

# Combat & Healing

A Qigong for all  
Reasons

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Fast Movements

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T'ai Chi Ch'uan Is Life

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Some Thoughts on Taiji

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Taiji Self-Defense

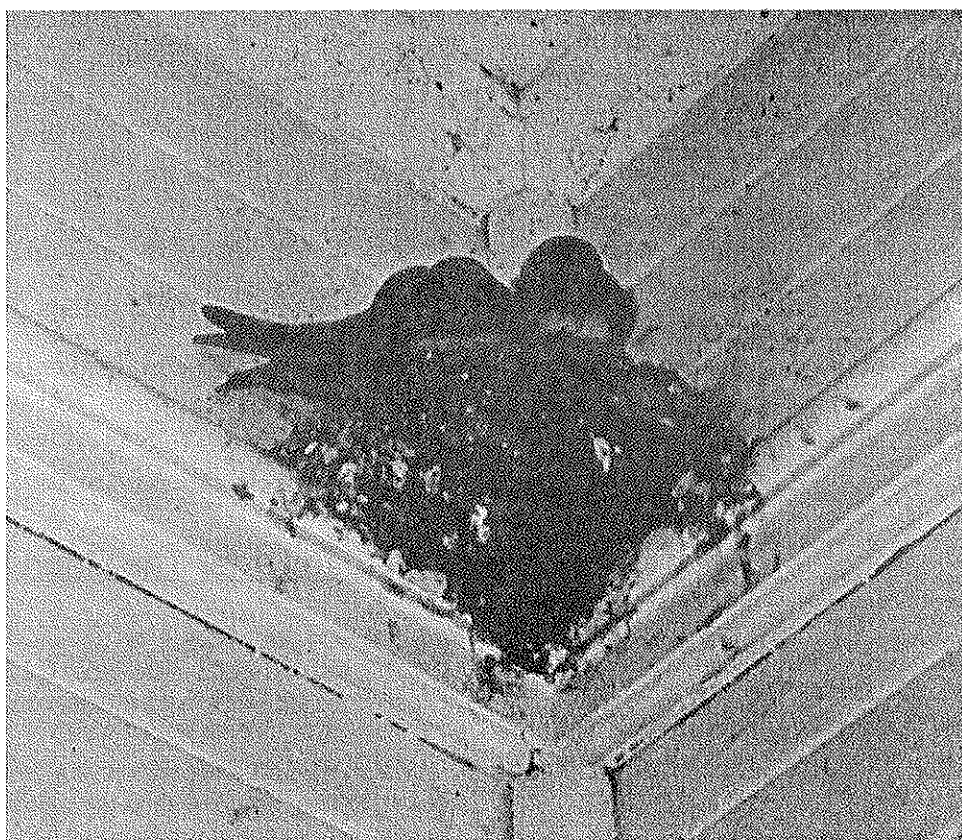
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Muscle Response Testing  
Part 2

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**PLUS**

WTBA News, New Videos  
etc.



# COMBAT & HEALING

The Magazine of the World Taiji Boxing Association

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## FRONT COVER

What do YOU have inside your front door? These "Welcome Swallows" keep coming back year after year and hatch at least two lots of chicks every season. They certainly live up to their name! It's a happy house that has Welcome Swallows.

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# A Qigong for all Reasons

By Erle Montaigne

**W**hen I began teaching Qigong back in the early 70's, I was probably one of the only Westerners to be teaching this wonderful healing art. Since then a plethora of different so-called Qigong methods have come mainly out of China claiming all kinds of miraculous healing benefits.

However, many are no more than a simple exercise, which in itself will do anyone who is totally unfit and unhealthy a lot of good. So it is most cases not the new Qigong that is doing the trick but rather the simple fact that the patient is at last getting some much needed exercise, albeit very little exercise at that!

However, the same cannot be said of the original 'Post' standing Qigong methods as these have stood the test of time and have had done on them much scientific research always with positive results.

Having said that, it is most important that the patient learns these standing Qigong methods absolutely correctly as damage can be done to the internal energy (Qi) system of the body resulting in some in-

stances, brain and mind problems, mental problems and immune system imbalances! Which is why in particular my video tapes that teach Qigong are always so comprehensive where only the most basic of patients could possibly get it wrong.

People still get it wrong of course and they also teach incorrect Qigong methods to others. The reason is that they simply have not had the training necessary to be up on the dangers and dangerous ways of performing Qigong. For instance certain stances in Qigong may seem to have tremendous power due to an upsurge of 'rising Qi' from the point called the 'Bubbling Well Point' or Kidney point No. 1. This gives an immediate 'hit' of well being and power in much the same way that coffee and its associated caffeine gives an immediate hit to the brain causing the neuro-inhibitors to be retarded this causing the brain waves to speed up dramatically. However, the brain waves must at some stage slow back down again and then people do into deep depression etc.! So they have to take more caffeine and so the cycle continues until usually a complete breakdown occurs!

And it is the same with Qigong done incorrectly for the sake of an instant 'hit' of power. At some time, that power must dissipate giving the opposite feeling of no so well-being and weakness! This is because so much yang Qi is built up during incorrect Qigong practice that at some time, it must burst through the incorrect tensions caused through incorrect stances and reach the brain all at once! This is incorrect of course as the brain along with the rest of the body must receive a constant and balanced flow of Qi from the ground via the K1 points.

## The Classic Qigong Methods

You cannot go past the original classic Qigong stances and there are many different stances for many different reasons, some of which I will show in this article. In my some 30 years of practising and teaching Qigong I have experimented with myself and my own students with the various postures and what they are supposed to do. I have given up teaching some Qigong methods and have kept only the ones that I have found to be of real help.

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### Method No. 1

For general good health and as a beginner's Qigong we always start with the 3 Circle Standing Qigong. This is the 'Mother' of all Qigong methods and you cannot go past this for good health and an overall balancing method. It balances the amount of Qi out in the upper and lower body by supplying 60% to the lower part and 40% to the upper which is natural. See **Photo No. 1** for the posture.



