



YMAA News is a quarterly publication. Back issues are available for free download at www.ymaa.com



FOREWORD

By Dr. Yang, Jwing-Ming

Dear Friends and Readers

YMAA has just finished its fourth YMAA Summer Camp in Poland. Since the first camp, (held four years ago in Hungary) it seems all YMAA members have united as never before. I was amazed at how all of the participants bonded together in just one day. All trained, sweated, joked and shared stories about their lives. All of these things enlivened and enriched the training atmosphere so that after only ten days of serious training, everyone took home a nice rewarding feeling. In fact, many participants told me they learned quite a bit during that time.

Since emigrating to the US, I have tried to figure out an effective and efficient way to train my students within this country's modern day, social environment. After nearly 28 years of teaching in more than twenty different countries, I deeply realize that to maintain the same level of quality as I did thirty years ago is almost impossible. There are just too many attractions and attachments. The mind cannot concentrate and the length of training time is limited.

I remember that when I trained forty years ago, the same environment(s) existed. However, there is a big difference between today's training environment and how my classmates and I trained back then. We trained three months during our summer vacation, and one month during our winter vacation, six hours a day. It was always difficult at the beginning. But usually after a couple of weeks of heavy training, the body started to get use to it. Normally, after our training sessions, we felt that our progress both at the mental and physical levels was beyond description.

Today I am beginning to understand that in order to bring my serious students to a higher level, I must take them away from this laymen society and completely isolate them for at least three months a year. I only hope they will have the same spirit and morality to complete the mission of hard training. Sometimes it is very hard to find serious and committed students among the group.

I just purchased land in California and plan to prepare for this serious training. Now, I am looking for serious students who will not waste my time and effort. These students must be able to train hard for at least five years. They must be young and willing to take on a serious challenge of self-involvement and a sense of commitment. These students will not have to be continually supervised. They must not be attracted by modern life styles. If I cannot find a few students who measure up to these requirements in the next few years, I believe the arts will be down-graded again from my generation to the next.

I feel sad that the martial arts quality that I believed in for more than fifty years has been so quickly down-graded. Fewer and fewer people seem to have a strong will and a firm commitment to training. I am afraid the mission of keeping these ancient arts at a high level of quality is becoming more difficult. Yet I hold out hope that they will survive.

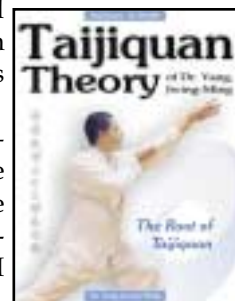
Book Review

Taijiquan Theory of Dr. Yang, Jwing-Ming
The Root of Taijiquan
\$29.95 304 pages ISBN 0-940871-43-2

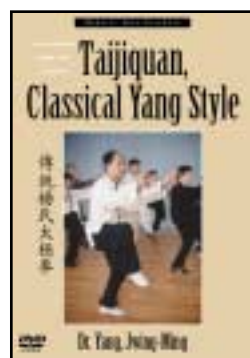
In the last seven centuries, many songs and poems have been composed about Taijiquan. These have played a major role in preserving the knowledge and wisdom of the masters, although in many cases, the identity of the authors and the dates of origin have been lost.

Taijiquan Theory of Dr. Yang, Jwing-Ming is an attempt to join together the various theories on Taijiquan in one complete text. "Based upon my personal background and understanding, I have tried my best to complete the Taijiquan Theory and practice concepts in this book. I have attempted to make this effort as complete as possible."

This book is structured with songs and poems followed by the original Chinese text and any interpretation of the passage. All of the songs and poems have been written by Dr. Yang, Jwing-Ming.



New DVD



Taijiquan, Classical Yang Style
DVD, 240 min., DVD0003/645 \$39.95

Not only is this an excellent instructional DVD, but a living document designed to preserve a cultural tradition from the Yang Style lineage. Practice of this living, vital form will bring you a healthy and relaxed body, a clear mind, and a strong sense of martial intent. This Taijiquan program will offer you enough content to build a solid foundation for a lifetime of practice.

IN THIS ISSUE

1. **Foreword:** by Dr. Yang, Jwing-Ming, YMAA President
2. **Traditional Chinese Medicine:** Qi vs. Cancer
4. **The Perfect Exercise:** Tai Chi and Qigong Gaining Ground
5. **Martial Arts:** The Illusion of Rank
6. YMAA Around The World.
7. YMAA Schools and Qualified Instructors

Updated information on people and places

Qi Versus Cancer

Tackling a centuries old disease

BY CATHY KERR

Across two millennia, Chinese sages and physicians have described the function of qi ("chee"), or vital energy, that courses through the body and the spirit, and have pointed to blockages in the body's hidden qi channels as the source of physical ailments and disease. Qi skeptics counter that the energy channels described in ancient Chinese texts and drawings do not correspond to any real structures in the body, and that the concept of qi is both elusive and impossible to verify scientifically. Lost in these abstract debates are the questions that real people facing health crises might ask.

In early 1996, my friend John Bianco and I both began intensive qigong practices in the face of cancer. John, a 33-year-old patent attorney, had non-Hodgkin's lymphoma. Twice before, his doctors at the Massachusetts General Hospital had helped him drive the disease away, once with chemotherapy and once with a bone marrow transplant. But each time it had come back. Now there was no more medical treatment to be done. He was in great pain and had no stamina. But his daughter, Maeve, was six-weeks old, and maybe it was the drive to see her grow up that pushed John to reach beyond the medical establishment for help.

My situation was different. I was 31, beginning a stint as a history lecturer at Harvard, when a random lab test revealed multiple myeloma, a rare bone marrow cancer considered incurable. I had no symptoms. The specialist I consulted at the Dana-Farber Cancer Institute in Boston said there was nothing to be done until symptoms appeared. I would have perhaps six months of watchful waiting before I began to suffer from such things as anemia and bone dissolution. Then my best option would be a bone marrow transplant to infuse my body with my sister's immune system. The specialist explained that nearly one-quarter of myeloma patients who received this toxic experimental procedure would die in the first year. Those who survived would have their best shot at a cure. As I sat with my husband, friends, and family, listening to his detailed and bleak presentation, I realized that my decisions had life or death consequences. I needed more than watchful waiting.

