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FOREWORD

By Dr. Yang, Jwing-Ming
Dear Friends and Readers

From the time we were born, we have been brain-washed (or educated) about human society and have learned the differences between happiness and sadness, love and hate, glory and dignity, etc. Gradually, we become part of the human emotional matrix.

As we grow older, we are gradually separated from nature (Dao). After becoming a part of this emotional matrix, we tend to live within its boundaries and succumb to its vice-like grip on our minds. Thus our conscious mind (matrix mind) grows stronger each day while the subconscious mind (truthful mind) is gradually ignored. Eventually, we become "stuck" in the emotional mud and soon begin to experience stress and pain. There were many people in the past that awoke from this emotional nightmare and searched for the true meaning of life. They learned how to cultivate their subconscious mind and make it stronger. Slowly they learned how to free themselves from the human emotional mud.

In Buddhist society it is believed that as long as you have a pure and sincere subconscious truthful mind, you have a lotus seed locked inside of it. Through meditation, you learn how to reduce the emotional stress and gradually sever the connection with the human matrix. When this occurs, the subconscious mind grows and the seed begins to bud. After a long meditation session, the lotus seed continues to grow until it has emerged from the emotional mud. The dirtier the mud, the stronger and bigger the lotus seed will grow. Finally, the lotus flower blooms.

When you meditate on these beautiful flowers and look beneath each one, you will see that human pain and suffering still remains.

Once you pry yourself out of the mud, you'll see the sky and not only will you be in contact with nature but become a part of it. The isolation (mud) has been washed away. Isn't this really what the meaning of life is all about? Or should we continue to wallow in the mud and after death become part of the mud without ever having known the true meaning of life. Since I was sixteen, I have been searching for the truth of our inner beings. After more than forty years of pondering and studying, I have finally realized that the majority of these same questions have been studied in the past by Chinese Qigong society.

Therefore, I have compiled and translated many of the available documents in my new book: *Qigong Meditation - Embryonic Breathing*.

A Critic's Brief Book Review

Qigong Meditation - Embryonic Breathing

By Yang Jwing-Ming

ISBN 1-886969-73-6

Price \$29.95

The form of Chinese meditation called Qigong is based upon the fundamental lessons of internal Elixir Qigong, and the first step in learning this process is to absorb Embryonic Breathing theory and techniques long kept secret within Buddhist monasteries. Dr. Yang translates and discusses most of the documents available on this arcane process, providing a summary of the practice and an important analysis of the breathing technique essential to the study of this ancient Buddhist discipline. An essential key to understanding.

Pay attention to your breath. So often, this sentence is the only guidance given regarding the importance of the breath during relaxation and meditation practice, especially in the West. In his new book, *Qigong Meditation*, Dr. Yang explains this sentence, as he instructs Embryonic Breathing, the missing key to modern meditation practice. These Qigong breathing techniques and Qi energy circulation practices are an essential part of sitting meditation, as it was taught in ancient times.

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RESPECT IN THE CYBER DOJO

BY MICHAEL ROSENBAUM

“Hardly more than a handful genuinely considered duels socially beneficial, although some apologists claimed that the prospect of dueling forced gentlemen to be more careful of their language and cautious in their actions.”

Bertram White Brown

In Webster’s New World Dictionary the word respect is defined as; “A state of being held in honor or esteem [to have respect for a great artist]” or “consideration; courteous regard [to have respect for the feelings of others].” To have respect for someone does not always mean that you agree with their views. During World War II, General George Patton did not hold any warm and tender feelings for German Field Marshall Irwin Rommel aka, *The Desert Fox*. However, Patton respected Rommel’s battlefield knowledge so much that he studied his book on tank warfare and applied those lessons he learned from it.

In the annals of karate’s history, Choki Motobu was not well liked by many of his peers, but they all respected his fighting prowess. According to some, Motobu was more at home in the midst of a brawl than he was within the confines of his own household. Here is what famed Okinawan Karate Master Shoshin Nagamine said about Motobu: “Motobu Choki’s training was without question fanatical, and his ability clearly indicated the merits of such a regimen.” (*Nagamine p. 94*)

When I began my Isshinryu training in 1976, the transmission of the system’s teachings was done by first hand example. Your instructor(s) demonstrated a technique, told you how it was to be used and then watched you practice

the technique until they felt that you could execute it with some degree of proficiency. However at any given time your sensei would never stop to correct you if the technique was being performed poorly and these “corrections” could prove to be quite humbling at times. They were done though with your development as a karate-ka in mind and no matter how much you may have resented them you still held a sense of respect for your instructor due to their time spent studying karate.

