

# COMBAT & HEALING



*Qi Just Happens*

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The Magazine of the World Taiji Boxing Association  
Issue No. 34 September 1998

# COMBAT & HEALING

The Magazine Of The World Taiji Boxing Association

September 1998 No. 34

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## Tai Chi International

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# WTBA News

From Erle Montaigue

**O**ur move to Wales is still happening. We had sold our farm and had even begun proceedings to purchase a farm in Wales. However, the sale of our farm fell through even though the purchaser had paid a deposit. This was due to her being an illegal immigrant! So we were all set to move in October and had to go back to square one trying to sell our farm again. So depending up where you live, it is either good or bad news.

When we do finally move the following will happen. I had written this when we thought that we were moving in October.

The magazine for Australia and New Zealand will still be sent out from and printed in Australia to keep the cost of postage the same. However the rest of the world will receive their copies directly from we in Wales.

**Mause and Rob Eaglen** will be handling the Magazine distribution in Australia and New Zealand. There will be nothing different to that which the rest of world receives. So from this issue, those people living in Australia and New Zealand should send their subscriptions to the **"WTBA", POB 22, Uki NSW 2484, Australia.**

As yet we do not have a Post Office address for other subs and Moon Ta-gu items but will post it probably as an insert into this magazine.

Mause and Rob will also be handling all **Moon Ta-gu Books videos and books in Australasia** as well. They will

be making their own copies from master tapes exactly as I do now for sale in this area. They have been given authority to do this. So for future orders in this country and N.Z. please address them to M & R's address.

Our **E-mail address will not change** and our **Home Page address will also not change.** Our phone and fax numbers will however change. However, the phone number here will have a recorded message for up to one year from our leaving, telling of our new phone number in Wales and our fax number will be re-directed at our expense to Wales. Eventually everyone will know of the new contact details.

Many people are asking why? Well, that's for we Montaigues. All I can say is that we must be the only family in history who has moved from the sub-tropics of Northern NSW to Wales! However, it is a truly beautiful country and as we are homeschooling, then this will be a real education for our children for whom everything we do is for. (Susan, I KNOW that there MUST be something wrong with that sentence structure!).

So our **September camp** will be the last of the 'Classic' camps here in Northern NSW, as I will only be coming back perhaps once per year or every two years to visit folks and friends and to hold a long weekend workshop. I will be holding the classic WTBA gatherings

somewhere in Wales with the first one hopefully being in the fall of 1999. That's September in the UK. And that is the cheapest time for Aussies to fly over there.

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**NB//** The above is still true regarding the September 1998 camp as we will not go through having to wait until camp before we move if we sell etc. So Camp 98 will be the last of its kind until we know what we are doing!

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On the sadder note, leaving my homeland is the hardest thing I have ever done, especially leaving my beloved personal students with whom I have made very close friends over the past 25 years. Especially those who come to study with me here on Horse's Head. As a group we are an identity and although within the group there are the little hassles with different personalities as there are in any group of people coming together for one cause etc., as a group we are as one. And that is hard to leave behind. In fact it is my wish that my UK students also put aside any differences and personality clashes that may arise for the training just as my students here have done. I could not have wished for a better group of students in Australia. My students

here have had more personal training with me than any others at any time and have had the best grounding possible. So it is hoped that they will all stick together and train together.

The **WTBA** will continue in Australia under the watchful eye of **Mause Eaglen** who remains the world secretary. In these days of electronics, it is easy to do. And our senior students/instructors will look after the training I am sure to a very high degree as they have the training themselves and are now capable of high standards.

I have featured my dogs and horses on several of my video tapes and sadly old Bobby who has been an Erle Montague video star for many years had to be put down recently as she was just too old and in too much pain. Her spirit is still around though and I know that she is helping us. Beautiful, Lucky and Bluey will be moving to Rob and Mause's farm as they know that farm and get along with the Eaglen family, however, it will be very difficult for us to leave them as it is impossible to take them with us due to quarantine regulations. Bluey is such a magnificent dog and it will hard not to see him grow old. Lucky is so affectionate as is Beautiful. But, we must not allow our hearts to be broken and thankfully for Mause and Rob, we will see them on our return visits. Our beautiful

horses will be staying on Horse's Head.

It will be interesting for me to begin virtually at the beginning again and a challenge bringing all of my UK students up to a higher level through personal contact. Many from the USA are already planning to visit Wales, as it is not that far. In fact it is only a little further from NY to London as it is for us to fly from Sydney to Perth!

### Yang Lu-ch'an Form Chart

I am currently working on a chart of the movements from Yang Lu-ch'an's or the "Old Yang Style" Taijiquan. It will be quite large and will be a big help to those performing this wonderful form. I have had many inquire about this so will begin this large task this week. The chart will be available from Mause and Rob Eaglen through the WTBA's merchandising wing. I do not know the cost as yet as we will have to work that out when it is printed. It will be laminated and be in two parts of dimensions, 25 inches X 18 inches for each part. The photos will have to be small as there are so many different postures in the Yang Lu-ch'an form as opposed to the Yang Cheng-fu form which can fit onto one chart.

So I would suggest that you contact Mause and let her know that you are interested in receiving information when

it is ready.

## Wooden man Bagwa Form

The **Wooden Man form** volume two (*MTG176*) is now finished and I will try to get as much finished in the way of unfinished videos as possible before we leave. The series "Fighting Methods" is proving to be a bit hit with volume three under way.

## New WTBA Rep for Canada

**Josephine Anderson** has been made the **Taijiquan representative** for the WTBA in Canada in Mike Babin's resignation. It was an easy task physically as Jo has trained with me personally but not an easy one emotionally as it will be different not having Mike as the head of the WTBA in Canada as he has been with us from the beginning. He continues to be a personal student and I will endeavour to get up to his school whenever I am in North America teaching. And Mike has promised that he will also endeavour to get to Wales for a WTBA workshop.

## Al Krych

**Al Krych** has gone into high gear with his school in the USA, as we will now be closer. So for those overseas, the change is proving to be positive in that it has spurred

them out of complacency and into action!

My **home pages** on the net are now the largest and most visited martial/healing site on the net. So if you are on the net, the information there is just amazing.