That spring, John and I both turned to Ramel ("Rami") Rones, a tai chi and qigong teacher and martial artist from Israel now practicing in Boston, who works with cancer patients and the seriously ill. Rami's approach to the bitter qi debates is simple, instructive, and in its way brilliant. He is above all a pragmatist. A champion martial artist, he has used the traditional "martial qi cultivation practices to good effect. But these practices (Iron Shirt qigong, for example) were part of a larger martial training that was neither esoteric nor mystical. Using generations-old methods of stretching, strength training, and working with joints and the breath, Rami had learned that humble exercises, which may not seem magical, can cultivate qi or vitality. Don't worry about qi, he would tell us. Don't sit around speculating or

engaging in magical thinking. Do the exercise and let the qi take care of itself.

John's Story

John was at the end of the line when he showed up at Rami's door. He couldn't drive, because his muscles were in spasm. He could barely walk the two flights to Rami's apartment. He was too weak to hold his infant daughter. And the cyclical steroids that kept him going caused agony on the days of the month when he had to taper off.

Rami never promised John that the exercises would affect the cancer, bluntly telling him, "It may be that what I can help you with is dying." But he did promise small improvements in John's daily functioning. They started with stretches of the fingers, wrists, and forearms — small wave-like exercises Rami calls "oiling the joints," based on old martial arts flexibility exercises. John began to work on his leg strength and balance with slow martial walking exercises, and did three-part breathing and breath-holding exercises several times a day. He worked on his trunk flexibility with long, relaxed forward bends, splits, and other yoga stretches. Finally, for whole-body strength and concentration, for 45 minutes a day he did a Taoist exercise called Embrace the Tree, in which the practitioner stands with slightly bent knees, tucked tail-



Ramel (Rami) Rones

bone and arms reaching out to form a great circle, as if hugging a tree. Though seemingly simple, Embrace the Tree made John sweat so much that he had to bring a bag of T-shirts. Two of Rami's cardinal rules for cancer patients are "Never get chilled" and "Never stay in damp or sweaty clothing."

After four weeks of finger and hand exercises, 20-30 minutes a day, John's forearms had unclenched enough that he could drive to his medical appointments. This small success made him feel more independent and took pressure off his wife, Grace, who was caring for Maeve and John and working full-time.

About a month later, John had his first experience of qi. It was in a seminar that we both took from Rami's own teacher, Dr. Yang-Jwing Ming, a noted author on Chinese tai chi, qigong, and martial arts, in the Jamaica Plain section of Boston. Dr. Yang had us partner up. One person would hold his hands a few inches away from the other's body and then scan up and down, while the partner stood with eyes closed, trying to sense where the hands were. While John had embraced his qi practice wholeheartedly, he was trained as an electrical engineer, and he was skeptical of mystical energies. John partnered with Rami, and he vividly remembers standing with eyes shut and becoming angry, sure that Rami was cheating, and actually pressing him quite hard. John yelled and opened his eyes. He saw that Rami's hands were several inches away from John's chest.

Another time, as he was deeply engaged with Embrace the Tree, John remembers feeling a hand or force pushing him hard into the ground, as though he were involuntarily rocked down and bounced up like a spring.

Perhaps more interesting than the experience of qi were the



Four years after John was supposedly beyond help, the Biancos were blessed with a second child



Bianco

physiological changes John experienced that spring and summer. At his low point in January when he first started working with Rami, John's marrow had been densely packed with cancer. A bone marrow biopsy found that his cells were 96 percent cancerous. He needed regular transfusions of red blood cells and platelets just to stay alive. In June, after five months of qigong, John was able to stop the transfusions. By September John's blood counts had improved so much that his oncologist allowed him to join a recreational soccer team. John's bone marrow had come back to life. Had the cancer receded? This is impossible to know because John's doctors decided not to take a second bone marrow biopsy. They were afraid John might become demoralized and his efforts might collapse if they found that the marrow was still brimming with cancer. But although they could not quantify it, it was clear to John's doctors and caregivers that something had changed. Although he was still anemic and was still at increased risk of infection, he had tremendous energy and sense of well-being — and he didn't seem to be dying.

By the following spring John was strong enough to undertake renovations at his house. He began to assist in Rami's qigong classes for the elderly in nursing homes. And he started to do more serious martial kung fu training, just for fun. That second summer, we often met at Dr. Yang's martial arts school to do qigong belly massages. Rami, a believer in the healing energy of both nature and other people, organized groups from the school to do qigong walking exercises with us in the Arnold Arboretum in Jamaica Plain. Rami also taught John "crying qigong," in which John focused on a crying sensation to release his frozen feelings of sadness and fear.

That autumn, though, almost two years after he was sent home to die, John developed pneumonia that he had trouble shaking off. Then he started bleeding from his orifices. His doctors managed to stop the infections and the hemorrhages, but it became clear that John was failing. His platelets and red blood cells had become dangerously low, and he needed more frequent transfusions.

But those two years had seen progress in lymphoma treatment. John's oncologist referred him to Mass General, where Thomas Spitzer, M.D., was testing a new treatment called chimeric transplantation. John was the eleventh patient to try it. After treatment with his sister's bone marrow, he was found to be free of cancer.

That was more than four years ago. He has since returned to work as a patent attorney. He and his wife had a second child in June 2002.

