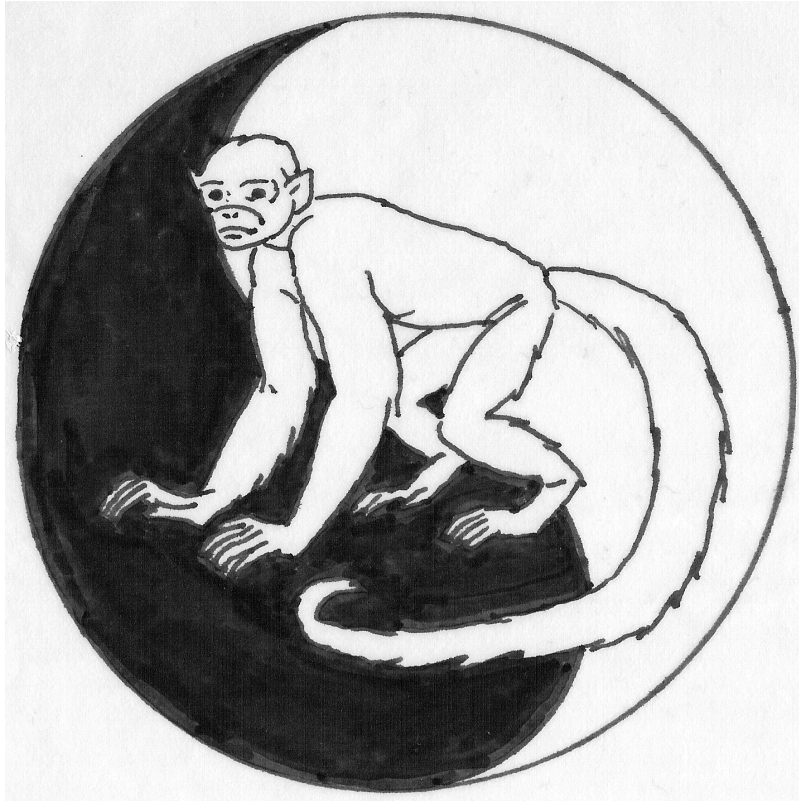


MONKEY BOXING



Al Case

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For Those Who Know That It Is All Right For Everyone To Have Fun

Oftentimes, one strips oneself of passion

in order to see the Secret of Life.

Oftentimes, one regards life with passion,

in order to see its manifest Forms.

The Tao

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INTRODUCTION

When one first hears about Monkey Boxing they immediately wonder, 'what's it all about?'

When one sees a person practicing Monkey Boxing they are immediately struck by its similarity to a variety of Arts.

Music makes is like Capoeira, the African/Brazilian Art.

Swaying motions remind one of Tai Chi.

Circular motions remind one of Pa Kua Chang.

Stepping motions remind one of Shaolin Kung Fu.

And so on.

But when one sees a person actually using Monkey Boxing they are struck by the fact that this is one Martial Art that really works.

Staying out of reach until an opponent overcommits himself, the Monkey Boxer traps limbs and strikes pressure points while moving close enough to break bones with locks, and then throw the Attacker on the ground.

Sometimes it looks like Karate or kickboxing, sometimes like Jujitsu, sometimes like Arnis (Filipino Art) or Penchak Silat (Indonesian Art).

But regardless of what Monkey Boxing looks like, or from where the practitioners draw their techniques, the fact is that it not only works, but IT IS FUN!

Attending a Monkey boxing class is like going to Saturday night dances! The difference is that you are dancing with people dedicated to clean lifestyles and moral behavior!

Students laugh and joke and have a good time as they learn the movements of Monkey Boxing, only later, at the end of class, do they begin to understand the lethal potential of what they have been practicing.

'I didn't know I was doing that!' says the fifteen year old girl as she realizes that she will never have to worry about being attacked again!

'Try not to,' says the Instructor with a knowing chuckle.

And when class is over students are invigorated, filled with happy rhythms, and ready to dance all night.

Students all agree that this is the way to learn!

So try it!

I MUSIC

‘Music hath charms to soothe the savage beast!’