## The Erle Montaigne Articles: The Book.

The WTBA is producing a compilation of all of my published articles since 1983! This amounts to some 250 pages so far. The work will be in several volumes with each article being re-printed as it was published. We do not know the cost as yet as we have to work out the cost of printing and comb binding etc. So, again, get in touch with Mause to let her know that you are interested in knowing when it will become available. I did not realise how many articles I had written over the years until I began sorting them out.

## New Qigong Video (Now Available MTG175)

I have also begun an important new work on Qigong. It deals with the inner movement and feelings associated with Qigong that will take you from a mediocre sensation to the upper levels of your Qigong training. I will mention it on the net site when it is done. I am very happy with its progress, as it is

always difficult to transmit inner things.

The number of WTBA instructors in increasing with many newly qualified instructors being added to our ranks. The least of whom is **Dave McKinnon**. Dave came to my workshops in New Jersey and has been hooked on the internal ever since. He now studies Bagwazhang with a good teacher in his area and is taking the 'good oil' back to the karate people, as that is what he began as. And he is a wonderful ambassador for the WTBA.

With the new move, Europe is within easy flying time so I will eventually be again holding workshops in Norway, Sweden, France, Germany and other European countries. I look forward to meeting my Scandinavian students again as I miss that part of the world. I have many wonderful memories of Scandinavia, Norway in particular where we have a big following.

This is it from the WTBA news section of the magazine. Hopefully, the next issue will come to you from Wales in the UK. IF we do not move by then, it will still come to you from the land of Oz.

To my antipodal students, I love you all and will miss you all. (If and when we move!)

Erle Montaigne

# The Deceptive Hands of Bagwazhang

*By Erle Montaigne*

**M**ost martial arts nowadays are only ever taught at their most basic levels. This has come about because instructors themselves have not learnt the more advanced methods of their style. They teach others who think that this is all there is to the martial system, then they go out teaching others and the circle goes around.

So now we have martial arts that are supposed to be great self defence arts, but whose owners are beaten up in the street because the instructor only ever learnt a very basic form. The large open movements of any martial art are only there to teach us how to move in a more martial manner. However, if those same movements are used in realistic situations, like in a street brawl or against someone wielding a knife, they will not work at all.

As the once great martial systems move further away from their origins with instructors simply not willing to put in the time and effort necessary to take their martial art to that of an advanced self-defence art, we are seeing the martial arts denigrating into a purely sports orientated art with none if any of the original self-defence ideas left.

Bagwazhang is one such art. It was once one of the most deadly fighting systems ever invented and earned its nickname of "the art of over-kill." Again in modern Bagwazhang (Pa-Kua-Chang), we see instructors using big

open steps, those that are taught only to the stark beginner, that which will never work in a real situation. We see them teaching very complicated techniques as street techniques. These complicated techniques from Bagwazhang were only ever meant to teach the student about body mechanics with the idea that if you could sort of get it right using these silly complicated techniques, then the more basic methods would work fine.

We see instructors teaching to bring palm strikes from the hip! Or from long distances giving the attacker plenty of time to defeat such an attack. This idea has come about because many of the so-called hard stylists are now turning to the internal systems but are still using hard style methods.

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**In order to defend oneself, we must be able to strike from anywhere at any time and from any distance with enough power to knock someone out**

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In order to defend oneself, we must be able to strike from anywhere at any time and from any distance with enough power to knock someone out, even from as little as one inch away from the target, as this is all the time you will get to defend yourself. And Bagwazhang has this ability provided it is

learnt to its more advanced levels.

Another mistake that many instructors make, as with most martial arts, is to take the katas or forms literally. To take the techniques from the kata is to invite defeat. Any great martial art has a form (kata) and then it also has a fighting method. The fighting method of Bagwazhang is nothing like the circular form, although the movements of the form are based upon martial applications as they are in Taijiquan. The fighting art must be learnt separately from the form as the forms teach us about body mechanics, timing, coordination and distancing.

**The fighting method teaches us about conserving energy or returning energy, about beginning with one 'lot' of qi (energy) and recycling it**

The fighting methods teach us about reflex defence/attack, defending without knowing, sub-conscious reaction and continuous attack using fa-jing as the engine. The fighting method teaches us about conserving energy or returning energy, about beginning with one 'lot' of qi (energy) and recycling it rather than having to use your

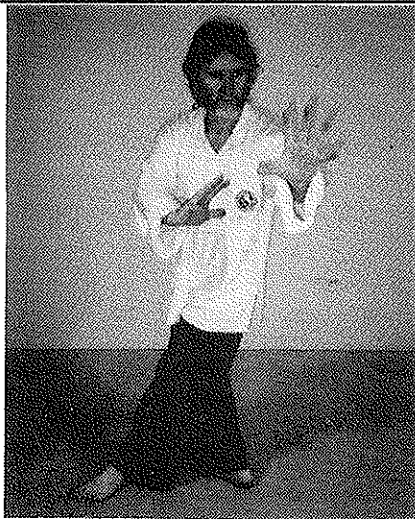


Photo No. 1

own energy for one movement, then summon up another lot of energy for the next etc. It teaches us about fa-jing or explosive energy and how to use this to strike from very short distances delivering devastating strikes to vital parts of the body.

Bagwazhang hands are 'deceptive' in that when someone looks at an advanced practitioner, they see a very relaxed 'person' NOT a martial artist! (Photo No. 1)

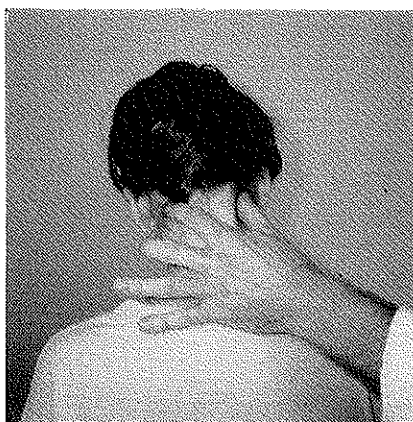


Photo No. 3

shows the basic Bagwa form stance) It does not seem as if the Bagwa practitioner is able to defend himself until he