My Story

During the same time, I was undergoing an intense transformation, but the trajectory of my practice was different from John's. At my first visit to Rami, I was lost in the shock and panic of receiving the myeloma diagnosis, and I expected him to give me exercises to relax and check out, perhaps by visualizing myself in a pleasant scene. Instead, he prescribed a set of exercises — sitting meditation, Embrace the Tree, standing meditation, moving qigong, martial walking exercises, yoga stretches, and breathing exercises — to increase my body awareness. I was told to meditate to feel the inside of the body and to stretch to create internal space so the organs are not squeezed together in the abdomen. He told me I wouldn't always feel the



Cathy Kerr

benefit of an exercise right away and at these moments I should have faith in the process. Sensing my headstrong and somewhat mercurial nature, he stressed the importance of a balanced program, pursuing the exercises in tandem and not focusing on any single exercise or effect.

In May 1996, several months after my diagnosis, I had an experience that became a kind of touchstone. I was in a qigong workshop with Master Liang Shou-Yu, a friend of Rami's teacher, Dr. Yang. For the final exercise, Humans Unite with Heaven and Earth, Master Liang had us stand in a posture similar to Embrace the Tree: relaxed but not collapsed, knees slightly bent, tailbone tucked in, spine nice and straight. But instead of holding the arms in a circle, we held them with the hands turned upward and out, slightly above the forehead. He told us to shut our eyes and to visualize energy entering the forehead and traveling down through the head, neck, torso, belly, and groin, down through the legs and feet, into the ground. We were to imagine the stale or used parts of us flowing away into the floor, just as the stream that flows into us from the sky confers vitality.

The exercise sounded odd, but I was fully engaged in it when, after some 20 minutes, I suddenly felt as though someone had turned on a spigot in the middle of my body, and a shower of water was cascading down through my center, into the ground. I was riveted but scared and I wondered if anyone else felt the same. I stopped before the others because it was so unsettling. But the next day I noticed that my lips, which were always parched with peeling skin, were supple and smooth. My nail beds, always dull, dry and bordered with flaky skin, were smooth, shiny and moist. And the soles of my feet, normally leathery, dried out and white, were moist and bright red.

Elated by the changes, I started doing the exercise twice a day for about 40 minutes each time. That month, my IGG protein, the main indicator of my disease, dropped by about 15 percent, the first time it had done so — and the first time it had improved on its own, without medical treatment. My doctors called it a random fluctuation. Nevertheless, I continued. I had one goal: to keep the disease from progressing to the point of needing treatment. The Dana-Farber doctors had promised me that I would need it within four years. I was very pleased, a year after diagnosis, to be no closer to that point.

This exercise seemed to have a psychic side effect: I was sad and weary all the time. At first, transfixed by the strong qi feelings, I saw the stirred emotions merely as a nuisance. Then I began to worry. When diagnosed with myeloma, I was emerging from a major depression that had come on as I was finishing my dissertation at John Hopkins. I wasn't sure that an exercise that made me feel so bad could be good for me. I let up on the intensity of the practice and felt better, but my IGG reversed course, slowly climbing to its pre-Humans Unite with Heaven and Earth level four or five months later. Again I did the exercise intently, and again it dropped below the level marked at diagnosis.

In part 2 of her article, Cathy talks about some new challenges she faced while battling cancer.

This article first published in Spirituality & Health Magazine, April 2003, and is reprinted with permission from Betsy Robinson, associate editor

The Perfect Exercise? Tai Chi and Qigong gaining ground

Tai Chi and Qigong have exploded across the media landscape recently. *Time Magazine* in an article on Tai Chi benefits called Tai Chi “the perfect exercise.” While *The Wall Street Journal* recently did a front page lifestyle story entitled “[Qigong] The Next Yoga: A Sweat Free Workout – Tiger Woods’ Secret Weapon?”

So, why all the buzz on Tai Chi and Qigong? Partly because today’s high stressed fast moving population is seeking, not only health & fitness, but serenity. Serenity may sound superficial in today’s busy world, but that aspect of Tai Chi, may be why it is increasingly utilized in healthcare, corporate wellness, education, and even in prison and drug rehabilitation programs.

The current hubbub about Tai Chi and Qigong may be that we are only now seeing a huge wave of growing evidence unearthed by western medical research that has been quietly building for the last decade. Qigong is a Traditional Chinese medical /health practice that directly translated means “breathing exercise,” or “energy exercise.”

Tai Chi is a sophisticated form of moving qigong, which involves a series of choreographed movements done in a relaxed and flowing way. Both have gained increasing attention by western medical researchers in the last decade that has been gaining steam, and resulted in more research dollars going toward discovering their benefits. The National Institute of Mental Health has increased funding to further research these ancient, yet modern, health techniques.

A couple of such studies' findings, one a ten year study through Harvard, Yale, and Emory Universities, stunned researchers when they discovered that the gentle, slow, relaxing, low impact Tai Chi improved the balance of practitioners profoundly, reducing their risk of falling by 47.5%. Another found that Tai Chi offered significant cardiovascular benefits, roughly the same benefits as moderate impact aerobics. Yet, another study sited in the Hawaii Medical Journal asserted that Tai Chi increased breathing capacity and relieved back and neck aches in practitioners.

The pain relief and low impact aspects of Tai Chi was good news for everyone, but offered even more hope for those suffering from rheumatoid arthritis (RA). Tai Chi being a weight bearing exercise offered the potential advantages of stimulating bone growth and strengthening connective tissue. The only concern was if they (RA sufferers) could handle a weight bear-

ing exercise without exacerbation of joint symptoms. The American Journal of Physical Medicine and Rehabilitation reported on a study that found RA sufferers practicing a specially tailored form of Tai Chi suffered “no” significant exacerbation of joint symptoms. This was great news, not just for RA sufferers but for all maturing baby boomers looking for a health regimen that is kind to the joints.

Surprisingly, given its gentle nature, Tai Chi burns a significant amount of calories as well, 280 per hour. To understand how significant this is, realize that down-hill skiing burns about 350 per hour. Yet, Tai Chi is gentle enough to be done in business clothes in the office without even breaking a sweat. Which is one reason Tai Chi and Qigong are increasingly being used in corporate wellness programs. However, there are perhaps even more important reasons Tai Chi is being used, not only in corporate wellness, but health care, education, and even prisons and drug rehabilitation institutions.

