

Reflex Violence

The Way
of Internal Gung-fu
The Erle Montaigne System



A Moontagu Book

Reflex Violence

The Way of Internal Gung-fu:
The Erle Montaigne System

Moontagu Books Australia

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CONTENTS

Introduction

Reflex Violence	1
Fa-Jing	2
The Reptile Brain	9
Melissa Soalt's Section	11
Rules for Fighting	24

Chapter One:

Accessing the Reptile Brain.....	34
Qigong & The Reptile Brain.....	41
Dim-Mak & Reptile Brain	43
A Physical Reptile Brain Method.....	46
Danger Signs.....	47
Cell Memory.....	48
Reptile Brain in Healing and Fighting.....	49
The Keys.....	51
Other Ways to the Reptile Brain.....	51
The Ears & Backbone.....	53

Chapter Two

The Reflex Violence Fighting Methods	55
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Introduction.

Sudden Violence is an apt name for the eclectic martial arts or self-defense system that I now teach. The name was suggested to me by a friend and student, Doug in the USA. It has come mainly from the Internal Martial Arts of Taijiquan and Bagwazhang. The name, “Reflex Violence” comes from the video series called ‘Sudden Violence’ A series that only dealt with the very direct and dangerous street-fighting method that I now teach. However, there was already a book called Sudden Violence, so I changed the name to ‘Reflex Violence’ which is more in keeping with what the internal martial arts are about anyway.

Hidden within the Internal Martial Arts are some of the most violent self-defense methods ever invented. And that’s what self-defense has to be in order to survive street attacks. If you try to ‘yield’ to an attack in the traditional manner that most teachers tell us to, then you invite defeat and possible injury and death in street attacks. And it is so obvious to me that teachers who tell their students that all they have to do it to yield to an attack just to show the attacker that they know what they are doing, have never themselves been in a serious, life-threatening situation.

It’s all there in the Taijiquan and Bagwazhang ‘classics’. However, most teachers take these classic saying too literally and try to execute what those classics say before they have risen to a high enough level. You cannot understand what the great old masters have said when you are not at their level to begin with. The old masters did not write the classics when they were beginning! They wrote them once they had understood fully the meaning of ‘internal’ and ‘small frame’. They wrote them when they were very advanced. What is the use of writing a guide for beginners? The beginner can learn the basic movements from anyone who knows them well enough. But once learnt, it is very important to have a teacher who is able to impart the inner knowledge and also to take the student onto the more advanced forms. And only then will the students understand the true meaning of what the classics are trying to teach us.

The whole secret to learning about ‘Reflex violence’ in the internal martial art, are in the movements themselves and how the practitioner executes those movements. How the body moves is singularly the most important area of one’s training. I have seen so-called karate masters who should not be any more than a blue belt because of

the way they move. Sure they know all of the movements of the kata, but they cannot do them! Then I have seen others who do know about fa-jing and who have only been studying for a relatively shorter time. You can easily see that most of them do not have any real power, power that comes from fa-jing, because their body is so stiff!

Fa-jing

Fa-jing is the motor of Reflex Violence and how to use the internal martial arts effectively. But not many know what fa-jing is nor how to use it. Again, I have seen so-called Taijiquan masters and people who call themselves Grandmaster, performing fa-jing, or what they call fa-jing, and they would not even harm a fly let alone a raging maniac intent of doing them great harm. Fa-jing has to be explosively physical and explosively internal using Qi.

So I will be stressing the use of fa-jing all throughout this book because it is so important to any self-defense, no matter what your style of martial art.

Fa-jing has two levels; the pure physical, whereby we are able to attack with extremely powerful attacks from very short distances and the 'internal way' where we also make use of something else other than pure physical movement. I must add here that it is impossible for anyone to gain the 'internal way' of fa-jing without having learnt the physical way first. The babies who stand up and walk before they crawl are very few. So it is very important to crawl before you can run.

The test for fa-jing is this. Have someone hold a hard punching mitt on one hand. You touch the mitt with the tips of your fingers. Now, without drawing your hand back any more than the distance from your fingers to your palm, you must punch the mitt to cause the mitt to be repulsed back violently. This is external fa-jing. Internal fa-jing is when the holder of the mitt, receives a sore palm from that punch!

Actually, the sore palm comes from attacking the mitt from about 9 inches away. The fingers on the mitt are simply a way of testing that you have external fa-jing to begin with. There are three punches that I have people perform in this manner to see if they have fa-jing in order to join and become instructors of 'Reflex Violence', 'The Erle Montaigne System'.

The first punch is the Taiji snap punch. This is a common punch from Taiji only, that not many regard as very common! To begin

with, the whole body must be totally loose (in a state of 'sung'). Right down to the very fingertips, must be like a rag doll. The waist is the area of the body that will give you external fa-jing power. And in reality, it is beyond the scope of this book to teach anything else other than purely external fa-jing as the internal way must be taught by a master. However, if you can even get an inkling of what external fa-jing is all about, then you will be miles ahead of what you already know and will be able to enter into 'Reflex violence'.

Reflex Violence comes from the subconscious mind or what we call the 'Reptile Brain' or Brainstem part of the brain. This is the survival brain, the brain that all animals have in order to survive. The Reptile Brain cannot help you while you are being a 'human'. So when we are told to 'block' that punch, and do a reverse punch to the abdomen in defense of such and such an attack, we can be nothing else other than logical thinking humans. And logical thinking humans lose fights! How many times have you heard something like? "He was an animal when he attacked." He WAS an animal which is why street fighters have so much power and aggression which far outweigh any logical 'martial arts' training you might have received. A martial art is nothing more than a series of movements and as such cannot be used to self-defense until you have received the information that turns a martial art into a self-defense art.

And that is what this book is all about, taking your martial arts system and turning it into a devastating form of self-defense. Turning the mild-mannered reporter into a raging bull.



1

Taijiquan Snap Punch

The Taijiquan snap punch begins with the palm held as in **Photo No. 1**. Notice however, the positioning of the whole body. The back is slightly rounded. The shoulders are totally relaxed or in a state of 'sung'. The energy is sunk to a point called the 'Tantien'. You are using what we call "Eagle Vision." This is the type of vision that you can only use when you go into the "Reptile Brain" mode. It causes you to see everything. Not so focused as in normal human mode, but every tiny movement near you causes you to react when it is within your sphere of attack. Even a toe twitching causes you to be ready etc. You never focus upon your attacker, your eyes are slightly glazed so that you can use a kind of peripheral vision. Your arms hang out in front of you like tree branches ever ready for action directed by your waist. Your whole body is 'connected' so that if one part of your body moves, the whole body will also move. The power comes from the waist which is of course connected to your arms. In most so-called 'external' martial systems, the arms move by them-



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selves using only the power from the arm muscles, but in the Internal Martial systems, the arms are only extensions of your whole body. It's like this: If you have a piece of pipe and attached to the top of the pipe is a cross-member, another pipe making a 'T', when the vertical pipe is turned for instance only slightly, the end of the 'T' piece moves much further and harder. You do not have to turn the vertical pipe very quickly in order to have the 'arms' moving at great speed and power. And it's the same with the human body in fighting. If the arms and indeed the whole body is 'attached' and only moving as a result of what the main part of the body does, then the waist has only to move slightly and violently to cause an explosion of power in your arms. This is natural. So your arms are moving in total harmony with what your body is doing.

When the waist turns violently to your left if you have your right palm ready to punch as in the above photo, there is slight pause when the fist is catching up to what the waist is doing, like a rubber band. So when the fist finally catches up with what the waist is doing, it explodes outward. Now, if you snap your waist back the other way at just the precise moment that your fist is making contact, there will be a second centrifugal movement causing what we call 'Twisting Power'. Then we have 'Spiral Power' (Spiral Qi) by the fist also turning over upon impact so that it makes contact as in [Photo No. 2](#). This is the first punch in the learning of fa-jing. It uses the last three knuckles.



6

Penetration Punch

The second punch is called the 'Penetration Punch' and is called so because of its ability to penetrate even the best on-guard stances. This punch begins with the palm facing slightly upward as in **Photo No. 3**. It makes contact with the smallest finger part of the hand on the top and makes contact with the first two knuckles. This punch also uses the fa-jing waist shake in the opposite direction to generate the extreme power necessary to cause this punch to work. **Photo No. 4**. The reason this is called a 'penetration punch' is that because of its movement to end up as it does and from its beginning position, the action of the forearm on the person holding the good on guard stance is to force his arm violently outward simply by its action. You do not have to think about slamming his arm out of the way. The punch just does it for you. All you have to think about is using the punch and the blocking will happen automatically. **Photo No. 5** shows how it works in a fighting situation by attacking to the temple as it breaks through the guard.

Back Fist Punch

The last of the three punching methods for fa-jing is the Back Fist. Many people get this punch wrong in that they think that it has to have much forward motion or swing. Again, this punch, in just the same way that the other two have great power over small distances, also gains power from what the body is doing. Think of your palm and wrist as the end of a whip and your body as the rest of the whip. You begin the movement by turning your body in the correct direction. In this case to my right as I am using my right hand. Just before impact, you violently turn your waist back to your right which will pull your left arm backward violently. Now, this is where the looseness of the whole body comes in. If you were to have a stiff forearm and wrist, your fist would be pulled back with your arm thus negating the forward motion. However, because the wrist is very loose like a whip, when you withdraw your arm by turning your waist, your wrist and palm continue in that same direction with great speed. So all you have to do is to close your fist as the wrist is at its fullest point to gain the maximum power for this strike. **Photo No. 6**.

The Targets

The three punches can be used against many targets so I will show a couple of main targets for each punch. The Internal Snap Punch can be used to almost anywhere around the head and neck. One of the



7



8

main targets is to the knock out point called ST 5, a little back on the jaw. This is an excellent knock out punch and has the same effect that the ST 9 point has in activating the carotid sinus. Because it is a Stomach point and that we have nerve ending in the base of the stomach that come directly from the 'Vagus' nerve, (that nerve that runs from the base of the skull down the back of the neck and into the heart and is responsible among other things for the control of the heart rate), this point works to also slow the heart rate down quite dramatically, thus causing a knock out. The point is situated on a hard boney area of the face so it is also quite close to the

face of the skin, hence its being so effective. **Photo No. 7.** This punch can also be used to the ST 9 point. This is the classic knock out or death point that all so-called knock out specialists use in demonstration only! I say 'only' because the way most of them move, they would not be able to use any knock outs in a realistic situation! This is why I make the statement that "knock outs don't work." When someone says that they do, and that they could knock me out, I invite them to! When they even get anywhere near me, expecting me to be a sitting duck like their other 'prey', I usually end up knocking them out! Or in the least, pull my attack just short showing them how difficult it is to do it for real not knowing how to fight first of all! It is no good at all pretending to be a fighter if all you have ever done is some ring fighting in tournament! You have to have been in a few real ones before you understand what fighting is all about. **Photo No. 8** shows the snap punch used against the ST 9 point. It can also be used to great effect against another of the Dim mak points called GV 26. (Governor Vessel Point No. 26), just under the nose about one third of the way down between your nose and your upper lip. This is a death point when struck from his left to his right and we have just the tool for this, the Internal Snap Punch. GV 26 is also very good to use when someone is in shock. You place your thumb onto the point and push upward. **Photo No. 9.**



9



10

The Penetration punch can also be used to a number of targets, however, it is more limited than the previous punch. However, it is great for the job that it is intended for. It can be used as previously shown against the temple or the death point called GB 3 (Gallblad-



11



12



13

der Point No. 3). The Penetration punch does not come in from the side like an arc, but rather moves in straight and slightly angles inward as if you are doing a straight punch. However, because of the action of rotating it just before impact, you get a sort of spiral action that does great damage to the temple area in just the right direction to do that damage. **Photo No. 10** shows this punch against the ST 9 point also. In this case it is ideal as the correct direction is caused again by the action of this

unique punch. It can also be used in just the same manner against the “Mind Point.” This point is a classic knock out point as it stops the electrical signals from reaching the brain from the central nervous system and the body just falls down! It is located not on any particular meridian as it is an ‘Extra Point’ just before the ear above the jaw line a little up and back from ST 5 point. **Photo No. 11.**

The Back Fist strike can be used in a number of different ways, it can be used against the body but has to be modified for this purpose putting more body movement into the punch to cause it to penetrate more due to the body being thicker and softer and well padded. So it is generally used to the face and neck. It can also be used against the mind point. It is ideal as all you have to do is to aim the back of your wrist at the point of the chin. Then just as your wrist is about to touch the chin, the body pulls back in that whipping motion causing the fist to be whipped out thus reaching around to the side of the face to attack perfectly the ‘Mind Point’ **Photo No. 12.** It can also be used as a vertical back fist as in Taijiquan. This time the body uses a vertical type of whipping action like throwing a fishing rod. This movement will again withdraw the wrist so that the fist is whipped out into the point called CV 24, a death point or Qi drainage point just in the crease below the bottom lip and above the chin. **Photo No. 13.** This has the added advantage of also breaking the jaw or dislocating it as well as the electrical effect of the Dim-Mak strike.

I must add here that if you try the above and you just cannot get any power, then you are probably doing a stiff external martial art that does not allow for any looseness. It is always ‘user error’ if you cannot get the power. One of the main areas of “Reflex Violence” is

that you must be extremely 'soft' or in a state of 'sung' to begin with. This is very difficult for so-called hard stylists to understand as they are always told to 'be strong' and unfortunately, 'being strong' means being tense and stiff. There is an equal and opposite reaction to everything you do so if you begin slightly tense, then as you attack, you can only go that bit further into violence. But if you being extremely soft, then the equal and opposite of that is extreme violence. 'Sung' is a Chinese word that means not being able to feel your joints moving, . . . Because you are so relaxed. However, to relax is not the correct word as there is no single English word to translate 'Sung'. Your body must be like a rag doll where every slight movement of the body causes the peripheral weapons like the hands, to whip out with great power. If you are at all stiff, even slightly, you will not gain this immense power from being soft. The whole of the internal martial arts are based upon this principle.

You must also sink your weight (Qi) into the ground when you use any of these punches as this will give you more power and stability. Once you have it though, you will be able to launch any attack from anywhere and from any short distance. And this is where fighting happens, in your face! Fighting does not happen from a distance. A good fighter can be in your face before you can blink, and the short range methods using fa-jing are the only way to protect yourself in these situations. And if a fighter is not in your face in a matter of seconds, then he is not worth fighting anyway, you should just walk away and allow him to claim victory! If the fight is for real however, and your life is threatened then the methods that I will give in this book will give you all you will need, given the fact that you will of course have had some basic training in fa-jing and looseness.