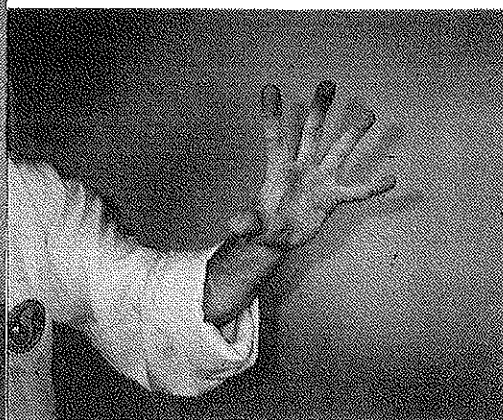


Photo No. 2

does. Then, the hands of the Bagwa expert seem to spring to life with devastating palm strikes in a matter of seconds. The hands are also very hard on the inside and look and feel like cotton wool on the outside. We do not smash our palms into iron filings, nor do we smash boards, the way in which the Bagwa hand is held brings qi into the palm thus causing the palm to become like iron. (Photo No. 2) for the basic Bagwa palm shape of Dragon Palm). In holding the palm in this manner it a way to summon forth the part of the brain that is for survival, or that part that many scientists are now calling the 'reptilian brain'. This part of the brain has been more-or-less lost in modern man but is still evident in animals. Bagwa teaches us a way to get back to this animal survival mode. When I first learnt Bagwazhang back in the early seventies, I was taught to hold the palm with fingers stretched so that the webs were almost white. At that time I did not know why as all other instructors were





Photo No. 4

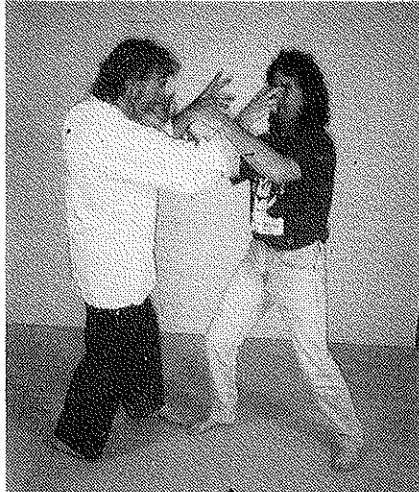


Photo No. 5

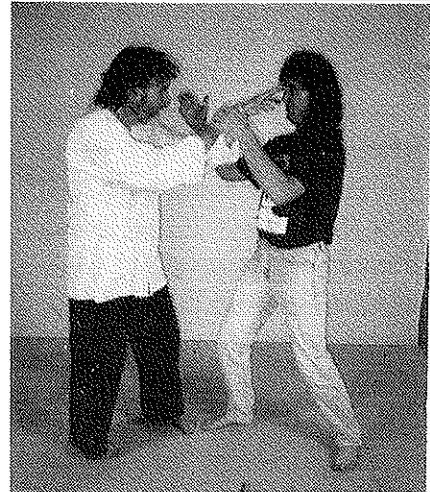


Photo No. 6

not teaching this method but rather teaching to hold the hand more like a Taijiquan hand. As I progressed, I began to discover why the palm is held in this manner. And it has to do with acupuncture and qi flow. If you were to tighten only a couple of fingers, you would not feel anything in the back of your brain at the points called GB 20 (Gallbladder 20). **(Photo No. 3 for GB20).** But when you tighten the whole palm (not to the point of pure physical tension though), you begin to feel an activation in the back of your skull which is the 'activation' point for the reptilian brain. And when we look at what points on the palm that are activated by doing this particular Bagwa palm, we see that these points are all those that are responsible for Yang Qi! When you feel the reptilian brain come into action, your eyes will widen, your speech will go into monotone and your motor will be ready for action. I have seen some very 'yin' people turn into raving lunatics when given the

Bagwa method of survival. A power that seems to come from nowhere is summoned and even slight framed people gain great power.

The power comes from the whole body and not from only the arm or palm. This is how we are able to strike from very short distances causing great damage.

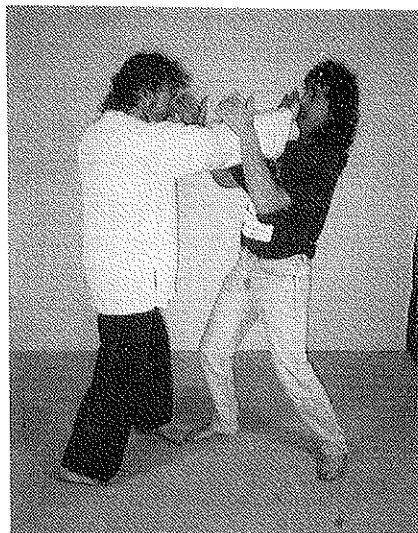


Photo No. 7

## The Bagwa Snake

The Bagwa 'snake' is one of the realistic applications that are taught at an advanced stage. We are not told that we should do such and such when someone attacks using Bagwa form methods but rather the masters

of old knew about the human brain and about body mechanics. They knew that if someone were going to attack you they would not advertise the fact! This only happens in sports martial arts in the ring! So the method of 'the Bagwa Snake' involves doing what a normal human being would normally do in a situation of being attacked usually to the head area. As the fingers are stretched, the both hands move upwards as we would normally do in a reflex manner to protect the face. This will kick in the reptilian brain and instantly the fingers of firstly the right palm then the left palm are thrust into the attacker's eyes.

**(Photo No. 4, Photo No. 5 & 6).** Instantly and without stopping to 're-load', the right palm turns into a 'sideways snake head' and strikes into perhaps dim-mak points called GV26 just under the nose and CV24 just under the bottom lip causing instant knock out and great internal damage. **(Photos Nos. 7 & 8).** Not stopping, the last movement loaded the right



elbow, so it now smashes down onto the GB3 point (Temple) which is an extreme death point. **(Photo No. 9).** This again loads the right palm which now comes back across the other side of his temple, **(Photo No. 10)** followed by the left palm which slams into the right side of his face at points called ST 5 and the Mind point, which together cause death! **(Photo No. 11)**