Yet despite the formality and tradition found within the dojo it was not uncommon for karate-ka to disagree upon a techniques execution or a katas performance. These disagreements could at times lead to heated debates, and sometimes even more heated sparring sessions during which time, blood was spilled and bruises were inflicted. Still the combatants managed to walk away from these affairs of honor with respect for one another despite their differences.

More than a quarter of a century has passed since I first started Isshinryu and in that time frame the means to transmit information about karate has dramatically increased. As of now there are well over 40 books that have been published about Isshinryu Karate all of which

are unique in their own way and contribute greatly in helping karate-ka to have a better understanding of Isshinryu. In addition to these books, various videos have been produced many of which capture some of Isshinryu’s leading practitioners on film so that we can all benefit from their insights and years of training.

With advances in communications technology one of the more popular methods of transmitting and gathering information today is via the Internet. Many martial arts organizations now have web sites, which offer a tremendous amount of information

about clinics, seminars, tournaments, kata and techniques all of which are quite literally within the reach of a persons fingertips. In addition to this, many of these web sites also have message boards and chat rooms where karate-ka can log on to a web site and exchange opinions and information about the martial arts with others who in some cases may be thousands of miles away.

At times those exchanging information will know one another; on other occasions they will not. The level of experience of those posting messages depends upon the individual. Some may have upwards to twenty or thirty years training while others may have as much as only three months of karate time under their belt.



Motobu

Being both a librarian and a writer I often consult the Internet to aid library patrons seeking information, or for myself while researching a book. At times these searches can yield very valuable information. In others, however, the information found pertaining to a subject can be very misleading. This is because of improper research by the web site's host, or because someone decided to express their viewpoint which, although taken as fact by many who read it, is still misleading due to a lack of understanding about the subject matter.

This can and does happen on karate message boards, cyber dojos as I call them, where often one persons opinions are taken as fact by others who have very little if any knowledge about the subject being discussed. Unfortunately this transmission of miss-information is now being taken one step further to the point of character assassination by some who wish to tarnish the image of others. Sadly enough, these, slanderous statements are often taken as truth by those who read them. Internet slander is both a vile and detestable thing, which shows no respect for anyone, nor their contributions or sacrifices.

For many Karate-ka, Master Harold Long was known as both a legend and at times a very outspoken individual within the ranks of Isshinryu karate. Growing up in East Tennessee during the depression, he joined the Marine Corps in 1949 and then fought at the battle of the Chosin Reservoir during the Korean War. In this bloody battle, the 1st Marine Division, accompanied by Royal British Marines and US Army Infantry units, were cut off from reinforcements, outnumbered and surrounded by Chinese Communist forces. This battle took place during the dead of winter with temperatures dropping well below zero in rugged mountainous terrain. Surrender was not an option for the Leathernecks because to do so would have meant certain death. Yet, despite these enormous odds, the Marines fought their way out of that hellhole, killing a large number of the enemy in the process.

It was a battle, considered by many, to be one of the toughest and bloodiest ever fought in Marine Corps history. More than 3,500 First Marine Division troops were killed or wounded. The First Marine Divisions Commanding General Oliver P. Smith said this about the Chosin battle: *"Retreat Hell, we're just attacking in another direction."* Such was the courage and esprit de corps of the Marines at the



Chosin Reservoir.

After Korea in 1956, Long was stationed on Okinawa where he began studying Isshinryu under the tutelage of the systems founder, Tatsuo Shimabuku. Upon being discharged from the Marine Corps he returned to East Tennessee in 1959 and began teaching Isshinryu. Because of his efforts as well as those of other notable Isshinryu pioneers, Isshinryu karate became widely known throughout North America.

In addition to his teaching career Long's fighting prowess was well known by many. In his prime he was tall, muscular and lean, with techniques that snapped much the same as a bullwhip when thrown and proved to be very devastating to those unfortunate enough to be struck by them. Shortly before he died in 1998, Harold Long had devoted more than 40 years of his life to the martial arts and was a cornerstone in the teaching and transmission of Isshinryu within the United States.

Despite his numerous achievements and a life-time devoted to Isshinryu karate, Long's name fell prey to the dark shadow of miss-information and character assassination that haunts many cyber dojos today. Within a few short posts he was accused, tried and convicted by a belligerent group of individuals hiding behind keyboards, who would listen to neither reason nor fact.