Tai Chi provides a grouping of benefits that helps: reduce productivity losses in employees; may reduce health care costs preemptively; enable students to focus; and also empower those rehabilitating from drug abuse, etc.; to evolve more healthy productive lifestyles. This is the result of mood homeostasis Tai Chi practice fosters. *The Journal of Psychosomatic Research* reports a Tai Chi study' findings, “[Test Subjects] reported less tension, depression, anger, fatigue, confusion and state-anxiety; they felt more vigorous, and in general they had less total mood disturbance.

Given that 70 to 85% of illness sending patients to the doctor are rooted in unmanaged stress, and that U.S. business is estimated to be losing upwards of \$300 billion annually due to unmanaged stress, Tai Chi’s potential mood-stabilizing benefits are gaining increasing attention. Also in education, the rise in ADD and ADHD symptoms in our nation’s youth, has peaked interest in Tai Chi by some education professionals. This may be partly due to a recent study from the University of Miami School of Medicine finding that Tai Chi provided substantial symptom reduction in students suffering from Attention Deficit and Hyperactivity Disorder (ADHD).

In light of the multi-dimensional benefits these ancient health practices offer, which are now being validated by modern health research, *Time Magazine’s* description of Tai Chi as “the perfect exercise,” may be a very accurate description for this ancient mind/body health technique.

By Bill Douglas, Tai Chi practitioner at www.DrWeil.com, and founder of World Tai Chi & Qigong Day www.worldtaichiday.org (celebrated annually in 60 nations, and recognized by the United Nations World Health Organization).



The Illusion of Rank (Part 2)

In Part 2 of his article, Michael Rosenbaum explains what it takes to earn the title of "master" and the respect that goes with it.

We often associate the term "Master" with Asian fighting arts practitioners. More often than not, if you ask an American to describe a martial arts master they'll begin talking about their Chinese, Japanese, or Okinawan instructor.

The title of master was, and is still used today by other societies in their ranking systems. The European martial artists were just as skilled if not more so than their Asian counterparts in hand-to-hand combat. Weapons such as the staff, sword, and spear, plus grappling, and empty handed strikes, were widely employed in their fighting arts. Likewise the title of master was also used by many Europeans to designate a martial artist who had reached an advanced skill level.

Europeans had a licensing system to judge the proficiency of their pugilists, one that was established during the Renaissance era some two to three hundred years before Kano Jigoro ever developed the Kyu-Dan system. Theirs, like many of the classical Bujutsu Systems was also based on an apprenticeship type of teaching and recognized three levels of expertise; scholar, provost and master. To be granted one of these titles the applicant had to show expertise in the use of a number of weapons and was tested thoroughly by a senior master.

For the prospective European martial artist, the title "Master of Defense" could earn them a hefty sum of money. This is because during the Renaissance era, a person's skill at arms often proved to be a means of survival due to the daily violence so prevalent during that period of time. Therefore the teachings of a respected Martial Arts instructor were highly sought after by many as a means to further advance their own martial expertise. Yet, just as it is today, there were those who were qualified to teach and those who were not by according to Renaissance guidelines.

During the rule of King Henry VIII, many Englishmen expressed great concern about unlicensed masters teaching their craft. Not only because they were going against the established laws set forth, but also because they were giving such poor instruction and in many cases making a lot of money for what they were doing. As Sydney Anglo said about this early martial fraud: "Obviously, it was one thing to institute a licensing system and quite another to implement it." (Anglo p. 10)

If you can buy it, you've earned it

In the past as it is today, much of the problem lies not in the title of master, but with the prestige that accompanies the title. This is complicated even more so by the rampant commercialism found within many studios where it is not uncommon to find individuals starting their own systems just so that they can claim the title of master.



The late Risei Kano,
Kodokan president

Today rank is often equated with business success; the more you have the better your advertisement looks that results in more students enrolled. Far too often we see rank being sold in pre-packaged courses that add even more to the depreciation of just what the ranking structure is supposed to represent. In short it is the dedication, devotion and time a practitioner has spent studying their style or system. Often our free enterprise mindset truly believes that you can have anything you want just so long as you can pay for it. This may be true with appliances and cars but in the martial arts world it shouldn't be that way. Unfortunately it does happen and not only does it devalue the newly bought rank, but it also devalues the rank of those dedicated practitioners who rightly earned theirs throughout the course of two or three decades.

As author Bob Orlando said about today's prepackaged commercialized rankings: "I am, however, faulting those who flatly and flagrantly 'sell' belts. No wonder so many martial artists—even experienced martial artists—now claim ridiculously high ranks and bloated titles. After giving away or selling to every Tom, Dick, and Harry, about the only way instructors can distinguish themselves from their students is to claim rank beyond their own progeny." (Orlando Martial Arts America p. 154) And with the rise of video testing and home study courses things are not getting much better. In fact distinguishing between the real and the not so real black belt is becoming an art within itself.

And then there's Hollywood

Even with all the commercial aspects put aside, the expectations that many lower ranking belts have of just how a master or upper ranking black belt should conduct themselves is something else that complicates this issue. How many times have you seen younger practitioners entertain images that are a combination somewhere between Bruce Lee and Steven Segal when they think of an upper ranking practitioner? Forget the stunt doubles, and fake guns. Young practitioners want action heroes not some over-forty type person who teaches karate at night and is a librarian during the day. Never mind that they have 25 years of experience that's not what today's youngsters see in movies.

In actuality, the real life image of a dedicated long-term fighting arts practitioner is far from the image that Hollywood presents to us. I remember attending an Okinawan Karate Do Union seminar and talking to some of that organization's ranking black belts most of whom have twenty-five years of experience if not more. During the course of our conversation, there was a lot of talk about martial arts, but other subjects came up too like kids, grandchildren, jobs and even the price of groceries. It was a down to earth experience, which once again reinforced my feelings that those who try to be like movie heroes are the ones you should beware of, and those who you could picture as your next-door neighbor are more often than not the legitimate practitioner.

