

**THE COMPLETE GUIDE TO  
The Internal Martial/Healing Arts**

1998 December

Issue number 35

# Combat & Healing

**3 Levels of  
Consciousness**

**Thousand Pardons**

**WTBA NEWS**

**Large San-Sau**

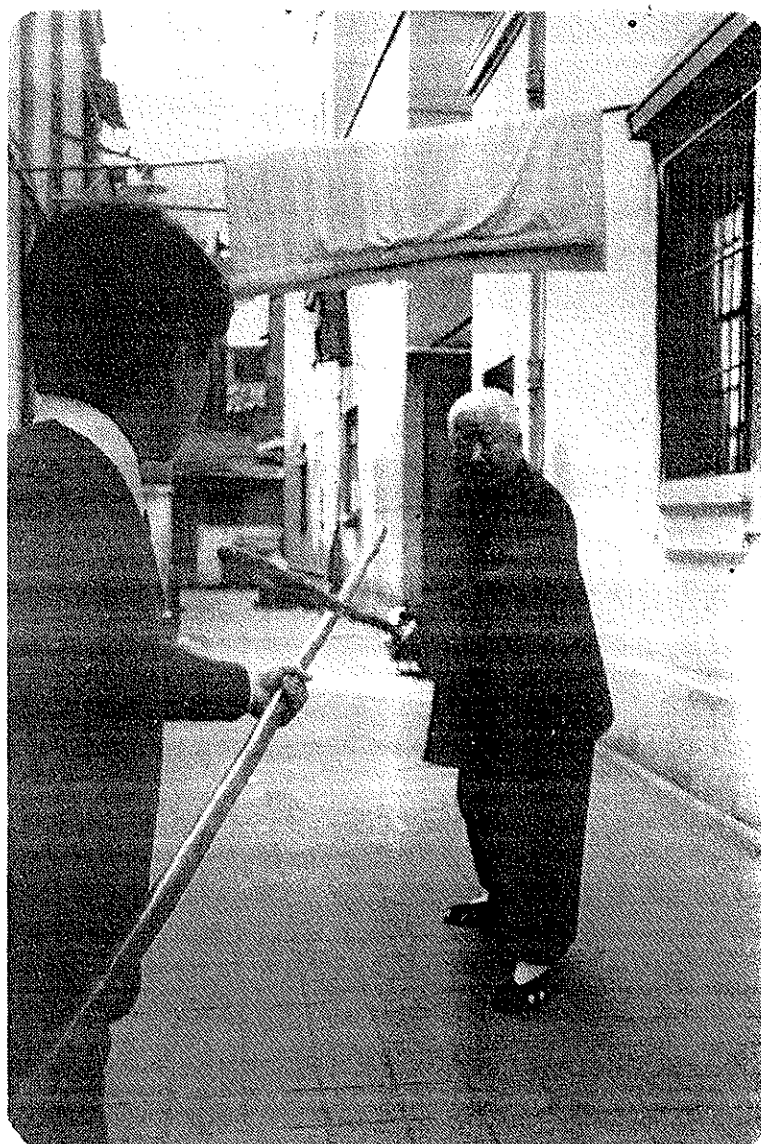
**The KWA**

**On the Road Again**

**Anatomy of A Pressure  
Point**

**PLUS**

**Erle Montague's European  
Workshops 1999**



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# COMBAT & HEALING

The Magazine of the World Taiji Boxing Association

December 1998

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## FRONT COVER

A Rare shot of Fuzhongwen practicing Taijiquan Pole Form in Shanghai when he was younger.

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## Tai Chi International

Finally, a well balanced, commercially available magazine on Taijiquan. Erle Montaigne is the Australian correspondent for this magazine and will have an article in most issues. To Subscribe:

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# The Three Levels of Consciousness

*By John Humphries*

Our consciousness is like a 3-ring circus, with action going on in all 3 at the same time.

These activities should blend harmoniously and support one another, rather than being at odds, competing and bickering with each other.

The 3 levels of consciousness will be in action simultaneously and with a little thought and care they can all be working together to achieve unbelievable triumphs otherwise impossible.

You are the 3 levels and manifest in them as you choose. Like your physical body, it can be divided into sections or functions that are interdependent and support one another. You might for example, divide your body structure into: Head, Trunk & Limbs, all of which have individual but mutually dependent functions.

executives, the purchasing officers, the shipping department, the store-men, the salesmen, the foremen, the personnel management of the factory.

This lot passes down the policy of the owner to the workers, arranges materials, production targets, contracts, sales, everything needed to profitably manage the business.

You are the 3 levels and manifest in them as you choose. Like your physical body, it can be divided into sections or functions that are interdependent and support one another.

The conscious mind sets targets and priorities for the workers and passes down management decisions and arranges all supplies.

## The First Level

Highest level. The superconscious, the soul or identity. A vast powerful, spiritual entity, sort of the owner of the factory.

## Second Level

Middle level. The conscious mind. Sort of like the

## Third Level

The lower level. The subconscious mind. The workers. Perfect efficient craftsmen, easily able to manufacture anything required, as long as clear instructions and the required materials are supplied.

So, we have the perfect boss, laying out a perfect life-plan target and contract for this

## COMBAT & HEALING

life. We have the workers, tireless, efficient and motivated. Then we have the middle level of management where communication, supplies and direction break down, why?

Because they are not trained. They are harried and flustered and confused and don't know what they are supposed to be doing. They are not doing their job of implementing the boss's orders and supplying the workers because they do not know how.

### Why don't they know?

Because we front up to the mortal life with a totally blanked out memory of our soul's (out identity's) perfect beauty and power and no idea of what we came here for.

It is not the conscious mind's fault. It is so hard to be flung into a material life with shortages on every hand and fierce competition for everything desirable.

The conscious mind works to acquire the things it finds desirable. To be safe and secure, to live in beautiful surroundings, with a steady flow of food and wealth, to have friends and supporters, to have an attractive life partner, to be esteemed, even famous, to have beautiful children who make it proud. All that good stuff that everyone wants.

But a wheel always falls off the wagon. Even if all that is successfully acquired, circumstances will change, things will go wrong and joys will fade and disasters will occur.

These sufferings are prods to the conscious mind. Why me? — is there no end to my problems? What more can I do? Why am I here, to be treated like this?

This is the cue for the superconscious to begin to have an input. While things were going fine, the conscious mind wasn't willing to listen to anything but its own concepts or acknowledge any presence but itself.

The strong blows from disappointment finally bring it to its knees and at last it is ready to listen.

Now the superconscious takes control and guides the conscious mind to the path it should take.

It is the path to enlightenment, the unconditional love and spiritual wisdom.

When the superconscious takes the reigns of government, its vast power and beauty and authority are brought to bear on whatever problems are besetting and they just melt.

Now life becomes purposeful and directed, unfolding with beauty and power. Yes, Yin and Yang.

Why does one's life lesson finally reveal itself in such a roundabout way? Why do we have to exhaust every logical strategy over countless years before we find that we **are** what we were searching for. Peace, Joy, Contentment, Unconditional Love, Supply, Domination, Authority and Completeness.

It is not the conscious mind's fault. It is so hard to be flung into a material life with shortages on every hand and fierce competition for everything desirable.