But for the beast to be charmed, the music has to be right. The funny thing is that almost all music is right. Sometimes the Monkey Boxers listen to the pulsating beat of Jamaican music, Sometimes they listen to rap, or classical, or rock, or jazz, or whatever is at hand.

A Monkey Boxer will be swaying and moving even while listening to the music in supermarkets. This is because a Monkey Boxer can find the rhythm inside any tune. The only tunes a Monkey Boxer doesn’t listen to are those that have lyrics or messages aimed at the destruction of the human soul. Music is supposed to be a charm for the soul, not an outpouring of rage or destructive tendencies. So you will never find a Monkey Boxer playing a record backwards.

Did you know that each and every individual has his or her own rhythm? An accomplished Monkey Boxer, knowing how to find the rhythm of any sound, and having danced with great numbers of partners, will be able to handle the rhythm inside the human being, and will thus know how to defend himself by expressing superior rhythms.

Of course once a Monkey Boxer reaches the point of understanding the rhythms of the human soul he or she will be very immune to fighting. After all, fighting is just not a good rhythm for the living of life. Fighting is chaos, and in opposition to the tenets of a Monkey Boxer, who is dedicated to making his life fun and fruitful.

MONKEY SWAYING

Swaying is fun because it enlivens every cell of the body. Taking a wide (or long) stance the Monkey Boxer continually sways back and forth. Aside from the fun of feeling one's own body and realizing the sheer joy of living, a Monkey Boxer is pulsing energy up and down the legs. This does two things. When Energy pulses down it connects the Boxer to the ground, which makes him hard to move should he decide to hold his ground, and enables him to move fast when he chooses to move. When Energy pulses up it reaches the Tan Tien (The One Point). The Tan Tien is the center of the body. From there it pulses throughout the body, waking it, making it alive and fun to have.

When a Monkey Boxer sways he sets up rhythms for fighting that people don't even know are there. He learns how to keep balance and how to extend his body in various ways and directions. In short, he learns his limits, and how to extend those limits.

THE NINE SQUARE BODY DIAGRAM

On the following pages you will see particular postures the Monkey Boxer practices. As you practice and understand those postures you will find the Nine Square Body Diagram of much value in understanding how to apply the Martial Techniques of those Postures. Each Posture has specific usages, and leads to certain follow up techniques. The Nine Square Body Diagram will help make these usages and techniques very obvious. When examining a Posture ask yourself which squares can be effectively protected by each stance, and which square on an opponent can be effectively attacked.

THE NINE MONKEYS

There are Nine Monkeys. The student should practice each Posture and study it until it makes sense and can be applied, and then practice the Posture in the later exercises of this book. Once the student understands the Postures he will become aware of simple variations that will expand his Art greatly.

THE FIRST MONKEY

'The Monkey and the Crane'

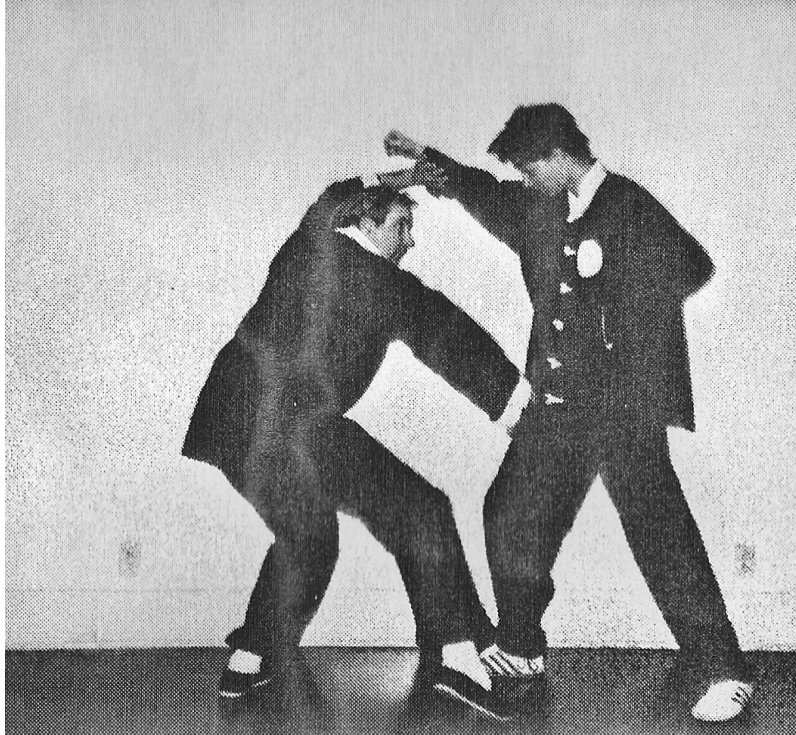
This is a low block and a high block. The palms are turned so that the 'Palm bone' is extended. While the obvious usages involve blocking attacks to the upper and lower squares on the Nine Square Body Diagram, an experienced Monkey Boxer can use it to attack the opponent's upper and lower squares.