My main thrust in teaching is to always teach people how to fight first. So it is not in my nature simply to give you loads of very deadly techniques without some idea of The Montaigne System. The best way is to include here my "**Rules for Fighting**" which I give to all of my senior students. We go over each of these rules in turn, one every month. We do not go on to the next 'rule' before I am sure that the previous rule has been mastered in as realistic a situation as possible given that I never damage my students in any way! When people ask me what is the difference between myself and others who also teach point striking, I tell them that Erle Montaigne is afraid to hurt his students. Sure the occasional whack here or there just to give the student some idea of what it is like to be struck, but I never use knock outs or real point strikes as they can do permanent damage later on in life.

These rules apply to people of all sizes, male or female as we all have within us the ability to protect ourselves and family. It does not matter if you are a small framed man or woman, you can still summon that animal within. It often is a little more difficult for some men and some women who have been 'conditioned' more than others by 'Western Ideas' where we believe that women for instance have no hope of defending themselves against men. Using my methods women have an even better chance of defending themselves because of the interaction of their brain with their reptile brain. Remember, the Paleo-mammalian brain or 'Old Mammalian' brain is the brain that is responsible for our 'mothering instinct'. And this instinct includes a very potent self-defense mechanism as all female animals have the added responsibility of defending their young. Often the female animal will have to defend itself against the male partner! And this also unfortunately happens in the human world. And if women knew about the immense power that they have at a subconscious level, we would have deaduns (men) all around the place in matters of domestic violence! I discovered long ago when I began teaching women this stuff, that they are bloody deadly! When the combination of both brains is tapped, the power that women have is tremendous. And it's not just that they have power, it's the willingness to attack and keep attacking spurred on by the paleo-mammalian brain in conjunction with the reptile brain.

You can also look at it this way, the more 'Yin' you are when normal, the more 'Yang' you will be when you have to be. So when women learn how to access their hidden power source, because they are essentially 'Yin', when they are threatened, they can turn into animals with a killer instinct far greater than any male.

The Reptilian Brain

It works this way. The reptiles were given the first kind of brain. This brain was very basic much like a computer that has been programmed to do certain tasks and to act in certain ways in certain situations in order to survive. The reptiles were given some kind of protective instinct as far as their young are concerned like when the female crocodile protects her eggs from all attackers including other crocodiles to the death! However, if she were still with those eggs as they hatched, she would eat them! So, built into the crocodile's reptile brain is a program that told the Mother crocodile that at a certain stage in the eggs' development, she was to go away from them and allow them to hatch by themselves. This is a very basic 'Mothering Instinct'. At these times, the female crocodile is the most dangerous and will even take on the much larger male crocodiles when her eggs are threatened. And most times she will win!

So when God invented the mammals which are much more complicated and needed the newly born young to be looked after as they were too complicated to look after themselves until they had further progressed outside the womb, there needed to be a new kind of brain or 'computer program'. Hence the next brain, the 'Paleomammalian' or Old Mammalian brain. This brain now caused its owners to have a more advanced 'Mothering Instinct' which caused the Mother (or the Father as in many other animals and humans) to look after and nurture its young after they were born, until they were old enough to fend for themselves. So now, we have that 'killer instinct' also with the mammals. The most feared animal is the Mother grizzly bear, who will kill anything regardless of how large and strong it is, that tries to harm her young. This is called instinct. However, it is simply the Old Mammalian brain coming into play where the 'program' causes the female bear to act this way. It is reflex violence at its purest! The bear does not know why it is acting in this way. It's just that it has been programmed to do this.

The next most sophisticated brain was invented for us humans where the human baby has of course to be looked after for much longer than most animals before it can fend for itself, often into adulthood with some children! So an even stronger 'Mothering instinct' was programmed into this new brain for us humans. Both of the other brains and programming was still there. However, the new Mammalian brain or 'Neo-mammalian' brain was the strongest and generally tended to take over from the other two. However, in times past, like prehistoric, humans were able to access the old and reptile parts of their brain readily in times of crisis in a reflex way. So the 'killer instinct' was and is still there, hidden away ready for use. However, the sad part is that as we humans became more and more sophisticated, we lost the use of the first two brains preferring to rely more upon logical stuff and other more 'trained' people such as police-officers for our protection. You'll see the old mammalian brain coming out in some women when they have just been abused so much and they 'snap' and kill their so-called husbands in self defense and out of sheer desperation because the legal system cannot protect them or their children. Then most of them are themselves put into jail for simply acting out of instinct in protection of themselves and children reflexively by automatically going into their brain.

Many woman and men also in times of great crisis automatically see a glimpse of their reptile brain when they receive superhuman powers in the many cases when woman and children have literally lifted cars off their trapped and dying loved ones, cases that are well documented. Try for instance to grab an Aussie possum! It is only a small cuddly animal, but when cornered or grabbed, it has amazing

power, which most strong men find too powerful to hold, as I have discovered on many occasions when trying to protect an injured one! If an animal this small has so much power, think of the power that a human being has if we are also able to go into the Paleo-mammalian and reptile parts of our brains.

Melissa Soalt

I will include a small piece from a friend of mine, Melissa Soalt (M.A), who is a well-known American self-defense teacher. She has some wonderful ideas on women's self-defense.

From Melissa Soalt: “ ... Got your “Reflex Violence” tapes in mail today. Can't wait to view them!! God, its refreshing. The US has gone soft and goeey around all this stuff. I love it that you say it like it is: animal violence. (my beautiful junkyard bitch within thanks you) And that you so naturally pair this with the other side of the coin - healing. Like I always tell women, we're fundamentally a beauty and beast combo: “Once upon a time we were all neander - babes who lovingly suckled their young one minute, then speared the bears and stomped on ugly snakes the next - I mean, two for one... such a deal!” Cleaving the face of beauty from beast not only fractures women's souls, but it endangers women and keeps us tithed to a victim role - unduly fearful of men and their powers.

But, sadly, this is a culture mired in dualities. “It” has a hard time grasping and reconciling spirituality and violence (fighting arts); or femininity and aggression. In spite of Xena and a culture gone “warrior chic” bashing back - even in survival - is not a popular notion. More new age whipped cream on shit, if you catch my drift... Please know that your bold attitude and big yin-yang heart inspires me ... Best Regards. Ciao for now. Melissa Soalt ”.

Melissa and Michael Haynack run training school in the USA dedicated to realistic martial Arts and self-defense. Their new video will soon be available through Paladin Press. The following is an article she wrote especially for this book and also for Combat & Healing Magazine.

HOMAGE TO BEAST-GIRL & ERLE:

By Melissa Soalt:

Two great powers from “down under!” May their boldness and wisdom prevail...

I was nineteen when I had my awakening. It was on a crowded train in India. A pervert posing as Mr. repeatedly wouldn't take NO for an answer. I had already exhausted my first lines of defense: I swatted his hands away, told him NO in my best dog training tone of voice, and flashed him my meanest don't fuck with me look. I even prayed to God for an unsightly nose bleed.

Like most Indian trains, this car was packed - a virtual sea of bodies not to mention the requisite chickens and goats lay before me. As far as my eyes could see, there was but one other female. Men, young and old, were standing, sitting, squatting on their haunches, chanting and jeering, merged together like dots in a photograph. It was impossible for me to move; there was no place to go. I was stuck with the perv.

Night had long fallen; it was dark in the train and most everyone had dozed. When, in spite of my hyper-vigilance, I too dozed off, he assaulted. I awoke, blurry-eyed, to hands stealing pieces of me in the darkness. His hands roamed then groped my body like



Melissa Soalt

hit-n-run thieves in the night, striking high on my chest then migrating low. He muffled gravelly sounds under his breath, his fingers hunting for an opening in my clothing. Frustrated, he groped again, this time pawing me like a dog. This all unfolded in a matter of seconds. (who knows what transpired during my slumber?)

As I came to I caught a sneak-peek at his uncensored face, a window into his bestial stirring. His eyes – hard, distant and glazed over with a

thick icy veneer – reflected a chilling intent: to reduce me to matter, to nothing more than meat, and to render me devoid of a human spirit. To be rendered spiritless would be, after all, the ultimate annihilation of a woman’s soul.

His face left such a frightening impression that for a moment I felt myself succumb to his indignity. I could feel my spirit evaporating as though atom by atom... but I quickly snapped out of it shaken by a more primitive perception that he was a wolf and that I, his intended sacrificial lamb. Take away the human element, the thin facing of civilization and its not unimaginable...

That’s when I exploded: I bolted up and whooshed forward in a blaze. I dove and rammed my open hands into his face, driving and slamming his head – , bamm – against the folded down wooden bunk. Swearing in my best Brooklyn-eese, I grabbed him ’round the throat, shook him like a rag doll, and when he attempted to strike back, I busted his hand: Little bones crunched under the fury of my fist.

My attack was so swift and ferocious that he had no time nor chance to counter or cover. I never once thought about getting hurt; I simply attacked, intent on shutting him down. I remember the look on his face, how his large and once menacing body deflated in my onslaught until he appeared small and vacuous and I, much larger than he.

It wasn’t that I enjoyed hurting him – I did not; in fact, the whole time I felt a peculiar mix of rage and compassion – but that home run grin on my face revealed my profound sense of joy at having retrieved a primeval sense of power. As though some truncated part of myself, usurped by civilization, popped back into place like a sinewy muscle.

Call it cellular memory or maybe it was the magic of Mother India, but this was a moment of righteous epiphany. Just before I went “off”, I was transported, as though swirled back in time through evolution and reunited with an ancestral part of myself – an earlier (and much hairier) embodiment I call Neander-Babe. Something clicked: For the first time ever, I felt my entire body – not just my heart and mind - as an instrument of power. I had hit the primordial jackpot.

This wasn’t the first time I encountered the creature-like part of myself. On my maiden voyage, even though I traveled with a man, I experienced other far more violent attacks that resulted in mutual

combat and taught me some important lessons. For example: if he can reach you... you can reach him! Although I had no self defense training I had good instincts and was endowed with ample chutzpah (loosely translated as fighting spirit for the yiddish impaired). In Israel I had successfully fought back and escaped from a near rape attack (perpetrated by my not-so-kosher kibbutz “father”), and I had managed to evade oncoming knives from a mad Afghani who lunged at my companion and I when we politely refused his offer to trade me for his prized camel.

She - my Beast-Girl - was omnipresent and always came to my aid. Sounds fantastic, I know, but in each assault, she rose up from a subterranean part of myself, busting her way through the cakey layers of fear, the weight of socialization, infusing me with her beatific instincts and bestial powers.

Maybe it was because I busted those bones, but the incident on the train connected me to something deeper than the rest. It was a defining moment that transformed me at the core. On this occasion the primitive piece I recovered, a once hard-wired package of ancient wisdom and know-how, time-traveled back and promptly (and permanently) re-loaded.

In hindsight, I think of this story like a fairy tale with a twist: attacking back was the kiss that beckoned my sleeping beauty...

Decades have passed since my awakening. Having since trained thousands of women how to protect themselves and summon Beast-Girl in a flash (hence my beloved trade name, Dr. Ruthless!®), I can attest: the fear of rape and attack is every woman’s fear. You can’t always see it but its there, crimping women’s sense of freedom and quality of life. The (US) National Victim Center reports that the fear of crime and attack leads a whopping 73 percent of women to limit where they go alone. According to Margaret Gordon and Stephanie Riger, co-authors of *The Female Fear*, it’s pervasive: “Most women experience the fear of rape as a nagging, gnawing sense that something awful could happen, an angst that keeps them from doing things they want or need to.” Is it any wonder: fear has become the background noise of women’s lives. What if he... turns out to be a predator?

This fear has also spawned lunacy, generating a multi billion dollar personal security industry. Grown women are driving around with life-sized male dolls, advertised as “your personal bodyguard” buckled into the passenger seats of their vehicles and are propping them in front of living room windows hoping to dissuade would-be ag-

gressors. Imagine what goes through a child's mind who sees mommy carting around her big male "doll" before driving off to the mall, or seating him around the dining table...

The anxiety fueling such panic, however, is not unfounded: In the US alone, the FBI reports that one million women a year are stalked, that 1 out of 8 women will become the victim of "forcible rape," and that a woman is beaten, by the hands of a loved one, every 12 seconds. In some US hospital emergency rooms, battering accounts for as much as 50 percent of visits by women.

In so called 'civilized' western societies, women have primarily been taught, particularly in pre-feminist days, to rely on the "good" guys to protect them from the "bad" guys - a fundamentally flawed and dangerous strategy: rapists and attackers typically strike when a woman is alone, or at least without a male companion. And in cases of partner violence, that good guy / bad guy line gets blurry fast when Jekyll plays switcheroo with Hyde.

Go figure: In spite of epidemic violence against women, dieting – not learning to protect ourselves – remains the female right of passage. More reasons why we bitches (read: female canines) need to learn how to bite back and fend for ourselves.

Most women acknowledge wanting to learn self defense but few actually do. Denial and myths prevail – women dance around their fears, feeding themselves excuses (I'm too fat / skinny / small; I have no time) hiding behind a flimsy veil of denial (But I live in a safe neighborhood; I have a gun / pepper spray/ tough attitude) or the age-old myth that they'll only get hurt worse if they fight back (as though being raped or beaten doesn't constitute injury?) Yet when you ask the same women if they'd fight back empty handed to save their young, their cover-girl veneer cracks and images of Medusa flash across their faces. "I would kill," they say without batting an eye. This attitude, I might add, is the mother of technique. I know it's not a pretty term but the killer instinct – the other face of the maternal instinct - does not discriminate against size nor ascribe to belief systems.

Myths kill. So does ignorance. So lose the pollyannaish myth about your Mr. Rogers neighborhood: violence happens in nice neighborhoods to nice people on bright sunshiny, good hair days. Predators are masterful at choosing their timing and windows of opportunity. And criminals have migrated into the 'burbs where goods are plentiful and women, often alone. Even your trusty gun might not be handy nor safe to draw unless of course you're dying

for a bloodbath. Likewise, unless you sleep, eat and bathe with your finger glued to your nozzle (no, not that nozzle...) your pepper spray won't always do the trick, especially against determined aggressors. My view is simple: the more tools the better. Technology should work for us. Why run the risk of ruining my make-up if I can zap a bad guy with my 200,000 volt stun gun and still make it to dinner on time? But being overly reliant on any weapon is dangerous and can create fixation – the enemy of adaptability. On the other hand, train your body and – viola! - that unsuspecting pen in hand or kitchen gadget can become a lethal weapon. I guarantee: stick your nail file into a rapist's eye or the soft tissue around his throat and he won't be feeling so, well, manly. Sorry fella, I thought you liked it rough...

For those who like hard data, the jury is in: recent studies consistently show that “forceful resistance strategies” (i.e. fighting, yelling, and immediate aggressive responses) are effective in thwarting rape attacks and do not lead to increased injuries. Conversely, crying, pleading, and reasoning is ineffective; evidence suggests that such passive responses may even lead to increased violence. Since most women are naturally endowed with ample violence inhibitors and have been taught to fear, learning how to unleash violence on their own behalf can be challenging, but I prefer to think of it as exciting – Beast-Girl's night out! A little rock'em, sock'em patty cake from Hell...