Well, if we knew at the start the overwhelming power and perfection of our own nature there would be nothing learned. Life would be a snap. Heal diseases, manifest wealth, feed multitudes, and succeed at anything you want, no problem.

Tackling our troubles at their own level by manipulating situations, people and scarce resources is only a Band-Aid treatment. When a problem is solved in one place it will pop up again, or another problem will rise where the first one was.

## COMBAT & HEALING

Only after everything else fails and we realize finally that we cannot succeed on our own, will our conscious mind be willing to let go of its self-importance and subordinate itself to our higher self.

Then in the realization of our true nature and identity we graduate from this school of hard knocks. We understand all and achieve all in the glory of enlightenment.

### In Conclusion:

Our lives are a bit like a 3-ring circus, with something going on in all 3 rings all the time.

The subconscious mind, working away perfectly all the time. Not understood, not appreciated, but the regulator of our health and the repository of our race wisdom and our connection to Mother Earth.

Then in the realization of our true nature and identity we graduate from this school of hard knocks. We understand all and achieve all in the glory of enlightenment.

Our conscious mind, which decides what we want and what will be done with our opportunities and our life.

Our superconscious mind, our higher self, our real nature off Earth. It has an agenda for our life and we would do well to heed its wishes. If we are out of alignment with them, conscious will prick and later we will be unhappy. If we refuse to listen and obey, it will chastise us, like a parent punishes a child to stop it from doing something dangerous.

Now baby, you better listen. If the higher self begins to feel that this life is being wasted, that the lessons are not being heeded, it is quite capable of pulling you up short with a life threatening illness or accident to make you see reason.

And if you will not, it can kill you. Just pull out of this life and start again later.

## Erle Montaigne Videos

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**MTG181**

### **The Montaignes In Concert:**

Erle & Family in Concert at Camp 98. \$US25.00 or £15.00, post included.

**Jim Marincic**

## Thousand Pardons

When you become writer of articles in books and magazines, especially in Martial Arts magazines, you are about to come across line of readers what will simply be offended by expressed views one way or another. They simply disagree because they see life and situation from different point of view and of course this is perfectly normal.

I am referring to article in August 1997 issue of C & H. The article "Who am I" written by myself had profound effects on some people. I believed that some individuals will misinterpret the message, hence the 'thousand pardons'.

I did not say that people should not defend themselves against physical attack. I said, if you practice Taiji properly and if you live by Taoist philosophy, you will find peaceful existence in your life and the need to defend yourself will disappear, because there will be nothing for your to defend.

This is a difficult concept to understand to a young fellow because majority of people in this day and age live in anxiety and with that of course comes fear of being attacked. Of course we all know if you fear something it usually happens and sometimes in a most unpredictable way. So hence there is this great need to learn Martial Arts for self

protection. Just look at the Chuck Norris, he is the man of action he always wins. Wouldn't you just love to be like him, you would have lots of friends and enemies would fear you.

Now we all know that any martial art system is only as good as the man/woman herself and that in the truth, can you imagine Woody Allen doing Chuck's job? I do not think so. No, you just may be the person with athletic body and good fearsome looks and thinking that you are very good. I would not blame you for thinking that. But you could miscalculate situation easily and pay for it with your life.

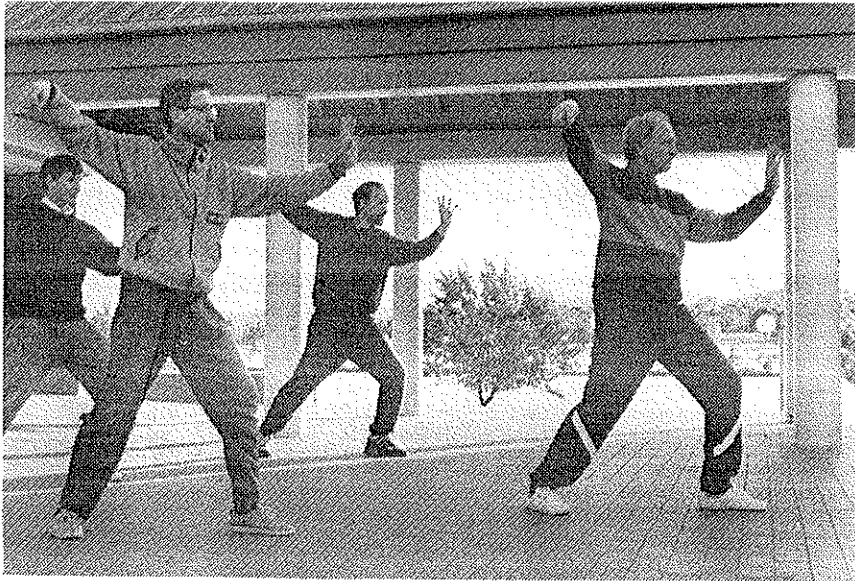
I did not say that people should not defend themselves against physical attack. I said, if you practice Taiji properly and if you live by Taoist philosophy, you will find peaceful existence in your life

Not so long ago, in this country in Sydney, a young policeman, brave person, was knifed by a juvenile twit and died leaving wife and two young children. No what went wrong? Surely Policeman is well trained person and I am sure that police force applies training against knife attack. But it did not work in this case. The question remains, was he too confident, or he went in with strong emotion to right

## COMBAT & HEALING

wrong? We don't know that but the fact remains the streets are full of dangerous people and they are on increase.

fight, is not to fight at all, like true Taoist.



Jim Marincic Leading His Group

So what do we do about that? How so we avoid coming across the same incident and probably finish up the same way? Do we apply more training and become fearless fighting machines like Chuck Norris or late Bruce Lee? Train in Dim-Mak, learn more katas? My way of thinking is this. You must increase your energy and awareness. So all the wisdom is in Taiji training, not only you will learn forms and drills but you become more peaceful. Your awareness about whole life and relationship to yourself and the world will change. And wherever you go you will transmute your calmness and you know old wise crack, the best way to learn how to

Have you ever met individuals who go through life and their daily business without even an argument. Not because they are cowards but there is something about these people, something we are not quite sure of. They always manage to turn negative situation into positive one. I would suggest that you seek them out and make friends with them or better still, become one of them.

When I was young, I thought that I was hot. I would wipe out just about anybody. I would do 100 push ups on the backs of my hands or on the knuckles. I was flexible and could do all kinds of splits, could kick high and when I

sparred, I would take care of myself. But one fine day, I was presented with five young strong off duty policemen who were spoiling for a fight. And there I was, holder of shiny new black belt grading. Needless to say, I was cured and became very wise Taiji student, back to drawing board so to speak!

Taiji training should be fun, keep your body supple and healthy, eat good food, do the forms, especially small and large san-sau, push hands, lots of da-lu, wrestling, locks and holds and learn to be skillful. Do Yang Lu-ch'an form at least 3 times per week, the possibilities are endless. I totally agree with Michael Babin of Canada who has this wonderful idea about juggling. Now that is an excellent method to increase peripheral vision and timing. Everybody loves to watch juggler, they are people of great skill. Make you Taiji training as realistic as possible.

Needless to say, I was cured and became very wise Taiji student, back to drawing board so to speak!