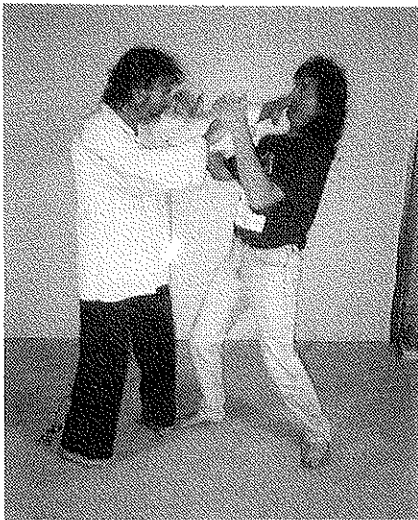


Photo No. 8

When we see this application done in a form or kata manner, it looks like a beautiful dance type of movement. Once the attacker has been defeated, the human brain again takes over and the practitioner walks off oblivious of what he has done other than that there is someone on the ground. The whole snake method has taken a split second to perform. But it would not work if we had to continually load physically each palm, the power comes from the waist explosively turning the body only a fraction but with so much power and speed

that the hands which are further out react with even greater power and speed because they are 'attached' internally to the waist. Most modern martial arts teach us to divorce the waist and the hands relying upon only the power from the triceps.

## The Mighty Bagwa Wooden Man:

So how does one train in these Bagwa deceptive hand methods? There are two ways. You can either have a training partner, which is always necessary for gaining a more realistic feel, and/or you could invest in the Mighty Bagwa Wooden Man. **(Photo No. 12).**

*NB//. At time of writing, the wooden man did not have his rope bound head.*

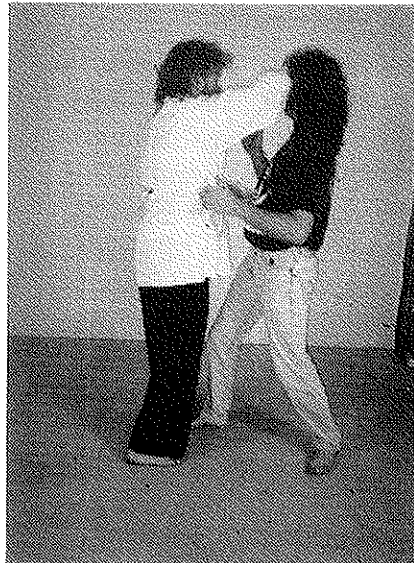


Photo No. 9

This method of training is a regular Bagwazhang method of training the hands and feet in reflex attack and defence. It teaches us about body mechanics and how to move the body in order to get

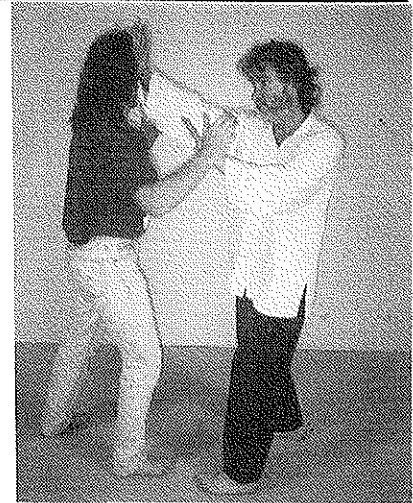


Photo No. 10

out of trouble and into the best possible position for re-attack. It also teaches us exactly how to use the whole body in attack. It does this by causing you much pain when you do the techniques incorrectly using only the arms as the source of power and not the whole body. When you use the whole body and strike this huge wooden thing that many of my students have commented as

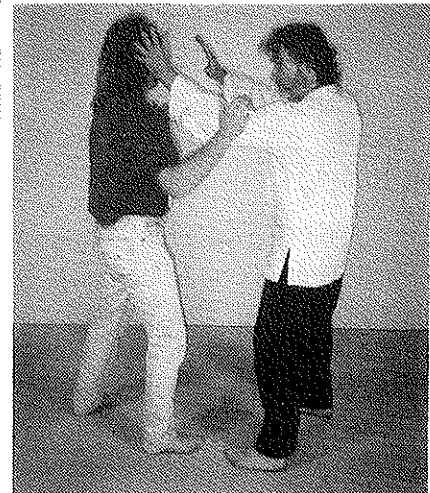


Photo No. 11

being like a huge penis, you learn how to control your attacks but still have them reflex actions. Once you are able to use the whole body in attack even this huge pole will begin to shudder when struck

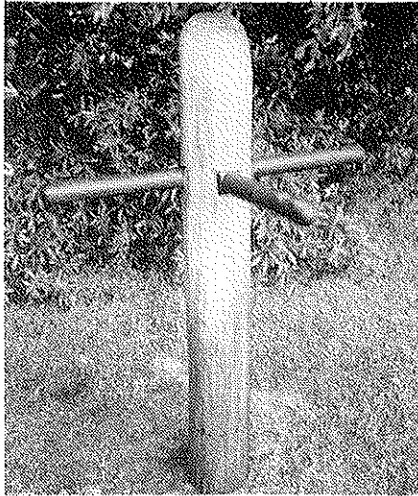


Photo No. 12

even lightly with absolutely no movement backward of your own body.

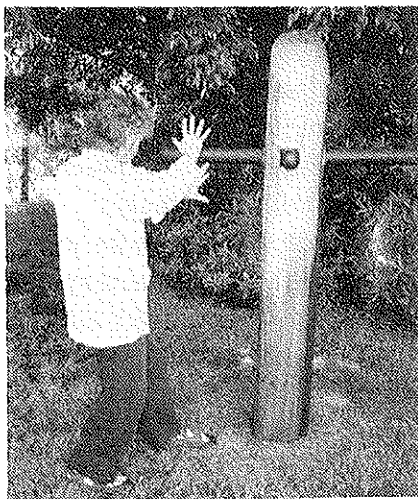


Photo No. 13

The Bagwa wooden man form itself is one of the most fluent and beautiful forms I have ever taught and practiced. It is performed in the same manner as the circular classical form is done in as much as it is in eight different parts flowing together. So you will begin with a typical Bagwa movement in defence against a two handed attack striking his right arm with your right 'hammer palm' while the left one is already taking over the

