

Questions and Answers
Questions I have been asked
And my attempts at Answers



Based on the **QUAN LI K'AN** Style of Martial Arts

By

Bruce Everett Miller

IF you want absolutes ask a priest...
If you ask me, I will only give you my opinions!

The purpose of this book is to give back some of the information I have collected over the years as people have asked me questions. So I guess you can look at it as a Frequently Asked Questions section.

Simply by asking questions people have made me think about things, which thus helps me learn. This book is intended to return that favor and hopefully start you thinking about subjects in ways that you had not previously.

Please be aware that this free book/download is not intended to be the definitive and final answer on any specific subject. In fact it references rather than repeats material found in my other texts. However the answers do contain a lot of information and insight that have not found their way into any of my books, videos or DVD ... for many reasons (mostly lack of time to expand on the subject).

So I think you may find some useful material here. However the last warning I will give is that some of this material was put together from years past and I have updated my viewpoint and expanded my knowledge base in many of these answers. That does not mean the answers are invalid just that Quan Li K'an is evolving. Because of the price I really didn't edit this book so as to give the most complete and up-to-date answers that are available. Still I hope you find the time you spend reading this worthwhile. And I would appreciate any (non vulgar) feedback you might give.

BTW I removed the names of those asking the questions to protect their privacy...
Bruce

And as you probably know I am in the process of Putting ALL my books, [except dim Mak] up for free download.

Why not Dim Mak? Because it is about the REAL reasons behind REAL delayed kills. NO it is not a secret, and there are re

So the book was put out for educational reasons and to stop the dramatic lies that people were being put out claiming they would teach you Dim Mak when in truth they had nothing but a bunch of unproven claims.

So IF you can prove you are and adult and promise not to share it I will be glad to send you and EBook copy.

IF you want a copy of the Dim Mak eBook, [and are an adult - over 21] just Email me with a copy of your ID ... I promise I will never share it! That is not why I ask for it ... it is to prove you are over 21.

Ok yes there very well may be duplicate or very similar questions and answers because of the varied questions I have been asked ... I will try not to repeat but you can always just page ahead

IF you can tolerate the long-winded answers, THIS BOOK is Free to download and share. I would ask that you respectfully give credit if you use this material. But feel free to download, print and share for non-commercial personal use.

All referenced books can be found at <http://www.quanlikan.com> then click on the reference library link on the left top area, Yes Free no sign up ...enjoy!

Bruce

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NO, not every question is listed in this index ...just general areas of some questions ...
the questions are about all kinds of subjects ... but MAYBE this may help in directing
you to specific questions. Maybe?

It is not the boulders, which make up the beach
But the tiny grains added together which make up the whole.

Why Quotes?

Q: Some one once asked me why I always [try to] start my chapters with a quote.

A: well first off Sarcasm is my super power and 2 the reasons for all my books is to try and promote thought. [Notice I never said agree with me!]

A SECOND question along this line. I think different enough to be included

Q: In every book you write you seem to open each chapter with a quote. Why are some of them so cryptic?

A: Gee you caught me. The reason is the same as why I write all my books. To get people to **think** about something. [AND you thought all I was doing was just imparting information.]

Let me give you a really big hint. I frequently deliberately don't delve deep enough into the implications in my books; instead I just skim over those concepts and let those astute enough figure out the implications.

So if you really want get your money's worth from my books try to understand the implications of what I said, do not just look at the limited examples I give.

By the way, I usually choose my quotes with care, intending to shed some insight on a

particular subject (although they frequently don't match the chapter) or they may also just be for comic relief. The question is: can you tell one from the other?

So I should pay you to stick needles in me?

Acupuncture

Q: What is the main difference between nerves used as Pressure Points and nerves used for Acupuncture points?

A: Acupuncture points were selected to cause AS LITTLE pain as possible and yet create the MEDICAL effect. Pressure points try to cause MAXIMAL pain because that is the STREET useful effect. Thus while they are both nerves, the ancient Chinese developed Acupuncture for MEDICINE and martial artists took that anatomical system and adapted it as it was the best available, in the past. Today we have the framework of a better understanding giving us more effective points.

Q: I have been studying Acupuncture points for quite some time. I have noticed that many times when I accidentally miss the point I am aiming at but strike a point close to an Acupuncture point I still get the effect.

A: This is a question that I repeatedly get asked. So I am going to answer it in two parts. The first part is that the charts showing Acupuncture or acupressure points have been defined for medical uses. The MEDICAL effects you produce at these points are very real, but they do not happen quickly.

The acupuncturist must repeatedly stimulate the specific points, usually by twirling the needles that have been inserted, or using low voltage electricity. Even then it takes between 15 minutes to several hours of stimulation depending on the effect you are trying to get.

Martial arts techniques, on the other hand, are seldom any good if they do not work immediately. Therefore, the stimulation of so-called acupressure/puncture points

are worthless unless they are accompanied by a pain response. This pain response has nothing to do with the Acupuncture point but rather is being caused by the body structures, which are located below or around the Acupuncture points. Many Acupuncture points have been chosen because the nerve plexuses can be stimulated at these locations with only a minimal amount of pain being produced.

Despite the hoopla and fan-fare, Acupuncture points are not very useful to the Martial Artists, for self-defense. They were designed for medical uses and work well only for that. Those who tell you differently are those who do not really understand medicine and are palming off an incomplete knowledge base!

If you need more information on this you can always read my book on Acupuncture: **The Principles and Practice of Acupuncture:**

Q: Is every Acupuncture point a nerve point?

A: Yes, in the fact that you are actually stimulating small nerve plexus at these Acupuncture points. It is the nerve impulses which are carried to the brain and which then causes the effect, which is produced. This also explains why you can stimulate an Acupuncture point in one part of the body and get an effect in a completely different point in the body.

Q: In my school I have been teaching my students that one shouldn't practice striking pressure points on both sides of the body during the same session because it can make a person sick. Despite working on only one side of the body at a session though, we still have times when some of my students report feeling sick. How come?

A: 1) As far as the first question ...does striking both sides causing sickness... that is a myth! Sorry, but there is absolutely NO medical evidence to support

any of that. It is complete myth based on misunderstandings of the workings of the body.

2) Second part ... yes if strike nerves that influence the gut [stomach or intestines], then of course you can affect how a person feels. So it is the points, not any mysticism.

NOTE: Sometimes if you tell students something, especially repeatedly, then there will be a percentage that [it is called placebo effect] The power of the mind is VERY great and will associate all sort of things to support what it WANTS to believe.. BTW this is the exact same principle that explains what happens in no touch KO's.

Continuing on with your second question: First off there is the rule, pain meets in the middle. If you get enough stimulation the brain can become sensitized to the point where the nausea centers over react and make a person nauseous.

Unfortunately, you can also affect a person by simple pain if there is enough it can cause the whole body to shift its emphasis (the flight or fight concept) to putting out chemicals to deal with threats (the fight side of the equation) of course this has a tendency to decrease blood supply to the stomach and abdomen area, and gives them a headache as the muscles tighten up in the neck (because of both referred pain and direct pain form overly tense muscles (the Temporalis muscles, the Posterior Cervical and of course the Trapezius muscles).

Most of these symptoms can be reduced by massage treatment especially of the Shiatsu type. But the best course is to have your students take it easier on each other. With out the forceful banging you won't have a problem in the first place. When you get good you can find the point with only minimal pressure, however you won't get that good unless you try to find these points with less pressure. It is called sensitivity training.

Q: Can you tell me about Acupuncture points not located on classical charts? These are also recognized and used in Acupuncture and are referred to as “ashi” (pronounced asher) points. These are points of local and referred pain not considered classical points. Are these trigger points?

A: Trigger points can always be differentiated because palpation discerns swelling or some other somatic sensation (beyond simple touch) to the affected area! This is why they are called trigger points. In fact you can massage or inject these points and get pain relief.

However, in fact you can also alleviate pain by stimulation along the nerve track proximal to the area you wish to affect. This can be done with classical needles or with a CENS [Cutaneous Electrical Nerve Stimulator] unit, which nowadays I prefer to use. You will KNOW that you are in the correct location by the classical signs (if you use needles) plus the fact that the patient will FEEL the sensation (radiation) into the area you are trying to affect, especially with a CENS unit.

Again, palpation produces no symptoms (mashing the nerve would cause damage of course) but needling or stimulation with a CENS unit produces EXACTLY the same effects as if you were on a classical chart point except now with additional points you can produce GREATER effects.

The truth is that classical points alone can NOT keep up to MWM (Modern Western Medicine) understanding of Acupuncture! Does this translate into street effectiveness? YES! It increases the points you can strike and decreases your need to memorize specific points. Instead you can memorize structures which are far fewer and larger (and easier to hit!).

The questions are Always more important than the answers

GENERAL Questions

Q: The fact is that we can never really be sure what the masters were thinking when they designed the Katas. Therefore how do you know that your interpretations are correct?

A: Well of course I agree ... honestly we can't know exactly what they were thinking. We don't have a time machine, nor would we have a mind-reading machine even if time travel were possible.

HOWEVER, IF you make the assumptions that:

1) They knew what they were doing. Even if you disagree with their theories of why something happens you can agree on the fact that it works. Secondly if you do not believe the old masters knew what they were doing then there is no reason to study their works in the first place.

2) Their moves were designed to be efficient. (They were supposedly masters after all)

Thus, with those assumptions made it gets down to the fact that there really are not that many physical possibilities for each type of move. Therefore, if you learn the 4 different types of possibilities for each move then you can narrow the field so to speak until you get at a plausible explanation of what it could be.... ~~The way to figure this out is FULLY explained in my book (and DVD) on The Meanings of Forms & Kata ADULT LEVEL.~~

The fact is that there is a well-defined sequence of events, which MUST happen if you are to successfully defend yourself, against an attacker. The methods/ techniques

may differ, but the principles of what has to happen, are always the same!

(Don't confuse technique with principles) If you know the principles then you can figure out what the intent of the techniques in the katas are. If that is true then you can easily eliminate what the strikes or moves are and this leaves only a very few possibilities of what the move could be for, with usually only ONE being able to work reliably without the need for size or strength or pain response!

Q: I notice that you step behind your lead foot as you advance, in a side / cat stance, compared to most styles which step in front. Why? Isn't that an awkward way to move?

A: No. Actually it is no more awkward than stepping in front. It just takes some getting used to, if your habit is to step in front. The reason can be given in one word - DEFENSE. One of the main precepts in QLK is that you must be on your guard at all times. ALWAYS minimize the openings you give your opponent. When you place your foot behind your lead foot as you advance, you cause your body to twist less and you do not open up your chest and abdominal area, giving your opponent less target area to aim at. The better covered you are the less likely you are to receive a well-placed kick as you advance toward them.

Q: Why do you make such a point of bringing your feet together during most of the turns in your katas.