If you harbor any doubts about housing such a flamboyant creature, trust me, she's in there. Slip off your civilized skin, kick back and try to remember... once upon a time, say, 50,000 years ago we were all Neander-Babes - anti-barbies with sturdy legs and tribal chic 'do's who suckled our young one minute then speared the bears and stomped on ugly snakes the next. We're a two-for-one combo. A melange of beauty and beast. Divas and poster girls for Harmony... or Else!

Margaret Mead has always said that women can be far more savage and fearsome fighters than men. I completely agree, but Beast-Girl may need some unearthing or a treat to draw her out. Put a stick in a woman's hand, give her something to hit - like a rubberized attacker - and watch her go! (with stick in hand and verbal cue to attack, I mean... what more could a girl want?!)

But here's the really good news about fighting back: evoking “maximum yang” has little to do with a woman's size or body type – forget about those extra pounds or your spindly legs – but has everything to do with fueling one's counter attack with an ani-

mal-like rage, a no-holds-barred fighting spirit. Even the term self defense is a little misleading. The single most important strategy a woman can employ (as this gem of a book makes clear) is to hit that “on” switch, become the predator and attack back. Not like playful kittens, like wolverines. Nothing half hearted; there’s no time to feel squeamish or test the waters. Because the first three seconds of an attack are critical, calling for an immediate and explosive response, even a moment’s hesitation, a mere blip on the screen, can mean the difference between life and death. On a purely practical level, it’s impossible to fight off an attacker if ninety percent of the battle is going on inside yourself.

As a thirteen year trainer in full-force, scenario-based self defense (in my classes, women practice techniques in simulated rape and street attacks against a fully-padded mock attacker wearing state-of-the-art armor, allowing for full blast kicks and strikes to the head, neck and groin), I’ve witnessed scrawny and women, bouncy, gum-popping teens and plucky grandmas kick ass, terrorizing their ‘attacker’ with devastating blows, delivering power that, according to my armor donning partner Michael Haynack, a former bouncer and thirty year veteran of the fighting arts, “feels like a low velocity car wreck.”

Each body type is equipped with its own natural proclivities. I am reminded of Sheila, a pencil thin student who couldn’t imagine how she would muster up a defense but was quickly (and aptly) re-named The Hummingbird From Hell. Her bony knees and elbows impaled her attacker, spearing him in the groin and throat. Her hands, like invisible darts, stabbed and struck him about the face and neck with lightning fast speed: one darted to his eye, another clapped his ear with wing-like fury. As a member of the small tribe myself - I’m five feet tall and 103 pounds - I can attest to our motto: IT’S NOT THE SIZE OF THE WOMAN IN THE FIGHT, IT’S THE SIZE OF THE FIGHT IN THE WOMAN.

Survival is the ultimate transformer; it forces you to summon all your life forces – your courage, your will, your cunning, your wrath, your intuition, your physical prowess – and use them like secret weapons. When it comes to fighting for your life and you’ve received good training, there’s a bit of magic, an alchemy of the flesh that occurs. Arms and legs become conduits for primitive yet supernatural forces. Loving hands transform into slice-n-dice attachments. Nothing is out of bounds; nothing is unthinkable.

Here is a description of what that transformation feels like from inside my own skin during a full-force training scenario – an ambush from behind where I am thrown to the ground:

“My heart pounds, adrenaline is flooding my system; bursts of sweat break out on my palms and soles. Instantly - a Presto! moment akin to Popeye chugging on his spinach – my beautiful junkyard bitch within emerges, and I feel my terror combust into rage. Before we hit the ground, my pearly whites transform into razor sharp teeth and a war cry erupts like a volcano from the center of my body. Time has a mysterious way of warping in crises – everything seems to slows down as though happening frame by frame...

Clunk! I have landed on my side; he is behind me now. My body, like a missile, registers but one imperative: track and disable him. I know how vital it is to land that first telling blow and have long overcome any desire to open distance prematurely, or attempt to flee before it is safe to do so. This is an attack; we are not sparring.

I whack back into his nuts as if to explode them, then I turn-in from my hips, spearing him twice in the face with my elbow before driving my fingers into his eyes in a continual flow of attacking movement. Surprisingly he recovers. “You fucking bitch he growls,” as he lunges for my throat. My head juts back, but my arm, swift and club-like, slaps his hands down beating his timing. My heart is racing... I pivot around on my hip, gain some distance and as he closes in, I fire off three side kicks – Bamm, Bamm, Bamm – thumping him like a giant wild rabbit square in the kisser, then use my leg and heel like an ax to the back of his head. He rolls into the “dead bug” position and I jump up, watching him like a hawk in case he re-attacks. This has all happened in seven seconds flat. As I transit back from my predator self, my body fills with power and calm, like an ocean replete with equanimity.”

Call me biased, but I think of the fighting arts as a make over for the soul, a wonderbra for the spirit that lifts and plumps. It imbues us with a fierce self-love that fills in those craters of self doubt, the thin spots in ourselves, and leaves in its wake a lamp of confidence. Hell, a little ass kicking may even cure whatever ails you.

‘Going animal’ is vital to surviving an attack, but it isn’t enough; there are other important strategies to effective self defense and that especially hold true for females – typically smaller creatures with considerably less muscle mass. Real self defense isn’t a contest; you don’t have to win, you just have to not lose. The goal is simple: facilitate escape (which can mean doing the unthinkable) and survive. To our credit, few women are invested with a macho “hang-in-and make-em-pay” attitude, costing many a dude their life or landing them in prison. We enlightened critters understand: Do your business and get the hell out! This doesn’t mean you won’t get hurt (or

cut or shot) but adrenaline is a wonder drug. And you must never give up.

Few attackers expect a female to attack back, let alone launch a sudden and violent pre-emptive strike. The element of surprise - going from zero to one hundred percent; rag doll to ballistic - is, therefore, the crown jewel of techniques. Imagine the following scenario: you are facing an aggressor who is about to close in and attack. Adrenaline is pumping through your veins. The sensations brought on by this potent fight or flight drug - racing heart, shakes, desert dry mouth - can easily trigger panic and is often misinterpreted as terror, inducing a freeze response - the old bunny in the headlights. This is precisely what a predator is counting on. To antidote this, it's imperative that one remains focused and keeps breathing, keeping that energy mobile. Think of your body as an idling car (not parked) ready to accelerate in any direction. At the instant the thug displays an attacking gesture or better yet on his preparation to attack, for example as his shoulder pulls back or dips down or forward signaling an imminent strike or grab, you step on the gas. Floor it, as it were. No big windup; no telegraphing your intention. Just enter (as Erle points out this should activate your junkyard bitch) and immediately attack, striking as though to penetrate through him, to cut him down. To be effective, your opening move - for example a palm strike if you can reach the head - must be explosive. Yell from your guts. Yelling fuels the body, summons the fighting spirit and can draw attention to what's happening. Good for you; bad for him.

Unlike men, women's greatest strength lies in our lower bodies - our hips and mid section is a women's hub of power. All strikes and throws should be powered from the hips. It's like the motor in a cuisine art that drives the slice-n-dice attachments. Unless it's turned on, there's no action - no whirr, whip or frappe.

In a violent encounter you must think of yourself like a guard dog who's been given the "sic" command, ready to employ a continuous and vicious counterattack. You will likely have stick to him like white on rice until "he" is sufficiently stunned, disabled, unconscious (or dead) and it is safe for you to flee.

For most women, fighting back on one's feet is scary enough but few imaginings strike terror in a woman's heart more than waking up to an assailant on top of her. In a lying down (sexual assault) position, the timing and intensity of that opening move, the ability to go from zero to one hundred percent becomes critical. Fighting back in a rape attack involves the concept of a reversal; you must

completely turn the situation around. This may involve the use of a deceptive or submissive ploy. For example, if an attacker straddles you, pinning your arms and hips while spewing threatening or filthy language (versus immediately striking you), this may not be the best moment to launch your counterattack. You don't want to struggle or contest his upper body strength. Instead, a woman may momentarily feign compliance ("I'll do what ever you say...; there's money on the dresser"), baiting or lulling him into a false sense of security which can lower his aggressive arousal.

On the outside she must appear calm like a lake, free from undue tension, but inside, deep in her belly, she is coiling up like a snake ready to spring. Silently and stealthily she gathers her forces waiting for the moment when he releases her hand(s), lays down a weapon or shifts his position and her hips become free to move. This is the defining moment of the reversal. When a woman decides to attack back, in spite of her terror, from such a vulnerable position, it is a palpable goose-bumpy witnessing: just before she 'goes off' you can see the life force supplicate her body with Olympian fervor and sometimes, grace.

In that instant she must explode, not like a firecracker dispersing energy all over the place, but more like a bullet - focused and directed, attacking her targets like a lioness, ruthless and intent.

There are tricks women can employ. "Get his hands on you," I tell my students, "place them on your chest." Once his hands are committed and you know where they are, it creates an opening for you to strike. It can also shift his weight enabling you to heave him off or get your legs in between – your strongest weapons –which you then use like battering rams to his vulnerable areas, or to destroy his limbs. This isn't a pretty picture, but neither is being attacked...

Human violence is an unattractive subject, let alone reality. No one wants it to happen to them or a loved one; few will admit they possess its potential, fearing the dark side within and without.

In spite of Xena and a culture gone warrior-chic, bashing back – even in self defense – is not a popular notion. When I ran into an old colleague and told her I was writing this piece for a book called *Sudden Violence*, she physically cringed, recoiling in horror. "Is all this fighting stuff really necessary?" she asked with that look of moral disdain on her face. ("A martial art?" she once quipped, "what's wrong with poetry?") I find it ironic that so many, like her, are quick to talk the warrior talk, eager to espouse warrior virtues, but

want nothing to do with anything martial or combat related which is, ahem, what the word warrior implies?

Like most women I majored in empathy and the know-how to create intimacy. I cry when Oprah has reunions and become deeply distraught at the sight of human or animal suffering. I even escort bugs out of the house. Empathy has also governed my work. For years I worked as psychotherapist; week after week I companioned my clients to painful and frightening places, ever attuned to their inner lives.

Having always worked to prevent and help heal the wounds incurred by violence, I believe in the power of compassion and ascribe to an ethic of least harm. (In teaching I emphasize prevention: recognizing the cues and ploys that precede danger; body language, de-escalation and boundary setting skills; honoring one's intuition.) Violent defense is the last resort. Like my peacenik pals, I can think of nothing more repugnant than violently harming a human being, or worse, taking another's life. But let's get real: that's the occupational hazard of being a rapist. And what is the cost to women when we fail to uphold the sovereignty of our bodies and souls?

To deny the reality of or need for aggressive self protection is simply delusional. It breeds cowardice and promotes a tribe of weak spirited women, potentially unprepared and powerless against the forces of evil. Predators are experts at sizing up women's defenses. They prey on women's fear, lack of preparedness and nurse-angel tendencies. One of the biggest mistakes women make when confronted with a criminal (or bully) is to believe these disingenuous words: "... and I promise I won't hurt you." A promise that has haunted crime victims and battered women alike.

Maybe it's this simple: Survival, like romance, should always hold a special place in women's hearts. Our compassion must be tempered with a ruthless attention to reality.

"[There are] few who seem to acknowledge, respect, and allow for aggressive forms of resistance instead of strapping on moral straight jackets for the nineties which we 'women' must squeeze into," wrote Veena Cabrerros-Sud, in her no-holds-barred essay *Kicking Ass*. "To deny our instinct for self protection is to slam the door on all desire, to create a lustless cookie-baking June Cleaver, the polite 'good' woman who goes eek at the mousies." Hardly a zesty image for us healthy female animals...

Healthy should equate with “whole” but our culture, mired in duality, likes to pit ‘good’ girls against ‘bad’, sluts against virgins, glam queens against the hairy legged, and has polarized an ideal of beauty over beast. But cleaving the face of beauty from beast is a dangerous split; it fractures women’s souls, diminishes our power and keeps us tithed to a victim role - fearful yet dependent on men.

It isn’t just age old views that foster these either /or myths. In spite of its ‘whole person’ claims, New Age culture perpetuates the divide



between femininity and aggression. Goocy New Age-ism and moon-to-uterus spirituality paints an insidiously lopsided picture of women as all beatific, all nurturing creatures – and goddesses of wisdom and compassion – while downplaying even disavowing women’s innate aggressive nature and more ruthless, self-centered predilections. It softens our movement and language (“we don’t compete, we best ourselves”; “we don’t hate, we feel animosity”; “we don’t want to wield

power, we just want power within”), quelling our bestial fire with exchanges and a transcendent love-conquers-all philosophy of flow. It’s drivel like this that sends me racing to Cosmo for a dose of reality.

Connecting to a fierce, uncompromising primal nature and being capable of harming, even destroying, what is life-threatening is as much a part of the female’s heritage as her nurturing, life-giving force. When women own this knowledge it shows and is a natural repellent to would-be victimizers. They perceive: “This one bites!”

Political correctness (at least in the US) has also taken its toll in the martial arts and self defense world. Even the once fired up women’s self defense community has increasingly gone P.C. A growing number of schools are straying from their martial roots and no-nonsense mission, toning down their more violent methods (and in some cases subtracting their most effective and brutish techniques) in fa-

vor of a softer, more palatable amalgam that I call, “self defense lite.” Careful not to offend (after all, empathy is in; aggression is out) such groups trumpet conflict resolution sound bites, ballyhooing their verbal methods and teaching of “appropriate responses”, while understating the brutality of attacks and women’s need for swift and violent counter measures. In the context of self defense the word “appropriate” is dubious; it carries a judgmental, moralistic ring: Is it appropriate to physically strike back when an uninvited someone cops a feel or two ? Is it inappropriate for a woman to draw her gun on a violent ex who shows up in her building one year later?

Of course one’s response should be proportionate and not invite further violence. You don’t “dis” (mouth off at) a gun wielding street thug, or deck a guy because he’s ugly and asks for your sign. But victimizers don’t behave logically; when it comes to a woman’s safety, appropriateness should not always warrant a vote at the table. What matters is what is effective (and necessary) in stopping threatening, violent or would-be violent behavior.

That women are victimized does not also mean we cannot or should not be aggressors. Honor the Beast-Girl within. And keep the force alive...

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RULES FOR FIGHTING: By Erle Montaigne.

- 1/. Never step backwards.

When you are attacked, do not do what most hard style martial arts teach you to do, to step backwards as you block! This will invite certain defeat. Any fighters or brawlers all work on 'switches'. We are born with switches that tell us to do certain things subconsciously, like a male puppy that, at a certain age begins to lift his leg, why? He may not have seen any other dogs doing this but he does it anyway as if some programmer has programmed a computer program into his brain. This is not far from the truth. We are all born with switches, those that tell us to cry, to begin crawling etc. Then there are those switches that we learn from experience. It is the same with the Qi that we are born with (prenatal Qi) and that which we gain as we grow, (post-natal Qi).