Too often our society forgets that sometimes older does mean better. That's because age, experience and maturity all go a long way, especially in the martial arts.

The is no perfect mold

In short there is no perfect image or mold for a master or high-ranking black belt. It is a case-by case study. Those who hold high black belt rankings are as varied in their personalities and ways of teaching as are the days of the year. If any two

things could serve as a ruler to judge them then it should be their integrity and ethics followed by their physical skills, time spent training and knowledge of the martial arts. All of these factors make up the "whole man" as Draeger stated. And it is the whole man or woman who in turn will be teaching those who come to learn from them.

I was once talking to the late Isshinryu pioneer, Don Bohan, who told me that there are no bad students only bad instructors. The wisdom behind his words could fill volumes.

Although the issues, which surround the ranking structure will continue to generate controversy as they have in the past, there are still organizations and systems today that still maintain a very high standard of quality in their teachings and requirements for promotion. This is often due to elder ranking black belts that have in some cases 40 years of training if not more to their credit. Despite the fact that there are people such as these in the martial arts today, we also need to keep in mind that quality is something, that should never be taken for granted especially in this day and age of mail order black belts.

It is a trait we must always strive for because, just as it is in skydiving, it only takes one mistake and then you're in for a terrible fall.

Michael J. Rosenbaum is the author of: Okinawa's Complete Karate System Isshinryu and: The Fighting Arts Their Evolution From Secret Societies To Modern Times. (YMAA)

Sources cited:

Anglo, Sydney: The Martial Arts of Renaissance Europe. Yale University Press New Haven 2000

Smith, Robert W; Martial Musings A Portrayal of Martial Arts in the 20th Century. Via Media Publishing Company Erie, PA 1999

Rosenbaum, Michael: Okinawa's Complete Karate System Isshinryu. 2001 YMAA Publishing Boston MA

Orlando, Bob: Martial Arts America A western Approach to Eastern Arts. 1997 Frog LTD Berkeley, California

Draeger, Donn F. Monograph Series No.2 Transcribed by Pat Lineberger, Edited by Hunter B. Armstrong HIS 1998

Draeger, Donn F. Modern Bujutsu & Budo The Martial Arts and Ways of Japan Volume III. Weatherhill New York & Tokyo 1974

McCarthy, Patrick. Ancient Okinawan Martial Arts Koryu Uchinadi 2 Tuttle Publishing 1999 Boston MA

John Corcoran and Emil Farkas. The Original Martial Arts Encyclopedia. Pro- Action publishing 1993 Los Angeles CA

1 Kano's goals for setting up the kyu-dan ranking structure were not all concerned with competition but also to judge the internal attributes of his practitioners as well. As Draeger stated in his lecture on Bujutsu and Budo: "Kano gave emphasis to the whole man-the mind, the body, the skill-in a balanced package. There is nothing in writing as to what are the requirements as far as Kano was concerned. He evaluated case by case." (Draeger p20)

2 Robert W. Smith in his book; Martial Musings addressed this problem today when he said that: "Judo today is strictly a varsity affair for the few who survive the bangings" (Smith p.206) He also went on to suggest that Judo could learn from its counter part Amateur Wrestling in aiding Judo in its growth. Wrestling has no belt ranking system and Smith contends that this has helped instead of hindered the sport of wrestling.



Judo match

YMAA AROUND THE WORLD

NEWS YOU CAN USE

YMAA will hold its fifth Summer Camp in South Africa July 9-18, 2004. Those interested in attending, whether a YMAA student, or not, are welcome to participate. Anyone who is interested can contact

YMAA South Africa:
P. O. Box 12143
Harfield, 0028
Republic of South Africa
Tel/Fax: +27 (0)12 329-2928
Cell: +27 (0)82 557-4722
E-Mail: school@ymaasa.co.za

Bill Douglas, well known Taijiquan practitioner and publisher, has hooked up with health guru Dr. Paul Weil, to keep everyone informed about the latest health information available. Weil recently endorsed the benefits of Tai Chi and Qigong, stating that they both can provide lasting health benefits to those who practice every day. For more information, check out Dr. Weil's website at www.DrWeil.com.



ARTHRITIS SUFFERERS BEWARE

There are some YMAA Gong Fu practitioners who may suffer from arthritis. And if you're one of those people, it might be wise to forget about *Knox NutraJoint*. According to the University of California's School of Public Health, this is the same old gelatin that has been on the shelves for years, except for some added vitamins, minerals and glucosamine. It's supposed to alleviate pain and strengthen bones in as little as two months, according to the manufacturer. However, all you really need is a glucosamine supplement without all the added stuff. That should be enough to ease the pain.

POLAND POW WOW

Dr. Yang and his very capable group of instructors, among them, **Jeff Pratt**, **Jim O'Leary**, and **Jim Noble**, have just returned from another successful YMAA Summer Camp in Poland. So if you're thinking of testing for a stripe, now is the time to have your form checked by either one of those instructor.



NEW DIGS

Jeff Rosen, a dedicated and extremely proficient Tai Chi instructor, is in the process of moving his family to Western Mass. But don't despair, he'll still be coming in to YMAA every other Wednesday evening to teach Tai Chi and an occasional Pushing Hands class. Taking over for Rosen on Wednesday night is **Dan Rothstein**, a YMAA practitioner for more than eight years.