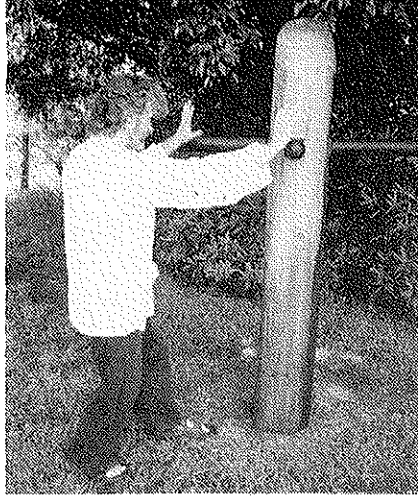


Photo No. 14

attack. (Photo No. 13). As the left palm also hammers the right arm, your right 'hammer palm' will almost simultaneously hammer his left arm. (Photo No. 14.) Now, you will step in with the peculiar Bagwa 'L' step and strike with both palms to his striking area which is representative of his face. This would be on a human being to the points called ST 3 just under the cheekbones causing knock out or death! (Photo No. 15). You now hammer downwards onto both of his arms causing his head (if it were a person) to be jerked forward causing his brain stem



Photo No. 15

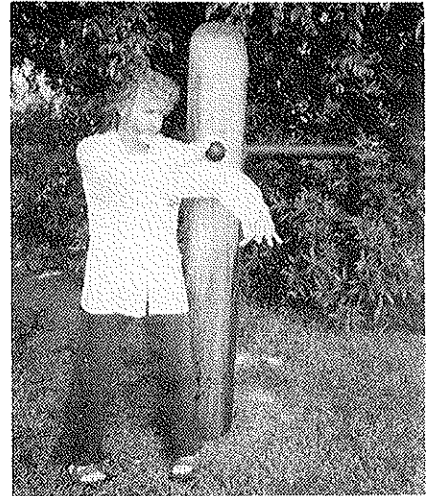


Photo No. 16

to kink causing instant knock out! (Hence the name of "the art of overkill"). After this (as if he hadn't enough already), you will grab his left arm with you right palm and taking a 'T' step, you turn to strike and break his left shoulder with your left upper arm or shoulder. (Photo No. 16). Taking his left wrist, you now bend his wrist into a painful wrist lock as your left palm snakes up underneath to add more pressure to the lock and strike his temple (GB 3) with your left palm. (Photo No. 17). You take a right arcing step with your right foot and as it is placed down, you do an internal turning method to strike again this time with your right palm to his left temple area. (Photo No. 18).

The whole first palm change routine is now repeated on this second quadrant, then on the third and fourth. Then the whole thing is repeated in the opposite direction ready for the second palm change.

The Mighty Bagwa Wooden man is indeed mighty and they are not easy to come by. Mine was made for me by my students Rob and Mause Eaglen to exact measurements as laid out in

Elements manual from Chiang Jiung-chiao and from my own memory of what it was like when I learnt it way back then.



Photo No. 17

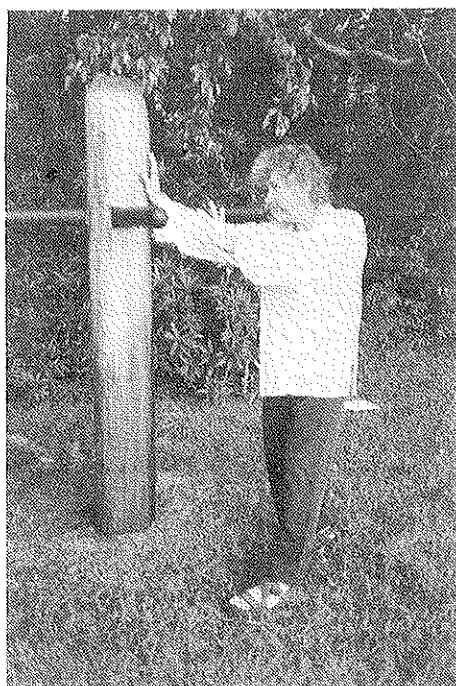


Photo No. 18

# New Videos from Erle Montaigue

## MTG173

### Fighting Methods Volume Two

Carries on with some of the best fighting methods even invented from Bagwazhang and Taijiquan. Includes the deadly dim-mak applications.

## MTG174

### Erle Montaigue Does It Volume Two

On this tape Erle Montaigue performs as he would in his own morning training session, the Yang Cheng-fu form at its small frame level. Erle Also performs the **No. 8 (Ground Form) Qi Disruptive Kata** and the **No. 9 (Wuji) Qi disruptive Kata**.

Again, these are done with one static camera, very basic and it is not to learn the forms but rather to have some idea of what they look like at their most advanced level.

## MTG175

### Advanced Qigong Volume Two

On this tape, Erle Montaigue covers the most advanced method of 3 Circle Standing Qigong. Exactly how to perform this Qigong and more importantly what is going on inside and how to perform Qigong internally. How to breathe and some very special Qigong hand methods are shown. If you thought you knew about Qigong, then get this tape! It will take you to new heights in your Qigong practice.

## MTG176

### Bagwazhang's Mighty Wooden Man Volume Two

This tape is the final in the series and covers the last four Palm Changes. This form is essential to any martial art regardless of hard or soft, it will enhance any system greatly.

No. 8 Palm change in particular will enhance your Liver, Gallbladder and Pancreas, hence the Spleen also. Feeling down at all, then do this form, it makes you feel great!

**I**n my study of the internal way of fighting and living, some of the best tools I have found to help me both in my own training and in the teaching of others have been the 12 katas of Dim Mak.

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Some of the goals, as I have seen them, of internal training are to access the limbic system of the brain to achieve the psychological fighting attributes of the animal kingdom;

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Some of the goals, as I have seen them, of internal training are to access the limbic system of the brain to achieve the psychological fighting attributes of the animal kingdom; to coordinate mind and body in the natural rhythms and movements of life and specifically combat; and to have one's fighting be the product of internal explosiveness. Some of the best tools for achieving these goals are the 12 deadly katas.

If the Taijiquan long form is viewed as a great work of literature, the 12 deadly katas can be thought of as the different characters in that great work that flesh it out and convey the most important concepts to the reader. Another way to view them is in the light of a great artist creating a sculpture. The Taijiquan long form can be viewed as the chisel that the sculpture uses to do the large work; this creates the initial form of the art. The 12 Dim Mak forms can be viewed as the smaller chisels and blades

the artist uses to create fine detail. I believe that a person's internal training would be incomplete without training in Dim Mak's 12 deadly kata.