A. It is called a tap... it causes a temporary disruption of balance ... see my **Reflex Pressure Points**. Doing such causes the person to have to check their balance.

Q: Please comment on newer and eclectic styles versus traditional.

A: Sure. Overall, what are you studying here? what do you want to learn, History or fighting techniques? They are NOT the same! If you want history, then I suggest you enroll in a college history course. The college will teach you far more (and more accurately) than you will learn in any martial arts school.

If you want fighting techniques then you need to use what works. Does it matter whether the technique was created yesterday or 2000 years ago? In my opinion all that matters is that you really understand what you are doing (different from memorizing words).

Now I will admit that many oriental cultures have a thing for ancient history. The terms “new” and / or “improved” are like a curse or definitely an insult to their way of thinking.

Personally, I have no hero worship of the present or past. I expect things to change and hopefully newer information will develop improved martial arts techniques and understandings.

Do not expect me to slobber over some style from the orient just because it was created “hundreds of years ago”. Yes, I bought into that stuff when I was younger. I grew out of it ... some people never do. Maybe some people need exotic mystique to make themselves feel special. I do not!

Personally, techniques that let me survive on the street are special enough for me; I couldn't care less when they were created. I also don't think that any culture has a corner on martial arts knowledge.

IMO most of what had been known in the distant past has been lost, and is only now being rediscovered. Egotistical tunnel vision that one culture has the all answers and

that only people from that culture know “way things should be done” simply because the culture HAD some answers hundreds of years ago is a detriment to learning what the reality is and to improving it.

HOWEVER let me say one thing, I do think it is useful to study the past ... you can learn a lot from studying old katas IF you look at them for what they were ... collections of killing techniques ... not tournament dances!

Q: What about using Chin Na and/or defending against joint locks.

A: Chin Na is in reality both ways to lock up joints AND ways to get out of such situations. It requires practice in rolling out of locks and sensitivity to know which way to go...you will not be able to roll out of a lock if you: 1) Tighten up and you can't feel the direction the force is being applied or 2) Wait so long that the lock is fully applied and your ability to move has been severely limited. The ultimate in this is the QLK Sub- style called snake. (Yes, I know other styles call it by other names.)

Q: You once commented that you don't train on a speed bag and you are not impressed with them. WHY?

A: Because I train on things I will do on the street. Hitting a speed bag with your backhand or even a curved wrist will only get you in trouble on the street. That is not what you are going to do in real life. And no, being faster in one technique will not make you faster in other techniques. It may look impressive - the street doesn't care!

Q: In a fight I was in my opponent charged me head down. As he closed his arms around me, I reached over and struck him in the kidney, but that didn't stop him.

Later, I learned that he had to have surgery to repair damage to his kidney. I know that kidney pain is terribly painful from being struck myself, and from effects I have produced in others. Obviously, I hit this guy hard enough, how come it didn't stop him?

A: The fact is that you cannot even reach the kidneys with any power from that angle, because they are located up and behind the lower floating ribs. You would have to be striking in a U-shaped motion to even reach the kidneys. So despite your intentions even if you did strike the area [which I doubt] ... you never really delivered enough force to do damage. Most likely in other fights you had a different angle OR you hit and broke a rib that was pushed into the kidney. [Which would of course put someone in the hospital and surgery

That also happens when people try to do a KO to someone charging them ... they stake downwards away from the RAS ... so very little force is actually delivered to the RAS and they then wonder why the technique didn't work

The fact is that such strikes (to the kidney) look good in theory but they rarely work on the street to stop a grappler! Why? Two reasons

- 1) They are moving fast and hard and count on momentum doing a good portion of their goal (to bring you to the ground) and
- 2) They are expecting to get hit. Thus the "shock" of being hit does very little to stop them. This is a reality and I explain this in detail in my upcoming book on Street fighting AND what to do to stop the grappler because they CAN be stopped.

I will give you a very good clue here ... and that is:

- 1) Be prepared for the momentum

and

2) Most grapplers want to wrap their arm around your legs. This is VERY hard to do if you are in a deep and wide front stance.

Q: All your books seem to teach things completely different than the older traditional ways of doing things. You seem willing to take on just about any subject. Don't you get tired of fighting city hall so to speak?

A: Yes, I do. But on the other hands I don't really listed to the so-called Critics. The fact remains that the criteria I judge my books on is not really one of what the public likes, or thinks it likes, but rather do I feel good about myself for putting my books on the market.

Most people would like to see their name in print but truthfully I don't care. I put so many things out, for free, it hopefully dispels that nonsense! I would say that the quote from Robert Heinlein is true. Writers write because they are writers- paying them just encourages their bad habit!

However I just don't like superstition and ego or BS, that many of these chi scam artists push on people. Especially - newer martial artists are frequent targets. People just want to learn. So I do what I can to al least give people enough information that they can make their OWN decisions.

Why do I do it this way? For me - what remains is the fact that you have to look at yourself in the mirror every morning. If I put out some sort of nonsense, even if I got rich off it, I would not feel good having to look at myself in the morning mirror. Therefore, I try to make the books the best I can and put enough information in them so that the person buying them feels like they got their money's worth.

Q: What is better an inside or an outside block.

A: From inside to outside. If you can't figure out why, then you are in real trouble. The only exception to that is IF you can move [spin] their extremity that it causes them to spin, so that you can destroy their balance. Then that of course would be better. Otherwise inside to outside is faster and thus safer

Q: What is the purpose of multiple strikes in forms. In Japanese-based forms these are generally directed to the same area of the body and are usually in the form of a forward, step-in punch done in a series of three but there are other examples out there. This seems to be a basic question but when examined deeper it becomes loads of fun.

A: Multiple strikes... are you certain they are to the same location? If they are the same location then I know of several reasons. Multiple strikes break down resistance better than a single strike does. ESPECIALLY if the same area is struck, with the force going at different angles, (like the force angle difference between striking with the right versus the left hand). However, in most cases they are to related areas like the 3 punches found in many forms. Which are designed to target the spleen (right hand punch), liver (left hand punch) and then the heart (right hand punch).

Q: I have a specific question. You talked a bit about the baroreceptor reflex in the neck. Well my katas have several techniques where one does a double hiraken strike (do you know of this technique?) at a level that MUST be the carotids.

A: [Hiraken is the name for a hand strike] NO it doesn't. That is a very common mistake. A quick strike even to both carotids will not knock out a person (totally occluding both carotids for a period of time up to 10-20 seconds yes, but a quick strike no! Try it if you don't believe me.) However, think about the strike hitting both Sternocleidomastoid muscles and watch the reaction!

Especially if the strikes are done with the thumbs in knuckle position (open hands or closed fist) stretching or rolling the Sternocleidomastoid muscles, then a quick strike

will send them flying!

Q: I have been taught that Sp6 is one of the "best" points to include in combination. The TCM explanation is that it effects the three yin meridians. Is there a medical (western) reason for it's effects.

A: Yes combination of pain withdrawal, balance disruption AND if done quickly enough the sudden change in position will change blood pressure (similarities between TCM and MWM.. Gasp) All in all designed to cause a KO

Again the effects are far more certain if you amplify these reflexes by striking other areas which stimulate the same systems.. (And the summation effect doesn't hurt either)

We are all alchemists with amnesia.”

Iva Kenaz, Alchemist Awakening

Chi

See the Book a Rational Approach to the subject of CHI for a more detailed explanation and Facts about Chi.

Q: Time and time again I hear that doctors do not understand Chi and its actions or even the actions of martial arts techniques. How can you say that medicine really understands Acupuncture or Chi points or other martial actions when doctors don't understand?

Comment: Do you understand quantum physics? Does it exist even though you don't understand it?

A: Let me say that there has been NO scientific proof that chi exists! NONE! You may believe what you want, but there is no science to back up chi-based beliefs.

Therefore, don't expect people who have been taught to base their practices on the principles of the best science available to accept your chi viewpoints unchallenged. They have not been taught to know, nor do they really care, about theories that they consider totally useless or completely esoteric to the problems of their patients. So don't expect them to waste their time (which is money) on such things.

Secondly doctors have been taught to be very conservative about the claims, which they believe. Every day they are bombarded with claims of spectacular drugs and therapies pushed by every Drug Company and manufacturer in the U.S.

Not only from experience but from training they have been taught to be wary of any spectacular claim. Experience has time and time again shown that these spectacular claims do not hold up. Physicians, who rushed in, have had their patients suffer. Because Physicians really do try to protect their patients they have learned to be very wary of these claims.

Of course this protective pessimism spills over to all aspects of their lives making them very

suspicious of anyone who makes claims, which they cannot prove with reproducible facts.

And of course with their busy schedules there is limited outside reading time. That is not to say that the average physician does not keep up with their reading, just that with all there is to read, Physicians spend the little time they have reading articles which keep them current with the issues they are treating, although they may read an occasional unrelated article.

Back to the fact that the average Physician is not interested in or trained to do research. The fact is that these issues are left to whole branches of medicine, which are designed specifically to do medically research.

Let me also say that many[not all but most] of the CLAIMS of Doctor approved. Are from Chiropractors... a licensed practitioner but one who is NOT trained in clinical medicine and whom CAN NOT PRESCRIBE anything. Thus these claims are only of their [mostly paid for] opinions!

In short Advertizes LIE!

A COMPARATIVE DISCUSSION ABOUT CHI

The FOLLOWING was a discussion which took place several years ago over the internet about the differences between Traditional Chinese Medicine (TCM) and Modern Western Medicine (MWM) in martial arts. I have identified the answers from both sides as best as I can and have not changed the responses that were given.

I am sorry but I do not remember WHOM the TCM practitioner was/is. It was someone who is supposed to know what they were talking about.

This discussion was NOT meant to be disrespectful to either side and was one of the rare open non-inflammatory discussions that I knew of at that time on the

internet. I am sure (hope) there have been more since then.

Q: Can you explain about the difference between the TCM and MWM explanations of Pressure Points?

Here are some questions for all parties:

Q: Are the points used in a response to a specific attack? The same no matter what the opponent's size or strength? (Other circumstances being the same).

MWM: YES absolutely!

TCM: The points which can be used are highly variable, dependent on the circumstances of the situation (e.g., you are facing off to the anterior or posterior section of your opponent(s), etc.) There are set point strike combinations, but just like waza, they are situational based.

Q. Are the points in the same location, even though the opponent might have a different body type? (More or less muscular or thin or obese)

MWM: YES!

TCM: The distribution of acupoints on the human body are virtually mirror identical from human body to human body. There are some tiny variations in a few point locations between gender (like CV-1), and between adults and children. Otherwise, the variance (if any) is infinitesimal and unmeasurable without the aide of sensitive clinical tools.

Q: Do the points used work at different levels of force? By this I mean, if I can get a weak strike to the points and get effect amount "E", would doubling the power get me effect "2E" or "E+x" or something else?