A fighter learns certain switches as he becomes more and more experienced at fighting and aggression. However, these learned switches can bring him unstuck in a fighting situation against someone who knows about switches. The fighter learns these switches but also learns subconsciously that his switches will also cause other switches in those whom he is attacking, which will in turn switch on more switches in himself. This is the way that a fighter works. He may not know this and indeed it would be rare that any street fighter would know about such things. So, when the expected switch does not happen when he attacks someone, it throws his own switches out of wack, thus putting his timing and coordinating off. This is where internal Gung-fu gains the upper hand. We know that the fighter expects us to react in a certain learned manner when attacked or when faced with aggression. He expects us to move away from him trying to lessen his attack. So he is ready for this and knows exactly what to do when we do this expected movement. But if we do not, then he is taken by surprise and before he has time to change his method, we have already finished it.

Someone who is attacking you expects you to be where you are when he attacks. Otherwise, he would not have attacked you where you were. Someone throws a punch for instance, they do not throw the punch to where they think you might be, but to where you are at the time of the attack. Remember though, the attacker is expecting you to either be there or move backwards. So even if you do move back, he is ready for this and will launch another attack to compensate for this movement. So, if you are not where he expects you to

be, and more important, if you are in his face attacking him, then he is just not ready for this. He has to regroup and think about what he has to do next, giving you time to attack with devastating attacks from the internal Gung-fu system.

Often when we train in techniques or training methods, we will be taught to stand still and not move. But this is only in the beginning to get the movement correct. Once you have it, then you begin training in a more realistic manner by moving into the attacker as he attacks.

There is another important reason in for not taking a step backward apart from the obvious physical advantages as I have indicated above. And it is an 'internal' reason. The 'primordial' instinct for survival is inside all animals including human beings. Ours has been slowly lost over the years of depending upon others for our defense! It's still in there, but we just have to get at it in some way. Dogs for instance have all kinds of primordial instincts like, at a certain age when a male dog begins to lift its leg to pee. Why does it do this? Well, we know why I guess, some chemical changes happen inside causing the dog to have a need to mark its territory. But how it happens is a complete source of mystery and wonderment to me. Never having seen another male dog, the puppy will always begin to lift his leg at a certain age. He will also at this age, begin to attack, i.e., move forward into his 'opponent'. In order to understand this, we must also know a little about the 'triune brain', or the 'reptile brain'.

The theory goes, that when God, was making us animals, he began with his first creation, the 'reptile brain' which is that brain that all reptiles have. It is a survival brain, totally relying upon instinct and programming, no thought, only reflex reactions caused by its particular 'computer' programming. A snake does not 'think', it does not love, hate or feel resentment etc., it just lives and survives. This is the kind of brain that the snake has. We too have this brain! But it is only 5% of our total brain size.

Then 'God' tried out a new brain for the more complex animals such as mammals and we call this brain the 'old mammalian' brain. This is that brain that dogs have for instance. A little more thinking for itself and some small amount of emotion even, but still much programming and relying upon instinct and reflexive actions to stimuli. The dog however is able to revert back to its 'reptile brain' any time there is an emergency of survival. And it makes certain body changes to enhance this effect to give it the greatest chance at surviving. Like arching its back as all animals do including sharks just before they attack. We in internal Gung-fu also make use of this when we are at-

tacked. The animal also makes use of another area of helping it to reflexively go into the reptile brain. That of always rushing forward. You will only notice this phenomenon in those animals that are closer to the source of 'wild' than many domesticated animals who have also (as we humans) had this sense bred out! Like the Australian Blue Heeler dog that is part Dingo. He is one of the most courageous small dogs on earth. Not because he is courageous however, but because he is closer to the source than most dogs. There is in fact an old saying with regard to this breed of dog here in Australia; "the Blue Cattle Dog (the breed has several names and also comes in the red variety), will eat anything it meets unless it is eaten first".

The last and most sophisticated brain is the mammalian (human) brain. But this brain did not replace the old mammalian or the reptile brain, it simply was placed over the other two. So we as humans still have the 'survival brain' and are able to access this animal brain through training. This training is part of the internal Gung-fu training.

One way that we have to access this reflexive survival brain is to simply move forward as we are attacked. It triggers a switch that causes us to attack and attack again! Just as an animal never stops its attack, so too should we do the same. In my classes when I am teaching the training methods, I have to begin by teaching them incorrectly! This is because if I were to teach the correct way, .e., moving in as we are attacked in training, we would have many more injuries! Moving in seems to build up an attack energy that is often uncontrollable in the beginner. Even the blocking type movements have far greater impact when the reptile brain kicks in. And those are trained as advanced instructors that I allow to train in this manner.

- 2/. Never fight the peripheral attacking weapon, fight the whole body.

This is a big mistake made by many highly ranked martial artists. They block the attacking arm or leg standing still! They do not move into the attack as they block, they just stand there and block the attack. If you can touch his arm, then you can touch his body and if you can touch his body then you can strike him. Never wait for the attacking portion such as a fist to reach you before you do something about it. See his whole body using 'eagle vision'; react to what his body is doing rather than to what his arm is doing. In order to attack you, the attacker MUST firstly move his body. Try it now, try punching without moving any other part of your body other than your arm. If you are able to do this, you will have no power at all



14

anyway! So we react to his total body movement not only his arm or leg etc. The very instant he moves any part of his body, attack. Do not worry about what he is going to attack with as his attack will be totally minimized by the fact that you have moved in on him and have closed him up before his attack has had time to even gain any power.

- 3/. Never meet force on force, always move at a slight angle to the attacker as you move in.

You must move in a 'V' shape to either side of the attacker. This will give you deflecting power as well as increased attack power using his power against him. Like a ricochet. If the projectile has nothing to bounce off of, it will not have much power, but if it has something solid to bounce off, then its power will be great. The tenser the attacker is, the more power you will gain with which to revert back on him. This movement will also put you in complete control because you have your 'distancing' correct by using this method. It will place you at exactly the correct place to be in control of the attacker. He will never expect you to do this.



15

- 4/. Never use two steps in fighting.

You must always make your defense your attack. Never block, then attack, make your block your attack. His subconscious switches tell him that you will attack next after you have blocked. But if your block becomes your attack, he has not had time to think about it. You have attacked him during the time that he is supposed to attack you! If you block first, then it is his turn to attack because you have asked him to attack now. This is the logical way of the fight, he does something, then you do something, and then he does something. You must change the logical fight into a totally illogical fight, so that his switches are all broken down. Make it a fight of; he attacks, then you attack, then you attack, then you attack! Never give him that slight break when his brain tells him that it is his turn to do something. Take his time away from him and use it for yourself. In **Photo No. 14**, who is in control of this situation? This is where I have used a so-called hard style type of method of two steps. I have blocked his attack and in **Photo No. 15**, I have re-attacked. The attacker is still in control of this situation. However, in **Photo No. 16**, I have simultaneously blocked and attacked. Now who is in control? I am. See how the distancing has placed me right in the at-



16

tacker's face in total control of his body. I am now able to attack at will.

- 5/. Never look at the attacking portion.

Eagle vision is a marvelous way of using the eyes. Human beings are so used to focusing on things that we see, that when we do this in fighting we always lose! Why, because you can see much more by not looking than you can by focusing. Eagle vision is that vision that birds have. Humans have a completely different system of vision than birds and it has to do with the way that we get blood to the eye. But we can make use of the way that birds see. An eagle for instance when catching a moving mouse, simply flies down and catches it. It does not focus on the mouse, it uses a kind of peripheral vision to lock onto the mouse's space. Sort of like locking its Qi onto that of the mouse. So if the mouse moves, so too does the eagle, the mouse cannot escape unless it goes into a hole. You must see the whole body of the attacker, and not just look at the peripheral that is attacking you. In this way it does not matter what portion he is attacking with, your body will reflexively adjust to the attack and always come back with the correct answer. This is particularly important when we are using dim-mak (death point striking) in a fighting situation. If we were to look for the points, we would always miss them, as we just do not have time enough to look. But if we use eagle vision, we see the 'shadows' of the body, the little hollows where all dim-mak points reside. We see shadows reflexively and are then able to hone in on these shadows to pinpoint the dim-mak point automatically without thinking.

- 6/. Never use a lock or hold as your main fighting method.

Locks and holds do not work in a realistic fighting situation. I have discovered this aspect of fighting through my own experiences and from that of others who have survived street attacks. It is all right to use a lock to control an attacker once he has been disabled by using a point strike or some other striking disabling method. However, if you try to use a lock or hold against someone who is trying to harm you, then you will lose the confrontation. This is especially important in the street when it is not usual for only one attacker to be attacking you! In these cases, you would never even attempt to use a lock or hold as his friends would have a chance to attack you at this time. Stun the attacker with a strike to the temple (GB 3) or another



17



19

vital point, then you are able to take a lock or hold. This is greatly important when fighting against an armed attacker. Most schools will teach that you should grab the hand that is holding the knife or other edged weapon for instance. These methods work fine in the dojo but in reality, you are inviting defeat and/or even death to use such methods. You must remember that an attacker, especially one who is holding a knife, must be pumped up in order to have the aggression necessary for such a deadly attack. So grabbing his arm is not going to stop him. In the dojo, you might be able to use a technique such as in **Photo No. 17**. But if the attacker is serious about doing you harm, and he knows what he is doing, he will probably make use of

his yang energy to rip your hands and arms to shreds before bringing the knife back to kill you. **Photo No. 18. & Photo No.19.**

In the case of an edged weapon remember the three words; evade, bump and attack. Without writing a whole book on knife defense it goes something like this.

Evade: He perhaps attacks using a lunge. (The same methods work for any type of weapon attack from anywhere). Using a 'hinge' type of weapon, you move your body out of the way by slightly turning to the side as you slam his arm so hard that it damages his arm bumping his weapon arm out of the way for that split second. **Photo No. 20.** Notice that my right palm is already up ready to



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strike to deadly vital points. In doing this you have done the first two of the words, 'evade' and 'bump'. You have also stuck to the above rules of never backing off and never using a one/two type of method. Your defense has become your attack. Now I am able to strike using deadly methods to points that will either kill or drop him. **Photo No. 21**. Then, and only then, when he is down and out should you take the knife. The 'hinge' type of attack is also one of those that will bring up the reptile brain causing your energy to build up to a high level for the final attacks.

Using the reptile brain, every time you touch the attacker, your own energy will grow to cause you to want to continue. Your own energy system will be enhanced by the fact that you are borrowing his energy and sending it back to him. You are using only one bit of energy and recycling it. In this way you do not feel tired having to block, then build up more energy for the next attack etc. Your first lot of energy (Qi) is reused through the attacker's body draining him of energy and building yours up.

- 7/. Never use pushes or pulls in self-defense.

This may seem contradictory as most people view Taijiquan for instance as having many such techniques. Bagwazhang and Xingyiquan (H'sing-I) do not have this idea though. I think that the idea that Taijiquan has many pushes and pulls comes from the incorrect idea that the training method of 'push hands' is in itself a martial art or self-defense art. Or in some way a fighting technique. However, push hands should never be thought of as a fighting art by itself. It is only a training method that teaches us timing, balance and how to move the body when attacked. The attacking methods in basic push hands are only there to take the place of the more realistic types of attack and defense so that the practitioners do not harm each other. So if pushes and pulls do not harm people, why use them for self-defense? The only time you could use a push or a pull is to put the attacker into the line of an oncoming car. The pushes are only there in order to teach the very dangerous dim-mak point strikes inherent in all Taijiquan forms. However, you will still see articles in prominent magazines on so-called Taijiquan self-defense methods where the practitioner will use a pull or a push to defend against attack! It is my advice to leave a class immediately the teacher begins to teach you to do this is a realistic fighting situation. He is being fraudulent in teaching self-defense that isn't. And it is dangerous for students to have a false sense of security instilled in



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them by using these inane fighting methods in the class. Sure, they might even work to some small degree in the class, but it's a completely different matter in the street when the attacker is really trying to get you! I have seen teachers teaching small framed people to use techniques such as 'Lu' (roll back) in defense against an attacker. He attacks with a punch so the attackee defends using P'eng, **Photo No. 22**. Then he takes the attacker's arm and uses 'roll back' **Photo No. 23**, to put him face down in the dirt! Anyone who would use this type of defense for real is inviting disaster. But this all comes about from teachers not knowing the advanced methods of Taijiquan like the 'small frame'. Moves such as 'Lu' (roll back) take on a completely different meaning when used in the small frame mode. If



26

we again take the above scenario when we are attacked by someone with a right straight punch, we might again use P'eng. However, this time we do not move backwards, but rather move our weight forward as we do this thus putting his timing off. **Photo No. 24**. Now, in small frame mode we use 'Lu' but very quickly to deflect his power and again as we are still moving forward. We do not use it to pull him forward, only to deflect his energy for a split second, thus causing him to have to try to move back to regain his balance. **Photo No. 25**. In this window of opportunity, we should attack with devastating point strikes to vital points on his head and neck, like ST 9 (stomach point No. 9) using the right palm, and next to GB 3 (gallbladder point No. 3, temple) using the right elbow.

Photo No. 26 & Photo No. 27. We could finish this if he is alone by now, and only now, taking him down using our right leg while thrusting the right elbow across his neck. **Photo No. 28.** Following this with fingers to the eyes while on the ground to completely control him. **Photo No. 29.** This last method would of course only be used if you were only being attacked by the one person.



27



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- 8/. Never go to the ground.

I have always said to my students that if someone is able to take you to the ground then either get a new teacher or learn better and train harder! Many people nowadays have the wrong idea that fights usually end up on the ground. Well, yes, but only if you do not know how to fight! Grappling is great, but not if the attacker has friends! And this is usually the case in most street attacks that I have been involved in. You have everything there in your internal Gung-fu style to defend against grappling type attacks, learn to use your art correctly.

- 9/. The legs are for standing, the hands are for fighting.

It is a big temptation for the beginning martial arts student to learn fancy kicks in order to show his friends that he is doing a martial art. But in reality, kicks of any kind will put you at a disadvantage. Leave the fancy kicks for the films and use your hands for self-defense. Once you even lift your leg to kick at a low target, you are at a disad-

vantage and most students just have not done the time training to be able to allow the legs to take care of themselves while the hands do their work. And if you must kick, only kick from the knee downward. Use short chopping type kicks, those that do not require great balance. And if you must kick, always kick from the front leg! This is contrary to most hard style martial arts as they always kick from the rear leg in order to get the power. However, internal Gung-fu has ways to gain power using correct body structure even kicking from the front leg. The attacker, if he is used to fighting will expect you to kick from the rear leg and will see it coming. But he is not used to being kicked from the front leg and cannot see it coming. Bagwa has a wonderful training method called the '8 kicking method', which I introduced in my Book on Baguazhang published by Paladin Press in the USA..

I will be giving more 'rules' as the book progresses but these will be specific to certain training methods.