The 12 forms teach us and can be used to teach on several different levels. The first level is that of the physical. We learn to connect our body in natural movements. When we strike with one part of the body, this is so connected to the whole body that it creates a strike with another part of the body, which is all part of a natural rhythm and flow. As part of the san sao that are associated with each form we learn appropriate and natural reaction to an attack. We learn distance, timing and coordination of our body as it relates to the attacker's body; in essence each one of the 12 forms is a slice of a fight; a small vignette or freeze frame of a portion of combat and we are taught how to move naturally within that given context.

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If the Taijiquan long form is viewed as a great work of literature, the 12 deadly katas can be thought of as the different characters in that great work

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The second level of learning takes place on a psychological level. When practicing these forms at the solo level, we learn control and relaxation. We also learn rhythm; the natural rhythms of a fight or combat situation. We also begin to find access to the limbic systems of the brain. These are the areas

## **Dim Mak's 12 Deadly Forms: A Slice of Combat**

*Darrin Coe*

known as the animal or reptilian brain; this is where we are able to program combat responses which are further re-enforced through san sao practice.

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**In san sao practice we learn subconscious response and awareness and we begin to differentiate between specific technique and general fighting concepts.**

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In san sao practice we learn subconscious response and awareness and we begin to differentiate between specific technique and general fighting concepts. On a psychological level we also begin to learn to strike to specific Dim Mak points as mapped out by each form for a given combat situation. These can then be transformed into fighting concepts that can be used in many situations. For example in form 11 we strike to neigwan on both arms and ten we strike to a neurological shutdown point with an open palm, followed by an elbow to stomach 9 point or triple heater 17 dependent on how the opponent's head is turned and what I want to do to the opponent's energy. I can now take these specific techniques and create a conceptual map that can be programmed into the limbic system so that given a combat situation, once a reaction is started with a strike to neigwan, and other combat conditions are met, I know I can follow this map to it's conclusion which is knockout and full energy disruption.

This brings us to the next level of training in which our reactions to a combat situation, our knowledge of Dim Mak points, our timing, our balance, our coordination, our limbic program, have all been internalized and responses are products of internal explosion resulting in the transfer of energy and energy disruption. This is the fa-jing level of training; in which we fight with our spirit and we have gone beyond technique, into the realm of natural response that is in tune with our own internal rhythms, the rhythms of the world around us and the rhythms of the situation as presented to us at a given point in time and space. Once you reach this third level of training, the san sao portion of training becomes vital. You must be able to respond to an attack with explosiveness that is at the same time natural, loose and relaxed. Another reason this is important is because performing a form at the fa-jing level solo is totally different than performing it in san sao. Your timing, coordination, balance and perception are all different.

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This is where the ultimate strength of the 12 deadly kata lie and why I believe they must accompany one's long form training. There are no complex

interpretations of form, there is no need for extensive memorization due to the minimum number of physical movements and there are no large movements; at the highest level of performance the 12 deadly kata are pure internal combat. This is why they must be trained slowly over many years. As a matter of fact, the first five years that I practiced these forms, I always performed them slowly and never in san sao.

Some final things to remember about these forms is that they can be combined through different cycles within Traditional Chinese Medicine to affect both physical and psychological healing.

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These forms when performed correctly also affect changes within one's personality to bring us more in line with the natural way of being a human being and will eventually bring us to a point within ourselves that we no longer want nor need to engage in combat because as part of being in line with the rhythms of the universe we become more in tune with humanity around us and live to affect positive change in the world at large. We become the humans we were meant to be and not what society has created.



## Sharing the 'Good Chi'

*Les Anwyl*

Recently I had the good fortune to be able to visit old friends, many of whom I had not seen for many years. As I made contact I found myself rejuvenated, inspired; lifted up by their presence. At times it can be difficult not to become caught up in little problems, minor concerns, which in the big scheme of things are of no great importance. It seems that there are people amongst us who can help us to take a more positive approach, stand back for a moment and say 'Hey, things are not too bad in fact, actually they are pretty good, and with the right approach can be even better'.

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I am not referring here to self professed gurus or people who think they are Gods gift to humanity, more just ordinary people with an extraordinary abundance of 'Good Chi' and a willingness to share it. Sometimes they may not even be aware of Chi or the effect they have on others, and are just being themselves, creating

'positive feedback loops'; their chi bringing out the good chi of others, which in turn builds and strengthens their own good chi.

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How many of us have invested as much energy in learning to put in 'The Good Chi'? For me, this is the highest level of Internal Martial Art for it can enable us avoid conflict altogether and 'win' by not fighting.

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In Internal Martial arts we learn to cultivate and control our chi, using it to disrupt the chi of an opponent, sometimes putting 'The Bad Chi in', with devastating results. How many of us have invested as much energy in learning to put in 'The Good Chi'? For me, this is the highest level of Internal Martial Art for it can enable us avoid conflict altogether and 'win' by not fighting. Ultimately the battles that we need to win are those with the demons within us, those which keep us from our true nature of abundant health, happiness and harmony.

There are many ways that people develop this quality, either deliberately through Tai

Chi, Yoga, Meditation or Prayer; or as a side effect of something else, like working with people. Dealing with universal energies as found in nature, music or even surfing could also be the way. Despite the many paths that can be taken, it seems that people with an abundance of good chi share many common qualities.

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First and perhaps most important, is tolerance. How embarrassing it can be to reflect on our past attitudes or behaviours which we have outgrown! Perhaps in reflection we may see this as a stage in our development, which led us to have certain experiences, which in turn brought us to where we are now. Being mindful of this can help us to cultivate tolerance, realising that others are on their own personal journey too, and need to find their own way; how can I determine the path that someone else should take?

Compassion, the partner of tolerance, arises when

we begin to glimpse the connectedness of all things; we are all connected to each other both directly by cause and effect as well as in a less tangible metaphysical way. Many systems of spiritual development begin with an introspective journey of self-discovery. Having discovered self (or perhaps the absence of self as a separate entity), the process becomes truly exciting when we turn awareness outwards and really begin to see for the first time other people, plants, animals and indeed the whole cosmos as alive, aware and a unified whole. Perhaps a highly developed awareness of this type is one of the deeper layers of 'Eagle vision' in the martial arts. Certainly the skilled push hands practitioner feels a connectedness with his partner which allows him to know his partners next move as he thinks it. With practice this feeling can be steadily expanded outwards.