MWM: No, not exactly. In muscle and nerve attacks that is pretty close to being true. However, in most other cases the speed of the stimulation is more of a factor than the amount of force.

TCM: Yes and no. The points react to "force" (such as the physical contact of a strike to a point), and the effects of that strike will vary dependent on the angle, direction, and force of the impact. The reaction can also vary from the type of strike used (e.g., phoenix fist, open hand slap, etc.) Keep in mind, the term "pressure point" is mildly deceptive. Pressure Points (AKA Acupoints) can react to a wide host of stimuli... including laser light, heat, needling, cold, and physical pressure. Simply doubling the force of the physical impact will NOT simply multiply the effects of the strike. Pressure Points are much more complex cellular entities than that.

Q. When executing a three-point technique, should the amount of power in each strike be the same, increase, decrease or what for the maximum effect? I need to knock out opponent (not kill), fast.

MWM: Well, it depends on what type of strike each technique is trying to accomplish. Sorry for the incomplete answer but each type of KO have different parameters. Some require force specifically placed, some require speed of application, and others the correct application of a shock wave.

TCM: Again, the answer is highly variable. The combination required to activate one set of points is not always transferable to another set of points. This sometimes applies to neighboring points along the same meridian line.

Q: Are the MWM points located on the same spots as TCM points? If yes why?

MWM: IMHO TCM points are a subset of MWM points thus I believe that TCM / acupuncture points DO work! Why? Well, the reasons why these point works is the difference between the different theories. There is no disagreement, however, that

the classical points do work.

TCM: There is no difference between the actual points on the human anatomy... only the nomenclature used to describe them. These "vital spots" have their origins in traditional Chinese medicine, and were systematized in c. 200 BC in Feudal China. Modern Western Medicine also uses these same areas of the anatomy, but describes their location using medical terminology. The Chinese originally described the 361 classic acupoints with unique names.

Modern TCM uses an alphanumeric coding system. Modern Western Medicine didn't start to accept Acupuncture theory as a viable clinical process until recent times. As such, we have the difference in descriptive terms used for these highly reactive centers of the skin.

Q: What is the best method of locating points (just memorize or is there a rule of thumb)? (No pun intended).

MWM: That is a difference in both camps. From MY opinion it looks to me like TCM points have to be memorized. Where as MWM Pressure Points are found from a small number of very simple rules and principles. Thus memorization is not only a waste of time, it is a detrainment.

HOWEVER, I also get the feeling from some of the comments that many TCM people deliberately want to believe that MWM Pressure Points locations have to be memorized (using very complicated medical terms) If this was true I would not have been able to teach them (very) successfully to children in my school. SO no they don't need to be memorized and in a real fight you don't have time NOR will your opponent have exposed skin. MWM teaches you how to look at structures and thus will give you the location of point even with a heavy coat on.

TCM: Other than charts and books on the acupoint locations, the best method is with an electronic point locator, if your purpose is academic study. In a fight,

practitioners often locate the points using "hand lengths" and an anatomical measurement called a "cun".

MWM: Sigh ... Remember the Kiss rule

End of that discussion.

This was only included so you can see the differences between MWM and TCM in Martial Arts. It is NOT meant to define or criticize either side or any person.

“Doctor Who: You want weapons? We're in a library. Books are the best weapons in the world. This room's the greatest arsenal we could have. Arm yourself!

WEAPONS

Q: What are your feeling about weapons in martial arts. Especially weapon katas?

A: Well as long as you know that this is based my personal opinion, not some sort of empirical study I have done.

Personally I believe that the teaching of weapons to junior martial artist is wrong! Not only does it promote the ninja turtle concept, but it distracts from the emphasis of their real training. Secondly, most of the time people will not have a weapon in their hands when they are attacked. True there are stories of time when this has happened, (it has happened to me, but it has also happened when I didn't have a weapon) thirdly for most martial artists a weapon is a liability rather than an asset. This is because one they have a weapon in their hands all their other martial arts training goes out the window. They forget everything else they have learned and put all their concentration on the weapon.

Frankly that makes them easier to take out not harder. EVEN a firearm is no match for a well-trained opponent as most people can hardly hit a stationary target let alone a moving target. Then there is the reality of the coming up with the determination to fire repeatedly a person. (There is a BIG difference between shooting at a target and a person! Beside the fact that your opponent may shoot back)

As to weapon katas I think they are fine. If the person is an accomplished martial artist and IF they understand the limitations of the weapon. IF they incorporate the weapon into their martial arts routine so that it enhances not limits their ability to use ALL their training. AND IF they understand there may come a point where they need to abandon the weapon in favor of different tactics.

However if ALL those condition are not met then IMHO it is better to leave the weapons alone! I suggest that you read my book **Weapons: Deadly Truths** for a reality check on the truth on weapons, the different types of weapons and their usage's and limitations.

Q: I noticed in watching you spar with weapons that you seem perfectly willing at times to abandon your weapon and go after you opponent empty handed. This doesn't make sense to me despite the fact that you seem successful at it. Do you just prefer to spar empty handed or is it the way that you would recommend approaching a person with a weapon?

A: First off, I don't approach anyone with a weapon! If they have a weapon my best defense, and only recommended course of action, is to resume the conversation at a much later date! [GET AWAY]. And Guns work. They were designed for distance!

To answer your question, it is important to remember that most people put too much emphasis on their weapon and forget the rest of their martial arts ability.

Weapons are not magic. If you only concentrate on the weapon you leave yourself wide open for every other type of attack. What you were seeing was that whenever I get into a situation where my opponent wants to make it a contest of strength I will either back off and try another type of attack or let them have the weapon. In the split second in which they are trying to figure out what to do with they weapon I have given them I have **closed** and have already attacked their balance.

This is a dangerous practice but one that is very successful if done right. One must be well versed in understanding how to control your opponents balance however, or you will find your self facing a well-armed opponent empty-handed at a range that favors them.

Personally, when I close like that I never retreat and don't stop the attack until I have gotten complete mastery of my opponent. I never give them time to bring their weapons into play; therefore it doesn't matter if they have one or twenty weapons. It is hard to hit someone if you are unconscious or dead.

Again this is covered in FAR more detail in my **Weapons Deadly Truths** book. This book isn't a ninja turtle text, on how to swing weapons but instead, it is about the principles behind weapons, so that you can understand and exploit the weakness of each type of weapon. Also hopefully giving you ideas what you shouldn't do!

Q: Sometimes you talk about weapons. Can you share your views on weapons?

A: I have I written a whole book, **Weapons: Deadly Truths:** which expresses my ideas on weapons training. I will state that I am absolutely not a fan of the Hollywood ideas of weapons use or defense. Very rarely does what is shown in movies have any relationship to real life. Unfortunately most people train with weapons as if what they have seen in the movies or some tournament is reality.

I will just remind everyone that what you see are special simulations of weapons. Hollywood props are far lighter than the real thing and specially constructed so that they will not hurt anyone.

Q: What is your advice on learning to use weapons correctly?

A: Seek out a qualified instructor...not someone that tries to impress with you how fast or fancy they can swing a weapon, but someone who knows the theory behind the weapon they advocate.

Also make sure you have someone who is teaching what you want to learn. The

world of martial arts weapons for tournaments is as bad (or worse if that is possible) than the movies. Tournaments are total unreality when it comes to understanding weapons as they are used on the street.

Q: What are the most dangerous weapons, in your opinion?

A: The Human brain coupled with a trained spirit. That is not a trite answer.

There is an old saying "The wizard in his library is more deadly than the dragon on wing." Man has not met anything, except man, which has been able to defeat him. Thus man is his own natural and worst enemy!

Beyond that, since you really mean what physical weapon is the most deadly, I would have to answer definitely the knife (especially the short double-edged variety). In fact, there are studies which shows that there are many times more police officers killed with knives every year than with guns.

The truth is that even if you are a great martial artist against someone of even moderate skill with a knife, your odds of getting a serious cut are very high ... even more if they are really good. Probably the biggest problem is that unlike the movies or most training sessions the trained person with the knife will NOT come barging at you. They will take their time and use the advantages of the blade without committing themselves, so you can't do something fancy.

Q: Then it is hopeless against the knife?

A: No, but definitely the best defense is not to be there! The second best thing you can do is to take the person out of the picture as fast as possible by whatever means you can. The longer they have to cut on you the more your chances of dying. Fighting with or against someone with a weapon is not a game, it is all out war and if you

consider it anything less you are not long for this world. I really suggest that you read my book on weapons. It will change your opinion.

Q: I carry on my key ring a small weapon called a Kobutan, it is designed, I believe, to attack Kyusho points and joints. My knowledge of the use of the weapon is limited to three or four techniques (Albeit effective ones).

I would be interested in hearing from other people about any techniques that may be adapted and increased in effectiveness with the use of this device.

A: The Kobutan is a particularly useful weapon, and can be used to attack just about ANY pressure point. Thus it is VERY useful! Here is one I teach (just an example folks, they all work). Scrape the point down the chest of the attacker and when they pull back reverse the direction but keep going upward and extend outward until you have firmly extended into a launch point of the neck where you give a sudden twist as you apply the last part of the extension and pressure. This makes an instant believer! out of attackers<G

Personally I like teaching the Kobutan because of its range limitations! There is little contention that the person was not intending to harm you when they get that close (the law says you have to have reasonable doubt that your life was in danger) versus if you spray them with mace (or other projectile type weapon) from 15 to 20 feet they can claim that they were just passing by and you attacked them. Don't laugh it HAS happened. We won't even get into the complications/problems with of those of weapons.

“Preoccupied with a single leaf you won't see the tree.”

Vagabond

Animal Styles

Q: What do you think of the Chinese animal styles?

A: That is like asking what I think of spaghetti! Good cooking techniques makes good spaghetti. Careless techniques make a mess even the dog won't touch. I think that man is the supreme animal. If you watch an animal fight and observe a technique then to imitate that technique is to imitate what works best for the animal, not necessarily for you. Instead you should analyze why the technique works for the animal. Try to figure out the principles, behind the techniques and then adapt the principles, if they make sense for you, not just the motions.

The same can be said for any martial arts technique. Obviously somebody made it work for them, or they wouldn't have passed it along. Still, will it work for you? You can probably work hard enough to make any technique work in any situation, but why should you have to work so hard to match yourself to a technique? Instead you should choose a style of martial arts that fits your own size, strength and ability.

That is why there are so many different styles, in existence today. Everybody is different and about the only similarity you will find universally is that those people who are extremely good in a style are those whose particular talents fit the specifications of that style. If they were in a completely different style they would probably be no better than average, maybe worse. Because they found their niche, so to speak, they excel. You should work hard enough to learn the principles behind the techniques of any style you study and then determine what principles are best for you.

Having said all that, I guess that I suppose I should use this opportunity to plug the concept of the animal styles, which are used in Quan Li K'an. As I insinuated earlier, everyone has certain techniques that will work better for THEM, based on their personal abilities and size. For example we use the following animal styles for the advantages each style has.

