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FOREWORD

by Dr. Yang, Jwing-Ming

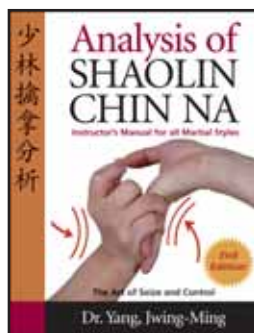
Dear Friends and readers,

As you all know, we are preparing to celebrate another YMAA anniversary. I am proud to say that this is YMAA's 24th year of teaching the benefits of Chinese culture and popularized traditional martial arts. Nothing gives me greater pleasure than to see so many great accomplishments. For example, this past August, Adison Martin and Gabrielle Javierbieda competed in the 2006 US National Chinese Martial Arts Championships in Pittsburgh, Pa. Gabrielle performed Yi Li Mei Fu (Shaolin Long Fist Kung Fu "First Way of Ambush") and won the Gold Medal. She also won a Gold Medal in Other Barehand Styles Ages:13 & Up Exp: 2+ Female. She is ranked #1 in that particular style. Adison performed the Xingyiquan Linking sequence and Ba Zi Gong, and also the Swimming Dragon Baguazhang sequence and won Gold Medals for both. He also won the Bronze medal for Yang Style Taijiquan, giving him #3 ranking in the US.

I congratulate both Adison and Gabby for their well-deserved and hard-earned awards. It's possible that none of this could have happened without the guidance of YMAA's dedicated instructors. They are the support pillars of this organization, knowledgeable, hard working individuals who take great pride in what they do without asking much in return. Many milestones have been reached this year and with it comes a new mission, building a retreat center on 240 acres of remote woodlands in Calif. My goal is to pass on my knowledge to the next generation of teachers and preserve the Chinese martial and healing arts.

BOOK REVIEW

Analysis of Shaolin Chin Na Instructor's Manual for All Martial Styles



by Dr. Yang, Jwing-Ming
\$26.95, ISBN 1-59739-000-2

Chin Na is the art of controlling an opponent. It is relevant to striking arts as well as grappling arts.

Dr. Yang Jwing-Ming covers joint locking, vein/artery sealing, muscle dividing, and bone displacing in a comprehensive and easy to understand manner. His vast experience really shines throughout this outstanding work. He also offers an excellent series of exercises for strengthening the joints to protect them from damage as you integrate these techniques into your training regimen.

Applications include finger, wrist, elbow, shoulder, neck, waist, and leg manipulations, along with muscle grabbing and cavity press (pressure point) techniques. He also discusses how to use Chin Na in a real fight, including defense against knives, kicks, and punches. One of the most unique and important aspects of this book is the section on injury treatment which covers joint, ligament, cartilage, muscle, and tendon injuries, artery, capillary, as well as organ ruptures, etc. There is also an appendix on Chinese herbs.

Review by Lawrence A. Kane

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BOXING WITH OUR SHADOWS

Those who master others have force; those who master themselves have strength. (Lao-Tse)

Author - Anonymous

One of the most important things that taiji can teach us is how to face our personal opponents, those that live deep within our subconscious mind. So every morning I awake and see and count all those opponents who come to visit my taiji form or cross my sword. And every evening I'm glad I faced them. Sometimes I think about the expletives I didn't utter beneath my breath when I made a mistake, instead put my tongue against my teeth and turned away from all those bars of chocolate I saw but didn't eat. And I discovered why monks in ancient times practiced taiji in the early morning.

In our own lives we all have some sort of mental opponent(s), most times invisible to others. For example, we all know the person who likes to eat chocolate and feels guilty after eating too much. And we all know about the person who talks endlessly, continuing even when we've made it clear that we've tuned out. Occasionally, we all act the same way.

Only we can see for ourselves who our personal opponents are at every moment. Our daily lives can be seen as one long form, with one opponent after another displaying his or her talents. Sometimes we win, sometimes we lose when we didn't do exactly what we were supposed to do. To defeat our invisible opponents we must practice diligently. Next time we'll have him, that opponent we didn't physically see. It's a simple case of mind over matter.

It's a whole different story with outside opponents. They're right there in front of you. You can touch them; sense their presence even when you close your eyes. It's less difficult to compete against them even though they may leave you with a few bumps and bruises. We're always better than somebody in something. It's easy to see the other person's weaker points than to prove that you're stronger. When we do this, it only shows that we feel weak internally, which is what oppression and using force against others often means. A real martial spirit is not revealed in fights between egotists who want to prove themselves superior at

a cost to others. Somebody always loses in these situations.