The above rules will give you some idea of how the Erle Montaigne system works. It might sound different to what you already know. However, these rules have been tested many times over many years in real situations.

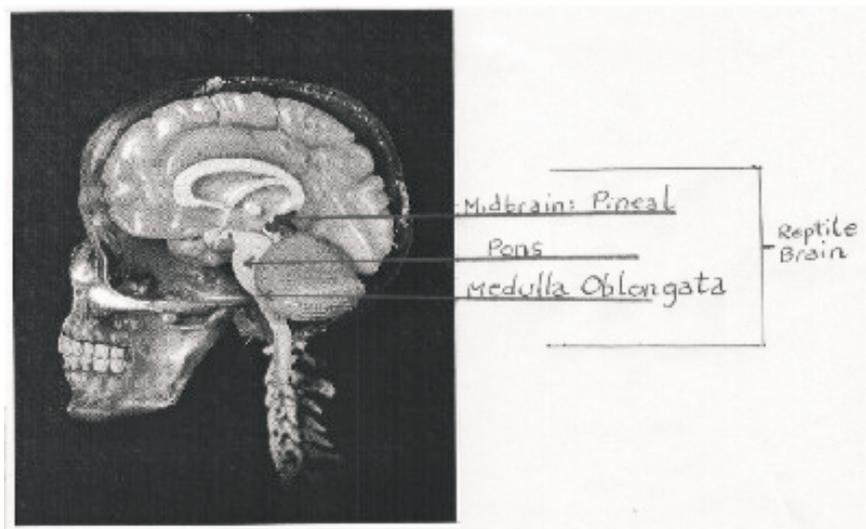
The Fighting Methods in this book will be arranged in 'Fighting Sets'. Fighting methods that have a common link will fill each section. The first set for instance (Set One) will concentrate upon centrifugal methods making the most use of your whole body in the easiest way. All of my fighting system makes use of the waist and centrifugal and centripetal movements, but there are some that are easier understood than others. So the sets will go from the easier sets to the more difficult. However, I will not be presenting very complicated movements unless any particular set of movements is particularly good for training. Most of the techniques will be direct with no fuss, using the easiest and shortest route to the target. And I will only present those techniques that work and which will help you in a real situation. The more advanced methods are only advanced because they rely upon more of the internal way with very little body movement. The body movement is there of course as it has to be, but it has become so small that it is difficult to see physically with 90% of the movement being internal.

Getting in Touch with your Reptile Brain

Chapter One

When I introduced the concept of the Reptile Brain to the martial arts community many years ago, many were enthralled, many were skeptical. Once upon a time, the mention of the 'reptile brain' would bring tumultuous laughter from most of the scientific community. Nowadays however, it is a different matter with this area of the brain now being recognized by the wider scientific community. It even has an area of the whole brain allocated to it. The reptile brain is actually the 'brain stem' that area of the base of the skull that holds so much significance to us in the internal martial arts.

The brainstem (**Diagram No. 1**) is the portion of the brain comprising the medulla oblongata, the pons, and the mesencephalon (midbrain). It performs motor, sensory and reflex functions and contains the corticospinal and the reticulospinal tracts. The 12 pairs of cranial nerves from the brain arise mostly from the brainstem.



The Brainstem

To break it down into its individual components we also see that they are widely used in sensory stuff.

The **pons** is located in the brainstem, vertically between the midbrain and the medulla oblongata, and sagittally between the cerebellum and the pituitary gland. It is responsible for serving as a bridge (“pons” means “bridge”) between the cerebrum, the cerebellum, and the medulla oblongata. By serving as this liaison between the different parts of the brain, the pons is able to facilitate coordination between the functions of the two sides of the body as well as those of the face and jaw. The origins of the fifth through eighth cervical nerves are associated with the pons.

The medulla oblongata is the lowest part of the brainstem and serves as the site of connection between the brain and the spinal cord. Located just above the foramen magnum in the skull and in front of the cerebellum, the medulla oblongata contains a number of nerve centers, which are responsible for controlling involuntary processes such as the heartbeat, breathing, and body temperature regulation. It is only about an inch (2 ½ centimeters) wide and comprises less than one percent of the weight of the central nervous system. In spite of its small size, though, it is integral in the transmission of nerve impulses between the spinal cord and the higher brain. Many of the nerve fibers that pass through the medulla oblongata cross over, so that many impulses from the right side of the brain control functions on the left side of the body and vice-versa. Thus, any injury or disease in this area **is often fatal**.

The Mesencephalon is one of the three parts of the brain stem. It is mostly made up of white matter with some gray matter. A red nucleus is in the mesencephalon. It contains the ends of nerve fibers from the other parts of the brain. Deep inside the mesencephalon are nuclei of several skull nerves. The mesencephalon also contains nerve nuclei for certain hearing and seeing reflexes. Also called **midbrain**.

The function of the **pineal body**, or gland, within the midbrain is not fully understood. It is generally believed to be a vestigial (no longer used) sensory organ, which is incompletely developed, in the modern anatomy. The term “pineal” means “pine cone shaped.”

- A note one the above.

It is this humble dabbler in medical science that we are able to get back the original function of the Pineal gland, like communica-

tion at a much higher level than just speech and communicating with the earth such as dolphins, whales and seal are able to do. We can do this by practicing Qigong and the internal martial arts. Back when science didn't help at all, the ancient Chinese would simply say that when we do Qigong, we get back to normal, or what we should have been had we not been so reliant upon speech, travel, radio waves and television in modern times. Obviously, when a part of the body is not used, it becomes useless, like a leg muscle that has to be re-trained after a long illness of inactivity. We use our Pineal gland very rarely and on the odd occasion that it does work, we are amazed and call it coincidence or ESP. etc. These things should happen all the time but we have little use for real communication skills because it's so easy to pick up a phone or to watch the news on the TV. Qigong helps our Pineal to work again by getting in touch with the 'ground' and 'ground Qi'. This is the reason that in all internal martial arts, we are told to do nothing! This does not mean that we do not move or look or hear, but it means that our conscious brain rests while we practice thus giving our so-called extra-sensory organs a chance to reestablish themselves within our framework. However, it is not that easy of course as it takes much training before we are able to perform movements that are alien to us at a sub-conscious level. Hence the saying that it takes years before one advances in his or her Taijiquan training. It only takes a short time to learn the basic movements of Taijiquan. However, they are only that, movements! We must take these movements to a much higher level, a sub-conscious level so that they become like everyday things, like breathing or our heartbeat, they must be THAT automatic.

The reptile brain is that brain, part of the 'Triune Brain' that we use for survival; it is our oldest brain with the 'Paleomammalian Brain' (known as the "Limbic System" since 1952) being next and the youngest brain is called the 'Neomammalian Brain'. All reptiles have the Reptile Brain, all mammals have the Paleomammalian Brain plus the Reptile Brain but it is only the higher Mammals such as humans that have all three brains.

Paul D Maclean in his exemplary work on the "Triune Brain" says of the Reptile Brain: *"The remaining brainstem and spinal cord constitute a neural chassis that provides most of the neural machinery required for self-preservation and the preservation of the species"*.

The three brains however, should not be thought of as standing alone and having three separate functions. Although they do have different areas that they control, they also work in total harmony with each other. As each brain was developed, it was added to rather than discarding the older brain in preference for

the newer one. So the newer brains enhanced the older brains rather than replaced them. The Reptile brain is that brain that we use when we are first born; it is our survival brain. We cannot learn with it we can only survive with it. Experiments with animals where their Paleomammalian Brains have been removed, (decerebration), have shown that with only the Reptile brain, they will still have motor functions but cease to be themselves, they will only stand or sit in one spot until they die! If forced to eat, they will live however, or if stroked, they will move around. But all learnt stuff is lost. As we grow to about age 4, (some children develop quicker than others however), our artistic part of our Limbic system (Paleomammalian Brain) kicks in and we begin to discover things and to learn about how things work etc. This part of the triune brain is used for play and children learn from play. It is very difficult to teach children of this age about math's and science, reading and writing etc. To do so is to their later detriment, they lose something! The Paleomammalian (Old Mammalian or Limbic System) Brain sees 3 main differences to the Reptile brain. Nursing in conjunction with maternal care, audiovocal communication for keeping in contact with offspring and play. Both boys and girls between the ages of around 4 (it can be earlier) and 7 develop a maternal or paternal instinct, playing with dolls or cuddly animals, putting them to sleep, feeding them in play etc. Play can also be regarded as the way to learn about artistic stuff. Emotional behavior is also evident in the Paleomammalian Brain.

At the age of around 7, the logical part of our brain kicks in (Neomammalian) and we then begin to learn about things like reading, mathematics etc.

In his great work, *Paul D Maclean* tells us: "Compared with the limbic cortex, the neo cortex is like an expanding numerator, ballooning out progressively in evolution and reaching its greatest proportions in the human brain." The Neomammalian brain seems to be primarily concerned with the 'external world'. It has developed highly in the area of problem solving (mathematics and science etc.) learning and detailed memory.

This is all now scientifically known so it is anyone's guess why we try to teach our children at ages 4, 5 and 6 (or younger), mathematics and reading and writing! Children before the age of 7 try to use their artistic side of their brain to do the work of the logical side because we force them to do this by sending them to schools that insist on teaching logical things before the brain is ready. It's like trying to tighten a nut using the wrong kind of spanner, it can be done, but what happens to the nut? It gets burred and eventually is made useless causing us to have to cut the nut off! And that's what happens to a child's artistic side

when we force them to do logical stuff too early, and they lose their artistic abilities. Schools such as the Steiner system try to address this by not teaching logical stuff like mathematics and reading before the age of 7 but rather concentrate on what the brain of that age does best, playing and as such, the child reaches adulthood a much more balanced person with art and logical stuff equally balanced. It is my view that if you are able to, do not even send your child to school before that age of 7 and better still not at all! Children will teach themselves by playing if given the correct tools. To quote myself from an earlier book, "Children just learn." That is what they do and by forcing them to 'learn' stuff that they cannot, then we will hinder their real learning about life. It's great to be a great scientist, but not if it to the detriment of the child's/adult's life!

Everything that we learn from age 2 to age 7 is what we will know. It doesn't take much; perhaps we give our small child a toy piano who then bangs away on it. That child has now learnt how to play piano! Once the child gets to around 7, the Neomammalian brain takes over and then he or she can learn the technical abilities of playing piano. However, if that child did not have any contact with any kind of music up until the age of 7, then they would never learn to play piano. Sure a person can learn the technicalities of where to put the fingers and what notes mean what fingers etc., but they will never advance beyond the technically perfect stage. The pianist who learns in this way is able to use the Neomammalian brain to learn to play piano, however, there will be no 'soul' in the music, no art, it will be all technical. Same for all the arts, give a child a pencil and some paintbrushes, some paint and some paper and their Paleomammalian brain has learnt how to draw and paint. When they get older, it is a relatively easy task to teach that person how to really paint and perhaps become great at art.

When a child learns in this way, through play, once the Neomammalian brain kicks in, it is a matter of then learning the technical aspects of their chosen field. Once this has been established, the brain adjusts itself by producing more of the required cells for that particular required field of study. So, if we were able to, it is my thought that we would see a totally different brain, cell wise in for instance the brain of Einstein and that of Mozart because their brains have developed themselves in different directions and needing different cells.

So the more 'play' things that a child can have at an early stage, the better he or she will be equipped in later life to take on a number of fields and excel greatly at one or even two. Logical things like mathematics can also be a game whereby the Paleomammalian brain is able to learn, just as long as it is a game

of counting for instance. But mathematics for mathematic's sake has no reason for being! Writing for the sake of writing also has no reason for being. However, science is all-around children, everything they do is science, they discover stuff and that is science.

The Reptile brain is where all of our ancient memory is stored, things like past lives, who we were and who we are, what we did and what happened to us, it's all there for us to tap into if we wish to. Why would we want to do this? It is many people's belief that stuff that happened to us in previous lives shows up on our current physical body. Like a birthmark that could possibly be linked back to when a previous incarnation was flogged for stealing a loaf of bread? So if we can get in touch with that memory that is causing the birthmark, then this is the first step in releasing the anguish caused by that ancient memory. The birthmark will not go away of course (many however believe that even this will disappear), however, the pain caused to our subconscious mind will be taken away from our knowing why. And any modern physical or emotional damage is usually easily fixed by allowing the patient to see why they are in such a mental state.

When a child is born, it has to rely solely upon instinct and sensory stuff and reflexes. The child has no way of learning what is right or wrong. So it is little help to slap a child or chastise it in any way until it's next brain comes into play so that it is able to learn. When a child is slapped while still in the reptile brain mode, its only recourse is to go into survival mode (reptile brain mode) and as it cannot fight back, only cries! So how stupid is it to slap a child or to shake it to teach it a lesson when it has no way of learning!

Science now tells us that the reptile brain is that part that is in charge of these things. A child for instance knows nothing about the fact that if it fell off a table it would hurt itself, but if this happens, it will make an attempt to grab or in many cases it will not venture past the edge of the table. Why, because the reptile brain is looking after it.

Normally, there is no need to access the reptile brain in normal life. However, in order to learn properly the internal martial arts we must have access to this brain. It causes us to stand out from the so-called hard styles, as there is no mention of the reptile brain in any hard style that I know of. Hard styles are 'hard', they cause someone to be continually on the lookout for danger, and this is because hard styles are purely physical with little or no internal aspect. In the internal arts, we are taught that we are normal people, artists, writers, poets, schoolteachers, mechanics,

mild-mannered reporters etc. And we do not have to be tense and aware of an attack at any time! If an attack does happen our reptile brain kicks in and we are into survival mode becoming a raging animal fighting for our lives, with our physical conscious brain totally unaware of what is happening. We have of course done the training to cause our body to react with the correct movements but these have been done so much that they are now reflex actions that work independently from the conscious brain.

So an internal stylist does not LOOK like a martial artist because he or she does not have to! We can be totally happy in knowing that instinctive survival mode will kick in at the right time taking care of business and not allowing our artistic brain to be affected by this confrontation. To this end, the internal martial arts of Taijiquan, Bagwazhang and Xing-I Ch'uan have all been developed to cause the body to move in a self-defense manner automatically and reflexively.

Western science now accepts that we have a reptile brain, so much so that the rule in judging whether or not someone is clinically dead is to find out if the reptile brain is still functioning by sending out electrical waves. If it is not, then the person is dead!