Please note that other martial arts styles may define these animal styles completely differently.... That is their option and not my concern.

Theses are ONLY the QLK **sub-styles** and I do not mean to define or comment on other martial arts styles

1) **Monkey** works at extremely close ranges. Therefore it is good for the smaller person. This sub style works so close that the taller person cannot bring their extra range or their strength to bear. In fact being that close is a definite disadvantage as it decreases the efficiency of their movements, giving the smaller person the ability to claw and climb onto the person's front, face, back, etc... using elbows, fists and knees to attack the vulnerable organs. It also contains ground-fighting techniques (Not to take your opponent to the ground but instead how to deal with the situation when you are on the ground and your opponent is on the ground [i.e. grappling techniques AND also when you are on the ground but your opponent is not]). Thus, it is a required set of knowledge to know for QLK students.

2) **Crane** uses knees, legs and elbows to initially attack the extremities of the opponent and then to moves in and strikes the central core targets. Outside of QLK this is frequently called Muy Tai. Although there are some very significant differences both in training and usage between Crane and Muy Tai, the general principles are about the same. Crane is one of our hard sub styles.

3) **Snake** uses winding, sliding and capturing techniques to bind up the opponent's extremities as they attempt a technique and then to attack them. It uses Circular techniques, which attack the opponent and causes them to turn thereby destroying their balance. Even more importantly is the ability to feel applied force and being able to nullify that force. I like snake techniques A LOT!

4) **Tiger** uses ripping techniques to capture and destroy tendons, ligaments, smaller joints and small bones of the body. However the MAIN point of tiger is the ability to SPLAT the opponent. [Hard to describe in text. There are falls, slams and splats. A splat is where the people near by who hear it get that queasy feeling.

A person does not get up from a splat! The maiming techniques are used to allow you go get tot he point where they splat is done. Tiger is a particularly brutal sub style as it maims the opponent. Tiger maiming techniques will get you thrown in jail ... which is still better than being dead, so ...

5) **Dragon.** What can I say about Dragon? I could go on all day and not really explain it correctly or fully. Dragon is composed of both long and short-range destruction techniques. It is a combination of short-range hand techniques against softer body organs, mostly in slashing/ripping techniques and long-range leg techniques designed to shatter ankles and knees. Examples of long range are kicks to the kneecaps with a rake down the shin or a low spin kick designed to shatter a person's ankle. Long-range hand attacks are frequently to an open hand grabbing and then doing a circular techniques, which sends them, flying.

Also a particular extremely powerful leg kick designed to shatter an ankle when you are at such a close range that most people wouldn't believe you could generate that much power. Many short-range kicks are usually to the inside of knees and then driving downward. Short-range hand techniques may

also send a finger up a nose (my finger, their nose) plus grabs to the larynx (fatal, not maiming, as in tiger), etc. Dragon combines the power of velocity and the meanness of every other sub style plus the Tai Chi form and 4 hand techniques and also summation effects to produce dead opponents.

Yet, while this tells about Dragon, none of it really explains what Dragon is, merely some of the tools Dragon uses. Dragon is really about the art of not being there and not doing what is expected; of possibly looking the opponent in the eye and simultaneously slapping them in the back of the head and attacking in all 3 dimensions in an asynchronous pattern.

Frankly the concept of the Dragon being mythical is because the Dragon is never there when you really looking at them ... but don't forget the Dragon's tail or claws or teeth

Summary:

Dragon does its work in a non-committal balance way. Probably Dragon can be best described as a asynchronous, asymmetrical, overpowering of the brain protective reflex of the body! Even if you are trained in Dragon.

Note: A person who can successfully use this sub-style can overpower another you!

Stories about what some master did grow over time... so do fish stories

DIM MAK

Q: What exactly is Dim Mak? You say it is real but have you ever done it?

A: Yes it is real. Have I used it in a delayed sense? No. Have I used it to stop a heart, yes. Once! When I was in residency I had to stop a person's heart that was in Ventricular fibrillation and there was no defibrillator available. yes he was in a cardiac ward but in fact the only defibrillator was in use on another patient at the time.

So if I was going to help them I had no choice! So I used an **altered** [i.e. a less destructive] version of Dim Mak technique to stop the electrical activity of the person's heart (as he was hooked up to a cardiac monitor at the time I and those around me could see exactly what was happening and it was recorded on the monitor!) and then we used WESTERN medications to restart his heart.

BTW This technique is well known in medicine as the pre-cordial thump. [You need to read my book on Dim Mak for the full explanation of the different Dim Mak techniques. There is not enough room here to duplicate the long answers necessary to understand what is really happening.]

DIM MAK: The FINAL Reality! Sorry but this book cannot be ordered without proof of age.

Email me: bemiller@cloudnet.com

And to the question is Dim Mak real? Yes. If you think about Dim Mak as any traumatic blow that causes the person to die at a later time, then you would be able to find much evidence of such trauma in emergency situations like car accidents and

falls.

When you understand the principles behind what has happened to the person, you realize that such blows can be duplicated. The fact, which makes Dim Mak so much of a legend, is that when the concepts/ techniques were developed, man understood little about real medicine. When you caused a certain trauma that had to be reversed surgically or caused massive infection, then without modern treatment the patient died.

Nowadays we expect that most of the time most people live through these traumas. This is not because the techniques or traumas are any different, but due to superior understanding of the events, trauma and improved medical understandings AND TREATMENT thus the problems get diagnosed in time and fixed. I give you the example of a burst urinary bladder. Without treatment the patient will get infected and die, but it will take days to weeks to die. So is that magical? ... NOT at all... but two hundred years ago it sure was.

I know that this explanation flies directly in the face of what Chi proponents like to believe about hitting specific points at specific time of the day. I have studied those theories and understand them from the Chi point of view and ALSO from the western medicine point of view. While I understand the time relationships and the specific points, I must tell you that the real explanations are purely medical. Certain organs are more susceptible to damage at certain parts of the day if you understand high-level medicine and the field of chronology. There is no mysticism in this at all. Chi explanations are bogus!

I'm not aiming for a knockout. I focus on doing my best. If the knockout comes, fine. If not, that's okay.

Manny Pacquiao

KNOCKOUTS

Q: You have referred to different types of knockouts. How many different types of knockouts are there?

A: There are four types; three light force type and one massive type (i.e. shake the brain around inside the skull until the poor victim passes out.) I explain all this in the Book **The Complete Book of Light Force Knockouts:**

I also explain why every knockout **causes a degree of brain damage**. By the way this is not just my opinion but also the OFFICIAL opinion of the AMA and every medical association of every country, which has taken a stand on this issue of knockouts, in the world.

And YES despite the claims of some people, there are EEG changes, which occur after a knockout, showing the damage. Again the complete explanation, is found in the Book the Complete Book of Light Force Knockouts.

For your safety you need to read this book

A superior man is modest in his speech, but exceeds in his actions."

Confucius

Pressure Points and Poison hands - relationships

Q: What is the relationship between Pressure Points and Poison hands?

A: Actually they are significantly different. Thus they are the perfect complement for each other.

Pressure points cause an immediate effect, which may get a little more intensely pain full for the next several minutes.

Level 1 Poison hands however, causes pain which continues to increase for hours (or days if you deliver a very hard strike). This type of strike is why these techniques got their name because it was like someone had injected poison into that part of your body.

This of course is completely false. Contrary to the utter nonsense I have read about people putting poison on their hands.) It is just that you have caused certain well understood but specific physiological responses, which will get worse (in terms of pain and ability to use the extremity) before they get better.

Level 3 strikes are similar in a way but are more about causing paralysis (similar to tiger techniques than Pressure Points). There is a little overlap, but not much.

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Q: You keep saying that Western medicine understands the principles behind the techniques you have explained. Yet, when I ask those who are trained in Western medicine including MD's I do not get answers which make sense.

A: Well you have three possible [probable] problems here and I am not sure which one you have. The first problem is that there is a horrendous difference in knowledge between the research & top levels of medicine and the business levels.

Now, I do not mean this as a put down of the normal, or business levels, of medicine for that is the level that is responsibility for the majority of health care. But clinicians are terribly busy, They don't have time to play theoretical games.

And in fact, the real understanding of medicine on an advanced theoretical level is in the domain of researchers and not the general MD. Such information generated by this level trickles down to the main/ business levels when it (the research information) has practical techniques and data, which help the individual practitioner, deal with the problems they encounter in the daily practice of medicine. If something does not apply to their practice then most MD's have little or no interest in it. That makes them the same as anyone else.

The second problem is one of communication. Most MD's are not versed in martial arts terms nor Chi. One must understand the scientific training and orientation of medical schools. Thus they (Physicians) may not be able to use terms, which you understand or vice versa and furthermore may not take you seriously if you try to explain in Chi terminology or if you have a limited grasp of anatomical terms.

Third, the majority of MD's which I know of (and yes I know of many who practice martial arts) do not condone violence or even activities which seem to be related to violence. NOTE: it is their opinion that is important here not your or mine because it is them you are asking for information & thus they are most probably not going to be that outgoing in volunteering such information.

Let me also say that most [not all but most] of the CLAIMS of being Doctor approved. Are from Chiropractors...Yes they are doctors - but only doctors of Chiropractic medicine, Not Medical Doctors.

Yes that is a licensed practitioner but NOT a clinician that CAN PRESCRIBE anything. Thus these claims are only of their [mostly paid for] opinions!

In short Advertizes LIE!

“However beautiful the strategy, you should occasionally look at the results”
Sir Winston Churchill

POISON HANDS

Q: Why are Poison Hands techniques the opposite of pressure point techniques?

A: Especially with muscle attacks, Pressure Point techniques work better when the muscles are loose. Poison hands techniques work best when they are tight. Therefore the person who tightens up to nullify your Pressure Point attack makes themselves even more vulnerable to a Poison hands attack.

When dealing with level 1 Poison hands it is only required to use an open hand and no grabbing whereas pressure points of course require you to grab (mostly)

Pressure point nerve strikes are designed to do temporary damage whereas Poison hands are designed to do permanent damage. Especially at level 4 & 5 Poison hands techniques attack organs deep inside the body whereas Pressure Points (mostly) deals with points on or immediately below the surface [The exception being reflex points which are triggered from the surface but actually located deep]

"Persistence is the twin sister of excellence. One is a matter of quality; the other a matter of time."

Author unknown

Business Suggestions

Q: Why don't you offer examples of your material (rather than just descriptions) on the Internet?

A: You are probably right about your suggestion in that I would sell more if I provided examples and you are right again when you state that I want to keep the info away from "The nut cases."

Literally though, would you put a load gun in the hands of a hyperactive teenager? I frequently sit on my teen black belts every now and then, (sometimes quite literally), just so that they remember that they are not invincible. Teenagers have a nasty habit of not thinking through their actions or the consequences of them. I suppose that isn't too much different from the rest of us except more exaggerated due to hormones.