Now some of you will wonder how skillful you are after years of training, well I would advise not to take to the streets where you face possibility of dying! I suggest that you wander down to the local gym, there they teach wrestling and Queensbury rules and go a few rounds

## COMBAT & HEALING

with middleweight, preferably with one who likes to break rules occasionally. You will not be able to 'Dim-Mak' him because you will have gloves on, but you would practice fa-jing and you will be able to experience and feel swift jabs and uppercuts from strong fighter. Best thing for your ego.

Remember, nothing within Taiji application works without internal power. And that comes around only very spontaneously not always when you want it either, unless you are the master and that is not an easy task. Just ask Erle.

Now some of you will wonder how skillful you are after years of training, well I would advise not to take to the streets where you face possibility of dying!

So there you go, defend yourself if you have to and whenever you feel that you have to spend some Qi. But I do not think your wife will be happy to see you coming home with broken nose or black eyes and worst still visit you in hospital with knife stuck in your giblets.

Go for picnics or barbecues after training and have few beers with your friends. If you happen to eat meat, love

a steak and your vegetarian friends can stick few mung beans up their nose and have a good laugh. I always like to see beginner coming through wide door and I mean wide, because we train outdoors summer or winter. Beginners are special people, I learn a lot from them mainly about myself, because I am only beginner myself.

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### Stevita

Stevia is the only non blood sugar level raising sweetener available. Stevia Rabaudiana Bertoni is a small flowering plant (herb) native to Paraguay and mainly grown in Brazil. It is often 100 times sweeter than sugar. It has been used in S.A. For hundreds of years. It is used in some Toothpastes and in Japan in Coca-Cola.

The properties of this 'Sweet Herb' are that it actually helps to prevent tooth decay and there is an indication that it helps to lower one's Blood Sugar Level (BSL).

It is my belief that everyone, even those who are not affected by Diabetes, should move away from Blood Sugar Elevating sweeteners as your pancreas only has one life! And to over-load it with too much sweet stuff like sugar and honey is not good. Your pancreas has a fit every time you eat some sugar or honey producing so much insulin that your BSL can go too low. And huge amounts of insulin roaming around your body will damage your heart over time and other organs.

You can purchase the raw dried herb from a number of different sources. Here in Australia we can get it from Medi-Herb in Lismore, NSW. It is then a simple task of grinding it into a powder using a coffee grinder so that the consistency is better suited to our pampered Western tastes! Or you could purchase Stevia under the product name of "Stevita". Stevita is a company in Texas, USA. They have taken the sweet part of Stevia and produced it into a handy sachet, not unlike many of the artificial sweeteners. However, Stevia will NOT give you brain damage or headaches like many of the artificial sweeteners such as Aspartame!

#### **Stevita Company Inc.**

7650 U.S. Highway 287, #100  
Arlington, TX 76001  
USA

Ph: +817-483 0044

Fax: +817-478 8891

The F.D.A. In the USA has forbidden Stevita to even say that their product is a herbal sweetener! Why??!



## Camp 98

This year saw a larger number of participants at Camp 98. Around 75 students and instructors rekindled old friendships and/or made new ones.

This year's camp was special as it was the last in the old format of 2 weeks. The next camps will be of one week duration and will begin again in 2000.

forms which many have been hanging out for for some time. People who wished to learn the 9th form, (Wuqi) form were asked to sign a form of agreement saying that they would not teach the form without prior consent, nor publish the information in any way. The reason for this is that I become a little tired of hearing from students on the Internet or by mail or phone, saying that they do for instance the "Old Yang

## WTBA NEWS



The "Yanks" Gary Rommell, Sam Beatty and Steve Bjukstadt.

This year was a 'back to basics' approach with Yang Lu-ch'an form being learnt as well as push hands, da-lu and Bagwazhang Linear Fighting form. We also covered the last three of the Qi Disruption

Style" or Pauchui or Qi Disruption forms etc. And saying that they learnt it from their teacher who in turn learnt it from some of Chinese Master! When I look up my database, of course

that 'instructor' had purchased my videos some time before!

The Montaignes performed again, with Ben performing solo as well as with his

I am considering doing a workshop in Europe in 1999, perhaps in Oslo and Wales. I'll have more information on this in the next issue and will let everyone in the relevant countries know by mail. Ben, (the Young Master) will accompany me to get some experience at how to teach in the Erle Montaigne tradition.



The Internationals:

The Camp Follies on the first Friday evening where those who would be stars let their hair down and perform was, as usual a wonderful and entertaining time. People who before we thought were wall flowers, came to life once the spot lights hit them!

younger Brother and Sister, Eli and Kathleen backing up on vocals and Kathleen did her solo rendition of Edelweiss.

Due to the fact that we will probably not be moving at least in the foreseeable future,

## Errata:

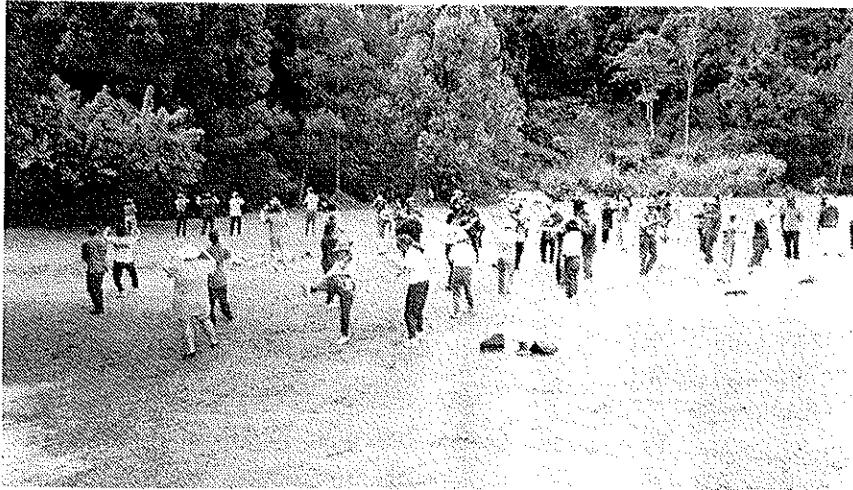
In the last issue of C&H, I left out one word that changed the meaning to its opposite! With reference to *Dave McKinnon* becoming our newest (at that time) instructor, I left out the word 'not'! It should have read; "**not** the least of whom is Dave McKinnon" and NOT; "the least of whom". I am glad that Dave has a good sense of humor!

This year's Yang Cheng-fu award from Camp 98 went to *John Humphries* for excellence while the Mrs Yang Cheng-fu award went to *Gaye Humphries*. The top award of the evening went to *Lyn McAlister*, the Yang Lu-ch'an award.

This year, I gave everyone at camp some kind of award with many receiving Erle Montaigne encouragement awards. *Steve Bjukstadt (USA)* received the Camp Improvement Award while *Susan Sharr* received the Emma Peel Award for excellence and Roger Hack the John Steed Award for



The North Queensland Australia Lot



Training at Camp 98

excellence! *Tomoko*

*Kabasawa* received the "Mrs Bagwa" award as she is just so good at it! And *Ann Yinfoo* received the "Order of the WTBA" award and Instructor degree.