1ST MONKEY APPLICATION

The Attacker steps forward with the right foot and punches to the face with the right hand.

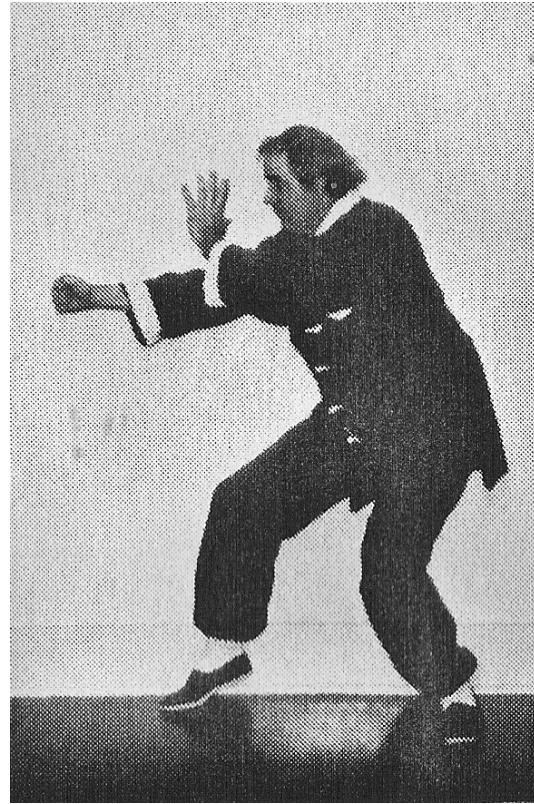
The Defender steps forward and to the right with his right foot. Simultaneously he executes a left high block and a right palm thrust to the groin.



THE SECOND MONKEY

‘The Monkey closes the High Door’

This is a punch and a Cross Palm Block. Put this together with the First Monkey and you have an excellent selection of potential techniques. The Monkey tends to sway back and forth when delivering this technique so as to effectively evade an attack, then accelerate the entire body weight into his counter attack.



2ND MONKEY APPLICATION

The Attacker steps forward with the right foot and punches to the face with the right hand.

The Defender sidesteps to the left with the left foot and forward with the right foot. Executing a left Cross Palm Block he strikes under the arm with his right fist.



THE THIRD MONKEY

'The Monkey closes the Low Door'