**YMAA Qualified Active Instructors:
September 2003**

MASTER: Shaolin/Taijiquan
Dr. Yang, Jwing-Ming
INSTRUCTORS:
Shaolin
Jeffery Bolt (Houston, TX)
George Dominguez (Boston, MA)
Taijiquan
Jeffery Bolt (Houston, TX)
Jeffrey Pratt (Boston, MA)
Jeffrey Rosen (Boston, MA)
Roger Whidden (Marshfield, MA)
Vadas Mihaly (Hungary)
SHAOLIN ASST. INSTRUCTORS
Adam Dzieciatko (Gdansk, Poland)
Adam Wypart (Katowice, Poland)
Alex Kiesel (Andover, MA)
Bartłomiej Grad (Krakow, Poland)
Christopher Fazio (Andover, MA)
Celso Barja (Portugal)
Corlius Birkill (South Africa)
James O'Leary (Boston, MA)
James Yang (Boston, MA)
Jaroslaw Koza (Gdynia, Poland)
John Gilbert Jones (Seattle, WA)
Karol Lubbecki (Gdynia, Poland)
Kazimierz Szyrowski (Poland)
Krzysztof Marcinek (Gdansk, Poland)
Maciej Ciesielski (Gdynia, Poland)
Makula Zsolt (Hungary)
Marek Sadowski (Gdynia, Poland)
Mark Seidel (Scranton, PA)
Mariusz Sroczyński
Mike Orlandella (Boston, MA)
Mike Vasicek
Narcyz Latecki (Acton, MA)
Pawel Antonowicz (Gdansk, Poland)
Pedro Rodrigues (Portugal)
Piotr Czerepek (Gdansk, Poland)
Rafal Kulbalka (Gdansk, Poland)
Rafal Szulkowski (Sopot, Poland)
Ramel Rones (Boston, MA)
Ravi Dixit (Boston, MA)
Robert Was (Krakow, Poland)
Simon Pang (Boston, MA)
Tai D. Ngo (Boston, MA)
Targos Mariusz (Wroclaw, Poland)
Tomir Kaczmarek (Poland)
Victor Casqueiro (Portugal)
Zbigniew Panasewicz (Krakow, Poland)
TAIJIQUAN
Adam Wypart (Poland)
Alex Kiesel (Andover, MA)
Barbara Wypart (Poland)
Carol Shearer-Best (Boston, MA)
Charles Yotte (Paris, France)
Chris Hartgrove (Boston, MA)
Corlius Birkill (South Africa)
Dennis Willmont (Boston, MA)
Florence Leonard (Paris, France)
Gerard Ashe (Boston, MA)
Harold Dupuis (Paris, France)
James Noble (Boston, MA)
James O' Leary (Boston, MA)
Jaroslaw Koza (Poland)
Jean-Louis Laneres (Paris, France)
John Redmond (Derry, NH)
Joseph Best Jr. (Boston, MA)
Kazimierz Szyrowski (Gdansk, Poland)
Kovesdi Andras (Hungary)
Ludovico Romeo (Napoli, Italy)
Marek Sadowski
Mariusz Sroczyński (Warsaw, Poland)
Mark Falco (Andover, MA)
Mark Rits (Boston, MA)
Nicole Laneres (Paris, France)
Pascal Plee (Paris, France)
Paul Blake III (Andover, MA)
Paul Mahoney (Boston, MA)
Pedro Rodrigues (Portugal)
Pedro Graca (Portugal)
Phil Goldman (Boston, MA)
Piotr Ziemia (Poland)
Ramel Rones (Boston, MA)
Robert Was (Krakow, Poland)
Sarkozi Ildiko (Budapest, Hungary)
Victor Casqueiro (Portugal)
Victor Marques (Charenton, France)
Chin Na
Aaron Damus
Charles Yotte
Corlius Birkill
David W. Grantham
David Camara
Douglas Johnstone
Glenn Burleson
Jim Noble
Joseph Caulfield

Mark Rits
Mike Vasicek
Mike Johnstone, Nick Woolley,
Pascal Plee, Paul Green,
Stephen Frankel and Victor Marques
COACH INSTRUCTORS:
Pascal Plee (Paris, France)
Pascal Mongellaz (Martinique)
Milan Vigil (Memphis, TN)
Parviz Sassanian (Holland)
Erik Elsemans (Belgium)
Carol Stephenson (Dublin, Ireland)
Lewis Paleias (Hollywood, FL)
Richard Levesque (Quebec, Canada)

YMAA Headquarters Locations
YMAA International Headquarters
38 Hyde Park Avenue
Jamaica Plain, MA 02130 USA
Director: Dr. Yang, Jwing-Ming
Tel: (617) 524-8892
Fax: (617) 524-8049
email: ymaaboston@aol.com

YMAA East European Headquarters
ul. J. Kustronia 50
30-433 Krakow Poland
Director: Robert Was
Tel/Fax: +48 12 2604020 or 4021
email: ymaa@cis.com.pl

YMAA French Headquarters
Academie d'Arts Martiaux
34, rue de la Montagne
Ste Genevieve, 75005 Paris France
Director: Pascal Plee
Tel: 1 44 41 63 20 Fax: 1 44 41 63 22

YMAA Portugal Amadora
Rua Moreira Cardoso, No2, 1-Apt. 4
Quinta Do Borel, 2720-388 Amadora
Director: Pedro Rodrigues
Tel/Fax: 351 214956123
Email: ymaap@netc.pt
www.ymaaPortugal.com

YMAA African Headquarters
PO Box 12143
Hatfield, Pretoria, 0028
Director: Corlius Birkill
Tel/Fax: 27(0)12 362 5568
Email: school@ymaasa.co.za
www.ymaasa.co.za

YMAA Branch Schools (America)
YMAA No. Andover
65 Flagship Dr., S-B
N. Andover, MA 01845
Director: Alex Kiesel
Tel: (978) 725-3600
Fax: (978) 725-8929
email: yangsandov@aol.com
www.yangsandover.com

YMAA Marshfield
822 Webster Street
Marshfield, MA 02050
Director: Roger Whidden
Tel: (781) 834-9161

YMAA Houston
9521 Westheimer #379
Houston, TX 77063
Director: Jeffery A. Bolt
Tel: (713) 781-4483
Fax: (713) 781-4487

YMAA Tulsa
11204 E. 13th St.
Tulsa, Ok. 74128-4840
Director: Thomas Bowman
Tel: (918) 437-3949
Fax: (918) 855-4222
Email: ymaatulsa@intcon.net