There were of course many other awards and prizes given out too many to list here.

And as usual we thank *Mause* and *Rob Eaglen* for their continued help in running

these camps. The food was just amazing and how do we do it for the price, I don't know.

I will include as usual some photos from Camp 98, the smiles on everyone's faces tells the story.

### Reptile Brain

I have researched this important area of the martial/healing arts further as the general medical/scientific community is now agreeing that there is such a thing! In fact, I have

included a whole chapter in my forthcoming book, **"Internal Gung-fu Volume Two" (Practical Training, Healing and Fighting Methods, Including 'You Have The Power, Use It').**

The book is almost done with only one chapter to go at time of this writing. So I am hopeful that it should be printed by Christmas this year or by very early into 1999. This book, I am proud to say is my most comprehensive work on the 'Internal' part of Gung-Fu.

### Paul Brecher

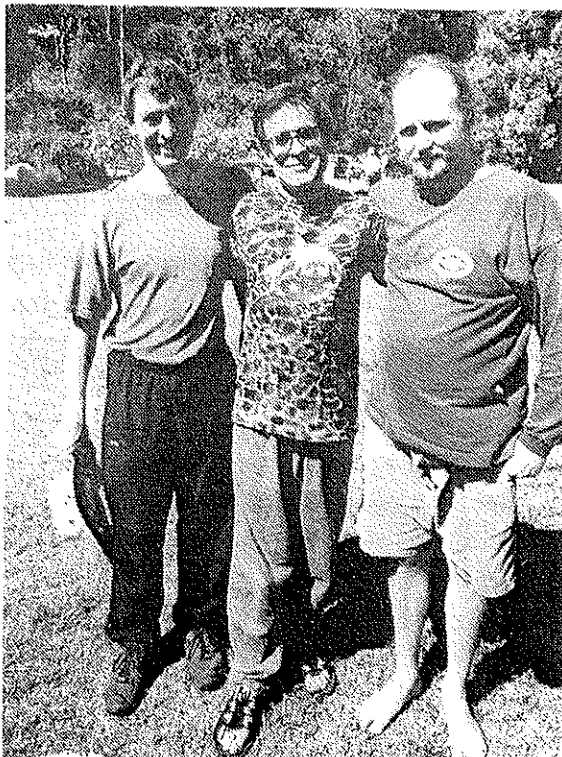
Paul has written another book which has been published in both the USA and Great Britain. It gives an over-all picture of the Internal Martial Arts and is well worth a buy. Paul always gives credit where credit is due and includes some brief information on the nine Qi Disruptive forms attributing them to myself, a refreshing outlook!

### "The Way Of The Spiritual Warrior"

**Paul Brecher.**

Published by :  
**Sterling Publishing**  
387 Park Ave, South  
New York, NY 10016  
USA

128 Pages many illustrations.



The Group from Canberra

While it is certainly not wrong to practice the long, slow form at a quicker pace; the Yang tradition also has a secret (ie., rarely taught properly anymore) fast form with 88 postures that is completely different from the long, slow form. This is contrary to what some unscrupulous instructors teach their students (usually after large cash payments) that the secret fast form is just the slow form speeded-up!

Like its name-sake, the Pauchui ("Cannon Fist") form of the Chen style, this sequence is designed to be done with speed and power as opposed to slowly. However, it can also be split into two parts by a pair of students who each know it and then matched like a jigsaw puzzle as an applications form.

Sadly for this great training form as well as for those who would benefit from learning it, it is becoming rarer partly because it takes a great deal of time to learn, a fair amount of space to perform and two students who each know at least half of the solo form in order to be able to practice the application side of it.

When you practice with a partner, you must, in some ways, do it incorrectly for your partner's safety unless both participants are of equal size and skill — incorrectly

in the sense of not going too fast or using explosive energy. At this level, the form teaches you which technique counters which technique and also lets you get used to a certain amount of contact as your partner, in theory, knows what is coming next.

Sadly for this great training form as well as for those who would benefit from learning it, it is becoming rarer partly because it takes a great deal of time to learn

However, the main point of learning to do it with a partner is to improve your solo performance so that you can eventually learn to do the form BY YOURSELF "full tilt" with the fa-jing as a driving mechanism when fa-jing is appropriate. It is true that many of the applications are "museum pieces" in that you would not likely be attacked on the street by someone doing, for example, Slanting Flying; however, the body mechanics are what are really important rather than the individual techniques.

In North America at least, it is almost impossible to find this form still being taught and, in addition, most of those few instructors who still teach it, have modified it for a variety of reasons, including student safety. For example, I have

## LARGE SAN-SAU

*Michael Babin*

seen it done by students of the late T.T. Liang in which the two players never actually even make contact with each other's arms when doing the application side of the set! They each 'do their own thing' at a safe distance from each other, so that it becomes a rather genteel — and martially pointless — duet for two.

In case it can be of use to other long-distance students of Erle like myself, IÆd like to share some of the advice I give to my students when they are beginning the study of this form:

— whenever you lift a knee, remember to ðround the crotchð (“open the kua”) and face the sole of the hanging foot into your supporting knee; but do not place your foot on the knee;

— whenever your feet are together you should look double-weighted BUT NOT BE THAT WAY. The combative idea is to try and deceive your opponent so that he or she doesn't know for sure which direction your next step will be (even though your sparring partner should!);

— most of what seem to be pulling movements are really negative strikes but be very careful when training with a partner as you can give them whiplash (the whole idea in a martial sense.) if you do it too much and he or she is stiff.

— learn the individual techniques/modules by counting them as “One” then “Two”; but remember that they are really one action when done well or explosively — and a few postures are always done on a one-count right from the beginning.

— verbalizing out-loud can help you to exhale through the mouth and do reverse breathing to power your fa-jing strikes. Don't do it too loudly as you may use more power/speed than you wanted and hurt yourself or your partner or scare the cat if you are practicing alone at home!

Particularly for those who don't have access to or an interest in any of the other forms that Erle teaches (ie., qi disruption, Lu-ch'an or pa-kua); Large San-sau can be a valuable addition to your slow practice, even if only done as a solo exercise, in that it does benefit the cardiovascular system in Western terms — Yang to compliment Yin as it were.

**Michael Babin  
teaches in Ottawa in  
Canada and can be  
contacted at:  
613-523-0968**

## Erle Montaigue Workshops over Europe 1999

Erle Montaigue will be holding workshops in **Oslo** and **Wales** in **February and March 1999**. Ben Montaigue will accompany Erle to help out with the workshops. On this trip, because it is Erle's first trip in many years the workshops will be only open to **WTBA members/Instructors and their students and video students or Magazine subscription holders**.

### Itinerary:

Workshop in **Oslo** on the weekend of **27th and 28th of February**.

Hold a workshop in **Wales** on the **6th and 7th of March**.

### What:

Erle will be covering the illusive **Ninth Qi Disruptive Kata/Form** and if time permits also the **8th**! And as usual, anything else people wish to go over in the way of corrections etc.

