot of unconnected words. But to the trained eye, it's like a glorious map of exactly how to move the body and how to use the brain to get the most out of your training in Dim-Mak and now taijiquan. Much of it is concerned with the gaining of power for self defence, while a lot of the first few pages is also devoted to the healing art. Certain criteria for the way we move is being made quite evident as I have more translated. For instance, although there is nothing in these few pages that says something like, "A straight back is the most important thing you can have", Chang tells us this by writing a rhyming couplet translated directly as A Spine Plumb", some ten times in the first three pages! Now, we all know that a straight spine is important, but to have a 'plumb' spine at all times has never really been forced in taijiquan. So I tried performing Yang Lu-ch'an's form with not only a straight back, but also a 'plumb' back. This can be done with a little re-alignment. And it's amazing the effect this has on the mind/body coordination and gaining of extreme power! Things just seem to fall into place, things that we just did because they were taught that way, and perhaps just tolerated, now changed as the back became vertical, to show a true meaning of that particular posture. Like the posture of "Needle At Sea Bottom", done with a vertical/straight back and only going down as far as you can with the vertical back, really means something else in the area of power and fluidity going into the next move of "fan through back". So, now I am going right back over both major taijiquan forms and replacing bent backbones with vertical ones and the change in both power and realisation is immense. Many things that were read in the 'classics' that just weren't quite right while holding even a slightly tilted backbone, now have a different meaning which moves closer to the original classics. Things like "Nose, Knee, Toe". Now what does that mean! I

couldn't work this out until I actually looked back at my rear toe while in a bow stance. If you look back at the toe, you will notice that you can have a straight line between your nose, your knee and your rear large toe. Upon experimenting with this, I found that the power in a fa-jing strike for instance increased tremendously. When I tried to do fa-jing without this alignment, the power was much weaker. As I have more of this treatise translated, I will report with the whole shebang along with my own thoughts on what it all means. One of the more interesting ones is "Heel, Ground, Power" then "Water, No Ground Power". This refers to the qigong part of one's training, where we must take 'ground power' through the heels which is the 'gate point' for KD 1 (Kidney One Point).

When the weight is on the heel or just slightly to the front, we gain the power of the ground, whereas when the weight is placed over the "water point", (KD 1), we have no power.

When the weight is on the heel or just slightly to the front, we gain the power of the ground, whereas when the weight is placed over the "water point", (KD 1), we have no power. It's an interesting treatise and I only have about 120 pages to go! And, no, it is not for sale! Although the whole Yang Lu-ch'an form is not represented in the treatise because that form was not even invented at that time, we can take what Chang says and lay it over our own forms. It's also interesting to note some of the names of those early postures from the 9 Qi Disruptive forms which laid the foundation of modern taijiquan are close to the original Yang Style names, where those postures are represented.

Encyclopaedia Of Dim-Mak

For the first time, an encyclopaedia of dim-mak is being written by myself and Wally Simpson. Called (working title) "The Montaigne Encyclopaedia Of Dim-Mak, (With Wally Simpson), it will be the first time that EVERY dim-mak point in the body is documented, the effects, the locations, the healing aspects, the antidote points, the internal connections and the applications, the set up points and other points that can be used with each point. It is a mammoth task, but a worthwhile one, as there is nothing for the martial artist to refer to in his or her training where dim-mak is concerned. It will be published by **Paladin Press** possibly late 1996 or early 1997 and will contain around 1000 photographs and diagrams! I'm excited about this project, but daunted by the amount of work that has to be done by both Wally and myself. Wally has to squeeze in typing in between treatments, and I must do at least two points each day just to keep up.

Some Realistic Feedback

One of our long distance students in the USA is a prison guard. And when he learns something new from the tapes, he waits until an opportunity arises and uses the new point on some rampaging prisoner! Not nice I know, but on a positive note, he has used our methods to prevent himself and others from literally being killed. Here is a note from this person. "I was breaking up a pair of inmates fighting yesterday and I was able to use one of your (Erle's) slaps to the face. (neuro shutdown). The man was dazed and I had no problem taking him to the ground before he could hurt someone. Very happy with your

techniques. Very easy to apply and the inmate wasn't really able to recall what had happened to him."

(WTBA Headquarters), has now stretched above the arctic circle of the upper realm of Norway - or to the less geographical - the North Pole!



Brian De Kretser R.

Polar Bears Pauchui!

Early January, Northern Norway. The temperature will below zero. The earth is blanketed with snow. The sky is a silky grey colour. People gather amidst the darkness

and snow, skiing, slalom, polar bear trekking? No, these hardened Nordic Warriors are schooling themselves in the art of taijiquan. The W.T.B.A. is truly worldwide, from Murwillumbah in Australia to Moscow and London to Kirkness in Northern Norway.