Babies cannot be children and children cannot be adults because of the development and use of the different brains from birth. Babies cannot talk, they cannot talk physically because their larynx is in the wrong place! Once the 'Limbic' system or Old Mammalian brain kicks in, the larynx drops allowing babies to begin to speak at around 13 to 15 months or thereabouts. Its amazing isn't it. And they tell us that all of this has evolved! Give me a break, the human body is just so amazing that it defies even thinking about. In fact, I often get a little depressed to discover that we are really only a machine put together by some awesome thing, God. Like the 'balance mechanism' deep within the ear. Wow, but this really give me the shivers when I think about it. Three circles filled with liquid that tell us where our balance is by the action of this liquid rolling over tiny hair that then transmits the information to the brain! A feat of engineering that only now we are beginning to understand. One circle is vertical and turned 90 degrees to another vertical circle with a lateral circle in the middle which can then tell us exactly to within one degree how steep something is for instance and how our balance will cope with this. We have this particular ability from birth and works from the Reptile Brain for survival. A baby will not crawl down a hill that is too steep. Why? It does not know scientifically that the hill is steep but relies solely upon reflex actions from the Reptile Brain to tell the body not to go down that steep hill. But if the hill is not that steep, the baby will crawl or even turn backwards to go down the hill.

Humans along with Chimpanzees and the whale family are among the very few animals that are able to recognize themselves in a mirror. But a baby only gets this ability once the Limbic system kicks in. Animals cannot cheat and lie but humans will do this as the final brain, the Mammalian brain begins to work, this is the downside of being a human. We are told that those children are the most intelligent who will lie the most. However, it is my belief from experiments of my own that this all depends upon the child's parents and the way the parents relate to that child. If the child is brought up in an atmosphere where there is no fear, then that child will tell the truth no matter what. Because there is nothing to fear in telling the truth! However, if a child is constantly chastised for breaking things or doing something 'wrong' then it will have reason to lie!

Qigong & The Reptile Brain

The region of the reptile brain (brainstem) is one of the most important areas for Qigong and Dim-mak. In Qigong it is used to help us to go into the reptile brain where we are in survival or reflex mode allowing the body to heal itself or to help us to heal others. There is a good ruler as to whether or not you are doing your Qigong correctly and it has to do with the Reptile Brain. When we are taught the basic standing Qigong, we usually begin by getting used to all of the new physical things that we are faced with and are feeling. Like the shakes that accompany the stances. Once over this area and we are faced with a mild vibration which is quite pleasant, we feel the Qi 'lifting up' the back and being activated at the points known as GB 20 (gallbladder points No. 20) just below the base of the skull. We feel something lifting up and ending at these points, like a sensation. Everyone's sensation is different so it is difficult for me to tell you what to feel, better for you to feel it yourself. But be warned, you **MUST** do Qigong correctly and that means that every tiny peripheral is in its correct place, the weight is placed exactly in the correct place, the head is held correctly, the breathing is being performed exactly and so on. I recently heard from a chap who had been doing so-called Qigong with some 'master'. He complained that he felt ill after every session and his mind was scattered afterwards. So I sent him my Basic Qigong tape so that he could see exactly what he was doing wrong. He discovered that just about everything he was doing was wrong and thus having a detrimental effect rather than a healing effect! The worst thing that most people do when learning Qigong is to place the weight over the balls of their feet right onto Kidney One point. This is the most damaging thing

that one can do as it causes ‘adverse cyclic Qi’ to be generated which can damage the reptile brain! Not many ‘masters’ realize that KD 1 point is NOT the activation point for KD one. It is the area of the heels that activates KD 1 point on the foot, the energy input point for ground Qi. So when we place weight onto KD 1 point, it actually stops the Qi from entering into the body. However, if the ground Qi did not enter the body we would die, so it must come in somehow. So, it builds up to such a degree that it comes through in violent bursts, which reach right up, into the reptile brain damaging it! This is the reason that many people experience violent shakes and body movement while standing in a basic Qigong stance. Many ‘masters’ say that this is powerful, but they are wrong. The weight must be placed upon the heels thus leaving KD 1 point free of all tension and allowing a moderate and balanced flow of Qi to enter the body gradually, thus enhancing the reptile brain.

We are always told to ‘sink the Qi’. But why? The reason is that only in this way does the Qi turn into ‘jing’, a more purified and evaporated type of Qi which is then able to flow to all parts of the body, condenses and settles into the marrow as fat enabling our body to produce more ‘T’ cells for our immune system. In ‘sinking’ we allow the ‘activation points’ for the Reptile Brain to work, activating the Reptile Brain. The very instant that you begin to discover ‘sinking’ or as the Chinese call it, ‘Sung’, you will feel the reptile brain come into play. For a short time, you feel invincible but do not worry that will go away, leaving you with a feeling of well-being because in this condition, your body is free to do what it has to without external tension and the Reptile Brain is free to help you to survive. Survival does not only mean survival against physical attack, but also against disease and pathogenic attack. Tension is one of the greatest things that affects the well being of the Reptile Brain so Qigong is able to help the Reptile Brain do its subconscious work unhindered by tension. All of your glands will be able to do their allotted work. Your Thymus gland, which is in charge of balancing the Qi, will not shrivel up as it does in most people at age around 15. The Thymus gland is more susceptible to stress than any other gland. When we are younger and have not much adult stresses placed upon us, this gland is large and healthy, a tuber shape reaching down from CV 22. So when we begin to get rid of stress, this gland comes back again to control our flow of Qi again. By becoming aware of the Reptile Brain we also activate and assist the Pineal gland, which is also responsible for our perception of nature and the things around us and our place on the planet. So it is not unusual for this gland to increase in size. There are some animals whose size of this gland is half the size of their total brain at birth enabling them to be totally aware of their environment from day one and be in total survival mode.

So while many people do Qigong simply to become more relaxed, they do not know that this 'simple' exercise is one of the most beneficial that anyone can do to enhance the Reptile Brain, hence enhancing the workings of the whole body. See **Photo No. 30** for the basic three circle standing Qigong stance.



30

Dim-Mak & The Reptile Brain

In the Dim-Mak area we strike more to the brainstem than to any other area other than to the front of the neck and the front of the neck is simply another way of getting to the reptile brain area. Deadly points such as GB 20, GB 12, GV 15 and 16 are all in the area of the reptile brain. When the reptile brain is kinked by either jerking the head forward violently **Photo No. 31** or by striking it, the person's conscious brain shuts down causing knock out as the other two brains cannot function if the reptile brain is not working properly. I once tapped a person lightly onto the reptile brain area in workshop conditions and he was on the ground so quickly that I never again did that kind of strike, it was so effective! The reptile brain area is easily accessed when for instance in a grappling situation when we have closed with the attacker and are able to get one hand around the back of his neck, just a slight tap just under the skull is enough to put him down. The direction of this strike must be slightly upward into the skull using



31



32



33

perhaps a reverse knife-edge strike. **Photo No. 32.** Another way is to use the Taijiquan method of "Arn Left or Right" **Photo No. 33.** We take an attack from the front for instance from the attacker's right fist, slam it with our left palm as the right palm is sneaking up underneath our left,



34



35



36



37

Photo No. 34, and strike in from behind with the right knife-edge palm as we step slightly to the left. **Photo No. 35**. Or for a more deadly attack to the Reptile Brain, you could use a Bagwazhang method of overkill thus: An attack comes in using both hands as in the attack of a grappler. Both palms slam his both arms outward and glance off into either side of his neck. **Photo No. 36**. Your both palms immediately hook around the back of his neck and jerk forward violently, thus kinking the brain stem causing death in this instance! **Photo No. 37**. This method is taught during the “Mighty Bagwa Wooden Man” training from the seventh method. **Photo No. 38**.



38

We also use the Reptile Brain to assist us in fighting, or rather survival when attacked. Animals such as dogs who have the ‘Old Mammalian Brain only have to go back one brain in order to survive. Look at a dog when it is threatened. It firstly raises its back (all animals do this to get into the Reptile Brain mode), this is the ‘putting the car into neutral with the engine running’ mode, ready for the fight. At this stage it is still possible to call the dog (if it is obedient) and have it come back. However, if the fight is on and the dog must survive against another dog for instance, it is very difficult to stop the fight once the Reptile Brain mode has kicked in. Just try breaking up a couple of Pit Bulls! You have to almost kill them in order to break them out of Reptile Brain. At this point, the dog is no longer a dog but a reptile, void of anything else other than survival, you cannot teach it anything, nor can you call it. Try teaching a snake something, it is impossible because it does not have a learning brain. It relies solely upon survival brain. Sure a pet lizard will crawl up onto your shoulder, but only because you have food for him and he knows that in order to survive this is what he must do. However, you can teach a dog or a cow or a horse while it is in its normal brain mode.

Humans are too sophisticated and the Reptile Brain is just too far back for us naturally to go into the Reptile Brain, so we must relearn how to do this.

Sinking is one way, and the learning of a real internal martial art is another way. But sinking is also in the internal martial arts. Rounding the back, (“lifting the back” as in the classic from Taijiquan) is also a physical way to do this. However, just raising or rounding the back will not do it for you, it must be a combination of everything, sinking, breathing, allowing each vertebra to settle on top of the next. Doing this we have access to a very powerful energy called “Spine Qi.” When we look at each vertebra, we notice that each is like a small capacitor capable of holding electricity. When we join the vertebra of the whole backbone together by ‘sinking’ we access this immense power. To do this, I tell my students to imagine that their backbone is like a chain in a plastic tube. When the chain is held at each end, it is straight and tense allowing the tube to be moved up and down along the chain. However, if you then release each end of the chain, it has nowhere to go because of the tube and so each link falls onto the one underneath it. This is the way the vertebra of the backbone should be allowed to drop while doing Qigong or while going into the Reptile Brain mode.

Once into the Reptile Brain things seem to go in slow motion. So if for instance when I am demonstrating Reptile Brain mode in workshop, I warn people not to move too quickly when I am in this mode as it could cause my brain to react to survive! Like a crocodile or snake. I am known in my area as the ‘Snake Man’ because I work with snakes saving them from people’s lofts and washing machines, on top of cupboards etc. So I know much about reptiles. The snake does not look at you. It just waits motionlessly. However, it sees your every move using its ‘eagle or snake vision’, it feels you every move. No need to move however as you are not as yet a threat, so it just waits there. There comes a time however when you are just too close and without thinking (because a snake does not ‘think’, but reacts), strikes at you. Not his fault, your stupid fault for coming too close! He does not think about what technique he will use as he has no way of learning ‘techniques’, he just attacks for survival. Once done, he goes back to basking in the sun not even aware of what he has done.

So when someone is in Reptile Brain mode, you see with the eyes of a snake. Every tiny movement you see by not looking at it, not focusing upon anything in particular. It’s amazing how much you can see when in the Reptile Brain, and it is quite nice being there. Even if a group of people is surrounding you, everything seems to be in slow motion with plenty of time to defend yourself against this group as each one in turn comes too close.

Taijiquan at its 'Small Frame' level automatically teaches how to go into Reptile Brain mode, it is part and parcel of learning Taijiquan or Bagwazhang or Xing-I Ch'uan at their highest levels of 'Small Frame'. But sadly, not many ever get to or have a teacher who knows about or has ever even seen Small Frame as it takes many years to get to this level and there is no easy way other than to practice.

A Physical Method of Accessing the Reptile Brain

There is another method that comes from Internal Martial Arts healing and it involves a 'Healer' helping you to realize your Reptile Brain.

The points that the Healer will use are GV 15, 16 and 17. Or GB 19 and 20. A healer however, is not some person who chants, or makes weird noises and is 'seen' to be a Healer, but rather a person who is simply in tune with nature and his or her own body and is able to transmit energy. Using ring, longest and index fingers of the right hand and standing on the left side of the patient's body, the Healer places these fingers onto the GV 15, 16 and 17 points respectively. However, as the Reptile Brain is accessed easier from the side, the GB 19 and 20 points can be used. When using the GB points, you should use the index finger onto GB 19 and the longest fingertip onto GB 20. The 'Laugung' or PC 8 point of the left palm (the point on the palm that the longest finger touches when you make a fist) is placed over the 'Third Eye' **Photo No. 39**. You could also place your left Laugung over the area of the Pineal Gland which is also responsible for the production of Melatonin which is a hormone secreted when we wish to go to sleep. So this method can be used in cases of not being able to sleep. The Pineal gland or 'Pineal Body' is found under the points called GB 10 or 9, back from the top of the ear. Very light pressure is placed onto the fingers and only a touch with the Laugung point. This position is held for up to fifteen minutes until a feeling of well-being is felt by the patient. If the patient is lying down when you do this he or she could fall off to sleep. After about 5 minutes you (the Healer) will notice a slight vibration firstly in the right palm and then about one minute later in the left palm, this is when activity begins with the Reptile Brain. At this point, you are able to simply leave your palms as they are, or move the left palm to a point on the patient's body where there is perhaps something wrong to affect a healing or you could move it to a point where there is for instance a birthmark to affect memory from the Reptile Brain.



Warning: However, using this ancient memory method, could be dangerous as you are opening up ancient memories of past lives or from childhood bad experiences that have long since been stored away! So use great caution when using this method.

The Danger Signs

As I have warned, you must not do the above method if you are not trained in such matters! However, I know that to tell a 'child' not to do something is to invite he or she to do it! Please do not perform the above method. The danger signs are for professionals such as psychotherapists and doctors.



40

1/. The eyes could begin to widen and go glazed. At this point you should stop the treatment and do the "Qi Balancing" method as described below.



41

Place your palms with thumb, forefinger and longest finger touching, over the crown of the patient's head. **Photo No. 40.**

You must relax and not think about anything. You in fact, must be accessing your own Reptile Brain by doing Qigong yourself as you do this. Hold this position for at least ten seconds. Now, part your fingers and 'draw' a tear shape around the patient's face, **Photo No. 41.** End the tear shape at the point on the patient's chest called CV 14 (Conceptor Vessel Point No. 14) near the sternum. As you do this, allow your last three fingers to join. **Photo No. 42.** Now perform the same routine a 'positive' number of times. Positive numbers in Chinese things are 9 or 36. When you move your palms back up to the crown (GV 20), you must not move your palms back over the same line that you moved them down on! Move your palms right out to the sides keeping well away from the face. Your palms, when coming down will come as near to the skin as possible without actually touching the skin. After about the 3rd time, you notice that the eyes are now back to normal, ... hopefully! You must be very careful with people who are prone to mental activity other than that which is perceived as being 'normal'.



42

2/. The second danger sign: If you get to here, you must really be serious about this and be prepared for the consequences! The patient's head will rock backwards with eyes closing.

It must be said that it is possible to take people back or to access ancient memory without the danger signs ever happening and this normally happens in perfectly well adjusted people. You want the recession to occur gradually over even a period of days or weeks, with only the MEMORY of the event being remembered you DO NOT want the patient to BECOME their former incarnation! Our conscious memory has been blocked for a reason and normally should not be accessed. However, in certain cases it is beneficial to access ancient memory in order to heal ancient scars that are having an effect upon the modern body and mind.

3/. If you get to this point then you are mad yourself! It is very irresponsible for anyone to ever get to even point one let alone this 3rd point. The body begins to convulse; it is trying to not only go back to a previous existence mentally but also physically! And this can be fatal! However, there have been cases where for instance one patient who was almost blind regressed and could see perfectly! This was done however under hypnosis.

Reptile Brain Ancient Memory or 'Cell' Ancient Memory.