When facts were presented that strongly contradicted the accusations made against Long, they were quickly dismissed as being half-truths by the very individuals who sought to spread their own brand of miss-information. In short, the whole affair erupted. Because the checks and balances of civility (which are so often present during a one-on-one exchange) were removed (the anonymity found on the Internet), the reputation of a man who had served not only the Isshinryu community but the United States of America during the Korean War was slandered in a most disrespectful way.

Conversely, Harold Long is not the only person to suffer from Internet slander within the Isshinryu community. Isshinryu pioneer A.J. Advincula, has also been accused and tried by the same faceless, nameless electronic cyber-jocks. Advincula, much like Harold Long, is also a combat veteran. He served during the Vietnam War, and retired from the Marine Corps after a very distinguished career. Advincula's martial arts career spans half a century and his contributions to the growth and spread of Isshinryu Karate have been many.

Long and Advincula are just two examples of a trend that has become very commonplace on many chat boards today where other well-known and respected martial artists

have suffered character assassinations. In fact, with the popularity of these “virtual dojos” some practitioners now consider themselves “martial artists par excellence” via their cyber skills instead of those gained by training time spent on the heavy bag or in the ring with a real opponent. This is a dangerous illusion for both the cyber-warrior and those they criticize from their secure virtual dojos.

By basing one’s martial skill and knowledge on a virtual illusion they ignore the human experience that is so critical for proper martial development. By passing judgment on people, that is based only on message board meandering, they dispense further half-truths which are not so easily corrected.

In this Internet age, cyber-dojos are often considered hallowed halls of learning. In truth they are nothing more than virtual illusions, which rank a very distant second place when compared to the very personal and time honored method of transmitting martial arts from teacher to student in the real dojo. They are however a fact of life, and the positive aspects of the Internet far outweigh the negative.

Even with the Internet and its impact on today’s martial arts world there are certain lessons to be learned from our training just as it has always been throughout history. **Respect is one of them!** You should always show respect for someone and their feelings. Be it in their presence, be it while conversing about them with another person, and especially while posting a message in the Cyber dojo. Without respect, the foundation upon which the practice of Karate-do or any other fighting art rests is seriously weakened, and any sense of martial morality begins to dissolve only to be replaced by debauchery, greed and ignorance. We should never forget that respect encompasses many things, but without it we have nothing except for the illusion of honor.

Rosenbaum began his Isshinryu training in 1976. He is the author of: Okinawa’s Complete Karate System: Isshinryu (YMAA 2001) and: The Fighting Arts: Their Evolution From Secret Societies To Modern Times (YMAA 2002). Look for Michaels newest book Kata and the Transmission of Knowledge (YMAA 2004) available in October.

Two For the Price of One Calendar could be a collector’s item

By Don Ethan Miller

Several Years ago, I began teaching a Tai Chi Workshop entitled *Modeling the Masters*. I brought photographs of some of the great and best-known masters of the last century - Yang Cheng Fu, Cheng Man Ching, Chen Fa Ke as well as some modern masters still actively teaching – William Chen, Liang Qing Ya, Chen Xiao Wang. We examined and discussed each of the pictures, as a group, sharing our perceptions of each master's posture, energy, intent, emotional state, martial and spiritual attainments. It

Yang Cheng Fu



The front leg roots into the earth, the rear leg presses forwards and upwards. The legs, waist and back are one unit.
(photographer unknown)

was fascinating to see how much information, and on so many levels, we were able to discern by studying and absorbing the images.

Then we went further, attempting to precisely emulate the postures as done in the photos – not just the physical positions, but, as much as possible. The mental states, awareness, feeling and energy of each masters’ captured moment. Without fail, we were able to at least “taste” the unique quality of each master, and in some cases actually

feel something of their essence passing into us. It was unexpectedly powerful and inspiring.

"It's as if," one of the participants said, "the masters want to transmit their knowledge to us. They're just waiting for us to see them."

In the spirit of "really seeing," Miller's calendar was born. He said it is not merely his belief, but to his knowledge based on experience, that feelings, energy and information of great value can be transmitted through pictures; especially when the viewer is encouraged, as Nicos Kazantzakis writes in the *Saviors of God; Spiritual Exercises*, to "Dig deeper! What do you see?"

Miller said that he and designer Vadim Goretsky feel that their project was born of a deep love for Tai Chi Chuan.

"This art has miraculously survived the centuries to flow into the bodies, the psyches and the lives of so many of us in a land and culture vastly different from the places of its origin. It is a great antidote to the stress, anger, anxiety, complexity and rapid technological changes of the modern world."