East Europe
YMAA Hungary, Budapest 1
Leányfalu Pf. 32
2016 Budapest, Hungary
Director: Vadas Mihaly
Tel/Fax: +36 26 314 403
email: vadasm@elender.hu

YMAA Hungary
Csan Buddhista Kozossege
1111 Budapest, Krusper u. 9.
Director: Lotfi Farhad
FAX: + 36 26 380 221
YMAA Hungary, Dunaujvaros
Bocksai Istvan u. 1./D 3./3.
2400 Hungary
Directors: Kovesdi Andras/Horvath
Peter
Tel: +36 70 211 8550
Email: andras_kovesdi@egon.gyloaglo

YMAA Poland Gdansk Ujescisko
ul. Plocka 5/7
81-180 Gdansk Ujescisko Poland
Director: Piotr Czerepek
Tel: 48 58 309 98 55

YMAA Poland, Wroclaw
ul. Parafialna 65/11
52-233 Wroclaw, Poland
Director: Mariusz Targos
Tel: 0480601-061-228
email: ymaa@ymaa.wroc.pl

YMAA Poland, Gdansk-1
ul. Dabrowszczakow 30M/14
80-364 Gdansk, Poland
Director: Kazimierz Szyrowski
Mobile Tel: + 48 602 701 886
Tel: + 48 58 553 74 19

YMAA Poland, Gdansk-2
ul. Myczkowskiego 5/7
80-215 Gdansk, Poland
Director: Pawel Antonowicz
Tel: 48 58 347 69 99

YMAA Poland, Gdansk Wrzeszcz
ul. Myczkowskiego 4/28
Director: Adam Dzieciatko
Tel: +48 0-1033-58 345-73-97
Mobile Tel: +48 0-502-895-172
email: adam@ymaa.prv.pl
website: www.ymaa.prv.pl

YMAA Poland, Gdansk-4
ul. Skiby 5d/5
80-617 Gdansk, Poland
Director: Krzysztof Marcinek
Tel: +48 58 305 96 32

YMAA Poland, Warszawa
Osrodek ODEESIS01 Ul. Panska 75
80-834 Warszawa, Poland
Director: Mariusz Sroczyński
Tel: 48 604 855 400
email: ymaawarszawa@kki.net.pl
www.ymaa.warszawa.prv.pl

YMAA Poland, Sopot-Gdynia
ul. Burzyskiego 3C/9
80-462 Gdansk, Poland
Director: Rafal Szulkowski
Tel: + 48 58 346 84 11
Fax: + 48 5018 66313
email: szulkowski@opoczta.onet.pl
www.kreatif.com.pl/ymaa

YMAA Poland, Katowice
ul. Piastowska 3/14
40-005 Katowice, Poland
Director: Adam Wypart
Tel: + 48 32 203 30 13
Tel: + 48 603 670 254
email: www.ymaa.pl

YMAA Poland, West Europe
YMAA Portugal, CGDAF
C.C. Babilonia
R. Elias Garcia, 362-D, Bloco A-40
2700-377 Amadora
Director: Pedro Rodrigues
Tel/Fax: 351 214989810
www.ymaaPortugal.com

YMAA Portugal, Lisboa
Ginasio Mega Craque, Clube Faia
R. Prof. Benyjo Jesus Caraca
Telheiras-1600 Lisboa
Director: Pedro Rodrigues
Tel: 351 217567440
Fax: 351 217567453
email: ginasioscraque@ip.pt
www.ymaaPortugal.com

YMAA France, Charenton-AMT
22 rue Jean Moulin
94 300 Vincennes, France
Director: Victor Marques
Tel: 06 82 04 33 11
email: ymaacharenton.com
YMAA Italy, Napoli
Via C. Carelli 18
80128 Napoli, Italy
Director: Ludovico Romeo
Tel: 081 5763521
Fax: 081 5789336
email: ymaanapoli@libero.it

YMAA Provisional Schools
North America
YMAA Florida
3171 Emerald Lane
North Port, FL 34286
Director: Brian Ahern
Tel: (941) 423-4446

YMAA-Florida Gold Coast
1801 s. Ocean Drive #608
Hollywood, FL 33019
Director: Lewis Paleias
Tel/Fax: (954) 925-8743
email: cloudchi@aol.com

YMAA Memphis
P. O. Box 11532
Memphis, TN 38111
Director: Milan Vigil
Tel: (901) 332-3311
email: ymaamemphis@yahoo.com

YMAA - Raleigh
104 Hoboken Ct. Apex, NC 27502
Director: Henry Lai
Tel: (919) 387-4193
email: ymaa_raleigh@yahoo.com
www.geocities.com/ymaa_raleigh

YMAA CT-RI
24 Pierce Street, Westerly, RI 02891
Director: Brian Cooper
Tel: (860) 535-4900
Fax: (860) 535-9110

YMAA Canada, Quebec
Ouest Quebec, PQ, G1N 1C5
Director: Richard Levesque
Tel/Fax: (418) 529-9258
email: ymaa.canada@3web.net

YMAA Canada Val-Alain, Quebec
11745E Rang Val-Alain, Quebec
Quebec GOS 3HO
Director: Richard Levesque
Tel/FAX: (418)529-9258
email: ymaa.canada@3web.net

YMAA Canada, Toronto
Director: Csaba Melnyak
Tel: (416)567-8849
email: ymaatoronto@sympatico.ca
YMAA Caribe
24 rue de la Ferme
97200 Fort De France
Director: Pascal Mongellaz
Martinique (French West Indies)

East Europe
YMAA Poland, Gniezno
ul. Cierpięgi 23/4
62-200 Gniezno, Poland
Director: Piotr Ziemia
Tel 1: 48 61 424 29 17
Tel 2: 48 603 07 17 11
Fax: + 48 61 4251084
YMAA Poland, Belchatow
ul. Klonowa 20
97-400 Belchatow, Poland
Director: Mariusz Kwasniewski
Tel: 48 44 632 38 15

