

March 2007

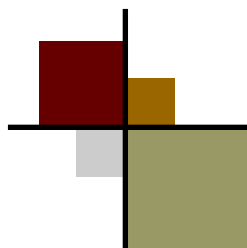


Special points of interest:

- Read the latest article by Sifu Andy Miles in the March 2007 edition of Inside Kung Fu
- Read the martial arts joke found on page 4!
- Visit our website www.8step.com

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ACMAF Newsletter

Sifu Highlight – Andy Miles

Q. Please tell us a little about yourself and your school/students.

A. I began training in South Dakota under Master Loftus. I started kung fu at a dark time in my life, and like so many others transformed it for the better thanks to Master Loftus' instruction, patience, and discipline. After my first class I felt more relaxed and energized than I had in years, and it continues to improve with every passing day. I feel tremendous gratitude toward Master Loftus and every master who came before. I am very happy to have the privilege to be a sifu in the federation so that I can continue to pass on these arts.

Q. Could you please tell us what attracted you to Traditional Chinese Medicine (TCM) and what your plans are after you graduate?

A. Some of my first exposure to TCM was while living in a Taiwanese community in Colo-

rado. The neighbor once healed me using herbs and Chi Kung and we used herbal medicine in the house growing up. The first time I had acupuncture it was for tendonitis of the elbow. I was halfway



through my push up routine and could not continue. Master Loftus performed acupuncture on me and it completely cured the pain. I finished a few hundred push ups and it has never bothered me since.

After I graduate with my DTCM (Doctor of Chinese Medicine) I intend to continue building my practice and develop students. In the future I plan to get my masters and PhD in Martial Abimoxi. As of now, Chinese Medicine is coming

to North America like a tidal wave. Modern research is proving that it is effective since there are hospitals in the US and Canada that have Chinese Medical wings. From my personal experience with both TCM and Abimoxi, I can say there are diseases that Abimoxi can treat in 2 treatments which take 10-20 treatments in TCM. A few of the Abimoxi theories I have applied have already allowed me to cure people whom Allopathic and TCM doctors could not. A Doctor's ability to channel Chi makes a huge difference in acupuncture. This is why it has been said that the better your martial arts, the better your medicine.

Q. In your experience of kung fu and tai chi instruction, what teaching methods/ approaches do you feel have been successful?

A. For teaching, I study the Taoist classics of leadership and strategy.

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Understanding Abimoxi & TCM

By Daniel Finley

Around 2000 years ago, the Chinese began to develop a complicated system for treating disease. Knowledge of breathing exercises, pressure points, and medicinal herbs were passed down from one generation to the next and each generation improved upon the previous. This process repeated itself several times until the Chinese people had developed what is called Traditional Chinese Medicine (TCM). Simple breathing exercises had been systematized into Chi Kung practices and self-healing techniques. Pressure points had been identified and catalogued according to their function and channel. Instead of just using pressure the healers of old starting inserting needles into points; this practice became known as acupuncture. Thousands of plants and other substances were tested and retested for their medicinal properties and their toxicities.

The theory of five elements and yin and yang were formulated to explain TCM and why it worked. Many famous doctors of TCM recorded their knowledge and skill in classics like the Huang Di Nei Jing and

Shang Han Lun. TCM became very well known and its theories and practices were taught openly to anyone who wanted to learn. Around the same time TCM was being developed martial artists began to expand their own systems of healing.

These systems were kept very secret and only passed on to the most trusted and loyal students. The secrets of healing were guarded just as closely as the fighting secrets. Because of this, many martial artist passed away before they found a worthy student and their secrets were lost. Today there are only a very few martial arts systems that still have the medical knowledge intact. Eight Step Preying Mantis has been passed in its entirety from master to student and is preserved in the current Grandmaster, James Shyun. The system of healing contained in Eight Step has been named Abimoxi.