*Photo number 1*

**Feet are parallel** and shoulder width apart when measured on the outside of the feet. The 'parallel' bit should be measured on the inside of the feet which causes the outsides to be only marginally unparallel.

**The knees are bent** so that if a straight and vertical line were

drawn from your knees to the ground, it would touch the tip of the big toe.

**The back is vertical** and as straight as possible given that the back is never fully straight! You must sink straight down and not bend the back backwards at all. This is one big mistake that most people make. In fact I would say that I would correct 99% of all students on this. And I keep on correcting them year after year!

So if you are standing up straight and were to place a string onto the roof with a small weight on the end of it which was located over your crown, that weight would still be in that position once you bent your knees.

**The chin is held pulled in** slightly but not forced and the tongue is placed up onto the hard palate like saying the letter 'L'.

**The eyes are not closed** nor are they fully open (staring). They will look to the ground about 20 feet away.

**The shoulders are dropped** naturally and **the arms are held** such that you are sort of hugging a tree with the **elbows dropped** below the **wrists and shoulders**.

**The palms are turned out** slightly so that they are at an angle of 45 degrees to the ground with a straight line of skin but not stretched between **thumb and forefinger**.

**The palms are held** in the typical "Tile Palm Hand" where each finger is kind of layered over the next like the tiles on a roof.

**The fingers of each palm** are held about three inches apart. And as a beginner the upper side of the forefingers should be in line with the under side of your nose.

**The buttocks are held** slightly under naturally as this is the natural position for the lower back when the knees are bent. Do not force the bum under as this is just as bad as sticking it out.

**The Toes** are held slightly but not as much as to turn your toes white, concave. Like as if they are gripping the ground. This is to bring yin and yang into the base of the foot so that the Yang Qi will be drawn down to the 'Bubbling Well' point (KD 1) to be re-routed all over the body.

**The breathing should be deep** but relaxed and not forced. In the beginning you should always use a natural breathing pattern where the abdomen expands upon inha-

## Combat & Healing

lation and contracts upon exhalation. You breathe with your diaphragm and not your neck! So do not tense up your neck, just treat it as a straw through which the diaphragm pulls air into your lungs. Just breathe naturally allowing the natural rhythm to take over.

You should in the beginning hold this posture for at least **15 minutes**. This is difficult, however, it will be worth it. You will **begin to shake**, not violently but a vibration will take over your whole body and you will begin to perspire from your palms and fingertips.

Afer some minutes, check your posture again to make sure that you haven't slowly crept up and your knees are still bent.

To **finish**, slowly lower your palms to a lower position to near your lower abdomen and hold that position for a few minutes. **Photo No. 2**. After you are adept at holding this position, you can do the first two thirds of the total time with your palms in the upper position and then the last third of the total time with your palms in the lower position. When you have had enough, slowly raise both palms out to your sides and up to shoulder height inhaling as you do this, then bring both palms to chest height and press downward from chest to

lower abdomen as you exhale and straighten your legs slowly. Do not make any sudden movements nor in particular have anything cold to drink for at least five minutes, just walk around slowly.

The non-thought process would take up a whole book so it is sufficient to say that you should simply but with much difficulty, think upon nothing at all! Just do nothing, no conscious thought at all! This is the secret to good Qigong.



*Photo number 2*

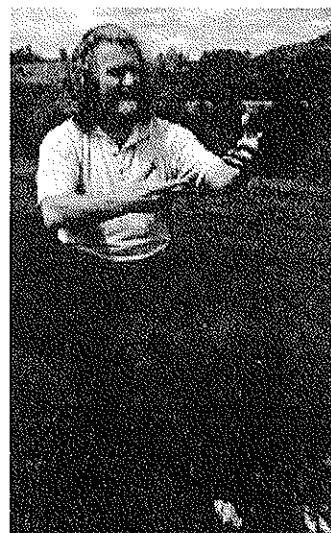
### The 2<sup>nd</sup> Qigong Method. (Holding the Baby)

#### **Photo No. 3**

This is the one we use in the martial arts. It sends 60% Qi into the hands and only 40% into the legs. So it is obvious that you should not ONLY

train in this one Qigong, you should always perform the basic 3 Circle Qigong as mentioned above. Then, if you wish, do these next few Qigong methods at other times or substitute one of them at a time in conjunction with your Basic Qigong.

The 'Six Balanced Pairs' must also be apparent in Qigong as it is for Taijiquan. So if you look at the above basic Qigong method you will notice in particular that the elbows and knees are aligned. It is the same for this Qigong method.



*Photo number 3*

### The Six Balanced Body pairs:

**Hands and Feet** corresponding to Stomach and Spleen

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**Knees and Elbows** corresponding to Kidneys and Bladder

**CV1 (Point) and The Crown (GV20)** corresponding to the Pericardium meridian and the Triple Heater Meridian.

**Buttocks and Axilla (Armpits)** corresponding to the Gallbladder and Liver

**Coccyx and Back of the head at GB19 point** corresponding to the Heart and Small Intestine.

**Shoulders and Hips** corresponding to the Lungs and Colon.

### Continuing:

**Turn your right foot** (to begin with) out by 45 degrees and lower your weight onto that foot with the centre of gravity being just forward of where your leg joins your foot. In other words, just forward of the front of your heel pad. The right knee is bent so that the tip of the knee is in a vertical line with the tip of your big toe. It is more important during this Qigong to adhere to this rule as you will have all of your weight placed onto only one leg placing more physical pressure onto that leg. It is very important that you do not allow your knee to deviate from this position, otherwise you could do your knee some

damage from incorrect alignment. Many people perform the posture of "Stork Spreads Wings" absolutely incorrectly by allowing their knee to angle inwards so that the vertical line would be somewhat to the left of their right knee. This will cause all kinds of bone and ligament problems later in life.