Asked what it was like collaborating on the (calendar) project with Miller, Goretsky said it was a great pleasure and a learning experience. "Don is also my Sifu and a friend. As a Tai Chi teacher, he draws on a wide range of inspiring disciplines to combine spiritual, martial and healing aspects of the art in his approach. Since he is a poet and a writer, Don is especially adept at elucidating the intangible in a concrete way."

Goretsky is extremely confident that anyone who has already purchased the calendar will appreciate his (Miller's) unique ability by reading the vivid poetic texts accompanying the images. Not to be overlooked are the families of the masters and photographers who have shared their treasures and aided in research.

"Conversations with our advisors," added Goretsky, "were a particularly rewarding part of this project for me. A special thanks goes to Klyslar Yen, who helped to select the photo of his wife, Master Bow Sim Mark, and was invaluable as calligrapher and translator."

As Mister Yen puts it; "at their root, the different styles of Tai Chi are all one; techniques come from fighting, but the knowledge-from the Tao.

YMAA AROUND THE WORLD

Chinese medicine views people as ecosystems in miniature. It seeks to improve our capacity to balance and renew our resources. Chinese medicine minimizes the erosion of our soil by enriching it, maximizes the flow of nutrients by increasing our circulation and helps in many ways to prevent bottlenecks and obstructions to our energy. Western medicine often intervenes only after a crisis has arisen. Chinese medicine attempts to anticipate problems. By maintaining our interior landscape and correcting depletion and stagnation



at an earlier stage, greater problems, which could occur later, are avoided. Sometimes Western medicine has nothing to offer for certain nagging, chronic complaints. In such cases Chinese medicine can help. Chinese and Western medicine are not substitutes for each other, but they are complementary. Whereas Western medicine often heroically rescues us, Chinese medicine can protect and preserve our health on a daily basis, helping to slow down the aging process.

NEW FACE IN TOWN

Yang's Martial Arts Association (YMAA) has rolled out the welcome mat for **Angela Laughinghart**.

She's the director of a new YMAA school in Milwaukee. Laughinghart has practiced Chinese Martial Arts for more than 13 years and is dedicated to preserving the way of Dr. Yang, Jwing-Ming's method of teaching and culture in America and worldwide. She has studied with YMAA since 1991.

FAMILIAR FACE IN TOWN

It was a big surprise to see **Phil Goldman** back in Boston at a recent YMAA Pushing Hands seminar. Goldman, a popular YMAA Tai Chi instructor, has taught in Thailand for the past two years ago. Even though he dropped a few pounds, he hasn't lost a step. A man of many talents, Goldman is the former editor and layout director of YMAA newsletter. He now resides in Cranston, Rhode Island.

KUNG FU ARTIST OF THE YEAR

One of the more exciting things to happen earlier this year was the recognition Dr. Yang, Jwing-Ming received from *Black Belt Magazine*. After all of the votes were counted, Sara Fogan, managing editor, *Black Belt*, informed Dr. Yang that he had been chosen Kung Fu Artist of the Year for 2003.

Mark Cheng, L.Ac. wrote the following article that appeared in the January 2004 issue in recognition of this prestigious award to Dr. Yang:

While scores of people claim to have worked miracles for the expansion of the Chinese martial arts in America, few can back up their statements as convincingly as the Boston, Massachusetts-based Yang, Jwing-Ming.

He once announced his dream to the American public: "I want to lead Chinese martial artists in the West back to their roots and help them regain their original high level of skill and public respect. I also wish to bring chi kung training to the Western world and have it accepted by the Western medical society once and for all."

And he never looked back.

It all started when he arrived in the United States to pursue graduate-level studies in West Lafayette, Ind. He immediately set about spreading his wealth of knowledge of white-crane kung fu, Shaolin long-fist kung fu and *yang-style tai chi chuan*. Having taught extensively at colleges in Taiwan, he was no stranger to methodical, progressive and logical instruction. His teaching philosophy became more evident in 1984, when he launched Yang's Martial Arts Association Publication Center and it started churning out copious numbers of instructional and reference books. His texts and videos-and later his DVDs-quickly gained a reputation for providing new insights into ancient arts.

