

MARTIAL ARTS CLASSES

Read the article about martial arts. Seven sentences have been removed from the text. Choose from sentences A-H the one which fits each gap. There is one extra sentence which you do not need to use.



Learn an effective fighting and self-defense system

Tony Chang is a martial artist who has served a long apprenticeship in both the internal and external arts. He is respected worldwide as a martial arts instructor in kenpo, t'ai chi ch'uan and chi kung and runs several of his own clubs in Manchester. He also has several training videos and DVDs to his credit. In fact, he was one of the pioneers of teaching the Martial Arts Techniques series on the worldwide web

(1) ____.

Tony is now in the process of producing what he considers to be the "ultimate street survival" DVD combining fighting and self-defense with energy (chi) development and enhancement. A few years ago, he was inducted into the Martial Arts Hall of Fame for integrating his internal martial arts knowledge with the fast-paced external striking style that kenpo is noted for, and developing kenpo taiji. (2) ____.

It is not based purely on physical strength. (3) _____. As Tony explains, "It is 50 percent physical and 50 per cent in the mind. It is a scientific fact that we have three brains inside our head. As well as the intellectual brain which forms 90 per cent of our overall brain, five per cent is the artistic brain which is responsible for subconscious body movement and five per cent constitutes the reptilian brain, which is purely reflex. This is the same brain as that of all reptiles, such as snakes and crocodiles - this is our survival brain."

(4) That is because they use the logical, intellectual brain to teach logical pre-arranged techniques. However, fighting is totally illogical and we cannot apply logic to an

illogical situation, so our response to an attack must be reflex. Students achieve this in kenpo taiji by learning how to access their reptilian brain. Tony says there is no time to think in a fight situation. "If you stop to think, you'll get hit." He explains.

Tony is running beginners' classes in kenpo taiji. (5) _____. These include how to adopt certain body postures which encourage energy to flow from an energy storage center known as the *dan tien* up to the brain stem. Students are then in reptile brain mode, ready to defend themselves against any attacker. And they learn training methods designed by the ancient Chinese masters to program this part of the brain subconsciously with correct fighting principles.

In addition to using the subconscious brain, kenpo taiji also applies the principle of *dim mak*, or pressure point fighting. Perfect health is dependent on a healthy flow of chi through the body's meridians and students learn to disrupt the flow of chi by striking *dim mak* (acupuncture) points along these meridians. (6) _____. This is because they are using energy disruption rather than purely physical strength.

As well as being an effective fighting and self-defense system, kenpo taiji teaches students to develop and intensify the flow of their own internal energy (chi) by training in chi kung and traditional t'ai chi ch'uan enabling them to achieve perfect health.

(7) _____. And in addition to that, during the classes some of the greatest martial arts secrets are revealed by Tony.

A By doing this, they are able to respond to an attack with relative ease.

B If that were the case, the stronger, bigger person would always win.

C As a result of such experiences, more and more people are taking it up.

D This is one of the most formidable street survival, fighting and self-defenses systems ever invented.

E Students attending these are taught several training methods.

F If you take it up, you will learn how to get into this condition and you will be able to defend yourself whatever your size, age or gender.

G Many others have now followed his lead.

H Most martial arts are not street effective.