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Cause and effect ensures that the positive feedback loop of good chi works in

reverse as well. In the Top End there is a time of year known as the build up. Just before the wet season starts, the heat and humidity becomes almost unbearable. This is when people go "troppo".

*(To go mad for our overseas readers. Meaning to go 'tropical' or to have the 'tropical sickness', like too much sun or going mad from too much sun etc. Ed:)*

Driving around Darwin at this time can be a little dangerous as I found last year.

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**Bad Chi attracts Bad Chi and Good Chi attracts Good Chi.**

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I accidentally commuted a minor traffic infringement and even though it caused no problem to anyone a huge red faced Territorian went out of his way to drive close to me, hang out his window and scream 'Ya F\*\*\*ing wanker' The venom and hostility was so out of proportion to the offence that my fighting Chi rose and I returned with an equally witty comeback and further suggestions, one of which was that he get out of his car so that I could beat the living crap out of him. Fortunately he drove away (perhaps



to carry out some of my initial suggestions) but had he stopped it would have been 'on', and for what? Bad Chi attracts Bad Chi and Good Chi attracts Good Chi. How would we rather be treated by people? Altruism is enlightened self-interest.

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Another notable characteristic of people with the good chi is the ability to go with the flow and accept the current circumstances as what is happening now and make the most of them.

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Another notable characteristic of people with the good chi is the ability to go with the flow and accept the current circumstances as what is happening now and make the most of them.

My work has taken me amongst other places to Arnhem Land where it was my great good fortune to work with the Yolgnu people of Elcho Island. They seem to be masters of going with the flow; they have been doing it for the past sixty thousand years or so. One of the most commonly used words in their language is 'Bidee', which means 'doesn't

matter'.

Some times when driving around the island I would come across a family whose car had broken down and was in need of assistance. Most of us in a similar situation would curse, worry and become angry that our schedule had been disrupted.

Usually by the time I came across them, these gentle happy people would have a big picnic under way; someone would have collected some Yams and bush fruits, someone else the firewood, another made some tea and damper and another cooking fish and mudcrabs caught earlier that day. I sometimes felt that they were almost disappointed that assistance had arrived, they were having such a good time. Their main concern seemed to be not their rescue but that I should sit down with them and enjoy. Be here now!

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In many styles, including our own there is a

tradition of 'secret transmissions' of teachings, which cannot be passed on by words. Perhaps these are transmissions of extraordinary good chi; and certainly I am unable to reduce what I have been fortunate enough to have received from teachers and friends to simple words or explanations. The postures which Erle taught me represent only a layer of what he has shared.

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The ability and willingness to share good chi (substitute the word love if you like) can completely transform the way that we relate to people, be it complete strangers or close friends and lovers, and is the highest level of healing. Chi flows through us if we can let it, and the act of sharing it enriches us all.

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*I met Les when he was 18.  
Reading the above, he is  
certainly now his own master!  
On-ya mi Old! (Erle)*

# SOME VIEWS ON HEALING

*Allan Card*

There have been healers in my family for at least three generations. My grandfather, both my mother and father and now my sister and myself. In this respect I have been very fortunate in so much as I see nothing strange or unusual in Healing even though it still continues to amaze me and I have the utmost respect for it.

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At times I feel very humbled by being honoured with having this ability. Having said that, I do believe that anybody is capable of becoming a healer if they are patient, persistent and confident enough to try. As in all walks of life, some will be more able than others but that does not mean to say that someone will not be able to be a healer and have some success.

I have been a member of the National Federation of Spiritual Healers since July 1994 but as I've said, my interest goes back a long way before that. To become a member of the Federation, an individual must be sponsored by and recommended by two full member healers and provide testimonials from at

least four patients. Courses must also be attended and passed. Healing work is becoming more and more popular and as far as Healing is concerned, I am certainly looking forward to the next few years, where we will hopefully see healers working in hospitals and surgeries all over the country.

I like to think of the energy that is used in Healing as universal energy; this energy is as freely and as abundantly available as the air we breathe, it is everywhere and can be used at any time. I also believe that there are two types of energy, universal energy which I've already mentioned and personal energy which the Chinese call Qi and the Japanese call Ki.

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As we see in the names of T'ai Chi and Aikido, both are martial arts which aim to strengthen and develop the personal energy of the participants. It is very important not to confuse the two, if you use your own energy whilst Healing, you may well make yourself ill by depleting your

own natural reserves. It is difficult to differentiate between the two because they feel the same, that flow of energy you'll feel whilst doing the form feels the same as the flow of universal energy you feel whilst giving Healing.

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If it is someone's intention to be a healer then two things are absolutely crucial.

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If it is someone's intention to be a healer then two things are absolutely crucial. The first is to be able to differentiate between personal and universal energy and to use universal. The second is to meditate regularly to increase your own personal energy as this enables you to look after your own body properly and it also allows the greater flow of universal energy. There are two main ways to meditate, either the static positions of yoga or the moving meditation of the form which is practised in T'ai Chi. It was because of my interest in developing and strengthening my own Qi that I became involved in T'ai Chi.

There is another massive advantage in using universal energy and that is because it's universal it can be used anywhere, By this I mean that a healer does not have to be in the same place as the person who needs help. As I

said, because its universal, distance is no object, the energy is everywhere and can be used anywhere. I have known instances of people receiving benefit when on a different continent and hemisphere to the healer.

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At the beginning, I called this part of the newsletter some views on Healing, that was because they are just that they are my own personal views but they are views which I genuinely and sincerely believe to be true.

If there is anything about them that you would like to discuss, or if you would like to receive Healing or if you know anybody who would like to receive Healing please do not hesitate to approach me or give me a ring on:

01792 894461 Good luck and best wishes Allan Card.

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Allan Lives in the UK so if phoning from outside of the UK, it's +44 1792 894461

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## Erle Montague's Videos in the UK

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Tony Court of *Green Dragon, White Tiger Trading* distributes all of Erle Montague's videos and books plus lots more from other authors. Tony is one of only two registered distributors who are able to make their own copies of Erle's tapes for sale.