Anyway they have a tendency to try things that those of us with more years under our belts wouldn't. While that may be good for the human species in general I don't want them trying out the techniques I write about without proper controls.

However there are two bits of info which you may (or may not) be aware of: Those who have been with me for a while are aware that my primary reasons for selling the books and videos is NOT money.

No, I am not rich, nor crazy but I do have a good full time job. Therefore, I really do not care if I sell a lot of materials. In fact I would rather restrict the information to those who are serious enough to be willing to work for what they get. (I mean mental work here! The lazy won't do the work to understand what I write so they self-eliminate themselves and to me that is for the better.)

The other reason is that because I am actually laying the real techniques and principles in the open I would be encouraging the causal user to experiment with things which they are not really prepared to understand (i.e. they are not reading the whole story).

So why am I even selling these materials? Because several years ago I decided that one of my personal missions was to give those who had a desire to learn the real scientific principles behind martial arts so that they could get beyond the magic and ego and learn what works and more importantly WHY.

Now this is a small market and that is fine with me but obviously I must be doing something right for I get about a 70% repeat purchase rate. I am not trying to be arrogant here just honest and I thought that with your comments (for which I am appreciative of your intent!!) you deserved an explanation of my motives.

Q: Does race play any part in sensitivity to vital points (Pressure Points)?

A: Yes race does play a **MINOR** difference because of two possible reasons; because there is a racial difference in predisposition to the amount of fat in the skin of some races (Blacks in general have a tendency to have LESS fat pad covering) thus those with less fat covering will have greater sensitivity.

People with more fat pad covering in general, will have less sensitivity. There is far more of this difference within a race than between races though! Personally I believe that the real reasons for the differences in fat are more cultural than racial. Outside of that there is no difference that I know of.

Q: Does a person's occupation have any factor in vital point striking?

A: YES! People who are receiving chronic stimulation of a certain part of their body will have LESS sensitivity in that part of their body. A perfect proof of that is both Muy Tai and Uechi Ryu which both do considerable training stimulating the arms and legs. Such practitioners are essentially non-responders in the areas where they have practiced hardness training and you can stimulate Pressure Points in these areas as much as you want and nothing will happen (at least to them).

"Fear is the true opiate of combat."

Author unknown

DRUGS

Q: What are the effects of Marijuana, Alcohol and PCP?

A: Well, alcohol can first increase and then decrease sensitivity as it first stimulates and then depresses brain function. Marijuana stimulates the limbic system of the brain thus it INCREASES the bodies natural panic reaction to pain and therefore in short INCREASES sensitivity. Because PCP causes a disconnect, between the cortex (the intellect) portion of the brain and the rest of the brain, PAIN does NOT work to control such a person [on PCP]. The only ways to control a person on PCP is to physically disable them or to use primary REFLEX pressure points.

Reflex points will always work because they cause a reaction from the spinal cord and BASAL portions of the brain thus the person does NOT have to be aware of them or feel any pain for them to work.

Having worked in an acute psychiatric hospital - psychiatric admission ward, I have seen many cases of this. And had to restrain many such patients. I did this rather than have the police do such, BECAUSE I could do so without hurting the patient [nor having the police get hurt.]

The Officers I worked with at the hospital were very good officers. They very well could have restrained such patients but they are not trained like I am, and they were also quite aware of my abilities and that I could handle such patients without hurting them, and they let me do what is best for the patient!

I promise you if I could not have handled the situation they would have. But they never had to. Actually that is something I am proud of ... of all the admissions that dealt with violent patients I never hurt a single one of them

Note the only time someone got hurt is when an Aide tried to step in and help me. The patient sent him flying into a counter. Ward policy was changed to make it clear to stay out of the way. If I could not handle the situation the police would. They never had to.

NOTE: Unfortunately many of the same symptoms of lack of pain are found in schizophrenia.

Q: Here's another interesting debatable topic. What is your view on harmonics as it applies to vital point striking?

A: Resonance is a VALID technique but very hard to practice. However the principle is like this; the first strike sensitizes the area and sets up the initial pain impulse to the brain. The second strike plays on this. Additionally if timed right the organ or structure under the strike has been propelled away by your initial strike, bounced off any structure underneath it and is heading back towards you when you hit it again. It is much like a person stepping into a punch. Additionally the oscillation itself can cause damage as it is possible for the underlying structure, (especially if it is hollow), to shake it self-apart.

This is referenced in the book **POISON HANDS: Truth, Techniques and Reasons**

Q: I have a question for you: "how do you define 'natural' movement?"

A: One that is done without strain. In QLK and Tai Chi terms it is a movement, which is easy (little force) to accomplish, works quickly and happens in ways that a

person would normally move. Thus a jump spinning kick would never be considered a natural movement!

Now it is well known that an experience practitioner can make more complicated movements seem natural than the beginner can.

However, if you remember that the movement should flow from the hips, be simple to accomplish (time/set up) and take relatively little force to accomplish, and you will have a good working definition. The corollary is complicated set ups and complicated explanations are neither natural nor do they work on the street in real situations.

Q: I've come up with a couple of new applications. Tai chi form is: opponent attempts to grapple you; you apply -- shoulder strike up into the heart plexus followed immediately by a spear hand into the carotid sinus on the neck, finish the application with an elbow to the Xiphoid process.

A: Hmmm... That is complicated and I will have to try it out before I can comment rationally. Initially I think I wouldn't bother with striking the carotid sinus...it is waste of time and really has no effect except in a older person. (No it really doesn't affect blood pressure much in a younger person) Instead there is a point that is halfway between the carotid body and the jaw, which is the site for the Digastrics muscle. I believe the hypoglossal muscle might also work but not as well) When that is struck (especially if the hand is rotated outward/clockwise it causes a REFLEX withdrawal...

See the Pressure Points The Deadly Touch: Video to see an example of this) This is far more effective than striking the carotid body and it works at any age.

Q: Mr. Miller, I have a problem that maybe you can help me with ... I do not know if you practiced traditional methods or modern. I used to study Goju-Ryu for years and had to move away from my school...

I had to leave because I was in a car accident and could not practice any longer. I have healed myself but keep feeling this PULL back to my traditional dojo. I have tried to improvise but I am out of shape and have a low self-esteem because of the weight I have gained. Could you please direct me into the right direction? I am sorry to bother you with my problems but I have no one else to turn to... Thank you

A: Well I am really a combination of a modern stylist and a traditionalist but in my opinion that doesn't really matter.

What matters in my personal opinion is:

- 1) That you enjoy what you are doing! If you do not enjoy it then over the long run you will simply put in your time and finally give up and discard everything you have put yourself through.
- 2) That you are getting what you need from what you are doing. Meaning are you learning what you want/need to. For example are you getting the physical shape you really want? Or is there something else that you really want from the training? Are you getting that?

My advice is that if you are feeling the pull back to your traditional style and it can meet your needs then you should go have a talk with your / the instructor. Do not be ashamed of having gained weight. It is not where you are now that is the most important thing but where you are going and your determination to get there that makes a person successful (the real success...inner peace).

Many people are quick to judge others by outward appearances. Ignore them, for theirs is a weak spirit, needing something to criticize to make themselves feel better. You will find that to be unfortunately true, no matter how successful you become in life.

In fact, the more successful you become the more people will hate you simply because you are successful. You cannot let others be your measure of success or failure. You have to be aware of what you need and what you are doing to fill those needs in order to be truly happy.

If you do not like the weight you have gained then you can change that. I won't say that it is easy but then when you have done what you want then you will have accomplished something that you can be proud of!

I urge you to think about what you really want. Then go find someone to work with that you can relate to. It may even take several tries and several instructors before you find one that meets the individual needs you have. Do not let that discourage you. Every person is different and every style taught by every instructor is a little different. That is the beauty of martial arts because that way you CAN find what you (individually) need. It just takes the time and the work to search out what is best for you.

In closing I will encourage you to look around. Try out different styles and different instructors and then go where your heart leads you. And you will do well!

I wish you the best of luck and I hope that life treats you well

P.S. If you are interested I do have a book that explains how to control your weight though natural reflexes...i.e. NO dieting. If it interests you let me know.

Why does it seem MOST DIETITIANS ARE FAT:

Stop letting Grey's Anatomy' fool you into doing pre-med.

Bowen Yang

Anatomy Questions

Q: I have just a few questions of anatomy for you. I know where they are but I don't know the function of: the hypoglossal and the Brachial Plexus.

Also can you suggest a good reference book for this type of material? At this point in my learning I want to know not only what I'm striking but, what also kind of damage I will possible do, if the strike is correct? I believe that this will help me in my research and also that it is responsible to look for this knowledge so that if I ever teach it, I can state damages as well as what and how you would stimulate.

A: The Brachial Plexus is the name for the nerves that run between the vertebrae of the cervical area (the neck) and the shoulder. These nerves then and separate several times [enough that it is impossible by dissection to follow any individual nerve from the vertebrae through the mixing in the brachial plexus]. The nerves pass through the brachial plexus to the arms, forearm, hand, etc... it is the actual (multiple) bundles of nerves which are called the brachial plexus. The brachial plexus lies just posterior to the clavicle and anterior to the superior aspect of the Trapezius muscle

The hypoglossal nerve lies deep in the anterior neck (under the chin) and innervates (innervates) the tongue. It can be stimulated just medial to the mandible.

For a good anatomy book probably the best out there is GRANTS [which in my opinion is much better than Grays] but it is VERY expensive and yet is not really orientated to the martial artist.

A MUCH better book IMHO is the one I have available because it is formatted for the MARTIAL ARTIST- something that no other anatomy book in the world is. In

NO way does it contain the information of a real anatomy book. However it cones things down that the average martial artist needs to know. There is a dramatic amount of information in the average Anatomy and physiology book. Most of it has little to no application for the average martial artist. **Essential Anatomy For the Martial ARTIST** is a START. Once you get areas to look at then refer to regular Anatomy and physiology book to get a deeper view.

Q: Another question along the same lines is what is the potential danger to the body that could be caused by striking/ activating these areas?

A: Striking the Hypoglossal nerve can theoretically paralyze part of the tongue. (at least partially, as it is not the only nerve, which sends nerve control to the tongue)

Striking the brachial plexus is a real can of worms...Initially you can interfere with the nerves sending messages to the arm, forearm and hand. Since there is so much mixing of nerve signals you do not get the clean paralysis seen in most nerve injuries. Instead you get a patchy situation where a small area hurts or doesn't work well and then on both sides of it everything is fine. These areas are repeated up and down the arm. Frequently western medicine mistakes this for Carpal Tunnel syndrome and then does not understand why the corrective surgery for Carpal Tunnel does not work... Sheesh. Gross paralysis does not usually happen unless the complete Brachial Plexus is severed.