YMAA Cedry Wielke - Poland
ul. wirki i Wigury 14d/1
80-463 Gdansk Zaspaspa
Director: Piotr Polnke
Tel: 548 58 683 62 86

YMAA Hungary, Budapest 2
XI. Krusper U.9
Budapest, Hungary
Director: Lotfi Farhad
Tel: +36 302 2426

YMAA Hungary, Balatonlelle
Balatonlelle, Hungary
Director: Borbely Attila
Tel: 85 354 156

West Europe
YMAA Portugal, Almada
Academia Almadense
Apartado 747
2800-603 Almada, Portugal
Director: Tony Richard
email: almada@ymaaPortugal.com
www.ymaaPortugal.com

YMAA France, Marennes
11 bis Rue du Colt Lucas
17320 Marennes, France
Director: Giroir Didier
Tel: 05 46 47 42 82

YMAA Holland, Enschede
Roerstraat 14
7523 TM Enschede, Holland
Director: Parviz Sassanian
Tel & Fax: 31 53 430 24 26

YMAA Italy, Rome
Via Flavio Stilicone 213
00139 Rome, Italy
Director: Alessandro Lori
Tel: +39 3403522325
email: ymaaitaly@tiscali.it
www.ymaaitaly.it

YMAA Ireland, Dublin
28 The Lawns Woodbrook Glen Bray
Co. Wicklow
Director: Paul Moran
Tel: 011 3531 2814901
email: longflist@scmaa.ie
www.longflist.com

YMAA Ireland, Galway
245 Castle Park
Ballybane, Galway
Director: David Joyce
Tel: 353 91 770246

YMAA London
7 Spaniards Cove
London NW12 6th
United Kingdom
Director: Olivier E. Pardo
Daytime Tel: 0209 269 3431
Evening Tel: 0208 209 0169
email: ymaalondon@hotmail.com

YMAA, UK, Liverpool
6, Meadow
Netherton, Merseyside
United Kingdom L30 1SE
Director: Thomas William Conlan
Tel: 0044 015 1476 6913
email: ymaaliverpool@hotmail.com
www.liverpooltaichi.mersinet.co.uk

YMAA, UK, Chester
The Old Chapel off Houle Lane
Chester, Cheshire England
Director: Mark Delamere
Tel/Fax: 01244 851 413
email: mark@corestar.fsnet.co.uk
YMAA Belgium, Leuven
Uilekot 26
24 rue de la Ferme
36-3210, Lubbeek
Director: Erik Elsemans
Cell Phone: +32 (0)497 46 26 22
Fax: +32 (0)16 65 70 10
email: ymaabelgium@hotmail.com
web site: www.ymaa.be

Africa
YMAA Winchester Hills
404 Devereaux Ave
Winchester Hills, Exit 1
Johannesburg
Director: Mark van den Berg
Tel: +27(0)11 433 9079
Cell: 082 773 8521
email: mvdberg@aarl.co.za
South America
YMAA Chile
Jesus 755, La Reinha
Santiago, Chile
Director: Efrain Telias Gutierrez
Tel/Fax: 56 2 2275462
email: ymaachile@hotmail.com
www.geocities.com/ymaachile/index.html

YMAA Venezuela
Calle Bolivar
Centro Comercial San Antonio #93
San Antonio de los Altos
Director: Luis Efrém Nunez A.
Tel: 582 373-4578
Fax: 582 383-4232
email: ymaavenezuela@cantv.net

YMAA Argentina
TTE. Gral. J.D.Peron 1252 - 4th Fl. 52
(1038) Capital Federal
Buenos Aires, Argentina
Director: Mario Schwarz
Tel/Fax: (114) 372-4785
email: acupuntores@ciudad.com.ar

Middle East
YMAA Iran
P.O. Box 16315-1867
Tehran, Iran
Director: Shermin Rezaei-Dorji
Tel/Fax: 0098 21 8767966

YMAA NEWS STAFF



DIRECTOR

Dr. Yang, Jwing-Ming

EDITOR

Dan Hood

LAYOUT

Dan Hood

***YMAA News is published quarterly.
For a subscription please write or call.
Free downloads available from our web site***

YMAA PUBLICATION CENTER

4354 Washington Street
Roslindale, MA 02131
Telephone (617) 323-7215
Fax (617) 323-7417

*Web site: www.ymaa.com
e-mail (School) [ymaoston@aol.com](mailto:ymaaoston@aol.com)
e-mail (Publishing Office) ymaa@aol.com*

Editor's Corner

I reserved a little more space in this issue (see page 4) to publicize *World Tai Chi and Qigong Day* which took place in Framingham, Mass., April 12, 2003. Many people participated in this very important annual event designed to bring practitioners together from around the world. Bill Campbell, Tai Chi practitioner and local organizer, now has a website (www.worldtaichiday.org) that shows different Tai Chi organizations, including YMAA, who offer a wide range of Chinese martial arts and Qigong healing benefits. And while on the subject of healing, read Part 1 of Cathy Kerr's *Qi vs. Cancer* article on page 2 of this newsletter featuring Ramiel "Rami" Rones, YMAA Tai Chi instructor.

Dan Hood
YMAA News
4354 Washington St.
Roslindale, MA 02131 USA
fax: (617) 323-7417

Attention Authors

YMAA Publication Center continues to seek manuscripts on Martial Arts and Qigong. If you've got a book, let us know.

Write or e-mail

David Ripianzi/YMAA Acquisitions Dept.
4354 Washington St.
Roslindale, MA. 02131 USA
e-mail: davidr@ymaa.com

YMAA NEWS

YMAA PUBLICATIONS CENTER, INC
4354 WASHINGTON STREET
ROSLINDALE, MA 02131 USA



PLACE
STAMP
HERE

楊氏東方文化出版中心
楊氏武藝協會

季刊第六十七期