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## Yang Lu-ch'an Old Yang Style Form Chart

In two parts, the chart featuring around 300 photos of Erle Montague performing the form will be ready soon.

### Orders:

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## Taiji for the Earth

*By John Humphries*

**T**he practice of Taijiquan, although done for reasons of health or personal development, simultaneously affects the world community and Mother earth as well.

It doesn't "do" anything different within our structures, but aligns, integrates, frees and amplifies the energies already existing and functioning. It enhances our physical, emotional, mental and spiritual function.

Correct practice progressively opens all our "chakras" or energy vortices which are our connection to the sustaining Universe, or God. Automatically, all our meridian or energy pathways are cleared and developed. This enhances our physical health and capacity, our emotional health and capacity and our spiritual health and capacity.

Becoming aligned with our truth of being, we automatically throw out spurious activities and ways of thinking. Of itself, the practice will, in the course of time, bring about a breakthrough of divine light and love and wisdom into this physical life, this physical body, and through them into this physical plane.

The process is the establishment and empowerment of our pristine, ever-present, though hitherto hidden, perfection. It is a REAL-IZ-ATION of God's

Presence as you.

This process is absolutely vital to the healing and ascension of the earth and humanity as a whole.

Already mankind has taken enormous strides in spiritual development, turning around the dire predictions of prophets like Nostradamus and the Hopi Indians. For example, note the end of apartheid in South Africa and the Iron Curtain of the Communists.

We must now continue this opening and enlightenment and the process of Taijiquan practice in both formal exercise sessions and as a life-practice is requisite.

When tuned up and turned on, your energy system is like an electrical power cord which conducts the Universal life-force (qi) from the Heavens (Cosmic Yang Energy) down into the Mother earth.

Simultaneously it releases earth Energy (Yin Polarity) in a reciprocal flow to the Heavens. This unlocks and heals the earth's Energy systems right where you happen to be standing or walking.

Therefore, even as the earth constitutes and sustains your substance, you also are part of the earth's substance and sustenance.

Your practice and the skills you develop are pivotally important to the development and welfare of both mankind and Mother earth.

# The Pakenham Lot (Victoria Australia)

*By Chris Scott*

Pakenham itself, a good time was had by all. In fact the occasion was such a success that several people were still making merry into the early hours of the morning.

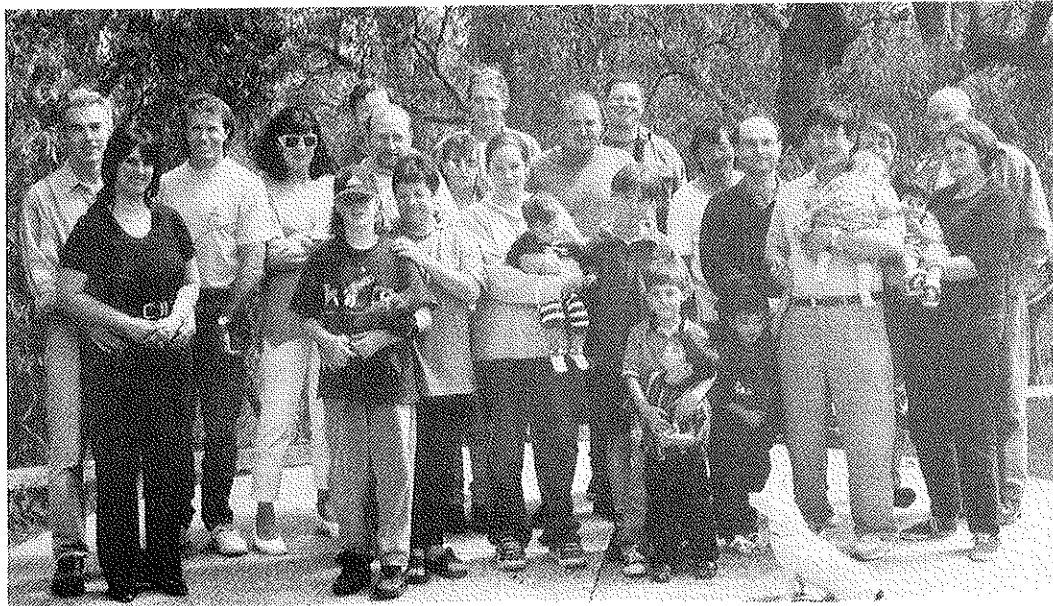
The "Student Body" contains various professionals – present was an acupuncturist, a naturopath, a psychiatrist, several firemen, musicians galore and a contingent from the security industry. Why we could have held a Fireman's Ball, providing not only the firemen

in mind my favourite saying: "Youth, it's wasted on the young"!

Incidentally, Clint's mate, Leon (Poltoracky) didn't make it to the BBQ as getting out of bed on a sunny Sunday morning proved beyond his capacity, alas an all too common occurrence for young Leon!

My son Joseph, who has recently come to live with me, has commenced learning the Yang Cheng-fu form. He's the bespectacled giant behind Tim O'Reilly and these days I'm experiencing some difficulties in wrestling matches with said son.

Our training revolves around a variety of activities including the Yang Cheng-fu and Old Yang style forms, stick form, small and large san-sau, push hands, long har-ch'uan and aspects of self-defense etc.



A few words and photograph from the wilds of Pakenham Upper to signal we are alive and kicking.

Pictured being dutifully guarded by our pooch "Bbh" (terror of all baddies) are some of my students (and their offspring) at a recent harbecue held at "the Good Earth". Traveling from as far afield as Ballarat, Bendigo, Melbourne, Maryknoll, Garfield and of course

but the entertainment and security as well.

Our gathering had only one sad note in that we were saying good-bye to Clinton Edwards whom shortly thereafter left for Wales to be united with his "one True Love". Clint plans to be gone for a couple of years and no doubt he'll catch up with the "Welsh Lads", then he'll know he's alive! We will miss him greatly and hope he keeps

I would like to extend an invitation to anyone visiting Victoria to spend a few days training with my students and I in our little bit of paradise at the foot of the Dandenong Ranges.

Chris Scott has been a WTBA instructor for many years. **Ph: 03 5942 7598**