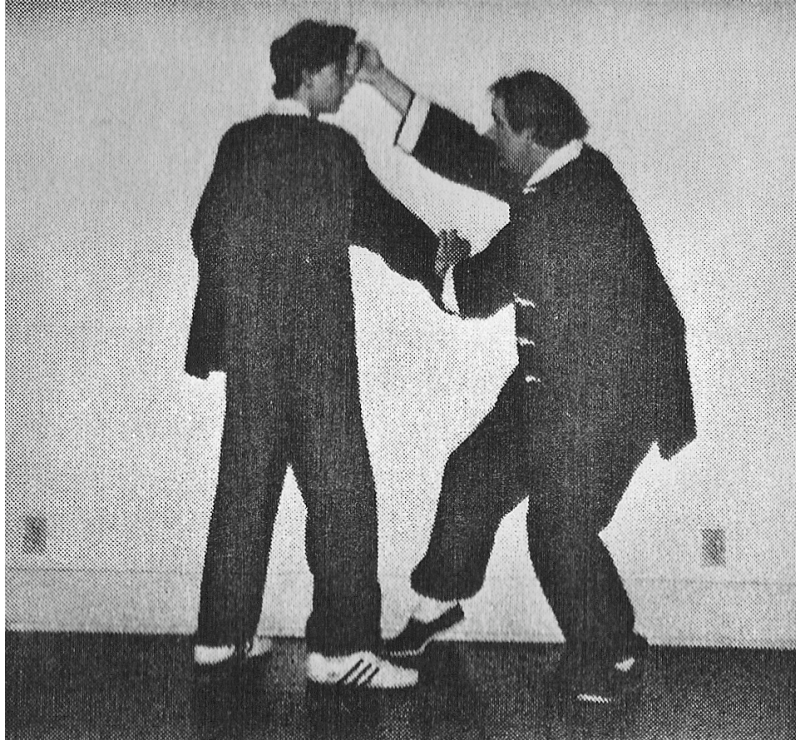
This is a Punch and another type of Cross Palm Block. The Monkey Boxer makes his fist tight upon impact. Advanced students extend the second set of knuckles (half fist), and extremely advanced students strike with only one knuckle. For strength practice various types of push ups on fingers and knuckles. First try punching holes in hanging pieces of paper, then gradually thickening the types of materials.



3RD MONKEY APPLICATION

The Attacker steps forward with the right leg and punches to the body with the right hand.

The Defender sidesteps to the left with the left foot and forward with the right foot. Simultaneously he executes a left Cross Palm block and a right punch to the face.



THE FOURTH MONKEY

'The Monkey Hooks'

Both hands perform mid level 'Hooks' to the sides (can be to the front, also). This Monkey will demonstrate kicking by slapping the shin with one hand. Kicking in this fashion demonstrates how to synchronize the movements of the body. The concept of moving the body as One Unit is called CBM (Coordinated Body Motion). CBM is 'When all parts of the body support one Intention.'

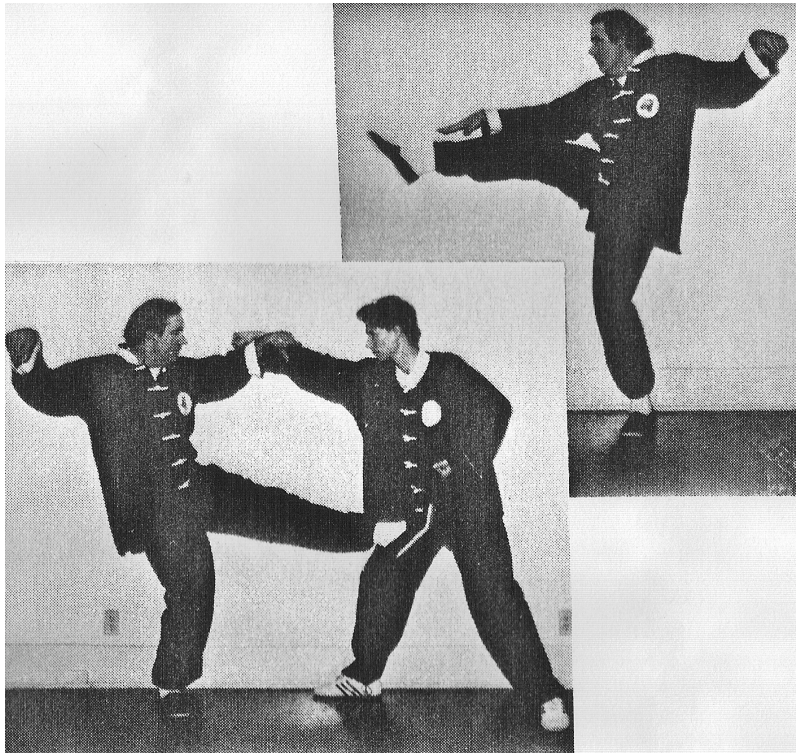


4TH MONKEY APPLICATION

The Attacker steps forward with the right leg and punches to the face with the right hand.