**Place your left foot's heel** so that it touches your right heel and the foot is pointing to an angle of 45 degrees to that right foot. Now, move your left foot in a straight line to where it is pointing, out to where it is almost straight but not quite.

**Turn your hips** so that your upper body is now pointing to where your left foot is pointing. This is the danger time as far as knee alignment is concerned. By turning your waist and hips, you could move your knee away from that alignment.

**You should** at this stage be able to lift your left foot off the ground without moving any weight onto the right foot. All of your weight is now placed onto your right foot.

**Raise your palms** so that they are in accordance with your feet. The left palm will be forward of the right. The palms however, are NOT situated over each foot but rather more to the centre of your feet.

**The Fingers** of your right palm will point to a position that is about one inch towards the left palm end over the centre of your forearm. (7 tsune: This can also be spelled 'cun').

**Both Palms** are facing slightly upward and if you were to draw a line flat on the palms that line would meet the ground at an angle of about 45 degrees.

**The Top** of your left finger should be in a line that is under your nose.

**The fingers** are again held in the "Time Palm Hand" position with a straight piece of skin between thumb and forefinger.

Breathing, Tongue and lower abdomen is the same for the basic Qigong. You should hold this position for only 3 minutes at the most in the beginning as it will place some strain onto your legs. Then you should go on to the left side and hold that side for 3 minutes. You will however, find that at each change of leg, you can hold the position for a little longer as the Qi is now beginning to assist the muscles.

### The Three Signs

There are three things to look for especially when using the above Qigong. And this is very

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important to avoid any muscular damage!

**No. 1:** You will feel a burning piercing pain in the centre of your thigh like a red-hot needle is piercing your leg.

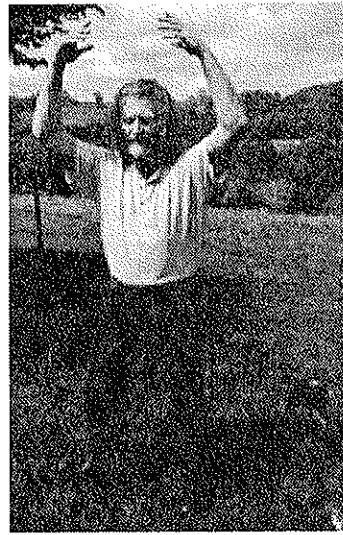
**No. 2:** After some more time, this piercing pain will dissipate into a warm all over glow around your thigh.

**No. 3:** You will begin to shake.

The shaking is a sign that you should not change legs. Allow the shaking to continue for about 20 seconds before changing legs. You will discover that you will be able to hold the position for slightly longer each time you change legs. You must of course spend the same amount of time standing on each leg. The time you spend is up to you.

### 3<sup>rd</sup> Method: Qigong for the Brain/Mind:

(Photo No. 4) This method is the same as for the basic 3 circle standing Qigong however, your palms will be placed above your head with the PC 8 (Laugung) pointing down to the middle of your crown. Laugung is an important Qi emission point on the palm located where your longest finger points to when you hold a tight fist.



*Photo number 4*

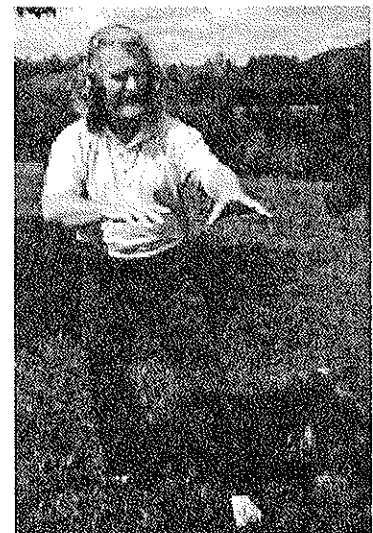
The important points of this Qigong are: make sure that your shoulders do not lift up as this is usually what happens when you raise your arms up so high. A little trick used to cause you to know when you have them raised is to physically raise the shoulders while in this position as high as you are able. Then relax them so that they will drop down to the correct position.

You should hold this position for at least ten minutes. It will be difficult but the rewards are great. This is the one the Aldus Huxley advocated while experimenting with drugs! I do not advocate experimenting with drugs of course as we now know better. However, the mind enhancement that he received was not from the drugs but rather from the Qigong!

This one is good if you have to take an exam etc.

### 4<sup>th</sup> method: Qigong to Enhance Your Qi Transference Ability:

(Photo No. 5) Stand as for the No. 2 method with one foot forward of the other. Hold your palms as in the photo facing downward to the ground, the left one (if your left foot is forward) will be forward of the right. And again, the elbows are over each knee.



*Photo number 5*

You will have to imagine and 'feel' the Laugung point in the centre of your palms as this is the point that we use to enhance the Qi giving ability.

As you breathe in for the first time deeply, imagine that the breath is coming into your body from the ground into



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your rear heel. (The Qi is actually coming in through the Qi input point of K 1 (Kidney Point No. 1) on the base of your foot. However, it is the heel just forward of it, that is the 'activation' point for this point.) Now take that breath up and over your head via your backbone, down the front of your face and out along the top of your left arm down to the ground again via that Laugung point. If you are doing this correctly that point will buzz and will turn slightly red.

On your next inhalation, this time drag the breath up through the right Laugung point in your right palm. Up the inside of your right forearm, through your armpit over your head. Then down the front of your face again and out via the left Laugung point again to earth. Continue this for at least 5 minutes then change legs and sides and repeat on the other side.

### 5<sup>th</sup> Method: To Build Upon Your Post-Natal Qi:

This method can be used with the basic 3 circle standing Qigong position as it is a breathing technique and not a specific physical stance.

As you inhale, drag the 'breath' up from the ground

via your right heel (for a male) or left heel (for a female). I will give the more common 'male' way of doing it here as the female way is to simply reverse everything! You must completely relax your anus sphincter when inhaling, this is the whole crux of this exercise. The breath (Qi) will then be routed over your head, down the front of your face, down the front of your body to the Tiantien point near CV 4 about 3 inches below your navel.