Unfortunately the damage may not stop there as swelling in this area after a strike can set off cyclic episodes of swelling and muscle spasm followed by nerve pain, followed by muscle hypertrophy and chronic pressure on the nerves, followed by recurrent symptoms in the arm, forearm and hand possibly even with muscle atrophy in these area... and definitely with decreased strength, simply from pain. The chronic pain can also cause secondary muscle atrophy due lack of use. This subject is discussed in the Poison hands book... level 4 strikes.

Q: Wow. Yeah that helps but it is a lot to digest

A: Yes, it is quite a bit to digest.... This problem is very complicated and has kept many a poor patient in pain and clinician well fed (through fees paid) throughout history. In fact this area is one (of several), which convinced the Chinese that there must be some sort of blockage because manipulation of this area does provide some relief. In fact proper understanding of this complicated problem and correct treatment (which incidentally in some levels does resemble some chiropractic treatments) is the only cure for problems of this nature. The brachial plexus area is one which is relatively easily damaged and so hard to heal.

Q: An instructor in our town teaches a different style than I do. He requires his students to jump through a lot of non-martial arts hoops and basically bow down to him whenever they meet him on the street. Plus he charges them a lot to test and then holds their attendance in a lot of non-martial arts things over their heads before he will even let them test. Some of his students have come to me for advice. What do you think about all this? I am a new instructor and have only been teaching for about 6 months but have developed what I believe is a pretty good reputation.

A: Ok, suggestions: Yes it sounds like the competition is an egotist. GOOD! That makes the competition easier. The crazier he gets the better you will look. Now what you need to do is to concentrate on doing what you do well and that is teaching real martial arts. Don't worry about his school. That is his business and you have no business dealings inside his doors. What happens in you doors IS your business and you need to concentrate on that and that alone. If you teach good material fairly and honorably you will develop a good reputation

What you need to remember is that you are not only an instructor, you are a role model (especially to the kids in your school). Therefore, don't get into name-calling

or any other contests with such an egotist. IF you continue to do well then I am CERTAIN that the time will come when he will start to badmouth you. Count on it. That is a good sign because that means he now considers you a threat. The more ethically and responsibly you act the more he is going to come off as he really is. Don't worry. The word is already on the street and the serious students will find themselves at your door. Furthermore, those people who are willing and enjoy his type of training/abuse (and believe me there are more than you think) are best off going to that guy. You don't want that type of student anyway.

Despite the hype and common perception there still is a place for quality in this world. You may not get famous without the hype but believe me you will sleep much better and be able to look yourself in the mirror in the mornings and know you did a good and honest job.

“In the struggle between the stone and water, in time, the water wins”

Japanese Proverb

PRESSURE POINTS

Q: Can Pressure Points be used as knockouts?

A: Yes, [See the complete book of Light force Knockouts. Light force KOs are a type of PP.

1) Also if you cause enough pain you can cause anyone to black out! That is exactly what you are doing with the foot knockout but that is a unique situation of small muscles trapped between you and bone with a high amount of pressure on them, preventing them from moving out of the way... thus INTENSE pain is produced. To my knowledge there is no other place in the body, which fits this scenario as well (so “yes” for the foot, “probably no” for the rest of the body.)

2) As above KO's are the ultimate Reflex Pressure Points. See my books on Reflex Pressure Points and **The Complete Book of Light Force Knockouts.**

3) The secret of Tai Chi is understanding Pressure Points, Poison hands and knockouts and then to apply that understanding to the moves in the techniques.

Look at each group of moves as an attack and figure out how that would disable (not block... as there are NO blocks in any forms) and you will have a secret.

Q: Hi- I was wondering if you knew anything about the teachings of Bodidarma. I heard of a Grand Master, whom I think knew these teachings, his name was Grand

Master Pai. I was told that at a demonstration he was going to break a huge block of ice with a palm strike. Right before he hit it he stopped, looked at the crowd and just touched it and it shattered. I don't know if this are the actual teachings of Bodidarma or even if this technique really exists, but if it does, and you know anything about it or know of anyone who does could you please mail me.

A: Well it could be true but personally I doubt it. I never put much faith in "someone told someone" type of stories! You should hear some of the nonsense about what I supposedly have done in seminars. (None of it true... Sheesh) Stories grow and get better with EVERY telling, just like the size of fish!

In my personal opinion it is better to put your faith in provable things than hearsay. It isn't as glorious but the self-reward is better!

Q: Would you explain in a little more detail how you are going to roll points when striking. I am having a problem visualizing a way to do this.

A: Sure, it is called an "after strike". Keep contact (with your opponent) after the strike and then roll the contact point. Visualize a knuckle strike and it is easy to see, or a knife hand that is rolled across the Sternocleidomastoid muscles. You will quickly see that the rolling effect can have dramatically more effect than the original strike did.

It is as dangerous to become addicted to ones enlightenment is a dangerous as not achieving it in the first place

Enlightenment

Q: Can you explain your comments on enlightenment?

A: No problem. Well yes it is because no words I know of can actually explain. Enlightenment is the ultimate spiritual (not religious) goal of martial arts. Yes, defense is a worthy goal but there is so much more that can be achieved with control of the mind than purely physical aspects. The top of the pyramid, so to speak, is enlightenment. Which is an almost orgasmic level of peace, joy and understanding, not really describable in words.

Many Eastern religions and disciplines make enlightenment a focal part of their religion but it is in itself something that is completely naturally understandable (even scientifically) and NOT restricted to any particular belief in religion. It has just been associated with Eastern religions because they are the only ones who have developed exercises to reach enlightenment (frequently these exercises are meditations and mental exercises called KOANS). The problem is that you cannot get there from a purely intellectual understanding of what is happening any more than you can physically lift yourself up by your own bootstraps. One DOES need a base to use for a focal point and thus the exercises. However those particular exercises are NOT required so other paths of understanding are also valid pathways to enlightenment.

I know that is confusing but I suggest that you try searching the web for different material on enlightenment.

This is a VERY good question and does not profess ignorance. It is just that unfortunately the majority of martial artists have never been taught that there are

two whole realms above the purely physical. (Mental and spiritual... NOT the same at all) and that is tragically sad!

P.S. Regardless of what you have or may be told enlightenment is NOT a religious orientation. While it transcends the purely physical it DOES have a significant physical component! (This is the base I was talking about) However, you can NOT get there from chi.

Energy relationships between a person and the universe have NOTHING whatsoever to do with meridians or strike points. Can this energy be used physically? YES!!! In ways that are not even imaginable to those who limit their vision to the purely physical limitations of chi! BTDT

See the Book: The path to Enlightenment.

Comment: I have also been asked numerous questions about my definition / feelings of enlightenment so I will answer with a short blurb.

I have been thinking about this subject and the questions asked about enlightenment and some the responses and implication about what I said and feel that a bit of clarification is important. For those who are not interested in this I suggest the delete key would be appropriate about now...

I believe some of the confusion is really a difference in the definition of terms. Many misunderstandings are!

First off, I can only relate enlightenment in personal terms ... so if you don't agree with this or have had different experiences then that is perfectly valid ... As it really comes down to how each of us defines our own boundaries and systems of values anyway.

Ok, with that said, for me:

Enlightenment is NOT a religious term. It is more of a combination of both spiritual and matter-of-fact situations, which FOR ME transcends religious bounds.

Secondly it is a temporary state. While there are/were/may will be people/deities who can and have reached the state of permanent enlightenment, they are not normal people (at least by my personal definitions of the limitations of normal people). Luckily I am not nor will I ever be such a being. Thus while enlightenment is a wonderful state and does tend to impart a level of understanding it is purely a temporary state.

My viewpoint on Enlightenment can probably best be understood if I try to explain it... stating in advance that there really are no words for an adequate explanation.

Ok, the best description I can give is to compare the experience of enlightenment to a mental orgasm. However no matter how wonderful it is, an orgasm is merely physical experience. Whereas an experience of enlightenment is a combination of the physical and the mental orgasms. PLUS there is an instant rapport with the universe and a sudden level of understanding which transcends any verbal description. So you would have to add the mental joy and the understanding to the physical joy to be able to even begin to be able to describe what goes on.

Note: This is an instantaneous process and time seems to have no effect ...you are either in or not in this state, there is no build up or gradual wind down. You either are or are not.

Unfortunately (for normal people) this state passes all too quickly. Even the understanding, which is achieved during this state, is so far above what our minds (at least mine) can retain, that one is only left with memories of what was temporarily gained. In fact the loss of this state can be quite devastating.

True, there may be some general overall understandings retained after one comes out of the state of enlightenment and these can be very life changing (for me they were) but again it is (IMHO) not possible to retain the vastness (here words fail to describe this mental state) of what is there. All that can be retained are mere glimpses and memories of what was.

I could go on for books about how it encompasses the entire universe and relates to every living thing ...blah, blah, blah ... but such doesn't change a thing. Ok so it is a wonderful state that can change your life as it changes your understandings... (So can a Traumatic Brain injury) so what?

Well, as they say, you can't take it with you ... meaning, if you are normal, you can't remain in that state and if you even try you are going to have to give up everything you have in this physical world ... I mean more than just possessions here.

Many of the assumptions and beliefs we have which make our world tolerable have to go also! Even if you do go on a search to learn how to enter this state on willpower alone does it make you a better or special person? NO! Not IMHO!!!

It may be special if your newfound understanding makes some sort of change in you as a person. Does it make you a god or anything next to it...? Well maybe if you were able to stay in that state and have the total understanding for the rest of your life ... maybe you would be able to do good and understanding things that us mere mortals can only glimpse at... However I couldn't/didn't and am not capable of any of those things.

NO it didn't make me anything special- just the opposite. As one realizes there is so much more than self . I think/ hope my experiences made me a better person ...from purely MY personal point of view and we don't need to go there <G ...at least far more satisfied with my self and less worried about any fame or glory. [Which is why I write/publish the way I do].

So in closing, is enlightenment Nirvana? I would have to say, based on my experience, YES. But even Nirvana has a price. There is an old ZEN saying, which I do believe describes it well “ to become addicted to ones enlightenment is a dangerous as not achieving it in the first place”.

I know this is/was long winded but I hope it helps understand where I am coming from. Each person, will have to decide for themselves, what enlightenment means to and for them, and of course whether the search for such is where they want to go.

Bruce. For more on this you can check out my book on the subject

SECRETS OF POWER - The Path to Enlightenment:

“Never interrupt your enemy when he is making a mistake”

Napoleon Bonaparte

Meaning of Forms/Katas Questions

Q: I saw your Meaning of Forms/Katas video and I think I understand most of what you are saying especially the levels of meanings. However, when I try to test out some levels of the meaning work (especially level 3) in my katas it just doesn't work? Do you have any idea why?