There are two areas of the body where ancient memory is held. The Reptile Brain holds memory of us in previous lives while the sperm or ovum holds memory of time. Some even believe that this memory is held in every cell in the body, others believe that it is only held in the brain cells because the brain cells are those that are never renewed. However, because of recent discoveries it is my belief that it is held in the sex cells. Recent discoveries showed that contrary to common belief, the sperm cells for instance were updated with knowledge every day! So when we sleep, the brain (our hard drive) is backed up into these cells so that every experience is stored forever and then passed on to the next generation. Hence the Chinese saying that the best possible parents are those where the father is as old as he can be and the mother is as young as she can be. The theory is that children receive their ancient memory and therefore experience of life from their father while they receive their power and strength from the mother. A young mother has very strong "Kidney Jing" while an older mother is not able to pass on much "Kidney Jing." And a young father does not have much life experience to pass on.

Everything that has ever happened is held in these cells and is passed on when a new being is born. However, it is my knowledge that this memory cannot be accessed, although I have tried and tried. It is now my view that to access this knowledge would cause the conscious brain to die as this knowledge is just too great! We can however have very brief, (milliseconds) experiences of this memory that come in the form of 'flashes'. Flashes are a phenomenon that come when one gets into the internal arts such as Taijiquan and Qigong. They are difficult to explain because our conscious mind was never meant to view this information. It is my belief that often some minute part of this ancient memory becomes damaged and has to be replaced. It comes from the Universe, or God. And it must come into the body via the main 'Qi Input' point, the crown. We have seven Qi input points in the body, which are all activated at some time during the practice of our Taijiquan form. However, the form **MUST** be done absolutely correctly in order for this to happen, no shortened forms for instance, will cause flashes!

It has been my own experience that when these flashes happen, our conscious mind gets a minute glimpse of what **IS!** And what **HAS BEEN.** It's awesome and when it happens to me, I just stand for some minutes afterwards trying to think on it, but this is impossible so the feeling slowly goes. But when it happens, it's like the Universe opens up. It's inexplicable, and large! Too large for our puny brain to comprehend.

Ways to Access the Reptile Brain for Healing and Martial Arts.

When the internal martial arts were invented by generations of genius, they did not know about scientific stuff like 'brainstem' or medulla oblongata etc. However, they did know that performing certain 'self-Qigongs' that a person could become a great healer or a great fighter. They knew that the back of the neck and up into the skull held great significance so they invented exercises that would allow someone to access what we now know as the Reptile Brain. Every organ in the body including the three parts of the brain need blood and Qi to survive and the more of this it has and the better quality of these things, the better it will work. Hence the old Chinese saying of "you must raise (the Qi up) the back." We are told that when we do this in Qigong and Taijiquan we must 'feel the Qi' at the points known as GB 20, (Gallbladder points No. 20) just below the base of the skull on either side. GB 20 points are those points that are closest to the Reptile Brain and these points are the major points of re-

vival from knock out! When we are knocked out, our memory is blocked out, so when we activate GB 20 by pressing in and upward into the skull, we are actually causing our memory to come back thus reviving the patient! If the person has been so traumatized that he is dead and cannot be revived using CPR then we can access the 'Cell Memory' for a split second by cutting or striking into KD 1 point on the base of the foot violently. This releases life force Jing held in the kidneys. To revive someone by doing the GB 20 method is like having a hard disk crash and having to do a restore from you backup. Using the KD 1 method is like having to reformat the hard drive and load all of your programs again!

Drumming:

Drumming is a way of getting in touch with your Reptile Brain by yourself. These two methods have been around for hundreds of years and have been used as healing aids in China. This is a relatively simple way of unlocking the power of your Reptile Brain with none of the dangers of the methods described above.

- Method No. 1:



43

Place both of your palms over your ears as in **Photo No. 43**. Notice that the fingers of each palm touch the Gallbladder points that access the Reptile Brain. Pressing gently with your palm over your ears, you begin drumming with all of your fingers over the GB meridian in that area. You will hear the sound of the 'drumming' in your head because your palms are over your ears. You must breathe gently but deeply as you do this. You may sit or stand in a 3 circle Qigong position. You are also able to move the fingers so that they are on either side of your backbone to use the 'straight in' access points. You 'drum a positive number of times, either 9 or 36.

- Method No. 2:

Link your fingers and place both of your palms again over the back of your head. Your thumbs will be touching creating a spring effect as you push your thumbs together with some force. Load your thumbs up, and then bring them down like a trigger being released onto the back of the base of your skull. **Photo No. 44.** Do this a positive number of times, either 9 or 36.



44

The 'Keys' in the Internal Martial Arts.

I have spoken about the 'Keys' in several articles. There are nine keys that a teacher must give to a student in order for he or she to advance to higher levels. These keys are never talked about nor does the instructor tell the student when they are being given. Each key is different and will often involve some physical contact like a stroke or a grab of the arm or other points. Sometimes it will involve some words, however, each time, the effect is dramatic. A few days later, things begin to happen in that person's training and life in general that will be for great benefit. For instance, at one of my annual camps, a student, from overseas, told me that he and his wife had been trying for years to have a baby with no luck. They had tried everything. During training, I noticed that this chap was advancing quite well and so decided that he should have the first 'key'. The first key involves unlocking the Reptile Brain a little so that he could have some of the immense healing power from the brain. It simply involved grabbing the back of his neck with both hands from both sides and working it a little. Now, I had to find some reason to do this and did so when I executed one of the Qi disruptive methods on him to show that with just a wave of the hand, energy could be drained from his body. Then, as he was obviously weakened by this experience, I used a re-balancing method of grabbing the back of the neck! The outcome was that when he arrived back in his own country, things began to change, he told me that weird things were happening to his training, nice things and best of all his wife was now pregnant!

Other Ways to Reach Your Reptile Brain

All three 'brains' are interconnected and to a degree all depend upon each other in the daily workings of the body that they are in

charge of. So we are able to use this feature to gain access to the most powerful Reptile Brain or 'survival brain' by using our conscious brain. We can in fact use our conscious brain to control to certain degrees certain normally, subconscious or motor functions like heartbeat and blood pressure. I am able to control my own blood pressure and heart beat so that often when I visit my doctor, he does not quite know what is going on! You only have to concentrate upon the palm of your hand to see that you are able to bring more blood and hence 'Qi' into the palm. Why does this happen, because the conscious part of our brain is linked to the subconscious and visa-versa.

So we are also able to activate our Reptile Brain by simply placing our conscious mind onto the area of the Reptile Brain. It helps greatly of course if you know what the Reptile Brain or Brainstem looks like and where it lives in your skull. In fact it is not possible to perform this action if you do not know these things. In recent experiments, I was able to increase my power and aggressiveness so greatly using this method that I have stopped for fear of hurting one of my experimentees!

You must have of course gone through the initial training of Qigong and/or Taijiquan before you will be able to do this properly and herein lies the rub. In learning in this way, you also become more aware of whom you are and of the 'goodness' inside of you so all thought to ever hurt anyone consciously is gone. However, when the time comes to defend yourself and family, heaven help anyone who attacks someone who is able to go into the Reptile Brain.

If you are in a situation where it looks likely that you should be attacked, firstly you must drop your tongue down to your lower palate. Pull your chin in gently and exhale. As you do this, it will provide you with a physical expression and feeling of your Reptile Brain area allowing your mind to concentrate upon the area. Your eyes become cool and calm as does your whole body, however, looks are deceptive as your body is 'in neutral' with the motor running ready to be put into gear at the slightest move to attack. You will feel your arms go really relaxed or as the Chinese call it 'sung' where even the slightest body movement will cause a great movement of the arms with tremendous power. You cannot talk well while in Reptile Brain mode you cannot focus, you can use only peripheral vision or as we call it, "eagle vision." You no longer have to think about techniques; you will only react to what is being done to you with the correct method of defense/offense.

The above method of course can never be used in a tournament situation because your life is not threatened and therefore does

not call for 'survival mode'. Reptile Brain can only ever be used for survival that's what it's for. A snake will never attack for the sake of attacking, it always has a reason, either that a human came too close and therefore threatened it, or that someone was trying to pick it up to show off! Or someone stepped on it accidentally. But no reptile will ever attack you if it does not mean survival either for food or for defense.

Carrying on with the above method: You now advance this method by doing much the same thing as the healing method of physically linking your Reptile Brain with an affected part of your body only now you do it with your mind. As you concentrate upon the shape and area of your brainstem, you will try to imagine an internal link to an attacking portion of your body such as your palms or fingers. You should feel your fingers or palms begin to tingle as the Qi rushes to the area ready for action. Now, having done the correct internal martial arts training, all that is left is for the attacker to attack you. Immediately your palms or fingers will attack relentlessly until the danger is over and you have survived. There must be absolutely no tension in your body and especially in your mind intent attacking portions. And isn't that exactly what for instance, Taijiquan has to say. Everything that I have been talking about above is exactly what we are meant to do while practicing Taijiquan! Sadly, not many know of this.



45

The Ears and Backbone

What do all animals do when threatened? Every animal will round its backbone. Sharks do this, even chickens do this with the cat being the epitome of the 'C' back when ready to attack. Rounding the backbone slightly, allows our Reptile Brain to take over from our conscious mind and puts us into survival mode. See **Photo No. 45**, for the 'C' back posture. As your backbone is curved, there is a feeling just under your skull in the area of your brainstem or Reptile Brain, your eyes become a little glazed and you are ready. However, there is another method that is always used in conjunction with the 'C' back and that is that the ears of all animals when threatened, are flattened out and are lowered. The horse is the typical example of this. Humans of course have lost the method of moving the ears, however, the internal muscles still work in joining the Reptile Brain to the rest of the body in just the same way that it does when an animal flattens its ears. When an animal's ears are lowered and flattened, this is an automatic reaction to being threatened and it is a physical way of accessing the Reptile Brain. To move your ears internally so that the Reptile Brain is accessed takes some practice. Some people I know, can do this naturally, however, for most, it takes practice. Pull your chin in slightly and stretch your mouth

slightly as if smiling without opening your mouth. Your ears will move ever so slightly backward and you will feel that Reptile Brain feeling at the base of your skull. But isn't that what we are told to do in Taijiquan practice. We are told to pull the chin in slightly and to have a slight smile on our face when practicing. This was always to access the animal within and not some kind of nice meditation!

The sign that you are accessing the Reptile Brain, is that, the feeling at the back of your skull will rise up and over the top of your head and end up at the 'third eye' point in between your eyebrows. This is when your eyes will glaze a little and it will seem as if everything is in slow motion. At first you will only be accessing a small portion of your survival brain but with practice you will be able to go into the Reptile Brain automatically when the situation arises.

It is the Paleomammalian brain that will kick in when you are healing. The Reptile Brain is for survival while it is the Old Mammalian or Limbic system that is used for higher levels of healing. Our protective instincts come from this area of the brain. But this too is for the most part a subconscious action and I have always said that healing should not be a clinical physical thing but rather a subconscious healing. So if you are an acupuncturist for instance, do not wear rubber gloves as I see so many wearing nowadays as this will block your own Qi (electricity) preventing you from performing a 'higher healing'. The higher masseur for instance does not think about where he or she is placing the hands or what organs they are healing, they allow their subconscious Paleomammalian brain to take over to guide their hands to the correct areas that need to be healed!

The Neomammalian brain of course is used in healing, but this is for when things like bone fractures are present and need physical intervention, some diseases at advanced stages also fall into this category when it has just gone too far for natural methods. Doctors use this brain for their type of healing. My saying is "Dire Means for Dire Straits." So if you have taken 10 years to get into the poor state of health and your organs need to be 'fixed' right now using surgery for instance, then you must do it. It has taken many years in some instances for someone to get to where they are and natural methods will reverse the situation usually at half the pace of how you got there and in many cases people just haven't the time!

The Reflex Violence Methods

Chapter Two

NOTE: *I will be using point names like 'LU 5' (Lung Point No. 5). I suggest that you get my 'Point Location' book, free to download from our web site, as you will not have any idea of what I am talking about if you do not already know about Dim-Mak points.*

The danger is writing this book is that people will see the photos, never having experienced or even having seen fa-jing being performed. They will see the photos as representative of 'techniques' step by step. However, this could not be further from the truth as fa-jing (explosive energy) has to be seen to be believed and to be experienced.

It is easy to take some photos of each of the Reflex Violence methods showing step-by-step photos. However it is difficult to show how these methods work or are performed in fa-jing, in fact it is impossible! So I urge those who find this book interesting to get the "Sudden (Reflex) Violence video series so that you can see and learn how to do them correctly and not like some karate kata! Or worse still, like some pretty, dancing style of Taijiquan form! Taiji (Tai Chi) is violent, and it has to be. However, it is not violent in the mind, it is violent subconsciously using the reptile brain so that the 'human' brain remains calm at all times. The subconscious brain causes the body only, to react violently leaving the brain calm and in charge. We go into a sort of 'motor' mode where the body seems to work by itself. This is why a martial (fighting/killing) art can be called calm or a type of meditation while at the same time being very violent as one has to be when one is protecting his or her life or that of the family etc. So if anyone tells you that they can use the lovely slow movements of Tai Chi for self defense not changing them from what is represented in the slow form, walk away as that person knows nothing and has obviously never been on the cobbles in a real scrap! All of this comes from people only ever learning slow form which is only one 100th of what there is to learn in Taijiquan. We use the slow form to move without thinking as that is the easiest way to learn this part of fighting. Then later, we learn the violent movements while still remaining calm internally and this is one reason why Taijiquan is also so good for health. I heard from one student in the USA whose teacher of Tai Chi would only teach in the dark in candle light with nice music play-

ing. The student asked him why he did this as it was difficult to actually see him doing the movements in order to learn them. His answer was that this was awareness training! Apart from someone who is blind, (and I have taught many blind people who are able to grasp the concepts often better than sighted people), we DO have eyes! And our eyes are part of our awareness. You will not see an eagle hunting at night, why? Because he cannot see at night and he would bump into trees! Same with us, we train using every sense that we have including our eyes in the 'Eagle Vision' mode.

The above reminds me of a nice joke. A vampire bat comes back from a night of hunting, his face covered in blood and hangs up on the roof of his cave. Gradually, the thousands of other bats in the cave come to him and ask. "Wow, where did you get that blood?" The bat tells them to bugger off but they insist that he tell them. So he finally agrees and flies out of the cave with thousands of bats following eagerly in anticipation. They fly over a valley and a couple of mountains until the first bat says to the others. "Ok, do you see that valley of trees?" "Yes" they all exclaim excitedly. "And do you see that huge oak tree over there?" "Yes! Yes" they reply. "Well I didn't!"