When the Qi gets to the middle of your forehead to the 'third-eye point', this is when you begin to exhale. As you exhale, you must now tighten slightly the anus sphincter, thus locking and packing in the Earth Qi. Do not squeeze the sphincter too tightly as it only needs a tweak! Continue in this way for the whole time of standing.

As you can see, all of the above methods are based upon basic standing Qigong. If you never learn another Qigong in your life, you will not lose out on anything as you have all there is in the above for Qi enhancement and therefore Body and mind enhancement.



## New Video Titles

### MTG197

#### Fa-jing & P'eng/Hinge Training

In this tape, Erle takes you through one of the very best training methods for developing fighting skills. This method is also used as one of the better self defence systems in itself! Erle shows using this method that you are able to defend against all types of attack using only this method. Combine it with the devastating power of 'Fa-jing' and you have a most helpful training tape. Erle, goes deeper into how to gain Fa-jing in your punches and other attacks.

### MTG195

#### SUDDEN VIOLENCE VOLUME 7

Definitely the last one in the series. This volume deals with hands and feet working together. A little more complicated than previous volumes, however, these methods are just a deadly and useful. Also covered is the very basic 'motor' of Sudden Violence", The Old way of Attack Push Hands, without which it is very difficult to learn Sudden Violence methods.

### MTG194

#### Bagua Training Methods V. One:

This is the first of the Bagua specific training methods tapes. On this tape, Erle Montague shows some of the very best training methods from this great fighting system including the little known 'Bagua disperse hands' training method. He also shows the 'Bagua Twitch' which will teach you about reflex offensive methods and how to gain great power from only a short distance away from the attacker.

### MTG193

#### Sudden Violence Volume Six

This is the final (maybe) in this series and is the culmination of all that you have learnt in the first five volumes. Erle covers multiple attack situations using Sudden Violence as well as initial attack situations. An interesting section in also included dealing with the 'Dim-Mak Claw' in sudden violence situations.



## Fast Movements: For Advanced Taiji

by Jens Bartelt Germany

**T**he majority of Tai Ji beginners start their studies and training doing slow movements. They have to learn rather complicated sequences of body movements, are normally aiming for the health and relaxation benefits the movement are said to produce. Only a small number of these beginners (according to my experience about 10 % or even less) will, later on, take the step to a strict daily practice regimen, eventually of up to two hours or more. However, only then the full spectrum of benefits will be obtained, which are described in the Tai Ji classics. And to gain them, advanced practitioners must incorporate explosive (so-called fa-jing) movements into their program. If such movements are not contained in their style/form already as in e.g. the Yang Lu-Chan- or Chen-style. I would like to explain this requirement by giving the following two reasons :

### JI

The Ji as a bio-electrical power surrounds us all the time and everywhere. Let us also imagine the human body as a bio-electrical system con-

sisting of generators, resistances, switches, etc. If we want to take in Ji, store and move it, and finally control the flow of Ji we first have to lower, and eventually remove, the resistances (in the meridians) and make the generators (especially the Dan Tien's) more efficient.

This is the main task for the first phase of Tai Ji training. This phase will last, depending upon age, fitness and intensity of practice, between 2 and 3 years.

*The Ji as a bio-electrical power surrounds us all the time and everywhere.*

After that length of time, providing the training has been correct, regular and persisting, the resistances will have vanished, and the generators will run smoothly. From now on we generate more energy than the body needs for its everyday routines when we practice only slow Tai Ji and Ji Gong. However, the surplus energy cannot be simply stored in a convenient place somewhere within the body. Therefore, it is essential to remove it by a few selected fa-jing movements to re-establish the energetic balance in the body. Because if this is not done,

symptoms of excess will occur in the body in the form of e.g. excess consumption of alcohol or sex, aggressiveness, a feeling as if one would implode (like a tv set).

### SUNG

The Chinese word "Sung" often is translated as relaxation, which is not correct, because this translation is not complete. Relaxation is a purely passive state of body and mind, and this, obviously, cannot be appropriate for a martial art, be it external or internal. I would describe "Sung" as a state of body and mind which is loose and composed at the same time. Everyone really knows this state, mostly, however, without "knowing" it. If, for instance, you want to catch a fly sitting on your hand you will succeed only if you are simultaneously composed and loose on the outside/in the body and fully aware and prepared on the inside/in the mind. To this corresponds the „alpha“ mode of the brain. In order to be able to sustain this mode in situations of stress or fighting the following levels of training have to be gone through :

1. Standing or sitting meditation
2. Solo forms in slow execution
3. solo-forms in fast execution
4. Partner forms with body contact and predefined routines
5. Free-style fighting

Tai Ji, whatever else it may be for the individual practitioner, is a martial art, and will generate its true benefits only in connection with that. Unfortunately, a large number of Tai Ji practitioner become "hung up" on # 2 of the above levels. On that level, however, the brain is not trained to remain in the alpha-mode of "Serene Composedness" even when doing fast and explosive body movements. Therefore, the mind does not learn to keep its cool when violent body movements have to be executed under external and hostile influences. Then, the Tai ji practitioner will react in stress or fight situation like any untrained, normal person, and there will be nothing left of the "Softness from Within" which is supposed to work all these miracles, written about in the literature.



### Some Thoughts on Tai Chi

by Michael Babin

After 25 years of practising yang-style tai chi and 15 years of teaching it, I seem to have come to a major cross-road in my experience of what this discipline means to me and; unfortunately for those who may have enjoyed (or enjoyed hating) my articles in this and other magazines, I find that I no longer have anything to write that hasn't been said before by better writers and experts than myself.

Those insights that might be relevant to some of you are very difficult to put into words that make sense to anyone except those who no longer need such advice! Consequently, this will be my final article in this or any other publication for the foreseeable future.