A: Actually I do. This is a very common occurrence! The reason is that level three, throws requires a lot of force if they are not done absolutely correctly. Usually the biggest problem is trying to throw/ move people when your arms are not close to your body. In other words pull your opponent in close to you body BEFORE you execute the turn. ALSO use the force of your hips and not the force of your shoulders to execute the turn. These two elements will DRAMATICALLY increase the force you have and the leverage. Thus you will be able to move people who are much larger than you!

Q: You make a big point of the openings in your katas. Why?

A: Well, first off you have to understand the real meaning of what the openings are for. Let me say that they are NOT a show of respect, nor are they some sort of secret sign of a particular style. What all openings are, at a minimum, is a way to make someone get their hands off you extremely quickly. Which means that it starts with your opponent grabbing you.

Now before you ask, EVERY kata I have seen so far, starts with a move that in

my personal opinion qualifies for such a definition. Granted I have seen some pretty butchered variations of a move but if you look at the underlying move you can see what it is supposed to be. ADDITIONALLY the truth is that if done correctly, almost every opening I have seen is really a Knockout in the higher-level meaning.

When you change the way you look at things, the things you look at change."

Dr. Wayne W. Dyer

MISC, MORE General Questions

Q: What is the difference between light versus heavy jabs/hits;

A: Well it is both a question of footwork and intent. With a light jab you throw the strike off the front hand like a boxer would: fast with medium to light power and intent to sting, irritate or distract your opponent. With a heavy jab you also throw it fast but this time you fall into the strike. Thus there is very significant power delivered! It may look the same from the shoulder up but in terms of delivery force it is NOT!

Q: You frequently say that you "fall into you techniques".

A: QLK practitioners put their weight behind their techniques by literally falling into their strikes! In fact the strike will land BEFORE their front foot touches down. I compare this to the concept of throwing a fastball at some one from a moving train. Not only do you have the force of the ball hitting but the speed of the train adds considerably to the force of impact. The QLK practitioner uses his weight to increase the force of impact AND to force penetration of their strikes. (No matter how fancy or hard a strike is it is No good if the strike bounces off or only hits the surface)

Q: Does this "falling into technique" apply to both kicks and punches?

A: Absolutely! Kicks are even more important to fall into than punches, as it's the

best way to develop significant power without having to kick off your back foot.

Q: What do you think is the major problem with most Martial arts styles?

A: buy that is a loaded question. BUT IN MY OPINION One of the biggest mistakes (which can be fatal) for most martial artists, is the lack of training they have had in sparring below the belt. Because of safety reasons and because of dramatics the majority of martial arts schools in the U.S. teach and practice sparing ONLY above the belt. In fact most take it the next step also and only consider those strike points in the front of the body.

Now, I will flat out admit it is far more dramatic to kick to the head or the upper chest than to the knee or legs. The movement is flashy, can do considerable damage and can easily be seen by the judges in tournaments. Such reasons make it a popular movement in several styles, especially of the Korean variety, in the U.S. today.

It is my opinion that, if you do not train to do something like kicking to the groin, no amount of supposing that you are going to do something when you need it will make it happen. The truth is that under the stress of an attack you revert to what you know and do best and that does NOT encompass new unpracticed techniques. In fact, even if you have the technical ability to do below the waist kicks your brain will not even see the openings!

The second HUGE mistake is that people are not taught to strike an opponent HARD. And by that I mean hard enough to maim or kill. Sure they talk about it but rarely do students have the mental preparation to do exactly that. So they are not prepared for the street. The UFC proved that.

Q: You frequently talk about “circular techniques” can you elaborate.

A: I can elaborate on just about anything just ask my wife <Grin Seriously, circular

techniques came from the Chinese side of our history (In QLK) and they are designed to overcome the strength of an opponent trying to do linear type movements. Think of it this way if you are trying to push (or punch at me in a straight line it takes a lot of force to stop that punch. IF I deflect it, it is easier but why? The reason is that the arm is no longer moving in a straight line but rather an arc which starts from the moment I start putting force on the oncoming punch.

Now when you extend a person, especially in an arc type motion, past the point where they are in control of the balance of the situation they lose the power behind the move. Also every movement has a range where it has its best power response. If you can cause your opponent to move outside that best response range then you weaken them. Moving their arm or leg outside of that best response range especially in an arc causes them to lose power and can even cause them to lose balance.

The same is true when you are delivering a punch but in reverse. Instead of being weaker you are in control of the arc so you can keep your punch inside your power curve.

Additionally when you move your body in a circular motion especially if you do so with the circular being driven from the hips (called internal techniques in some styles) you are using a tremendous amount of muscles besides those in just the extremities. Just think about the power you add to a punch when you drive it from the thighs, now add all the back muscles behind it and you get an idea of the tremendous force available for use.

----- Comment on Training / learning to spar -----

Another problem that many students have is that they have really no idea of where to focus their attention in regards to their opponent. If they look at the feet they get hit in the head. If they look up, they get kicked. This, of course, leads to frustration that can decrease even marginal performance and makes some students give up, feeling they can't learn.

The truth is, as you may have been told, you really do have to look at everything at the same time. No, it is not impossible. The trick here is to look at everything but not to focus on anything. When your eyes look at something, the entire image is being fed to your brain. It is the brain which focuses on specific details in the image, blocking out other parts. When this happens in sparring, the result is as above.

The trick here is to practice your peripheral vision, so to speak, when you are not sparring. Pick out a large plain object (a wall will do) that is a few feet in front of you and then look at it seeing everything and none of it at the same time. What you are doing here is reconditioning your brain to pay as much attention to the signals coming in from the periphery of your retina as it does for those from the center of the retina.

Now note that instinctively your eye is going to pick up motion, especially motion towards you. When you learn to put yourself into a peripheral vision stare, that will even become more pronounced. Thus you will be able to notice the entire position of your opponent. Then all you have to do is learn to relax and you will be able to spot motion which are, in fact, threatening to you and those which are only feints.

I have recently started to question the value of kumite training for effective self defense or real combat, even though I come from a background of goju kai (17 years) in which there is great emphasis in kumite. (And I enjoy it). This has come about through studying taiji chuan and koryu Uchinada karate. I can see arguments for and against kumite and was wondering if other people in the group had thoughts on kumite and how to integrate it with real life or death type training? Some problems with kumite I can see:

1. Control, Control means that we are not fighting reflexively or instinctively, or even worse, that our reflexes have been conditioned not to hurt our

opponent.

2. It is not possible to do things such as eye gouges, throat and vital point strikes, or if they are done it must be with control.
3. Unnatural combinations and fighting habits can develop, such as waiting for your opponent, or using risky high kicks etc, because it is done in the safe friendly dojo environment.
4. A lot of techniques that work really well when used in a real situation and with intent, will not work if pulled or controlled, so get neglected in a sparring orientated dojo. A simple example might be a rising elbow after a front kick to the pelvic triangle, the kick doubles the person over setting up the elbow strike, this does not happen unless the kick is really put in.

Some points for kumite practise:

1. Good fun and invigorating!!
2. can teach student to remain calm and see what is happening in a chaotic or random situation.
3. Good for cardiovascular fitness.

Now my training and experiences of actual violence over the past few years have led to me wondering if we should get rid of kumite training altogether?? Is it too risky to teach people to pull and control their techniques or to play the game of sparring within the safe boundaries of rules?? Or can kumite be integrated in with other training such as bagwork, single attacks etc?

It is IMHO imperative to practice sparring! However I agree with you completely that if you merely air tap and count points that you will develop habits that will get you

killed on the street.

Instead I believe (and my personal experience seems to bear me out) that if you learn to spar so as to practice CONTROLLING your opponent that you will

1) You have to practice with contact as it will always get close and dirty and most likely will wind up on the ground

2) that the control you learn will not translate into inability to do the real thing but instead will give you the MENTAL control to keep moving after you have been hit/ kicked/ put in a bad situation yourself.

A: yes it is imperative that you learn control but since NO two episodes of this type of sparing are ever the same it prepares you for the variations which will happen in real life in the ways that no fixed drill can possibly do.

Q: does that mean that fixed drills And bag work are worthless (IMHO) not at all ! but I find them very limited except to practice introductory concepts and techniques. It is not until you have to put these techniques to the test that you will ever learn to integrate them into what you will rely upon when it really counts and CONTROL type of sparring does this quite well.

Reported Comment: Bruce Miller wrote an interesting post on control sparring. I really appreciated reading what you had to say Bruce since I was having the same doubts about sparring.

Q: Bruce, I wonder if you could share some more details of how you teach/ practice sparring in this fashion?

A: Well first off I do start with mats ...and spend time ensuring that every one knows how to fall safely. Then we move on to techniques designed to teach you how to fall on hard floor / ground/ cement without getting busted up then we start with very limited contact for the lowest belts and work up progressively with higher belts to the point where they have the control to take someone down/ control them without exceeding

the threshold that someone is hurt (I differentiate pain from hurt here)

Q: How much contact do you allow? Do you use mats?

A: The contact varies as above but I have a standing rule that in any and every sparring episode the high belt is in charge. If the lower belt tags the high belt it is the high belts fault ...if the high belt hits (or what ever) the lower belt too hard (for any reason including the lower belt walking in to it, it is still the higher belt's fault!) and if they want to continue sparring without control ... then they are free to do so .. with ME

The truth is that I have had very few bad characters in all my years of teaching because I teach and treat all my students as if they are family and expect that they treat each other the same way. it seem to work for me and

because the students all respect each other they try NOT to hurt each other. Yet once you get two higher belts (equal rank) together they tend to love to see what they a can do yet do have the experience that they can keep with in the limits

Note : actually Brown belts are the most dangerous..(no offense meant just that I keep an eye on them the most as they tend to try things they can technically do ...but without the experience/ finesse to keep it with in safe limits

Q: I teach self defense with a lot of arm locks and elbow strikes built into the moves. Do you have a way that I can allow those to be used without people getting joint injuries?

A: Mostly as above ...it takes time to train up to that point. it will NOT happen overnight. Also I don't use pads as long ago I found that pads just gave people a false sense of security that they could hit harder ... and IMHO they do not really protect at all! Not for anything which can be delivered by a brown belt or higher.

As far as the overall philosophy of sparring, I believe (and my personal experience seems to bear me out) that you learn to spar so as to practice CONTROLLING your opponent.

Q: You say that you have to practice with contact as it will always get close and dirty and most likely will wind up on the ground. I am surprised that you say that it will most likely end up on the ground. While I do agree that fights always do get close and dirty and that it is vital to teach some ground work, I guess the minute you have gone to the ground something has gone badly wrong

A: Against an easy opponent I agree. But against someone who is good... you had better at least be prepared for it!

NO I don't beleive most fights will go to the ground. I think that most UNTRAINED fighters wind up on the gound. There is a steep learniung curve that if learned will prevent even the trained ground fighter from getting you there BUT 1) you have to know how to stop their intent [because they are good] and 2) you MUSTY be willing to use the force required to stop them. To many people train using minimal force and then can't understand why their techniques fail on the street.