### Contact Details:

#### Oslo:

**Steve Bloom:** E-mail: joybs@online.no  
Phone: + 47 69 342 766;  
MOBILE: +47 908 91 848

#### Wales:

**Peter Jones:** E-mail: wtba@wales.compuserve.com  
Ph: +44 (0) 1792-898721

#### Tony Court:

E-mail: Tony@greendragonwhitetiger.com  
Ph: +44 (0) 1792 520440

The cost of the workshop will be for two days five hours per day. The equivalent of **£120.00** with discounts for those who cannot afford to pay that amount. Training will probably begin at 9 am until 3 pm each day with one hour off for lunch.

It is possible to look at Taiji from many different angles, as Balancing Yin and Yang, or as Circular Power Movement or as Fa Jing development.

I was just doing my Taiji and suddenly saw it all fall into place in a different way, I saw Taiji from the perspective of 'The Kwa'.

Kwa means a bridge, the semi circular type of bridge. Beginners are told about the use of the Kwa to form the correct posture so that when they do their Taiji the body will be open to a great Qi flow.

#### KWA POSTURE

They are told about the Kwa in the hands formed by having the hand concave and stretched long and wide. And also by having the Dragon's mouth open, the Dragons mouth is the semi circle created between the thumb and index finger. All these things together make the **Hand Kwa**.

They are also told to keep a fist size space under the armpits and to have their arms out in front of the body so that together they create a semi circle shape (more like a horse shoe shape really), this is the **Arm Kwa**.

They are told to have the knees bent with a feeling of a spring pushing outwards

between the knees and to have the feet clawing the ground so that the outside edges of the feet contact the ground and not the instep. Doing this creates the feeling of being sort of bow legged, these things all combine to form the **Leg Kwa**.

Kwa means a bridge, the semi circular type of bridge. Beginners are told about the use of the Kwa to form the correct posture so that when they do their Taiji the body will be open to a great Qi flow.

The feet claw the ground whenever they make contact with it and this curved shape of the foot is the **Foot Kwa**.

The head is pulled up and the coccyx pulled under, this causes the spine to be slightly curved like a crescent moon, this is the **Back Kwa**.

#### KWA OPENING AND CLOSING

Intermediates have incorporated the Hand Kwa, Arm Kwa, Leg Kwa, Foot Kwa and Back Kwa into all the different aspects of their Taiji training.

## THE KWA

BY PAUL BRECHER

They are then told about how to use the Kwa to generate more Qi and more Jin (Internal Power) by using 'Opening and Closing' the bending and straightening of the Arm Kwa and Back Kwa. The Opening and Closing of these Kwa in conjunction with the Reverse Breathing takes one into a more internal level in ones Taiji training.

Advanced practitioners are told that there is one more Kwa that can be made to Open and Close, this is the **Pelvic Kwa**.

Once the Opening and Closing of the Pelvic Kwa has been mastered then all of the other Kwa Open and Close naturally as a result of this. This is the Taiji way, to start from the external and then go internal until eventually all the external movement is a result of the internal movement.

The internal movement of Opening and Closing the Pelvic Kwa is like a butterfly, the pelvis is the butterflies wings and the sacrum is its body.

So the Opening and Closing of the butterflies wings, the Pelvic Kwa causes the Leg Kwa and Foot Kwa to Open and Close. When the Pelvic Kwa Opens and Closes it also causes the Arm Kwa and Spine Kwa to Open and Close which cause the Hand Kwa to

Open and Close and the accumulated internal Qi pressure causes the eyes to 'Open and Close'.

This does not mean that the eyes open and then shut closed, what it means is that as the Qi is 'Fired Up' and pumped around the body by the Opening and Closing the eyes respond by alternatively going thin like venomous 'Snake Eyes' and then Glaring like a madman's eyes.

## TIGER KWA

The animal that that most clearly shows this use of the internal survival power of the Opening and Closing of the Kwa is the Tiger. This great creature walks the Taiji walk when it stalks its prey.

It crouches 'Closes' and then leaps and 'Opens' all its Kwa, its Pelvic Kwa Opens, its Spine Kwa Opens, its Arm Kwa Opens (its front legs), its Leg Kwa Opens (its back legs), all four of its paws Open to release its claws (the Hand and Foot Kwa). It also Opens its eyes and jaws and roars.

On impact with its prey all the Kwa 'Close' at the same time, there is incredible local damage from its fangs and claws but more than this, the Closing movement of every part of the Tigers body as it impacts with its prey causes a devastating traumatic shock.

When one practices ones Taiji at this level the whole body feels like a pair of giant jaws Opening and Closing. **The feeling is like the whole body is breathing, like the whole body is One Kwa, Opening and Closing.**

## SPIRIT KWA

Another aspect of having the Kwa open is that the Qi flow is very strong to every part of the body. As the Qi expands it feels like one is expanding beyond oneself, beyond the confines of the physical body.

The expansion of the Kwa causes one to expand out of oneself, looking down you can see the physical body doing the Taiji by itself, you are aware of it but viewing the world from a higher perspective.

Kwa means the bridge and it could be that it is the bridge between this world and the spirit world. When the Kwa is open you can walk across that bridge into an extraordinary and mysterious place.

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# "ON THE ROAD AGAIN"

*Anthony R. Walmsley.*

About three years ago, I began teaching workshops on the Old Yang Style of Tai Ji Quan and the associated health and martial training methods.

One thing soon became obvious, very few people have any idea how to organize these events and few instructors have been "on the road" as professional teachers. This can lead to logistical confusion, strained public relations and misunderstanding ensues, generally over "who is responsible for what" and even more embarrassing and detrimental to all in the long term, "money"!

For twenty years I was actively involved in the music business. During this period my experience ranged from playing guitar and electric bass to recording studio work, radio and T. V. appearances, song writing, stage management, stage lighting design and international tour organization.

I've passed through every major city in Europe, Scandinavia, Canada and the U.S., been in and out of hundreds of airports, stayed in hundred of hotels, driven God only knows how many thousands of miles and had to deal with every imaginable type of person under the sun.

When I begin talking with a teacher or school about a workshop, I apply general "rock and roll" tour basics. These well tried and tested guidelines eliminate most problems from the word go and leave very little to chance.

There are three situations for the guest instructor to take into consideration: "local", "long distance" and "overseas".

(1) By "local" I mean an invite to a school which can comfortably be reached by car, or train, the same morning of the day of the workshop and is therefore near enough to allow you to be back at your home base the same evening. In other words, apart from gas for the car and a lunch bill, your expenses are next to nothing and little can go wrong.

(2) "Long distance" means staying overnight (or nights). Here, watch out, or you may end up in debt! Also by "long distance" I mean that you are still on familiar ground, speak the same language, eat the same food and generally know the ropes. If you are intending to teach a weekend gig, take into account traveling the day before and the day after you've finished. I teach many workshops in the north of Italy and they look something like this:

Friday - up at 7.00 and drive to the nearest railway station. Park and catch a train to Milan, a journey of about five and a half hours. Check into a pre-booked hotel, shower, bite to eat and get collected about 19.30 ready for a 2 hour stint at 20.30. Usually out of the school by 23.00, hit a nearby restaurant and back in the hotel by 1.00 a.m..

Saturday - 7.30 wake up call, breakfast in the hotel, picked up around 9.00 ready to teach at 10.00. Knock off at 13.00 for lunch, then 15.00 to 18.00. I lay back with friends in the evening as Saturday night is party time, so unless you can score a couple of private students, forget it.