If I have any last thoughts to share with those of you serious about your training and/or teaching, they are these:

You should investigate a variety of styles (a process which can take years) until you find a style that suits you both physically and emotionally. Having found this "priceless pearl", stick to it even if doing so means that you have to give up other styles that you may have practiced and enjoyed. It bears repeating that it is better to do one or two things really well than to do a hundred things differently!

Similarly, the simple things in life are often the most meaningful in the long-run. Don't neglect the forms or methods that

seem basic in favour of those that are exotic or overly complex.

You have to have faith in yourself, your teachers and the methods/forms that they — and you — practice or teach. Once lost, such faith is very difficult if not impossible to get back. However, don't be too arrogant in your faith as identifying yourself as a master of this or that can easily lead to feeling that you are somehow superior to those who teach or practise differently from you.

You should learn to "turn the other cheek" as this is almost always possible in real life unless you have the misfortune to live in a war zone.. The world is already full of those who lash-out from fear and anger, shouldn't your training make you less fearful, less angry and not just more martially skillful? More and more, it seems to me that the real goal of standing Qigong and internal martial arts training in general is to be a healthy, happy and compassionate human being and not just to become a peerless fighter. In other words ... the internal arts should be about learning to "not-fight" and not just about learning how to fight more effectively.

Erle has given much good advice over the years and one of the best is that we should "train to live; don't live to train!" My thanks to him and those other fine teachers that I have had over the years; if I have any understanding of tai chi ch'uan it is in large part due to their instruction and inspiration.

*I now that all of our readers will miss Mike's input as he has been with us since the beginning. However, we all got to do what we all got to do! Erle:*



# T'AI CHI CHUAN IS LIFE

By Mark Walford: Israel

I have been sitting here thinking. I wanted to write something about T'ai Chi, yet all of the essays I have read in 'COMBAT AND HEALING' are of another order entirely. What do I know of Scapular Springs and Delayed Death Touches? Other than what I have read there in the magazine; nothing.

So.... what to write?

And then I thought – Hey, why not just write what you feel? T'ai Chi is not just about the scientific, the physical, it is about the spiritual, about how we feel ourselves. So I will write from my heart a little.

T'ai Chi is my soft asylum.... it is my primal dance. I feel I must write something about it as it has become such an integral part of my existence. Yet the more I think about it, the less there seems to be to write about. I can say that it seems to me to be the only truly pure and virtuous thing in my life. A seamless, seamless expression of grace and beauty and power. An expression of Nature. I can say that I love to practice my T'ai Chi outdoors, at night while the rest of the world lies tucked up safe and sound in their beds dreaming their dreams. The night seems to cool my burning energies until they are at a more manageable, low ebb.

I have practiced my T'ai Chi out in Greenwich Park in Lon-

don during a storm – bare feet clawing the wet earth, the feel of cool pellets of rain stinging my bare face and chest and back, forks of lightning flashing overhead, dark thunder vibrating the air around me. There was something about that.... the elements raging outside, assailing my body, while inside there is such peace.

And I have practiced my T'ai Chi on the white beaches at sunset here in Israel – waves lapping in my ears, a softer pink and orange glow smeared across the horizon, soft sand beneath me and a warm breeze buffeting my naked skin.

And I have practiced my T'ai Chi in Portugal by the side of a wide, bubbling stream – a small waterfall surging just behind, golden sunlight dappled on the ground at my feet, surrounded by silvered olive trees.

*And I have practiced my T'ai Chi on the white beaches at sunset here in Israel – waves lapping in my ears,*

These are priceless, timeless moments for me, but I am only describing the frame.

T'ai Chi is where I find the river inside....a relentless current. A symphony of body; each separate part orchestrated into the whole fluid work... each note falling in exactly the right place; both hand and foot fall-

ing into the exact slot that was opened for it at that exact moment. Exploring the within of everything. The air seeming to thicken and support my body..... it is almost as if there are tiny, invisible nymphs suspending my arms and legs for me. The intention sharpening, focusing... awareness spreading out from me in waves.... Sinking down to some primitive core... touching the animal lost somewhere within me. This is how it feels for me to move through my form. Something primal there; touching the raw nerve of it all. Weightless. Effortless. Filled with a warm, fluid emotion. Energy in motion.

Of course, there are times when it simply does not click. When I struggle to re-capture something I have lost. Times when I am too tired to practice but mind forces body to it. And times when I feel the fire inside will consume me and I cannot slow myself enough to feel the pulse of it no matter what.

But every relationship has it's ups and downs... it's lefts and rights. That is the Yin and Yang of it all.

T'ai Chi is my salvation.... it is my home.



# TAI CHI FOR SELF DEFENSE

Paul Brecher

**F**a Jin at level 6

The Old Yang Style of Tai Chi (Taiji) has many forms, training methods and techniques. These must be learnt and mastered however the system is really about the principles that are contained within them. Taiji is more about the WAY that we do thing rather than the things we are doing.

Whatever ones style of Taiji and whatever form or training method one is practicing every movement should contain the following thirty points.

## The Ten Points Of Correct Tai Chi Posture.

1. The feet claw the ground.
2. The knees are bent.
3. The CV 1 point is pulled in and up on inhalation.

4. The spine is straight and stretched.

5. The tongue is on the roof of the mouth.

6. The shoulders are relaxed and down.

7. The elbows are lower than the shoulders.

8. The armpits have a space under them,(Kwa).

9. The arms maintain a just unlocked circular shape.

10. The hands are slightly internally flexed and concave.

## The Ten Internal Principles Of Tai Chi.

1. Circular and spiraling movement.
2. Smoothness and continuousness.
3. Relaxation and sinking (Sung).
4. Rooting.

5. Centrifugal and Centripetal waist power.

6. Uniting the lower and upper body.

7. Loose Heavy Jin Internal Force (tendon, sinew, ligament Power).

8. Connection.

9. Avoiding double weightedness, in hands, in feet and in yin and yang meridians.

10. Integration.

## The Ten Methods Of Practice Of Tai Chi.

1. Understanding the use of the stance, high, middle, low.
2. The application of the 'C' back, first external then internal.
3. The management of the mind and emotions and the application of intention.