But in case you don't stop the ground fighter it is essential that you can fight off the ground as well as you can standing.

But I note that with multiple attackers it is a VERY bad place to be but IMHO opinion. You will LOSE that fight and maybe you life ... learn how NOT to go to the ground!

"How people treat you is their karma; how you react is yours."

Dr. Wayne Dyer

Tai Chi

Q: You frequently have stated that you believe that Tai Chi is the ultimate martial art. Yet 1) you do not teach Tai Chi and 2) what makes you think it is so good?

A: Well, let me answer the last part of the question first. Tai Chi is the ultimate IMHO because it combines all the concepts from the others aspect in one integrated system. Additionally it thus allows you to defend yourself against aggressors in ways that do NOT require stamina or strength.

Now to clear up a misunderstanding. I do teach Tai Chi. However I teach such ONLY as part of QLK. In order to really understand Tai Chi you MUST understand the concepts and techniques of Poison Hands, Pressure Points, Knockouts and Dim Mak. Without these understandings memorizing Tai Chi is exactly like teaching a 6-year-old to recite a high-level calculus formula. The child may recite it seemingly perfect but they will NOT have the faintest clue of how to use it.

Unfortunately, today that is exactly the status of most people who practice and teach Tai Chi. A perfect example: the opening move of every Tai Chi form I have every seen (and yes I realize they are forms I haven't seen) is a very efficient light force knockout. How many people know this? I have even run into some so-called big names who are supposed to have credentials in the Tai Chi world ... yet they don't have a clue what this move means! I get all sort of answers ... usually they claim "well It depends" ...Let me say for the record! No it doesn't! That is the ONLY meaning (for this opening) that takes out the requirement for strength.

With that vague answer right there I know they are full of it! They may talk the talk

but they can't make it work on the street! So far I haven't run into a single "Tai chi MASTER" who can make his claims work on the street against someone who won't cooperate or is a non-responder. Frankly, I truly would like to run into someone who could make it work even better than I can on the street ... I would like to learn from them!!

For example: I had one so-called expert, (the reportedly top student of an extremely well known Chinese Tai Chi instructor in the US), tell me that the Yang Long form really didn't work on the street. Why? (his words) Because it had been taken apart and that to be effective one needed to put the moves going to the right back together with the moves going to the left to work. Incidentally he also claimed that the single whip was nothing more than a push.

He had no answer when I dumped the uki I was working with in a heap, with minimal force using the EXACT moves from the Long form. Both of his statements were utter nonsense! And I publicly told him so. But it is this sort of garbage which keeps the confusion about Tai Chi alive.

The other problem in my personal opinion is that of focusing on inner strength. There are whole groups of people who are so into the concept of remaining relaxed as the real secret of Tai Chi, that they never really learn to defend themselves. Personally I don't care if I am perfectly relaxed or not. I do care about being able to dump Mr. "In-my-face- and-threatening" to the ground with the minimal amount of force. If I want to use additional force just to make my point if I am in the mood for it but I shouldn't HAVE TO!

However one must realize that Tai Chi is big business. Teaching Tai Chi for health allows someone who has merely memorized a set pattern to claim some title and then make money by teaching others to mimic him and making a lot of hokey claims.

Even those who teach for self-defense rarely have the background to understand

what they are doing. Thus they can't teach real (combat) meanings because they don't understand it themselves.

The truth is that most people haven't clue how powerful Tai Chi is! In fact, IMHO that is why the "push hands" exercises, are practiced so much, by some schools. Because they believe that they need to develop re-directional skills in order to make Tai Chi combat effective. The truth is that those techniques ARE already found in the forms! But they are hard to separate out which is why even QLK has created a series of exercises called the 4 hands. (Sword hands, Heavy hands, Push hands, and Sticky hands ... these are not traditional terms so I am sure our exercises are different than what you may expect.... Not better, simply different).

So back to your question of why don't I teach Tai Chi (especially if I believe in it so strongly?) Well, I do but one has to be a Dan to begin training in the actual forms. Up to then my students are learning the real concepts which makes Tai Chi work. Once they are prepared to understand they can REALLY learn what the forms mean and how to use them.

On the other hand, you can spend you time learning to control energy and ward off forces and even in 5 to 10 years you will still not be able to defend yourself on the street using Tai Chi principles. Yet this is exactly the stuff generally taught in many Tai Chi schools/ dojo's. Are they good at deflecting force? Sure, I suppose so. And I suppose that if it was possible to get to the point where you were so good that you could not possibly be grabbed or hit then that would be useful. As long as there was only one opponent!

Guess what? Warding off of force doesn't work so well when your opponent has a weapon or there is more than one of them attacking at the same time. Especially if they are using kicks. But of course that is against the rules so it will never happen ... will it?

Pardon me if I reserve the ability to use the EXACT same techniques found in Tai chi

to cause multiple opponents to self-destruct or even better wind up having high speed face- to-face encounters with each other, caused by their own strength.

In closing let me add that there are a lot of things worse than simple death, which can happen to a person, and a complete understanding of Tai Chi gives you the options to make those thing happen.

IF (and that is a BIG IF) you understand what Tai Chi is all about then you should have an even easier time using your opponent as a basketball than with regular martial arts techniques!

Q: I practice a bit of Yang long style Tai Chi also and my teacher likened it to storing and releasing. What do you think of this description?

A: As far as storing and releasing... sigh. That is simply level 2 (Level 1 is simple redirection). That can be said in some degree for just about any technique in martial arts. The truth is that ALL Tai CHI forms I have seen so far include light force KO's, Poison Hands, Pressure Points and Dim Mak and a lot of out-and-out killing techniques.

Unfortunately most instructors do not know this! (Sigh!) For example the opening move is a KO. Do not believe their tales of de-coupling the foot and the hand movement. Tai Chi has been changed in that way to make it prettier! Also don't believe the nonsense about Tai chi being "soft" If you interpret the "soft" to mean that it takes A LOT less force to accomplish a technique than standard martial arts techniques then that is a correct concept. Does that mean you will always only touch or press softly? NO! Please see my previous answer.

Q: Can you discuss the concept of summation:

A: Summation is a situation where specific (additive) stimulus arrives at the brain within a specific time frame. I say specific stimulus because it has to be stimulus, which causes the same type of effect. Thus several hits are not severe enough to cause a KO in themselves, can be added together to produce such an effect.

Q: Question to the group: is this point the source of all the old wives tales in martial arts that it is possible to kill someone by striking them under the nose and driving the "nose bone" up into the brain case?

A: NO! Well, if you are that incredibly strong then you can just strike and crush the front of the skull into the brain regardless of where you hit. One CAN kill from nose strikes but that is NOT the reason why death occurs.

The real reason is that you use the nose reflex to snap the head backward fast enough to cause a high cervical fracture, paralyzing the breathing (diaphragm) nerves. See my book **ADVANCED Pressure Points: The System of Pressure Points** for more details.

"Use only that which works, and take it from any place you can find it."

Bruce Lee

[short?] History of QUAN LI K'AN

Q: Because many people have asked I have included a VERY abbreviated history of the development of Quan Li K'an.

QLK: Started in 1982 as a reformulation & combination of several established (read that "well known") arts by 5 experienced martial artists who were tired of the "wait 20 years and maybe we will tell you the answers ..." and their attitudes... and of course the fancy techniques which we had been taught, which flat out did not work in real life!

So we took EVERYTHING apart! However, instead of discarding kata, we researched the reasons why most things did not work, and especially examined the reasons behind the things that did work. We eventually discovered PRINCIPLES behinds why some things worked which gave us clues to other answers, which gave us other clues, etc.

We based our techniques on the following concepts:

- 1) PROVE to me (show me ... on me) that it works while I am trying to keep it from happening (telling me it works doesn't count).
- 2) There is only one rule: Win or die!
- 3) KISS (no battle plan survives contact with the enemy!)

4) Do not just add a technique to the style. Instead learn the principle behind why the technique works and then re-examine EVERYTHING to see if old theories need cleaning up (again).

We did believe that the martial artists of old really did know what they are doing although new theories may explain things better. Still, it was believed that knowledge had been lost through translation but was still in the katas if they could be "cleaned up".

However we also had no hero worship of the past. Probably more of a disdain for those that were out there because their explanations didn't work and there was an obvious connection to money in things they said.

Based on that we took the old katas and discovered what we believe is really happening on all 5 levels and then taught it/ rethought it/ taught it/ rethought/ etc. (And hopefully WILL keep changing things as we learn).

Quan Li K'an also uses a 5 animal system with the above concepts! (Taken from the Chinese style backgrounds of the founders)

It seems to work! But QLK is and always will be an evolving system as we constantly try to re-examine what we are doing so that we can go back and again "clean up" our techniques. Therefore even though our katas look generally much like you would see elsewhere (if you took/ combined katas from TKD, Tai Chi, Cheng Wei Quan, and several of the Okinawan systems), it is really the combat/ street fighting emphasis that makes them valuable.

As far as instructors go, we continue to learn from just about anybody, but then we have to bring the theories back to the board and try to "prove" them. <g It gets real cute sometimes! <BIG GRIN

That is about it. I know it was short and thus incomplete but I hope it helps for

an oversight. Bruce

Q: Dear Mr. Miller, In your books you talk about different types of strikes namely compression strikes and shock wave strikes, can I ask you if there are more types of strikes?

Can I ask you what these types refer to like fa-jing, wave forms, etc. While thanking you in advance, I remain

Sincerely Yours

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A: Ok, short question, long answer ...

Kicks, punches, elbows, knees, etc are in fact a compression type of strike. There are many types of compression strikes but they all have the same principle. To use force applied to an area to compress the area underneath the target area and thus imparting force to the target.

Wave form/ fa Jing, Ji strikes and such are in fact vibration types of strikes, which do not impart force to the surface of the target, but in fact causes the target to vibrate internally. That vibration then penetrates into the target and the force of the vibration causes the effect.

Basically, these are the only two categories that I know of ... yes there are many variations of each, but if you look at what is really happening you will see that the techniques fall into one (rarely both) of these classes.

I hope that helps

History is always worth the toilet paper it is printed on

CLOSING

If you made it this far - congratulations on your stamina! [Mostly for putting up with my verbiage] ... sorry about being so long winded but it is difficult to explain many things in words. It is actually easier to show but that is not really possible here, so ...

I think you can see that it is impossible to have any real organization to this type of format. Simply because many of the questions touch on subjects touched on by other questions... and I had to refer you to my many other books for full answers (or this would have been thousands of pages long)

Still, I hope that this collection has provided some usable information and answers for you.

Remember you can still send me any other questions you may have via email at:

bemiller@cloudnet.com

NOTE: I REALLY want to thank Dave Cofell who made this mess readable ... believe me he did a LOT OF WORK to clean this up!