The real martial spirit exists when we have the courage to face our own (invisible) opponents and control them. An example of a battle with an invisible opponent: This one is not going to control me anymore. I know who he is and I know how bad it feels afterwards if I don't move him out of the way NOW. Afterwards we're happy that we didn't eat all those chocolate bars. That's a real victory knowing that invisible happiness comes from seeing a flaw in your own character and correcting it. You have risen from the mud and now can brighten and enrich your life. It's always our illusions and attachments that stop us from seeing life for



what it is, both at the physical and spiritual level. And that's why moving the invisible opponents out of the way, enlarges our vision. That's how our taiji sword can cut away delusions; and allow us to get our life back on track.

Conquering invisible opponents is in fact conquering yourself and taking back all the space you surrendered to bad habits. Once they're gone, you can learn so many good things, from your past, your parents, and your ancestors. Conquering an invisible opponent is like letting go of something that has troubled you for days, even months. That's where "less means more" and that's pure taiji. That's also why pure practice is invisible. As one taiji practitioner wrote: Early morning is the first to see what will be visible in the daytime.

Some day you'll take a deep breath of chi and say to yourself: One by one I saw those invisible opponents and defeated them easily.

HOW TAI CHI CAN ENRICH THE PRACTICE OF A HARD STYLIST

By Maureen Burke-Santos

I'll begin with a warning: Be careful—martial arts can be addictive. Soon after I began studying same, I found myself unable to control the urge to learn more. Here's how it happened. I was a singer and songwriter at the time playing in coffeehouses and restaurants. There were numerous times when after I finish a gig that I found myself using an exit that emptied out directly into a dark and secluded parking lot. Since I was constantly in the public's eye, I soon realized that I should take a self-defense "course". So in 1980 I began training in Kempo Karate and 4 years later found myself testing for black belt. Not long after that, my instructor moved to Florida.

Now that I was addicted, I welcomed the opportunity to take up Tang Soo Do. So I put my white belt back on and got started. Ten years and three more black belt tests later I had earned my 3rd degree Black Belt in Tang Soo Do. A short time later, I opened my own school after teaching with my brother for several years.

I first became interested in Tai Chi with the thought that it might help me better understand the soft movements in a set of Tang Soo Do forms called the Chil Sung or Seven Stars forms that include soft as well as hard movements.

When a book was published on Tang Soo Do black belt forms and a version of the Song of the Sip Sam Seh (the thirteen postures) was included this was my first clue as to its connection to Tai Chi. I had already seen that Song in several books on the Tai Chi classics.

I first learned of Dr. Yang, Jwing-Ming through his books. Imagine my good fortune to also learn that his school was only an hour and a half drive from where I live. I attended my first Yang's Martial Arts Association (YMAA) seminar twelve years ago. More good fortune followed when Jeff Rosen began teaching a YMAA Tai Chi class on Cape Cod. When he left the Cape, Roger Whidden began teaching in Marshfield (considerably closer to me than YMAA Headquarters in Jamaica Plain, Mass.)

The more I have studied Tai Chi and pushing hands the more fascinating it has become. In Tang Soo Do, whether because of a language barrier or possibly because much of the "real" knowledge was traditionally passed only between families, not much information was presented as to form application past a certain point.

Although Tang Soo Do is considered a Korean martial art, the vast majority of its forms originated in China. Perhaps this is why I am getting so much out of Tai Chi and Pushing Hands in the way of better understanding my Tang

Soo Do forms. For example, I employ a form called Jin Do which means advancing and retreating. Interestingly, two of the five directions are actually derived from the thirteen postures. So, through Dr. Yang's explanation of the five strategic directional movements in the book Tai Ji Chin Na, I now have a deeper understanding of the form.

This same form is said to be based on the movements of the Crane, and there are many repetitions of a movement with one hand held high and one held low. Although the



fists are closed in our form this movement feels to me much like Crane Spreads its Wings. Conversely, I'm able to visualize new applications while performing the form that seem to make sense with the moves that go before and after.

Tang Soo Do teaches a series of Chin Na techniques to defend against different ways of being grabbed, as well as defenses against knife and staff attacks. I can't stress enough how the study of pushing hands has helped me with these; improving my root, introducing me to the all important concept of pung, sensing and "listening", shed-



She began her study while still in utero and indeed tested with me for my Tai Chi stripe (I was 8 months pregnant at the time—further proof of a serious addiction. She is now in my children’s Tang Soo Do class. I’m sure my husband would be accused of being an “enabler”. Not only has he never tried to cure me of my affliction but he has been very supportive all along.

So heed my warning: do be careful. I suspect the fact that you’re reading this means that martial art study has a grip on you too. Good luck.

ding more light on form applications. This is fantastic. Pushing hands and Tai Chi Symbol practice has also provided what seems to me a “missing link” between our free sparring and chin na techniques; from the “hands off” point to the “hands on” point before the lock.

Tai Chi and Pushing Hands have also improved my Kempo style which utilizes many take down techniques. Once again I find the rooting, pung and other important pushing hands concepts have made these much easier to accomplish. It seems that the “root” of the Tai Chi “plant” nourishes many different kinds of martial art branches.