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4. The use of the breathing, normal abdominal, reverse, both together and spine breathing.

5. The use of the eyes, focus and peripheral vision, both together and intention in the eyes.

6. The use of the hand circles with waist rotation, wrist Qi reflects tan tien Qi.

7. The use of Fa jin, big (level 2), small double shaking (level 5) and vibrating (level 6).

8. The use of the Opening and Closing with all six Kwa.

9. The use of all of the Yin Yang changes.

10. Internalization.

Out of all these thirty points the most important one is Fa jin because you cannot Fa ji n unless you have all the other 29 principles already working.

So how do you know if someone has got to a high level in their Taiji training, well can they Fa jin ?

Taiji is Fa jin, every Taiji movement should be Fa jin

(explosive), even the slow Taiji movements are just what Fa -jin would look like if it was slowed down.

Traditionally one would learn The Old Yang Style Long Form first at level 1 and then all the other stuff like Small and Large San Sau, Pau Chui and basic Single and Double Pushing Hands would be taught. Then one would be shown the level 2 version and the level 3 version and so on.

*Out of all these thirty points the most important one is Fa jin because you cannot Fa ji n unless you have all the other 29 principles already working.*

And as one learnt higher and higher versions of The Old Yang Style Long Form the more advanced versions of the Small and Large San Sau, Pau Chui and Single and Double Pushing Hands would be taught. As well as more advanced stuff like 12 Dim Mak Palms. Eventually when one got to level 5 of The Old Yang Style Long Form then the hidden applications of the Small San Sau, Pau Chui and the first 9 Qi Disruption Forms would be shown.

So The Old Yang Style Long Form is like a tree trunk and all the other stuff is branches that come from it.

If a person got this far level 6 should be a natural development that manifests itself, also at his level there is new stuff to be learnt like the last three Qi Disruption forms.

I first learnt level one of The Old Yang Style Long Form, this was all the movements but with no Fa jin, at level two I learnt which moves were the big Fa jin. Then at Level three I got the Opening and Closing, at Level 4 the Yin Yang Hand and it was here that the next type of Fa jin wants to start to happen by itself although it is not taught until the next level. So at level 5 the H'ao Ch'uan way of doing things is taught and it is at this level that we learn the small double shaking Fa jin which occurs on almost every movement in the whole form (although we still keep the big Fa jins as big Fa jins).

With Fa jin the body (spine) is like a tree trunk and the arms and legs are like branches that come from it.

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So shake the trunk and the branches are moved.

Now the next level of Fa jin is usually taught but due to certain circumstances it developed all by itself in my form. What happened was in my own private training I was doing the Hao Chuan small double shaking Fa jin but when I was teaching beginners I had to show them the level one version with no Fa jin at all.

Now what I wanted to do was my own level of training and not the basic level so whenever I taught a class and led them through the form at the basic level I would also be trying to do the Hao chuan small double shaking Fa jin but without them being able to see it. I made my small double shaking Fa jin movements so small that to the class it looked like I was just doing the basic form like them.

This went on for some time, then one day I did something different, I tried doing what looked like the basic form on the outside but on the inside imagined doing the Hao Chuan small double shaking Fa jin (not physically doing them, just imagining them). I didn't do them I

just had the intention of doing them, it was then that the internal vibrating Fa jin began to happen.

*the train charging through the tunnel is the Fa jin and the tunnel itself is the body*

The best way to explain it would be to say that the train charging through the tunnel is the Fa jin and the tunnel itself is the body, you cannot see the train in the tunnel but the tunnel shakes a bit as the train powers through. So you feel a massive force blasting through you but you are not really moving, as the Fa jin shudders through you the arm and hand vibrate slightly, but the force is on the inside, it is an internal vibrating Fa jin. So these level 6 Fa jin are very powerful but they cannot be seen.

The application of these Fa jin is slightly different to the other types. With level 2 big Fa jin you can see the movement of the body and the hand travels a distance to the target. With the level 5 Hao Chuan small double shaking Fa jin the blow can be delivered over as short a distance as one and a half inches and the same point is hit twice at the same

time. With the level 6 internal vibrating Fa jin no distance is traveled, it is a touch contact Fa jin.

Touch contact Fa jin means as you touch the opponent you release the internal vibrating Fa jin into them, you do not need to cover any distance to build up speed or momentum. Touch contact Fa jin is devastatingly powerful, if a Tiger Paw Fist was used with a level 6 internal vibrating Fa jin on touch contact to certain acupuncture points on the neck the opponent would most certainly die.

**BETTER TO HAVE IT AND NOT NEED IT  
THAN NOT HAVE IT  
WHEN YOU NEED IT**

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## Muscle Response Testing (2)

Dave Robinson

**N**ow that we have in acquaintance with Muscle Response Testing, or "M.R.T." lets do some of the methods.

There are two simple methods that can be used for testing. One method uses the extended arm while the other method uses fingers of the hand. The arm method I usually use to demonstrate with if there is a number of people present. The reason for this is that the demo can be easily seen by all.

*There are two simple methods that can be used for testing.*

If you are working with a small group or one on one, then the hand technique should be used.

With the arm method, it requires a greater knowledge of anatomy. With the hand method, you don't have to be too knowledgeable of anatomy.

To begin, the first thing we are going to do is to test a person to determine their *relative* energy level and if their energy field is normal or reversed. So,

grab a volunteer and lets begin.

Start with the arm method. Have your partner stand up straight, head erect and relaxed. Tell them to hold their arm straight out to the side at shoulder level. You, as the tester, stand behind them and place three fingers on their wrist. Your other hand should be on their shoulder to help with balance. Gently begin pressing down as they resist to the best of their ability. Most subjects should be able to resist satisfactorily against your effort. Keep in mind that this is a test, and not a contest.