The Defender steps back and to the right with the right leg and hooks the Attacker's right wrist with his left hook.

The Defender then kicks the Attacker in the groin with his left foot.



THE FIFTH MONKEY

'The Monkey Plucks High'

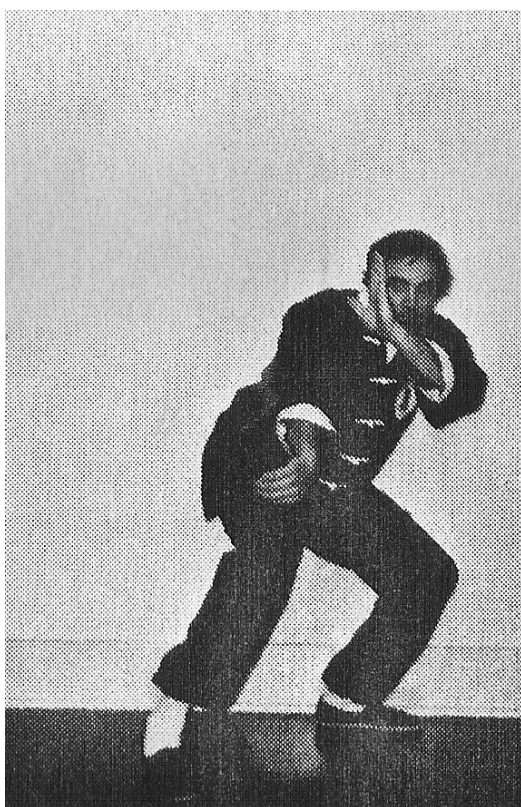
Hook the hand high while 'Closing the Lower Door' with a Cross Palm Block. While there are simple blocks and strikes inherent in this technique, this Posture introduces the student to the concept of 'Clinging.' The way to win a fight is to control the distance between the bodies involved. Clinging is the way to do this.



THE SIXTH MONKEY

'The Monkey Plucks Low'

Hook the hand low while 'Closing the High Door' with a Cross Palm Block. A perceptive student can make all of the Monkeys work on either side of the attack with either of his sides. Understanding this concept gives an amazing potential of technique. When a technique can be worked in this fashion it is called a 'Universal Technique.'

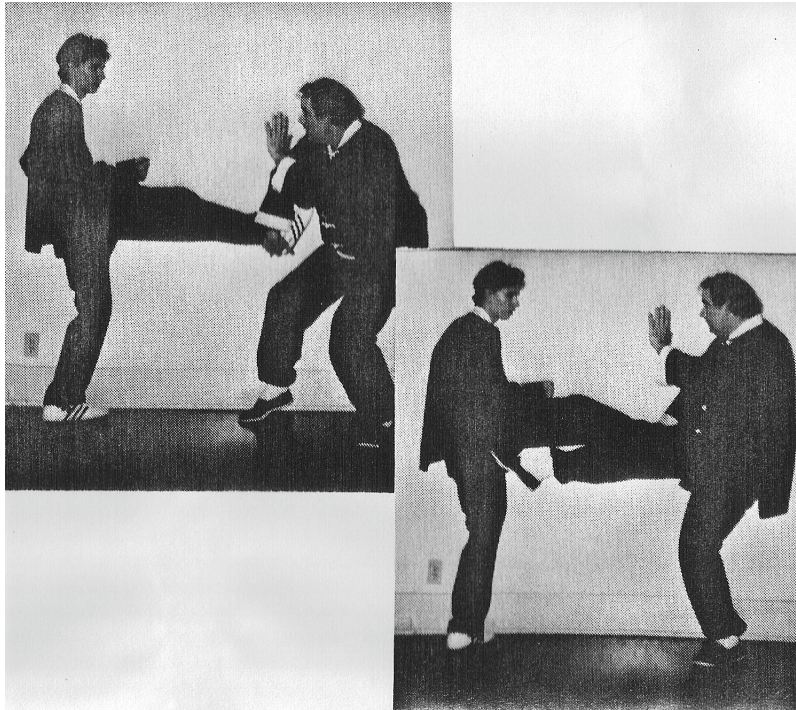


6TH MONKEY APPLICATION

The Attacker kicks to the groin with the right foot.