In terms of meditation, although I had studied the small circulation to a point, I’ve gotten a lot of clarification from the depth of the YMAA approach. In addition, the coiling Chi Kung set has been invaluable in helping heal both a shoulder and wrist injury.

A few years ago I was asked why I didn’t offer a Tai Chi class at my school. It made me think of a flier I once received in the mail that said, “Come to our Weekend Seminar and add Tai Chi to your Curriculum.” Needless to say I was appalled by the flier. Tai Chi is such a vast, deep subject that I need to give it the respect and study it deserves.

The passing of the founder of Tang Soo Do, Hwang Kee as well as the fact that the instructor immediately over me decided to stop teaching left me as something of a Martial Arts orphan. But not for long. I realized that this signaled the right time for me to put my energies more solidly toward my Tai Chi training.

It’s a fact that addictive behavior can be passed through the genes. Add to that the environmental influences and it’s likely my daughter will walk in my footsteps.



Adison Martin displays the medals he won at the 2006 U.S. National Chinese Martial Arts Championships. Gabrielle Javierbieda (inset) performed Yi Li Mei Fu and won a Gold Metal.

TAIJI BALL TRAINING

By Dr. Yang, Jwing-Ming

Incorporating the use of balls into training is a common practice in both external and internal martial arts in China. Even though the training methods differ from one style to another, the main purposes are the same. These purposes are: 1. to physically strengthen the torso, especially the spine; 2. to condition the muscles required for combat; and 3. to learn to use the mind to lead the qi to the physical body for power manifestation.

In taijiquan, taiji ball training can enhance pushing hands capability and potential. Taiji ball qigong training will also improve the sensitivity of your feeling, known as “listening jin,” which is critical for pushing hands or in a combat situation. Taiji ball training used to be a major training tool. However, because of its secrecy, fewer and fewer people learned it. Today, the art of ball training is almost unknown.

The health benefits of practicing taiji ball are significant, because of its emphasis on conditioning of the torso. Ball training in taijiquan is done with soft movements, which not only conditions the physical body deeply, but also trains the mind and the coordination and harmonization of qi.

To begin taiji ball qigong training, you should first understand and practice taiji ball breathing techniques. These breathing techniques are then used during the practice of basic patterns of taiji ball exercises, such as circling, rotating, wrapcoiling and freestyle applications.

The ball used for your training can be made of any material. Start with a weight that is comfortable. I suggest that beginners start with a common plastic or rubber ball. It is easy to find this in the marketplace; it costs only a few dollars and is virtually weightless.

Once you get used to the movements, you can slowly switch to a heavier ball, such as a wood ball, which is usually desired in taijiquan. A less expensive, easier to make wood ball is made by gluing together two halfcircles. It is hard to find wood that is dried enough to make a ball out of a single piece. If it is not dry enough, the ball will crack while you attempt to shape it. Few people make these taiji wooden balls today.

When you practice taiji ball qigong, you try to circulate qi between the hands, through the ball, following the grain of the tree, which makes it easier for the qi to penetrate.

If you use a ball with two pieces glued together,

be sure to choose a ball in which fiber runs together. Another ball you may find is made from one piece, but it is from the root of a tree. In this case, it is heavy and the chaotic fiber pattern does not line up, so it is more challenging to pass qi through, for more advanced students.

If you choose to practice with a rock ball, start with a small one. It is easier to handle, and easier on the muscles, especially the back. When you move the arms outward, the weight will put a strain on your lower back. The heavier the ball; the more tension there will be on the lower back. So, start with a lighter, smaller ball and work your way up if you’re interested in building muscular power.

In this training, the first thing you should understand is that there are two balls; one is outside the body and the other is inside. When the inside ball rotates, it manifests to become the outside, external ball. The key points for your exercise are:

1. The movements are governed by the waist area.
2. The spine movement is important for any kind of ball training.
3. When you hold the ball, gently touch it.
4. You should be relaxed, with no tension or resistance.
5. The internal ball circles and the external ball circles.

With ball training, use reverse abdominal breathing. The reason is that your mind now has intention. When you have intention, you use reverse abdominal breathing. That means when you inhale, your abdomen goes in and your perineum pulls up. When you exhale, gently push out your abdomen and the perineum.

For example, here is a forward circling pattern. Internally, when you circle forward, it follows the natural qi circulation pattern. The circle inside your body travels down the front center of your torso, between the legs, up the back outside the spine, up the outside of the neck, over the center top of the head and back down the front of the torso. Your tongue should touch the roof of your mouth to complete the “circuit.” That is one small circulation, sometimes called the “fire path.”