Although I will be showing each method in static photos, you must remember that each method takes between one and two seconds to perform. However, looking at the photos, it would cause one to believe that they would take much longer as I have no way of representing what fa-jing looks like in photos. Each movement bounces off the last in a violent continuous attacking method, never giving the attacker time to move, let alone think! We make use of energy and recycle it into the next movement as this is the Taijiquan or 'internal' way of fighting. So when I show you for instance three or four attacking movements, you have to work up to speed (explosiveness) so that you get to where you simply count 'one' and you are done.

The Reflex Violence methods are taught in groups. So you will see that some will contain mainly centrifugal movements while others will contain vertical movements and others will contain straight-line movements. The centrifugal ones are usually taught first as they are usually the easiest to grasp as generally, each movement is easy to see.

WARNING: The following methods are deadly! Each individual strike will cause anything from extreme nausea to death. Even light contact can cause death or injury. Practice on a kick bag to get the idea of the extreme power that can be generated. These moves are only meant for dire situations where life is threatened!

Method No. One.

NOTE: Each of these methods is designed to build upon your 'violent' Qi building from the first movement so that once you get to the last one in each set, you have a huge amount of Yang energy bursting out. So it is important in training only, to control this immense power building up because you could hurt your training partner.

We begin with the most common type of street attack, the old 'haymaker' or curved, roundhouse type of attack.

The attacker attacks with a right hook punch. Using the centrifugal power from my waist, I turn my waist to my left which also takes my left palm with it causing great damage to the inner forearm area to the 'Neigwan' point which drains a huge amount of Qi from his body. At the same time, utilizing the power from that same turning, my right knife-edge palm attacks with great power across and down the whole of his neck. This in itself is a death strike. **Photo No. 46.** Many neck dim-mak points are struck here including ST 9, ST 10 and SI 16, all death points. It doesn't really matter where you strike to as long as it is the neck.

Because of the centrifugal nature of this movement, your right hand in particular will not stop at the neck, but will continue its trajectory down to your left side slightly ready for the next move. You must have moved forward (**golden rule**) into his attack and

never have moved back! Load your waist back to your right (in an instant of course) which loads your right elbow, **Photo No. 47** and release the elbow into his throat at CV 22 (pit of the neck). **Photo No. 48.** If you do not load back to the right before releasing the elbow then



46



47



48

you have not used the rebound from the previous movement and you will have to load separately which will cause the movements to be static! **NOTE:** You have less control over your elbow, so please pull it short of your partner's neck. Once the rebound energy kicks in, it is difficult to stop this strike from making contact!



49



50



51



52

Now, place your right palm over his right elbow joint just above it in fact as your left palm opens to control his wrist area, pushing with your left palm as your right palm pulls violently thus breaking his right elbow. **Photo No. 49.**

Using the rebound from the last break, you load your right elbow back to the right again using your waist and again strike him in the CV 22 point with your right elbow. **Photo No. 50.** A bit of overkill? Yes, it is meant to be as these are life and death situations!

Allow your right elbow to again load right and again attack the neck with your right elbow. **Photo No. 51.** Notice that the left palm is attacking his Neigwan points every time you attack to the neck. This keeps the Qi drained.



53

Take your right leg around behind his right leg and as you again attack his neck with your right elbow, your right leg will kick/sweep his right leg out. You have attacked to a very dangerous point called Kidney (KD 10) ten point behind his knee which basically causes renal failure! **Photo No. 52.**

As you take him down, turn your body and holding his right wrist, turn it so that the back of his elbow is presented and kick using your shin into his elbow joint breaking it. **Photo No. 53.** You then take his arm and beat him over the head with it! (Nah). Finish up in the position shown. **Photo No. 54.**



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Method Number Two.

This one is like the previous one. But now, you haven't done the right thing in moving in so you will have to strike his right inner arm with both hands in order to do the most damage in that situation first of all.



59

So he attacks with the right hook again. This time both of your knife edge palms will strike the inner forearm. Your left at his right 'Neigwan' point while your right will strike into his LU 5 point (Lung point No. 5). This point is the classic Qi drainage point and will knock someone out when struck correctly. It is located in the inner elbow on the thumb side just over that large tendon. **Photo No. 55**. Using the natural rebound from that last strike, your right palm will now bounce off to strike him just behind the ear at the point called, TH 17 (Triple Heater Point No. 17). This can be used as a 'come with me' point, and is used by bouncers to great effect, or it can be struck harder for a death strike. The weapon we use here is a small bone on the little finger side of the wrist which fits nicely into this point. We also use this weapon for other targets such as Neigwan. See **Photo No. 56**, For this weapon and **Photo No. 57**, for the strike. Your right palm will naturally rebound from the previous strike as your waist turns to your right, load and strike into CV 22 point. **Photo No. 58**. We use the heel-palm for this strike. The rebound from that strike is used to strike him again into CV 22 using your right elbow. **Photo No. 59**. Your right palm will now snake around his neck as your waist turns to the right and your left palm will control his right arm upward. Notice the position of his head. It is sideways thus making for a classic neck breaker. **Photo No. 60**. **Careful with this one** as you can break necks really easily or in the least put his neck out.



60



61

A close up on my right palm shows the optimum position so that he cannot escape. My palm is flexed and hooked under his chin. **Photo No. 61.** Notice also that I am using my stomach to jam his head up against for leverage. You do not stop there. You simply violently shake his head off!

NOTE: Do not move onto your opponent in order to grab his head. Pull him into you. If it is a larger person and you jump up to wrap your arm around his head, he could still have the strength to just stand there, so violently, using all of your weight drag him into you as you snake your arm around his neck. You will also strike into the back of the neck as you pull him into you. You will have struck the 'Reptile Brain' or the 'brainstem' as you do this. The reptile brain is the part of the body that indicates life! When the brainstem stops emitting signals, a person is clinically dead. So when we strike it, the person is in shock mode for a few seconds as this is the most important part of the brain as far as life is concerned. Hence why the old 'rabbit chop' works so well. And remember that there should at no time be any anger involved in fighting for life! When you get angry, you lose all reptile brain mode because reptiles do not get angry, they simply survive. Dogs do not get angry as such, but they do what has to be done in order to survive. Anger causes the Qi to raise making you 'top heavy' and unbalanced. It also affects your liver adversely.

Method Number Three.



62

He attacks with a straight right. This time we use a Taiji method called P'eng. Your right forearm meets his attack but does not push it, it bumps it by the use of your right wrist changing form a Yang shaped palm to a yin-shaped palm. In other words, we strike the arm rather than simply blocking it. Almost immediately, your left palm will strike him at GB 12 point (just behind the ear). Your left palm has changed from a Yin palm (which stores Yang Qi) into a Yang palm, thus releasing that stored Yang Qi. **Photo No. 62. NOTE:** When training this method (and all of them), your partner must attack using force, otherwise you will have no reason to bring up the Yang Qi. His on-coming force causes you to use the correct amount of force to counter his attack. His energy will go into you and be rerouted back into him via your own movements. So if someone attacks you with no force, you do not have anything to give back and must then revert to muscular type of attack as in karate.

You move in and folding your left arm, strike with great force using the power of the waist with your left elbow into GB 20 point which is further around behind the ear just under where the skull begins and to either side of the backbone. GB 20 points are ma-



63



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for striking and healing points. They can also be used to revive someone who is knocked out by pressing up and into the skull thus reviving the Reptile Brain. Notice also that your right palm is now controlling and breaking his right elbow by wrapping around it and utilizing that fa-jing shake which caused the elbow to strike. Never give a sucker an even break! **Photo No. 63. RULE:** Whenever you move, hit something! If your body can move anywhere, then you can also hit him by using that movement because in the internal arts we use the movement of the whole body and not just the attacking portion.

Next, take your right foot around behind your left one. This happens in an instant and the following strike also happens in an instant. **Photo No. 64.** Now spin around using the power of the waist on your left heel and the right ball to strike again into the back of the neck with your right elbow. **WARNING:** This is VERY dangerous so be really careful in training! **Photo No. 65.** Notice the left palm is still controlling his right arm. Your left palm is also striking into his right scapular at SI 11 point which is a Qi drainage point.

Swing your right foot to the rear, **Photo No. 66,** and adjust your left foot so that your left arm can violently grab him around the neck as your right arm also comes into play to get a choke hold (sleeper) which blocks the blood supply to the brain causing him to 'sleep'! This, when done correctly can only take around one to two seconds to work. Your left biceps are squeezing his left carotid artery while your left forearm is squashing his right carotid. In other words, you have his neck in a 'V' shape caused when your left arm bends around his neck. Your right forearm is like it is folded under the left adding squeezing pressure to both sides of his neck. **Photo No. 67.** In order for this to work, this one in particular must be done very violently!

Notice that my right palm is on the back of his head turning his head slightly sideways to add to the effect.



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Method Number Four:



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Moving in on his right hook punch (haymaker), use your left P'eng arm to attack to his 'Neigwan' points or to his LU 5 points on the inside of his right forearm. Your right heel palm will attack to his ST 5 point on the left side of his jaw. This is one of the better knock out points as it leads directly to the Carotid Sinus which in turn stops or slows the heart beat dramatically. It also has the effect of shocking the brain so that it shuts everything down until it works out what is happening. This is the classic jaw strike as used in most Westerns and other movies.

Photo No. 68. NOTE: Use the power of your waist in turning violently to your left which causes great power in your P'eng arm. In these cases, the harder he strikes, the harder he is struck. Your right palm continues its downward movement to strike into his LU 5 point. **Photo No. 69.** You move your body accordingly as your right palm hooks over his right forearm/elbow and violently forces his arm over to your right causing his back to be exposed. **Photo No. 70.** Where you will now strike him using your left palm into his GB 12 point. **NOTE:** This whole section of movement has been smooth and continuous with each move moving into the next. **Photo No. 71.** Now, your right elbow will strike into his GB 12 point again using the power of your waist. Notice that your left palm has again controlled his left shoulder. **Photo No. 72. NOTE:** If the attacker is very tall, you can go under his left arm with the elbow as there are just as many death points in that location such as SP 21, GB 22 etc. Your left palm snakes around his neck as your right palm grabs over his head to drag him backward violently onto your right knee which is moving upward. You can either strike into his back or into the back of his neck with the knee. **Photo No. 73.**



74



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Method Number Five

This one begins the same as the last by taking his straight right attack this time with your right P'eng and attacking him into his GB 12 points on the back of his head. **Photo No. 74.** Now, your left palm comes down to his right elbow and hooking over it, violently pulls it over to your left as your right back-palm attacks to his temple. This is a beautifully flowing movement with the first running into the next. This is the 'Stork Spreads Wings' strike from Taijiquan and is one of the most powerful strikes known as it utilizes the whole power of the waist. **Photo No. 75.** Using that same waist shake as it automatically moves back to your right from the last movement, your right palm will circle over and strike downward along the whole of the left side of his neck taking out very important points such as ST 9, ST 10, ST 11. ST 11 point takes the 'will to fight' away. **Photo No. 76.**



78



79

Next, you make the 'Single Whip' hook with your right palm and strike downward taking out the whole left side of his neck and points in that area. **Photo No. 77.** Slide your right palm around his neck as your left palm controls his right forearm. **Photo No. 78.** Now, pulling violently on his neck forward and forcing his right arm upward thus opening his rib area, pull him onto your right knee thus attacking his whole rib area and points in that area. **Photo No. 79.**



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Method Number Six



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You are attacked by someone using both hands as perhaps a grappler would. Your left palm releases Yin Qi into his right inner forearm at ‘Neigwan’ while your right palm attacks to the side of his jaw at ST 5 point. **Photo No. 80.** Instantly, you reverse that by slamming your right outer wrist into his left ‘Neigwan’ point thus draining much Qi from his body, as your left palm now attacks into his right sided ST 5 point, an excellent knock out point. **Photo No. 81.**

Now, using that same rebound from the previous movement, and using the power of your waist, slam your right elbow into the left side of his neck taking out points such as ST 9 and ST 10, a death strike! **Photo No. 82.** Now, using that same waist power, turn your waist violently back to your right and slam the other side of his neck with your left elbow. **Photo No. 83.** **NOTE:** The above movements have taken all but a split second to execute thus giving him no time to retaliate.

As your opponent moves backward, load both of your palms facing upward and violently dig the fingers of both palms into either side of his neck, again taking out many vital dim-mak points. This movement in Bagua is called “Monkey Offers Fruit.” **Photo No. 84.** As he moves back even further, reach around behind his neck with both palms and violently jerk his neck forward thus throwing his head backward which will at the least kink his brainstem causing knock out or kill him. **Photo No. 85.** As his



86

neck moves forward, you have already loaded your right elbow, coat hanger him across the right side of his neck. **Photo No. 86.**

Method Number Seven

A right handed straight attack. You take it with your left palm positioning your body so that you hardly feel his attack nor he yours. Your left palm slips up his arm attacking him in the temple as your right palm guards his right forearm. **NOTE:** You do not push his arm away but rather position your body to your left so that he feels like as if you have not done much to him until he is struck in the temple. **Photo No. 87.** Now immediately and with great violence (fa-jing), your right elbow using the power of your waist strikes into his neck. Notice that my right knee is on the outside of his right knee thus controlling it or I can use a knee breaker. **Photo No. 88.** Notice also that my left palm has slapped down onto his biceps muscle thus upsetting his energy and also controlling his right arm. From this position you will open both palms violently thus attacking him at point GB 20 (Gallbladder Point No. 20) with the right palm and with the left palm straight across his neck at ST 9. **Photo No. 89.** Using the rebound from the last movement, the both palms will load and strike him into the temple (GB 3). **Photo No. 90.**



87



88



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Method Number Eight

This is the last Reflex Violence method that I will be including in this book which covers pretty well the first two of my video titles of the same name. However, we have another 6 volumes in the video format. In any case, it is important to view the videos if you wish to learn this system properly as it is impossible to show the absolute violence and fa-jing in a book. In fact, I had to not put No. 8 into the book as I found it impossible to even show the moves in photo form, so I will go straight onto method No. 9 from the tape series although I will name it No. 8 in this book. This book is intended to give you an idea of what the whole system is all about in order to show the violent nature of the so-called 'Soft Internal' Systems! I have not covered for instance the pre-emptive attacking methods where we initiate the attack.

The attacker attacks with a straight right. Move naturally to your left and slip block his right forearm with your left palm as your right one knuckle punch attacks to his GB 3 point. (Temple). **Photo No. 91.** Using the rebound form that strike, your right palm loads Yin and then re attacks Yang into the GB 3 point. **Photo No. 92.** This movement will load your right elbow to attack also to the side of his head or into his neck. **Photo No. 93.** The speed of these movements has to be seen to be believed! It takes only a split second to execute all three. Notice that my left palm is still touching his right arm, in fact it has struck it as I have struck with the elbow thus further setting up the point strike. Move your right forearm around his neck and lifting your left knee pull the back of his head just under where the skull meets the neck, violently onto your knee. **Photo No. 94.**

Conclusion

I hope that this book will help in your understanding of the internal martial arts and that you are able to glean something from this information to perhaps enhance your own martial art.

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Volume Four:	MTG 188
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