The Defender steps to the left with the left leg and forward with the right leg and hooks the Attacker's ankle with his right hook.

The Defender then kicks under the Attacker's leg to the groin with his right foot.

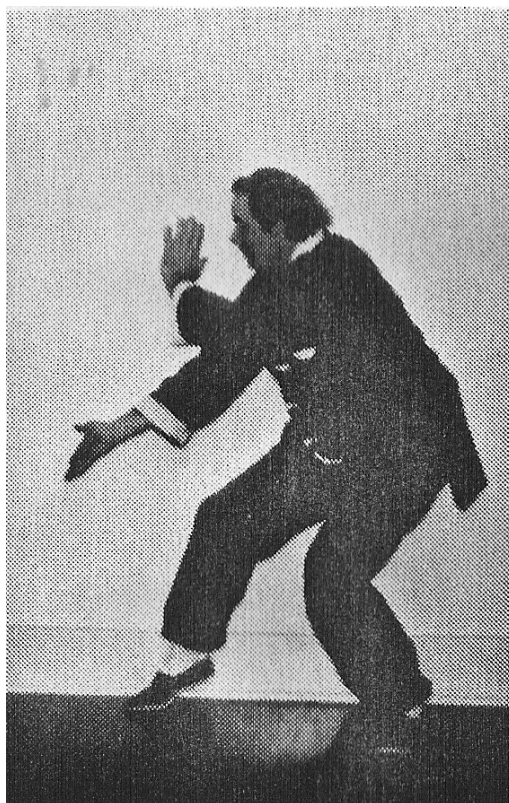
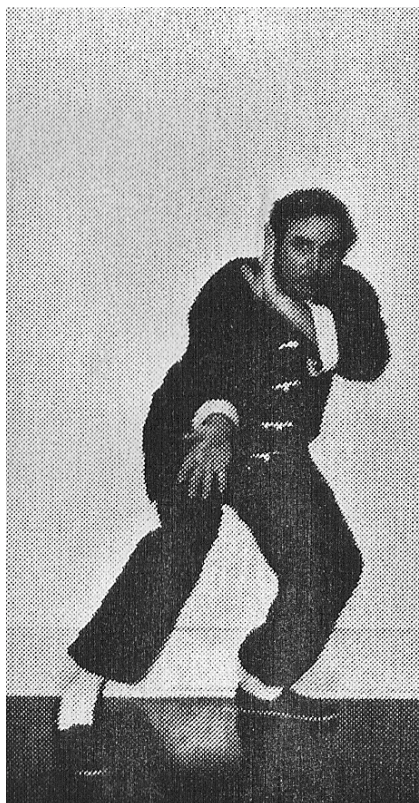


II

THE SEVENTH MONKEY

'The Monkey Searches for Pearls'

Extend one hand towards the groin while 'Closing the High Door' with the other. In addition to straightforward strikes with the fist, half-fist or fingers, the student should practice slapping a Palm or arching a Beak. These make great weapons for attack or defense, and greatly extend the potential motions of the body. One should become closely acquainted with the geometries of up, down, side to side, clockwise and counterclockwise, and how these motions can be used in conjunction with the various footworks.



THE SEVENTH MONKEY

(VARIATION)