The influence of "Horse's Head" (WTBA Headquarters), has now stretched above the arctic circle of the upper realm of Norway - or to the less geographical - the North Pole! More than 30 eager locals joined the weekend course with Ken Johnson, the WTBA's representative in Scandinavia with emphasis upon qi development and basic principles, relaxation, 3 circle qigong, a few movements of the Yang Cheng-fu form and a discussion on diet and healing. The course was a great success with the local radio station and newspaper both covering the event. Local WTBA representative, Nils Otto Pleym was very satisfied with the response. People from all areas of society attended. Physiotherapists, dentists, nurses, schoolteachers, engineers, students and more, all were hooked. The next course is scheduled for February with plans already in place to open WTBA in Tromsø, a city also in the North of Norway.



Ian Garbett & Students.

ITEM	FEE	FEE VAN	FEE TENT
WTBA FEE	\$50.00		
ACCOM		\$100.00	\$49.00
FOOD	\$140.00		
TRAINING	\$150.00		

Schools

Ian Garbett, our Townsville rep for the WTBA has appointed *John Rice* as chief instructor in charge of training. We have two schools in Townsville which is north of Brisbane and almost to Cairns. *Shayne Lachlan* runs the second school and we have had a good representation in that area since 1986 when I first went to Ian's school to teach. Since then his school has expanded and now with John Rice who I am told is; diligent, intelligent, totally loyal to the WTBA and a charming young man! Well, Ian always did have a way with words, being a fellow thesbian who also puts paper bags over his head!

Mike Babin and Al Krych held their first workshop together in New Jersey weekend of the 3rd of November with Al taking the small san-sau and Mike doing the bagwazhang. The workshop was a success and more are planned. The book, "Power Taijiquan" co-authored by Mike Babin and myself is 'walking out' (a term used for when a book is selling well). It is available from Paladin Press Boulder CO.

September was Mareeba for workshops. Mareeba is west of Cairns northern Queensland in the beautiful tropics. *My Hobson*, our representative for Mareeba held the four day workshop with people coming from *Dianna Taylor's* school in Ravenshoe and *AnnYin-foo's* school in Cairns. The camp was held in a beautiful location on a lake, most camped while my

family and I lived in the hall. It was a wonderful time especially having my family with me this time. Mareeba will probably mark the end of my workshops for some time with Allan Williams taking over as Chief Of Training for the WTBA. I am spending time with my family and horses and dogs and birds and loving just being 'here'. Allan will travel to Wales and Norway to teach in December this year.

Allan Williams taking over as Chief Of Training for the WTBA.

Our representative in Darwin, *Brian De Kretser* is also dragging WTBA Associate members in by the handful. Brian is a hard worker for the WTBA and as enthusiastic as I am about our 4 ponies.

MTG publishing, the Information Wing of the W.T.B.A. is now on the net! We have the whole catalogue up on the Internet and also on Microsoft Network. So people can browse through the net looking for things like martial arts, new age, massage healing etc., and they will see our catalogue up there. A click of the mouse and they can order videos and books from their computer. We also have an Internet Email Address now as follows. **taiji@MSN.com** We are still on the Compuserve Email at: **100236.342**

I will at some time post a list of Email addresses of W.T.B.A. members. Just let me know if you are up on the Email and send us your address.

International Martial Arts Meet

Tony Court, our representative from Wales performed at the International Martial Arts Meet held in Newcastle England, weekend of 7th October 1995. Bow Sim-Mak was there along with many well known masters of the internal arts. I am told that Tony's performance and seminar was among the highest attended.

Camp 1996

Next year we will be covering Yang Lu-ch'an's form as the basic overall learning. Along the way we will do the second of the Qi Disruptive forms and learn more about qi disruption in general. Push hands will also get a big part of Camp 1996. The format will be different than 1995, more structured (if that is possible) eating will be done all together with cooking and food inclusive of the total price.

We are asking everyone who comes to Camp 1996 to stay for the whole time as we are only doing two weeks. There will be a fee for training \$150.00 and that's still dirt cheap, a fee for food, \$140.00 total for the two weeks, a fee for accommodation, same as last year, \$7.00 per night for vans and \$3.50 per night for camping, \$5.00 for a powered site per person. And a W.T.B.A. fee of \$50.00 for any little extras that always crop up.

The camp begins 1st of September which is a Sunday, for arrivals, Monday is free get to know each other day, with training beginning Tuesday 3rd of September. And, no, you cannot only arrive on the Tuesday for the training! It has been a big part of our camps to

have a couple of days settling in period and we did not have that this year. The following weekend will be two free days for sight seeing so that people do not have to miss any training. This happened this year because we only had one day off per week. Please get your placement order in early, we are giving people one year to get ready for Camp 1996 with a cut off date of July 15th. So be warned, this is a cut off date.

We are asking for a non-refundable deposit this time so that we, nor the caravan park owners lose money! A 25% of total cost, deposit will be your booking fee. As Camp 1996 is **invitation only**, please let us know if you think that you have been left out. All invitees will be receiving a flyer and invitation before the end of December 1995. Obviously there are others who did not attend Camp 1995 who will not be on our list. *So please indicate your wish to participate in Camp 1996.*

A Letter From Linda Mure

I have been learning taiji for approximately 10 2 months. This beautiful, powerful, awesome art has helped me considerable in conjunction with meditation for rheumatoid arthritis. I have suffered with R.A. virtually all my life, as having been diagnosed at the age of four. I have stainless steel strews and a staple embedded and knitting bones together from surgery called triple arthrodesis to my left foot. The three heel joints had fused together creating utterly excruciating pain to walk or simply stand. The screws and staple are to come out shortly much to my delight as they protrude from the skin which is painful and uncomfortable. I also have 5 vertebrae fused in my neck, describing that pain is useless because people don't understand.