Sunday - same hours as Saturday, but I try to add a 2 hour session in the evening from 20.30 to 22.30.

Monday - up and out of the hotel in time to catch a midday train, back home by 20.00.

I try to fill Friday and Sunday evenings because teach or not, I still have the hotel and restaurant bills to pay. Before accepting a "long distance", make sure you've totaled all the costs, travel, hotel, food, parking, phone calls and anything else you can think of.

I prefer to pay my own way, so if I choose to stay in a 5 star hotel and order ten lobsters for lunch, the host doesn't throw a fit!

"Sex, drugs and rock and roll" may be the maxim for the music business, but doesn't sit too well with the Tai Ji instructor image, so "don't"! (Well, not whilst somebody's watching, be discrete, for God's sake!). Don't leave unpaid hotel or restaurant bills, and don't use the host's phone!

Play the part, be on time, teach what the students have paid for, wear your colours if you have them and don't go overboard with the martial techniques. If you hurt somebody, you're responsible and if a student hurts his training partner you are also likely to be held responsible.

(3) "Overseas" - As the boy-scouts say "be prepared". The golden rule here is to apply the "back up" technique. Double check and confirm everything! Allow plenty of time for getting in and out of airports, customs control, immigration and parking lots and have alternative flight times in case of cancellations, bomb scares, traffic jams, strikes, etc, etc. Take into consideration traveling thru time zones as in the US for example and don't forget to get a weather up-date, Finland isn't southern Spain and Chicago isn't Miami!

Most important, photocopy all your personal documents, passport, I.D.



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card, drivers licence or whatever. Leave a set of copies at home and carry a complete set with you just in case the originals are lost or stolen.

Unless it's a prolonged trip, travel light enough to take your bag on the plane with you. You'll save time getting out of the terminal and they can't lose or mis-route your luggage.

If you don't know the host very well and depending on your agreement with him, "your pre-paid return air ticket is your contract". If all else fails, at least you'll get home with your shirt intact!

I suggest you don't accept cheques. Most cheques drawn on a foreign bank can take up to 6 weeks, or more, to cash and in the meantime exchange rates may have become unfavorable.

In accepting cash, determine what currency you take home, be aware which is in your favour. If a currency is 'weak' or 'unstable' you may be in for a nasty shock when you change it at your local bank!

For the most part, foreign teaching gigs are fun and a great chance to visit places you may otherwise never have seen, but sounds, language, food, smells and everyday habits will be different, so be sensible and cover your bases. (take a tip from a pro, if you're on a flight of 10, 12, or more hours, stick a pair of bedroom slippers in your flight bag. Don't laugh! This may save you swollen feet and ankles.)

If you're the host, no matter if your visitor is 'local', 'long distance' or 'overseas', you've got to "fill the seats"! Run down your costs and if you can't hack it, let the instructor know in plenty of time so he or she can get something else off the ground.

You will be responsible for local transport, local or national publicity, booking the venue, phone calls, faxes, booking a hotel and restaurant.

Do yourself a big favour and get the "money" sorted out before anything else, particularly if you have to front pre-paid air tickets and advance the cost of hiring a venue. Keep in close contact with the instructor on this and when you've decided on a flat fee or a percentage deal for the workshop, confirm details by fax or letter, in other words, "get it in writing". Make sure you know what you will have to pay for and don't be shy (or very stupid) about not paying for any personal expenses your guest may run up!

If you aren't sure what to charge the students, contact other schools and clubs in your area, base the fee on what they charge for an instructor of the same level and keep your guest informed as prices can be very different from country to country.

If you want to keep the cost for the workshop within pocket range of the majority of students you'll have to attract at least 25 to 30. Let's suppose for a moment that you're bringing in an instructor for a weekend from another European country (never mind China!), return air ticket plus hotel, plus eating out plus all your promo and venue costs can range from £ 250 to £ 500 and that's without the instructors teaching fee! Of course these figures are elastic but this kind of operation ain't cheap.

One way to get round this problem is to structure the workshop in such a way that you at least have a chance of not losing on the swings and the roundabouts. For e.g. I teach a 3 hour morning session on Qi Gong which may be attended by anyone with or without experience, athletic or not and of any age group.

I get people who practice, or are interested in, Indian Yoga, T'ai Na, Shiatsu, various meditation systems and Oriental Medicine and philosophy in general as well as martial artists.

This means that the host can not only send out publicity info to the Tai Chi community but can contact any and all clubs, centres and media teaching any of the above mentioned arts.

The same goes for the 3 hours of martial training in the afternoon. I've found that lots of martial artists who don't practice Tai Ji are interested in, and can incorporate into their training T'ai Shou (push hands), Fa Jing (explosive energy expression), Chin Na (locking and controlling), San Shou (combat sets), Long Hsia Quan (Dragon Lobster or Prawn Boxing), Zhe Fa (the folding principle set) and other training methods from Ba Gua Zhang and Hsing I Quan.

Here again, this opens up an enormous panorama of people who won't attend if the material is extraneous to their background or is presented in the publicity in such a manner as to be comprehensible to only the "In Crowd".

Although many instructors, including myself, don't like dividing the training in this manner, it can sometimes mean the difference between covering costs or not doing the workshop at all!

Should you have your own school, can you fit 30 or more students in the available space? If not and you have to rent a place, check it out yourself, size, toilets, changing rooms, parking, etc. If and when you book a hotel and/or restaurant, get them as close to the venue as you can, walking distance if possible.

Thinking of bringing in your favourite "master from China"?

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Does he speak your language? Presuming he speaks English, do you speak English!? If so, how good are you at translating from, say, English to Italian? If he or she only speaks Chinese, you'll need a translator. This can be a big problem and very costly; not only, it's almost impossible to find a translator who has a working knowledge of Qigong and Kung Fu terminology, at least here in Italy.

If you are a full time instructor you should, just like any other business person, have visiting cards, headed note paper and envelopes, a base phone with answering machine, a mobile phone and a fax and E-mail service.

You don't have to invest in lots of computerized stuff, there'll probably be a service available locally.

As in any business, communications and public relations can make you or break you! Whether you're host or guest "keep in touch", confirm everything by fax or letter and keep copies.

Most qualified instructors are members of, or representatives for, international organizations. If you, as guest instructor in another country want things to go with a swing, contact your counterpart and have a chat with him or her about your visit (even if they're not responsible for bringing you in).

Find out as much as you can about local habits, what the workshop public are used to seeing, what the level of practice is and anything else that may seem appropriate.

If, on the other hand, you're the host and know that your guest is a member of a well recognized school or federation, ask him who the local or national rep is and, providing there are no objections, contact the person concerned and let them know who and what you

intend to promote. Not only is this common courtesy and good public relations but you may get a helping hand and more students.

Much of what I've said here may sound superficial or obvious and the uninitiated may find all this rather akin to a military operation or think I'm exaggerating so, here's a real life story "the names have been changed to protect the guilty!"

An instructor here, I'll call him Bert, woke up one morning with the wonderful idea of bringing in a well known "master", I'll call him Duke, for a spring workshop. As Bert's English isn't up to par he commissioned one of his students to start the ball rolling and with around four months still in hand, an exchange of faxes began, times of international flights were confirmed as were fees, material to be taught, etc.