If this test is O.K. then we continue. Next, have the subject place their other hand on top of their head, toward the front of the head, and with the palm facing down. Retest. Then have the subject turn their palm up so the back of the hand is on the head in approximately the same position.

The results should be: strong on the initial test, strong on the palm down test and then weak on the palm up test. If this is normal, then the persons energy field is normal. If the opposite is true and the tested arm goes weak when

the palm is down and strong when the palm faces up, then they have a reversed energy field. There may be times when a person is strong in both tests and this indicates they have a poor ground with the earth. Simply changing facing direction, ex: from east to north, or removing their shoes should correct this.

If the polarity is reversed, how do we correct it? First thing we will do is a Qi reduction technique followed by an energy boosting method.

Stand face to face with your partner, using either hand, have your palm facing his body, about six to eight inches away from them and circle your hand clockwise across the center of their body, twice.

*If the polarity is reversed, how do we correct it?  
First thing we will do is a Qi reduction technique*

Then muscle test. They should be weakened. Then follow up with an energy boost by tapping on the sternum 8 to 10 times. Retest, they should be strong. Then retest for polarity again. This usually does the job. If it does not help, then the person requires some



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R.N.A. (Ribonucleic Acid) and that will fix it.

Remember, it is important to do this initial test before attempting other types of test.

Now, before we attempt other tests, a quick look at the alternative hand method. In this case we will be using just the hand and two fingers for the entire testing procedures. It is simpler and more accurate than the arm. It does not matter which hand is used for testing.

Have your partner hold out either hand. Using only the thumb and ring finger, join them together at the tips of the fingers. To test, insert a finger behind the thumb and one behind the ring finger and attempt to separate the fingers as the test subject resists. Begin gently pulling and do not twist or jerk the fingers. There should be a fair amount of resistance from the test subject. Some people who are exposed to computers may show very little resistance. The amount of resistance offered is indicative of their energy level and if weak, needs boosting.

Let us apply this testing to some of our training. Have a subject stand in a forward stance (ex: bow) and make certain it is proper. Feet with approximately shoulder width side to side and a comfortable

distance, front to rear. Apply test with arm out to side as before. Test should be strong.

Then have subject bring their feet closer together ( the skinny stance) and test again. Instantly weak.

### *What affect does the "Ha" sound have on our energy?*

Stand in form beginning posture with chin normal and body relaxed. Test (strong). Then have subject look down at floor and retest.

What affect does the "Ha" sound have on our energy? Test subject normal. Then simply say "boo" a little louder than normal speech, and retest. It is not even necessary to use a normal "Ha or Ba" sound to weaken someone.

Have a person stand normal, with good posture, and tell them to maintain their centre. Test normal first and then lightly slap them on the shoulder. They will go weak on retest.

Remember, we always test normal before each and every test we attempt. Now lets check a few meridians with this technique. This is an instance whereby the hand used is particular. If you are right handed, you will localize or touch the points with your left

hand. So, first we'll test the Lung meridian. If the person is right handed, test using their right arm while the left index and middle finger , together, touch at LU 1, near the shoulder, below the clavicle. Weakness of the arm during testing indicates an imbalance.

Let us test the Large Intestine next. Do first test, in the clear, then place the two fingers on the large intestine alarm point which is ST 25, located approx 2 cun lateral to the navel.

Some other areas to test for health: Get some various colored sheets of paper, such as the type used by school children, and test someone by holding the various colors before them. You will find that pink will cause everyone to weaken. The other colors will test different for each individual.

Have someone tested while holding some sugar in one hand while testing the other. Also, try this with other substances such as various herbs, cigarettes, food, medicines. A weakness on any test indicates that the matter being tested is not suitable for the body at that time. Some herbs will test strong and weak depending on the bodies needs. Your body is telling you something with each response.

Next, have someone tested while they concentrate on someone they love. They have no need to mention names out loud. They will test strong. Then have them think of someone or something that irritates them. Instantly weak. As mentioned previously, test someone while they look at the face of a person with a downward turning mustache.

*the testing that can be done is only limited by your imagination.*

As previously stated, the testing that can be done is only limited by your imagination. When working with the meridians and testing the organs of the body and the needs for vitamins, minerals and other nutrients, there are particular spots that are tested.

I could go on and on about this subject but space becomes the problem. I hope you will try these methods and learn more about it and how it can help you with your arts.

*Dave Robinson is currently working on a video tape that will teach how to do MRT.*

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## How Advanced Are You .. Really

By Jim Marincic

If you are talking to "TAI CHI" people in this day and age, they are mostly very learned educated people.

All you have to do, is to read "COMBAT AND HEALING", by living day-lights if I can understand half of the language.

*Now, don't get me wrong fellows, I am not very learned man, I am first to admit it, I am admiring your intellectual language.*

Now, don't get me wrong fellows, I am not very learned man, I am first to admit it, I am admiring your intellectual language. You must have going to school lot longer then me, besides, this is my third language in this life time. But let me ask you something. Do you really know so much, or, have you read so many books about "TAI CHI"? I mean by the sound of it, some people are all experts first class, no doubt about it.

I, for starters, come to know about "TAI CHI" trough through trial and error, school of hard knocks, so to speak. I happened to have a few mishaps in my younger days as many normal young man do.

As some of you know me from my previous articles in "COMBAT AND HEALING", most of views I expressed, were true to life, my own life experiences.

So, when I practice "TAI CHI", I look for practical aspect of the art. For a few decades now, I am trying to come to understanding, how the "TAI CHI" works through Erle's teaching. He told me from the beginning, that to learn properly, one must start with qualified teacher and train diligently for number of years, then of course one is suppose to go away and practice on his /hers own until the art is understood.