This article is republished from the August edition of Inside Kung Fu of which Dr. Yang, Jwing-Ming is a frequent contributor. The subject of this column is covered in greater detail in the DVD “Taiji Ball Qigong (YMAA)”

YMAA AROUND THE WORLD

WATER BOXING

It's not too late to sign up for Liu He Ba Fa (Water Boxing) classes being taught by YMAA Kung Fu instructor Walter Wong at YMAA on Monday evenings from 6:20 to 7:20. The classes which run through Sept. 25, 2006, incorporate Bagua's elusive footwork, and Xingyi's power, but in truth, it's a style in its self. Its movements resemble floating clouds and water, sometimes calm, sometimes overpowering. As an internal art, not only does it serve as a system of self defense, it also benefits health, strengthens the body, dispels sickness and increases longevity. Wong learned Liu He Ba Fa from Master Lian Shou Yu of Canada in 1998 and has been practicing



the form ever since. You can contact Wong at renblad200@yahoo.com.

THE MOON IS FULL

The recent Asian Moon Festival held in Milwaukee, Wis., was a big success. YMAA Taijiquan Wisconsin Director Angela Laughingheart, and some of her students demonstrated their skills in front of those who attended the yearly event. Leslie Takao, a longtime YMAA taiji instructor, also traveled to Laughingheart's training facility to teach sword and saber techniques.



THE BENEFITS OF KETTLE BELLS

Czarist Russia has a long history of women who would shame some of the men of today. For example, take the Girevichka's or female kettle bell lifters who trained with 72 lb kettle bells. Mandla Nkosi, certified kettle bell instructor, was at the June 2006 certification as an assistant instructor and watched some of the women compete in the women's "Beast Challenge." He says they tossed around 53 lb kettlebells and made it look easy. Some, he added, even pressed a 72 lb kettle bell.

Steve Cotter, two-time U.S. National Full Contact Kuoshu (Kung Fu) champion, was in Boston recently to conduct a kettle bell workshop at fitness guru Mathea Levine's new training digs which she appropriately named CrossFit. Cotter is an S.M.E. for the U.S. Marine Corps at Quantico, Va., and a consultant to several professional organizations, including the NFL's San Francisco 49ers and San Diego Chargers. For more information visit his web site at www.fullkontakt.com

Also, if you'd like to schedule an appointment with either Levine or Nkosi, to learn more about CrossFits' strength and conditioning program, call (617) 840-3418, or you can send an e-mail to MatheaL@gmail.com or Nkosi at (617) 803-6982, MandlaNkosi@gmail.com

YOU AND YOUR HEALTH

People who are in relatively good physical shape have a lower risk of Alzheimer's and other types of dementia than less-fit people, according to a six-year study of nearly 2,300 people over 65 from the Seattle area. Physical fitness was determined by tests of balance, grip strength, walking speed and the ability to get up from a chair repeatedly. This suggests that poor physical fitness may precede dementia and that staying fit may help prevent or delay cognitive decline. Physical and mental function are connected, especially in aging, the researchers said, and when one function declines, there's an increased risk that the other will follow.

YMAA Qualified Active Instructors: 09/30/06

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)
James O'Leary (Boston, MA)

Chin Na

Jim Noble

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 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 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)
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Zbigniew Panasewicz (Krakow Poland)

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EDITORIAL

Well, here I am again trying to add a second stripe to my tai chi uniform. Some people ask me why at my age am I pursuing this goal. The answer is relatively simple. I wouldn't do it if I didn't think I was benefiting from this Chinese martial art that relaxes me and makes me feel good.

I've never thought that age should be a factor when it comes to staying fit. Take exercise guru Jack LaLanne for example. LaLanne, 92, was addicted to sugar as a child, causing him to commit acts of violence, including setting his parents' house on fire and attacking his brother with an ax. Although I have never done anything as violent as that, I'm not ashamed to admit that I was a rather mischievous child. Fast forward to LaLanne, who at seventy, battling currents while handcuffed and shackled, towed seventy boats holding seventy people for a mile and a half across Long Beach Harbor.

Now if LaLanne can do something as awesome as that, why can't I engage in little pushing-

hands once or twice a week with students much younger than myself? If I can serve as an inspiration to young adults, then that makes me happy.

My own theory is, if you stay happy, you not only stay young, but you stay healthy and fit as well. Tai Chi is growing in popularity and with nine years of this martial art under my belt, I'm addicted as much to it as Dr. Thomas Gutheil is to Kung Fu. Gutheil, professor of psychiatry at the Harvard Medical School, is in his mid 60's. He suffered a heart attack in 1994, made a successful recovery and today does a variety of exercises five days a week. Gutheil credits martial arts conditioning with saving his life. Neither he nor I will ever have a star on the Hollywood Walk of Fame in Los Angeles like LaLanne does, but you can bet your bottom dollar that we'll keep both our minds and bodies in good shape...ready to take the next step forward to improve and advance our skills.

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