Duke doesn't live in Europe and his visit was, by necessity, one of a series of dates on a tour through the U.S., Canada, Scandinavia and Europe before flying home.

About a month before Duke was to arrive, Bert, for reasons best known to himself, canceled the weekend he'd booked. Being provincial, Bert had no idea how much preparation is required to successfully co-ordinate a tour of this nature, leaving Duke to re-shuffle the whole thing! Workshops, flights, hotel reservations and interviews, etc.

Not only did this cost Duke a fortune in international phone calls and faxes, all the local promoters in each and every port of call also ran up considerable unanticipated expenses changing their workshop times and dates, phoning students and changing publicity posters.

Needless to say, Duke not only has no intention of doing an encore, but

informed his instructors worldwide as to what had happened and who was the culprit! (In the music business, just a phone call to the right people will let one know if a person, company, publisher, manager or record producer is on the 'black list' and the more popular Taiji becomes the easier it will be to do the same.)

To be a successful full time pro in any business takes "Kung Fu", that is, a capacity gained through experience and hard work accumulated over a lengthy period of time. I've seen amazing musicians who can "get it on" for hours at the local pub every night, go completely to pieces during a long international tour, or in front of a concert audience or in a recording studio. The same thing can happen to actors, or anybody who has to get up on a stage in front of a microphone or T.V. camera.

Just because you've got high dan rating or can do a triple back flip with ten sabres clutched between your eyelids, doesn't mean you've got your act together where being "on the road" is concerned. Don't forget that essentially, you are not representing an organization, or school, or family style or lineage, or somebody else's idea of how things should or shouldn't be done - you represent yourself! So first and foremost invest in yourself and always keep in mind that when push comes to shove, "people will choose to only remember your mistakes"!

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# ANATOMY OF A PRESSURE POINT

By Rick Bauer

Over the past fifteen years, a tremendous amount of attention has been directed towards pressure points (also referred to as "acupoints," "tsubos" (in Japanese) and "hsueh" (in Chinese)) and their use in martial arts. Essentially, they can be used either for combat or healing. The medicinal application is fairly strait-forward, referring to a wide range of health and restoration techniques. The martial use of pressure points, however, refers to the controlled targeting of strikes to specific anatomical spots on the human body. This is done in order to elicit a myriad scope of effects. These effects can range from benign to lethal, dependent on the angle, direction, and force of the blow, as well as the actual point(s) selected.

Within the martial arts community, interest in pressure points and their applications in forms has grown dramatically in recent years. Many pioneers in this area have produced a considerable amount of material on the subject; much of it coming from Europe, the United States and Australia. Commonly, these books, articles and videotapes are categorized under the Chinese descriptive name "Dim Mak", or marketed under a variety of westernized headings (e.g., "pressure points," "vital points," "cavity strikes" and / or "nerve strikes").

In essence, strikes to pressure points refer to positions along one of the Chi meridians and collaterals of the human body. These are the same point locations used in acupressure and acupuncture to align / balance the flow of Chi for health reasons. Translated from Chinese, Chi means "Spirit Essence Breath." Pressure point strikes (also referred to as "kyusho strikes") are aimed at these Chi centers. When used in martial arts, kyusho strikes to pressure points can produce severe pain, loss of consciousness, or even death. As such, the effect on an assailant can be fatal, disabling or discouraging, dependent on the intent of the strike.

Traditional Chinese Medicine (TCM) embraces the tenant of Chi. At its most basic level, Chi can be described as the force of life, or the "bio-electricity" of all living things. It is analogous to the vital energy that distinguishes something that is alive from something that is inanimate. In TCM, death is described as a body devoid of Chi. This philosophical context is important to remember when evaluating Kyusho strikes to the points, as it is the cornerstone of the TCM explanation of how the points work.

Since Chi remains clinically unproven, western medicine has also developed a physiological explanation for why strikes to the points are so effective. Current attempts to form a model to explain the mechanics of pressure points have led to two schools of thought. The first is based on the "Eastern" model of TCM and Chi disruption. The second is based on western medical theory, derived from clinical research into the points and meridians.

**THE TCM APPROACH** - TCM embraces the concept of internal energy circulating throughout the body along specific channels, termed Meridians. The ancient Chinese felt that the balance of energy inside and outside of the body was of great importance. They expressed this idea using one of the doctrines of I CHING; the concept of Yin and Yang, which considers that all things are amalgams of opposites. The balance between these two opposites was seen to be constantly fluctuating - dualistic in nature; both complementary and interdependent of one another.

According to TCM, Chi energy is constantly circulating throughout the body. The primary channels of energy are the Governing Vessel (also referred to as the Du Pulse or Directing Vessel) and Conception Vessel (also referred to as the Ren Pulse). They are located on the midline of the human body, running from the top of the head to the genitalia, and back up the spinal column. The Chinese saw this area as the main distribution network within the body, regulating the flow of both positive (Yang) and negative (Yin) energy. The Yin - Yang theory was also applied to describe the "energetic" relationship between the inner body and the outer aspects. It perceived the inner organs as active centers of transformation, regulation and distribution, upon which the body is organized. In TCM, Chi flows from within and circulates near the surface. TCM defines Chi flow as being dissimilar to nerves, blood and lymphatic vessels. Rather, Chi flow permeates and utilizes them collectively. Thus, the internal condition of the body can influence the outer skin areas, and actions on the outer areas can effect the regulation of the inside (either beneficially or detrimentally).

Within this intricate web of subtle channels (meridians), twelve primary meridians connect the internal organs with the rest of the human body; their defined routes flowing near the surface of the skin in hundreds of areas within the three regions (or gates) of the body; head, trunk and limbs. The Chinese named each meridian after the internal organ they felt it was associated with. Along these meridian channels are acupoints; many of which are bi-polar and appear on both sides of the centerline of the body. These pressure points are distributed throughout the body, from the top of the head to the bottom of the feet. Anatomically, some pressure points are clustered densely, while others are scattered sequentially. The normal pressure point is typically less than 2mm square. The Chinese characters for acupoint describe them as

"hollows" or "openings" where Chi can be reached and influenced. In extensive testing, pressure points have been shown to become stimulated (or active) through the application of pressure, insertion of a needle, application of heat, laser light, etc. As such, it is important to keep in mind that acupoints are more three-dimensional than the term "point" suggests.

Each of the classic points has a Chinese name, which in some way describes the function, location and character of the pressure point.

In modern literature, pressure points have been given a simpler alphanumeric code. Sometimes these descriptive terms vary slightly between European and North American authors. Also of note: The first twelve meridians are bilaterally symmetrical channels, and the last two collaterals are midline channels. As such, the total number of classic points on the twelve meridians and two collaterals is  $(2 \times 309) + 52 = 670$  points, or  $(309 + 52) = 361$  if you do not count mirror opposites.

In addition to the classical points, modern research has uncovered additional pressure points along the human body. These are usually located along tributary micro-collaterals.