From time to time one would come back and ask teacher or master or his tutor, if there is a need for improvement. Of course, there always is. We always need to im-

prove, we always want to be good students. Remember, student is the one who is always willing, willing to learn honestly and with "integrity"

Now, I am not saying, that there is a crooks amongst us, but I observed over the years that, that some of people would like to come to top very quickly, taking a short-cut so to speak.

*I see that they do some exotic movements, a little shake here and a little shake there, and somehow it makes me wonder*

And here comes in the "advanced" form, the secrets of it all. So, when I am observing this practitioners, who practice, I see that they do some exotic movements, a little shake here and a little shake there, and somehow it makes me wonder, do they really know so much or it is just a gimmick? On top of it all, this complicated language, all this knowledge. What do you do with it all? Tell me, how in the blazes do you knock someone of his perch by using technical language such as "Shift your

## Combat & Healing

weight to right foot by then you deflect the attack with "clammy cold Yin" then you shift weight by to the left foot and strike with right palm to the Lung Meridian With "Hot and Dry Yang", well not exactly like that, but you know what I mean. Mate, by the time you go through all this intellectual thinking attacker will eat your lunch .Keep it simple it is so much easier and joyful to .learn . To tell you the the true , I have never ever in my whole life seeing anyone getting knocked down with fancy words. Just read some of old books ,they all are saying the same thing, there is nothing new in all this new articles .All of it is just re-vamp of individual opinions. Lets face it, punch is a punch, it all hurts ,with or without philosophy.

"CHI" is just this odd commodity, that one has to work hard for it, yes , lots of manual work, forms ,push hands, "TA LU", Small San sau, "PAU CHUI" ,Chi kung, Prawn boxing, you name it the whole damming lot. When you embark on this way of learning, you will find whole new way will open up to you and some time you or your mate will collect bloody nose or black eye out of it. Do not be to upset about it, it is all for

the better, after all you are learning something useful, something, that will properly save yours or someone's life in the distend future .Keep it light hearted, accidents will happen, have first Aid ready just in case you newer know and above all fellows, please-do not take "TCC" as some kind of mystical or New Age trend ,because if you do you will not only given it a bad name, you will became laughing stock of, not only from; martial arts; circle , but from the rest of community as well.

So keep on doing what you learned from Master Erle, and listen what is saying for Gods sake because God gave you a pair of ears and pair of eyes and only one pair of mouth ,so use the other two first!!

Once you have mastered, I mean "mastered" all of this, then I would dare to say, that you have arrived to a "ADVANCED" level and you will need no more teachers!

Happy training!!

Yours truly Jim Marincic (FC)

*Please address all replies to Jim Personally! At: E-mail: marincic@spirit.com.au or write to him and we will forward.*

## Beautiful Tai Chi:

*By Slinko Starflower*

If I am ever attacked, I will use my knowledge of the ancient mystical art of T'ai Chi Chuan to defend me.

I simply think loving thoughts about my attacker and use loving Qi (energy) to help him get over his aggression. I am like a teacher and father figure to the attacker, in fact I am like his whole family, helping him to realize that he does not really wish to harm me but rather love me in every way.

If the attacker should come at me with a knife or gun, I simply step aside and allow him to run into a wall, scolding him gently for his silly aggression. Then he knows that I mean business because I was able to cause him to run into a wall.

I use the pure essence of the yin and yang to engulf the aggressor's own energy and force it back onto him with the power of love.

I always carry a yin/yang symbol with me wherever I travel as I know that it will protect me from any harm.

## WTBA NEWS

A new martial arts registry has just been formed in the UK by Tony Court. This is a Web based list and is available to anyone who wishes to be listed. WTBA members will of course have first priority however any martial system and instructor is able to join. You can list any events you have planned like workshops etc. See inside the Magazine for details.

Our representative in Argentina, **Adrian Inchauspe** is **GOING FOR GOLD**. He is moving fast up the ladder of International stardom in the Shot-put and bench press area and attributes his great and quick success to his "Internal Arts" training in Taiji and in particular Bagua.

Follows a letter from Adrian who is also a master Surgeon! Adrian has also helped me out with information about in particular the carotid sinus (ST9) and it's dangers as he has had to operate on this delicate body part. Even just touching the bare and exposed Sinus stopped the heart each time he tried to remove a tumor. So he and his team had to devise a method whereby they could work on it and by-pass the heart!

"... So that you can see that Internal Energy can really manifest in external manifestations. You can see without fail, that my internal training is just as important as the sport and weightlifting for success. I'm really happy with the 'Sudden Violence' tapes as they show good combinations for self-defence. But I'm "in love" with the 12 Dim-Mak and the Eight Bagua palms for the wooden man training. So much so that I now believe that everything for self-defence is inside of them! The picture is completed with the Yang Lu-ch'an form and the Small San-Sau. I'd never realized that all these forms had so intrinsic and integral knowledge for survival situations. Internal arts are not easy. People who think about 'easy softness' and only relaxation miss the whole point! They make you secure about the results of any confrontation and the spirit in which you face them. **Internal Arts have REAL power**".

Adrian will be attending Camp 2000 along with many other friends from all around the world.

Our representative in South Africa Morne Swanpoel has a

new Web presence as do many of our members and Instructors now. It is:

<http://home.global.co.za/~msbudo/>

Camp 2000 is filling up fast so please be early as I believe the cut-off date (although not absolute) is March 1st 2000.

I am sending this issue to the printers earlier this time as Ben and I will be in England for the October workshops. So I will have photos and a report of that trip in the March 2000 issue.

I am slowly putting together a list of all of our instructors worldwide. However, it is a huge task and will take time as there are just so many of us. The WTBA has had its ups and downs in the past, however, I believe that we are now emerging as an extremely positive force as many of the not so are weeded out. It's a great thing to see our smaller pockets of WTBA in the lesser known countries growing and learning with great enthusiasm. Often it seems like you are all alone because our philosophy is so different to other M.A. Organizations. But attend one of our workshops and you soon see that you are **NOT** alone!