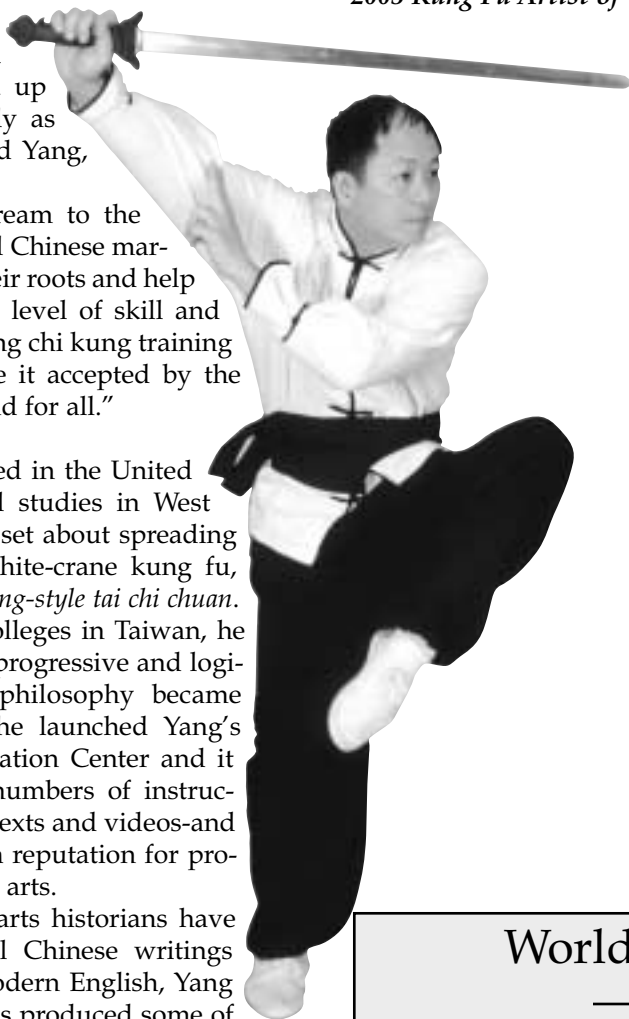
While many other martial arts historians have attempted to translate classical Chinese writings from lone-gone masters into modern English, Yang has risen above his peers. He has produced some of the world's most scholarly translations covering everything from Shaolin long fist to *chin-na* to chi kung.

Despite his formidable reputation as an instructor, he decided to play the student again and study under Liang Shou-Yu, a high ranked wushu authority from China's Sichuan province, who is now based in Canada. The pair co-authored some of the most comprehensive English-language books available on such varied arts as *hsing-ichuan*, *pa kua chang* and *tai chi chuan*. Their works are richly illustrated with techniques, historical anecdotes and theories-as well as a comprehensive listing of Chinese-language source

texts, which makes them invaluable for scholars of the Asian fighting arts.

Currently, Yang oversees branch schools around the globe, from the Middle East to the Eastern Europe to New England. He maintains a hectic travel schedule so he can conduct his popular seminars and scout new talent for YMAA's publishing plans. Not content to stay within the boundaries of the martial arts, he recently published a book about *tui-na* massage methods from renowned Chinese Physician Xu Xiangcai.

In recent years, Yang's diligent efforts have elevated the level of study, progress and understanding of all people who have a passion for the Chinese martial arts and traditional Chinese medicine. For his extensive contributions in these areas, *Black Belt* recognizes Yang Jwing-Ming as its *2003 Kung Fu Artist of the Year*.



World Tai Chi Day

Those of us who teach Tai Chi and Qigong have all had students who have found great relief from balance disorders, chronic pain, allergies, asthma, high blood pressure and a host of other ailments. Therefore, the collective goodwill of exporting this information to the masses worldwide is very gratifying for all participants. One of the ways to do this is during World Tai Chi Day at 10 am on Saturday, April 24, 2004. This annual event received worldwide coverage last year on CNN, Fox News, and *The New York Times* to name just a few.

YMAA Qualified Active Instructors:
(March 31, 2004)

MASTER: Shaolin/Taijiquan
Dr. Yang, Jwing-Ming

INSTRUCTORS:**Shaolin**

Jeffrey Bolt (Houston, TX)
George Dominguez (Boston, MA)

Taijiquan

Jeffrey 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)
Bartlomiej 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 Lubecki (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 Sroczynski
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 Roncs (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 Sroczynski (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 Roncs (Boston, MA)
Robert Was (Krakow, Poland)
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Victor Casqueiro (Portugal)
Victor Marques (Charenton, France)

Chin Na

Aaron Damas
Charles Yotte
Corlius Birkill
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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)
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*YMAA News is published quarterly.
For a subscription please write or call.
Free downloads available from our web site*

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