In addition to the classical points, modern research has uncovered additional pressure points along the human body. These are usually located along tributary micro-collaterals that feed into classical meridians, or quasi- pressure points associated with classical points. These additional points include the 48 Extra-Ordinary Points, the remaining 62 New Points, 189 Strange Points and 211 Trigger Points. Unlike the classic points, most of these additional pressure points are used exclusively in the healing arts.

Within the TCM model, kyusho strikes to the points disrupt the normal flow of Chi through the meridians. Just as a rock thrown into a river will send shock waves across the surface, a strike to an acupoint can enhance or impede the flow of Chi through the system. Such a disruption within the meridian effects the internal harmony of the body, which in turn causes a physiological reaction. The difficulty with the TCM model is Chi continues to be an undefined quality within the human body. Since the 1970's, a considerable amount of research has been done (particularly in the Orient) to try and prove the existence of Chi through

scientific means. Regrettably, Chi's existence as a structural entity within a biological organism continues to be elusive. One problem in studying Chi is its flow within the living host is not restricted to a distinct conduit, such as an artery wall. As such, its existence cannot be confirmed by standard clinical means, which normally include dissection of tissue. Early studies done in the Orient were initially plagued with problems, which lessened their credibility in the West. These often centered on methodological problems, poor design, DICAL APPROACH - Most acupoint research has been conducted as part of broader studies, intended to determine the therapeutic value and effect of acupuncture. To date, a substantial number of controlled studies have been done at medical research facilities in Europe, North America and the Far East. In doing so, the mechanism of acupoints has been researched at many different levels. Several studies have attempted to determine the characteristics of the acupoints themselves. Most of this lab work has centered on nerve or circulatory facilitation to explain why pressure points work. For example, one prominent theory postulates that pressure points are places to enter energy (electricity) into a nerve. When an individual strikes a pressure point, he or she is creating an electrical charge which runs down the meridian. In effect, a person can pump energy into pressure points with a strike, or conversely, extract it.

Within the nerve facilitation model, glial cells covering nerve fibers are considered to be where nerve impulses are transmitted through the meridians. Supporters of this neurological model theorize the ancient Chinese actually mapped out the glial nerve system when they developed their TCM theories of the meridian and collateral channels. Pressure points are directly linked with the central nervous system of the body. Pressure points exist where (i) a nerve ends, (ii) two nerve fibers cross, or (iii) one nerve fiber branches into a "y." There are several empirical studies cited as the basis for this neurological model.

The histological structure of pressure points has been explored in research trials and dissections. Within this body of scientific study, acupoint tissue has been found to be characteristically rich in free nerve endings, mast cells, vascular spirals, thickening of the epidermis and linear alignment of collagen fibers. In addition, many pressure points are directly over peripheral nerves, or rich in proprioceptors. Further, the electrical characteristics of pressure points have been well established, along with the bilateral symmetry of the main meridian points. Pressure points demonstrate a high direct current (DC) potential and high conductivity, which distinguishes it from surrounding skin. Collectively, these properties are often cited as a basis for the nerve facilitation model.

In the 1950's, Dr. Yoshio Nakatani discovered that acupoints showed variable conductivity in respect to electrical current. He used a simple ohmmeter to locate pressure points. In 1966, histological studies done by Dr. Keller found more blood vessels

and nerves in the pressure point locations than in other parts of the body. In the 1980's, Dr. Robert O. Becker conducted a series of studies which validated the Szent-Gyorgy theory that molecular structures inherent in many parts of cellular tissue are orderly enough to act as semiconductors; and therefore, human tissue can carry or transmit current. Dr. Becker theorized that electrical current (energy) could be conducted via the Schwann and glial cell sheaths of the nerves. Another researcher with similar views is Dr. Bjorn Nordenstrom, who in 1983 proposed that electricity could be conducted through the intercapillary circulatory system. Using the vascular interstitial system as an example, Dr. Nordenstrom theorized the walls of blood vessels could act as insulators to carry energy charges. The electrical resistance of the walls of the veins and arteries are at least two hundred times greater than the blood within, giving it a considerable gradient of electric potential.

Extensive studies have been done in transcutaneous electrical nerve stimulation (TENS), pain receptors, and the transmission of electrical impulses along nerve fibers; most notably the work of Dr. Ronald Melzack and Dr. Patrick Wall, as well as the work of Dr. C. Norman Shealy. Electrical current has been clinically proven to propagate easier along the meridians than other points, and has also shown there is less resistance along these channels. Additionally, studies have shown current transmission is greater the farther the acupoints are from one another on the same channel. Dissection of the acupoint tissue areas have produced some, though not complete, dermatomal correlation.

All together, research on pressure points clearly shows some portion of the process is facilitated or mediated by the nervous system. However, many meridians do not correlate with major nerves or blood vessels. For example, the distribution of the Governor Vessel points on the scalp and the auricular points of the ear have not been satisfactorily accounted for by any model based on the nervous system or circulatory system. One reason may be that all pressure points are not cellular equals. Pressure point anatomy reveals a multi-layered, interconnecting network of fibers and channels that interface with the various tissues of the body. These include the nervous system, the blood circulation system, and the lymphatic system. Another difference between points is their location (depth) within the skin tissues. Clinical trials have shown that pressure points range from 0.5 cm to 8 cm below the top epidermal layer of the skin, dependent on their location. But amid these differences, there are several regularities too. In clinical studies, the following characteristics have been identified amongst pressure points:

(A)Electrically, there is a lower skin resistance at the acupoints versus other non-related points on the body; meaning, they conduct electrical current better. Additionally, this basal electrical skin resistance (BSR) is more uniform in acupoints than other tissue areas of the body. Of interest; cellular

signal transduction, as well as lower skin resistance are measurable even after the death of the individual. This suggests some intrinsic structural quality may exist regarding pressure points.

(B)Biochemically, there are measurable differences in the levels of sodium and potassium in acupoints, as compared to surrounding tissue. These ions appear to contribute to the electrochemical gradient and conductivity potential across the cell membranes.

(C)Histologically, most acupoints have a large nerve trunk. This could suggest peripheral nerves in the muscles play an important role. In addition, there are specific cellular structures common to pressure points, described in western medical texts as a "neurovascular hemolymphatic complex." These areas are distinctive in comparison to surrounding epidermal skin, due to multiple structures of arteriovenous capillaries, mast cells, lymphatic drainage, cutaneous and sensory afferent nerves, and neuromuscular attachments.

**To date, no biomechanical model has been proposed which satisfactorily explains all facets of these elusive regions of the body.**

(D)Anatomically, most pressure point locations correspond to folds in tissue groups and connective fibers. While they appear all over the body, their distribution appears to be highest in areas of extreme curvature on the body surface (e.g., the scalp, or ear). Interestingly, in the area of the human body with the highest concentration of nerve fibers (the posterior gluteus maximus), there are the fewest acupoints.

While there is a considerable body of scientific work to support their existence, the exact nature of pressure points and their ability to effect and regulate the body continue to elude empirical study methods. To date, no biomechanical model has been proposed which satisfactorily explains all facets of these elusive regions of the body. Still, the collective research obtained in the pursuit of such an answer continues to expand our knowledge of the martial arts and medicine. One day, like a productive garden, it hopefully will reap a harvest for the mutual enrichment of mankind.