Abimoxi and TCM can be thought of as two separate branches on the same tree. They share the same root but have grown in different ways. Both systems include the use of acupuncture, tui na

(massage) and herbal formulas. There are few differences in treatment modality of TCM and Abimoxi. Abimoxi is a complete system, while TCM is still rebuilding from the Cultural Revolution in China. When the Communist took control they tried to destroy anything that was traditional including TCM and martial arts. Because of this, TCM has arguments and confusion over some theories. For instance, the location of the acupuncture point GB39 on the lower leg is disputed in TCM. Some doctors think it is anterior to the fibula while others think it is posterior to the fibula. In Abimoxi there is no confusion it is clearly stated that GB39 is located posterior to the fibula. There is no dispute about the location because Abimoxi has been preserved in its entirety by the Grandmasters of 8 Step. Abimoxi also includes several special acupuncture points in addition to the 361 regular points that are shared with TCM. Another difference is that Abimoxi stresses prevention of disease more than TCM. Grandmaster Shyun has stated that around thirty five years of age one should eat

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Believe it or not, acupuncture needles can range from 1/2 inch to 6 inches.

“Abimoxi and TCM can be thought of as two separate branches on the same tree. They share the same root but have grown in different ways.”

“Vending machines mostly offer potato chips and chocolate bars...However, every vending machine will have at least one or two hidden gems.”



The Chinese character for longevity

Healthy Habits for the Work Environment

By Shane Stene

My job is not overtly dangerous at the first glance. However, on closer inspection my job and many others are fraught with subtle dangers. As a Software Engineer, I sit in front of a computer for eight or nine hours a day. There are plenty of vending machines offering soda, candy bars, chips, as well as a large number of fast food restaurants within convenient driving distance from the office. All of these temptations and many others can hinder not only a workout regime, but my overall health. Here are few of the ways I have found to avoid these temptations.

Break the habit

Throughout the day, sometimes even when I have just arrived at work, I hear the distinct click and fizz of people opening cans of soda. Replacing just one can of soda a day with water or tea will reduce your caffeine intake and drop your calorie count by approximately 700 calories a week. That's just 20% of the 3500 calories needed to lose one pound a week. I have problems giving up soda entirely, so I try to set rules for myself to limit the amount of soda I

drink. For instance, I try and drink water or tea in the mornings and not open a can of pop before 11 a.m. On mornings when I feel I really need a soda I take a sip of tea every time I hear the distinct click and fizz. I never have a problem staying hydrated with that game.

Choose the right snack

Vending machines mostly offer potato chips and chocolate bars. Chocolate is my personal kryptonite. However, every vending machine will have at least one or two hidden gems. Next time you're visiting the snack machine, choose the bag of pretzels over the bag of chips. Otherwise, consider bringing a snack from home like fruit or a granola bar. My favorite is the Pure Protein bar; it has 20 grams of protein and only 170 calories.

Take a stretch break

Sitting for too long is just the same as standing too long; it's bad for the body. Sitting too much is bad for the muscles; standing too much is hard on the bones. When your work permits, stretch your legs and lower back.

Rest your eyes

Reading a book or staring at a monitor for prolonged period can cause eyestrain. Abimoxi tells us that focusing with our eyes for too long can also damage the blood. At least once an hour, stare off into space for a moment to allow your eyes to rest.

Don't forget to breath

Some jobs engage us emotionally with stressors that fatigue the body and drain us mentally. It is important to take a few moments, as often as possible, to just clear our minds and focus on breathing. Focusing on slow, deep, and smooth breathing can help calm the mind and relax the body.

There are a great number of simple changes you can make during the course of a workday to improve your physical and mental well being.

For more information on healthy work habits, visit these websites:

- <http://www.typingpal.com/Ergonomics/>
- <http://www.kidshealth.org/index.html>
- http://www.healthy eating.net/he_1.htm

Understanding Abimoxi & TCM cont...

less meat and after fifty one should stop eating meat all together. The reason being, meat is incredibly hard on the digestive organs, and after fifty years of age it is more important for the organs to maintain the quality of life than to spend excessive time and energy digesting meat. TCM contains no diet restrictions although they do stress the importance of eating a balanced diet. In addition, Abimoxi prescribes Chi Kung exercises to pa-

tients while TCM doctors are not required to know anything about Chi Kung or Tai Chi. They miss out on the benefits of deep breathing and meditation and don't pass that information on to their patients.