R.A. is in every joint of my entire body and living in the body is hell. Taiji has helped my life style, relaxing meditation and learning new moves is invigorating. I have strength that I have never known at all and it is incredible. My children used to get me out of bed and help me to get dressed. My eldest son would cook meals and do some housework which was a terrible burden on him.

Taiji was introduced to me at a time in my life where I needed something desperately.

Taiji was introduced to me at a time in my life where I needed something desperately. My eldest son died in September 93. I leaned heavily on taiji for meditation, now I really love it. One day, I would like to teach, even only one person the form as it truly is wonderful. It has become a part of my life, I can't turn back for to do so I would end up crippled and I'm determined that's not going to happen to me.

When you're feeling a little down, sorry for yourself, read the above letter. (Erle).

Vicky Davis

Well, our own Vicky Davis, student and friend of the WTBA for the past few years finally lost the battle against cancer and died September 1995. She battled hard and long. She wanted to only live long enough to see her children grow up and become independent. But that was not to be. She is on a number of our tapes in the background, learning new moves and wielding the stick etc. We all have to die sometime, that's the tight straight rope we walk along with every other 'thing' literally on

this earth. I always feel humbled when a friend dies, as now **she** is the teacher and I am only an infant knowing nothing compared to what she now knows.

Give Up The Longing

I wanted to be a rock and roll star and I **was** for a time in my youth. But, the grass was greener and I longed for bigger and better stardom overseas. I left the music and went searching for something that I knew not. The jigsaw of life took me to far off places, through strange doors, and along many different highways, picking up this and that here and there, learning along the way, starving, crying loving laughing, living. That was life, when I was young. £5.00 per week to live on, that was all it took. But the straight line was being bent too much and I had to return, still 'longing' for something else other than what I was meant to be doing.

The years flew by and still I was longing, even though I became worldwide famous in my own genre, my career still took a back seat to my music. The longing was taking over and causing me to become ill.

Then that little voice that has lead me all the way through my life, and it's a real voice, told me to simply throw it away and get on with what I was meant to do. I did, and the road ahead is now clear. My head is now taller as I have thrown off the weight of longing for something that was never mine. Although I must admit, when I sit through an old rock and roll film, my heart twitches and my vocals begin to limber up, so I go and get my guitar and just play, ... for myself now. "Rock and Roll I gave you all the best years of my life" .. well not really, they are still to come!

Defining Martial “Force”

by Michael Babin

On a mundane level, martial force is an expression of the laws of physics: strength exerted on an object or person; the ability to quickly and efficiently put mass into motion and focus its impact to your best advantage and/or use leverage effectively.

As internal arts practitioners, and humans in general, are fond of categorizing and find an almost magical significance in certain numbers (the 108 taiji movements, the five directions, the eight actions, etc.), It's possible to divide the various basic expressions of martial force into five categories.

No Force

In the internal arts, this is usually defined as meaning a complete lack of muscular force and effort. The movements of the average practitioner who uses this approach seems “mushy”, without focus and barely succeed in keeping him or her upright, much less martially capable.

In this way “not using force” is interpreted as a TOTAL ABSENCE OF FORCE OF ANY KIND as opposed to being a specific kind of applied energy. Those who advocate this kind of training usually emphasize slow motion form as being the epitome of their art and either don't do any martial exercises or limit their practise to overly rubbery and co-operative push-hands.

Instructors of such approaches are usually the ones who advocate “do your form for ten years and it will bring self-defense skills automatically”

Instructors of such approaches are usually the ones who advocate “do your form for ten years and it will

bring self-defense skills automatically” or teach their students to “project ch'i out of their palms at attackers”.

Such nonsense won't impress anyone with martial/fighting experience (or common-sense, for that matter); but, it will fool those people who are unable or unwilling to train more effectively. Unfortunately, such a limp approach will fail miserably if the student is ever forced to use his or her skills; but, after that, it may be too late to look for a new instructor.

Of course, it is easy to get carried away with paranoia about the amount of real danger in daily life.

Of course, it is easy to get carried away with paranoia about the amount of real danger in daily life. However, I also like a quote from a novel that I read years ago in which one of the character says: “Those who cannot defend themselves are never really free; at best, they are fortunate {ie., in never having to do so}.”

Brute Force

This type of skill depends on physical size, strength and some understanding of crude techniques and/or just experience at brawling. It works very effectively against smaller and/or unskilled opponents.

Brute force is often used by very large men or bullies and the ability to use it effectively fades with age. It is also of little use against someone, no-matter what their size and relative strength, who uses the next category — “skilful” force.