Even though there are some differences between Abimoxi and TCM both systems have the same root and were developed around the same time period. They share a great deal of knowledge and contain

incredible benefits for the people willing to search them out. In our country Chinese Medicine and Abimoxi are just starting to become well known and there is no limit to their potential. If you would like to read more about Abimoxi and TCM, the American Chinese Martial Arts Federation has printed several books available for purchase via the internet at www.8step.com. If you have any questions you can also send an e-mail to info@8step.com.



Sifu Highlight — Andy Miles cont...

I pay close attention to my students and constantly look for new and fresh ways to pass on the information. I try to make an ideal environment for them to grow and thrive. I had a great teacher and I seem to be lucky in finding good students.

Q. Besides your duties as a sifu, what other responsibilities occupy your time?

A. When I'm not teaching, I enjoy reading medical research, treating patients, learning the Chinese language, and practicing kung fu with Sifu Tom in Seattle. Occasionally I play badminton with the Chinese

community. We learn in TCM and kung fu that we only have three treasures, Essence, Energy, and Spirit. I try to cultivate these three to lead a simple healthy life.

Q. Any thoughts for the federation?

A. Bring your friends to your kung fu school. If you're a sifu, get more students. They are missing out on the fun.

Sifu Miles moved from Victoria, BC and is now teaching in Eugene, Oregon. He can be contacted at (541) 206-1077.

The Lighter Side of Martial Arts

Ikiru decided to teach karate on campus. He went through the whole process of getting room permits and all, and decided to put together a poster to advertise the class. So he read all those old Charles Atlas ads and those endless jujitsu and hopkido blurbs in the back of the comic books, and he came up with the following poster:

MARTIAL ARTS

- Learn Ancient Asian Techniques
- Develop Impressive Skills
- Learn the Art of Control
- Build Self-Confidence

(continued on page 5)

Sifu Andy Miles has published an article in the March 2007 issue of Inside Kung Fu! His article is titled "The Secret to Training Forever". Congratulations Sifu Miles!

Volume 2, Issue 2

Upcoming Events:

This year's Sifu

Leadership Abimoxi

Medical Camp will

be held in Ft.

Worth, Texas at the

end of March!

Expect the next

ACMAF

Newsletter

to arrive

May 1, 2007

The Lighter Side of Martial Arts cont...

- *Protect Yourself*
- *Train with exotic Implementations*
- *Achieve your Maximum Potential*

New Class meets on Tuesday and Thursday @ 7:00 PM

The poster was adorned with large Japanese characters which Ikiru admitted to me was the character for nori, the seaweed that one uses for wrapping sushi. But nevertheless, the poster was pretty impressive.

So Ikiru sent the design to the

printer, got two hundred copies, and put them up around campus.

Tuesday night comes, and he arrives at the gym at a quarter to seven. To his amazement, there are already around two hundred students there! Now, based on his beautiful poster, he had expected a decent-sized group, but this was extraordinary!

He glanced at his poster, and discovered why. The printer had evidently reversed two letters when typesetting the poster: the "T" and the "I" in the title had been transposed.



We Need Your Help!

The ACMAF is looking for pictures to put in our newsletter and on our website. If you have a picture of yourself or your classmates doing a technique, sparring, or in a stance we want to see it!

Please send all pictures to Sifu Nicholas Willan via email (sifuwillan@gmail.com) or give the picture to your Instructor and have them send it to the above email address.

We look forward to seeing all of you in the newsletter or on the web in the future!

Don't Forget to Visit www.8step.com!

- View photos of students and instructors from around the U.S. and Canada
- See the latest rank advancements
- Learn the principles of 8 Step Preying Mantis and how you can apply them to your everyday life
- Read vast array of articles and the first chapter to all the books
- Learn specific training techniques to improve your martial art ability
- Read past ACMAF Newsletters
- Stay up to date with the latest news and information from the ACMAF

Acknowledgements:

On behalf of the American Chinese Martial Arts Federation, wholehearted thanks and gratitude go out to the following:

- **Grandmaster Shyun for allowing us to take part in his life and vision**
- **The Disciples for standardizing the material and providing smoother acquisition of the information**
- **To all of the Sifus for their dedication in teaching and furthering the public's awareness of Eight Step Preying Mantis Kung Fu, Abimoxi Medicine, and Shyun Style Tai Chi**
- **The students and parents who make all of this worth while, "Thank You!"**

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