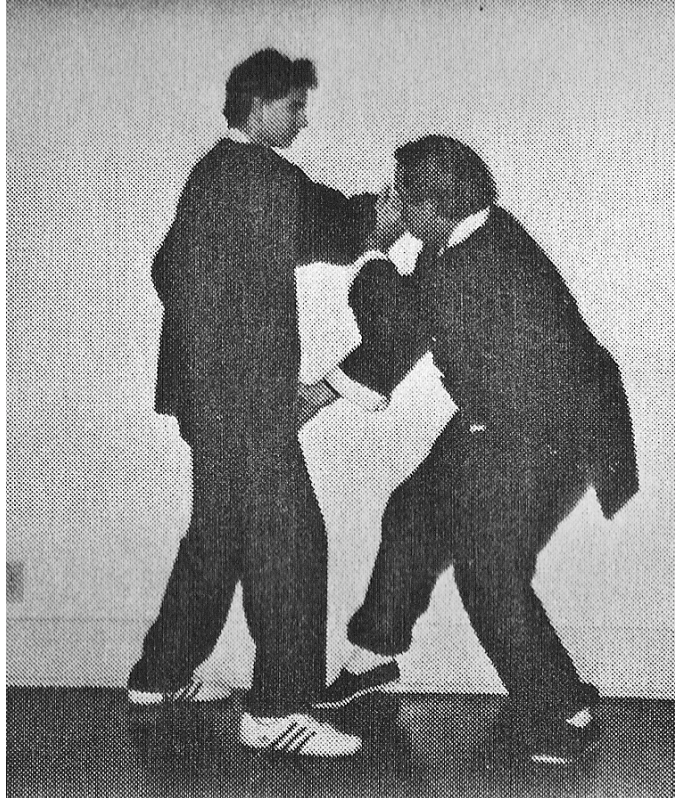
‘The Monkey Searches for Pearls to the Rear’

Palm Thrust to the rear while ‘Closing the High Door.’ While footwork should enable one to avoid attack, one should practice this technique, and rolling, just in case. A good Monkey student always incorporates new strategies into his knowledge and abilities.

7TH MONKEY APPLICATION

The Attacker steps forward with the right leg and punches to the face with the right hand.

The Attacker steps to the left with the left leg and forward with the right leg. Simultaneously he executes a left Cross Palm Block and a Palm Strike to the groin.



THE EIGHTH MONKEY

'The Monkey and the Snake'

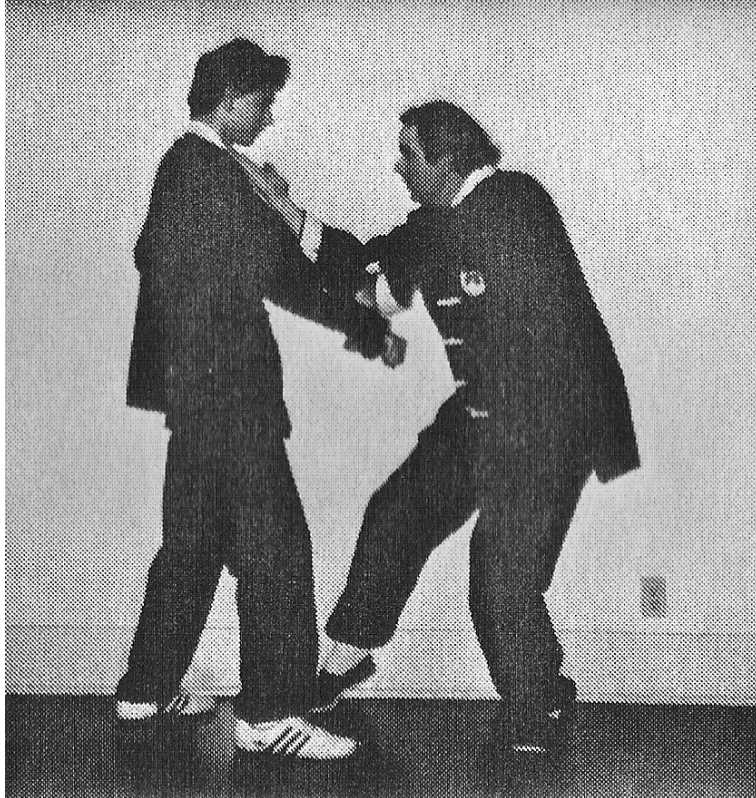
Parry low with one hand while thrusting forward with the fingers of the other. All Monkey Techniques should be able to be used no matter which foot is forward or back, and no matter whether the weight is forward or back.



8TH MONKEY APPLICATION

The Attacker steps forward with the right leg and punches to the body with the right hand.

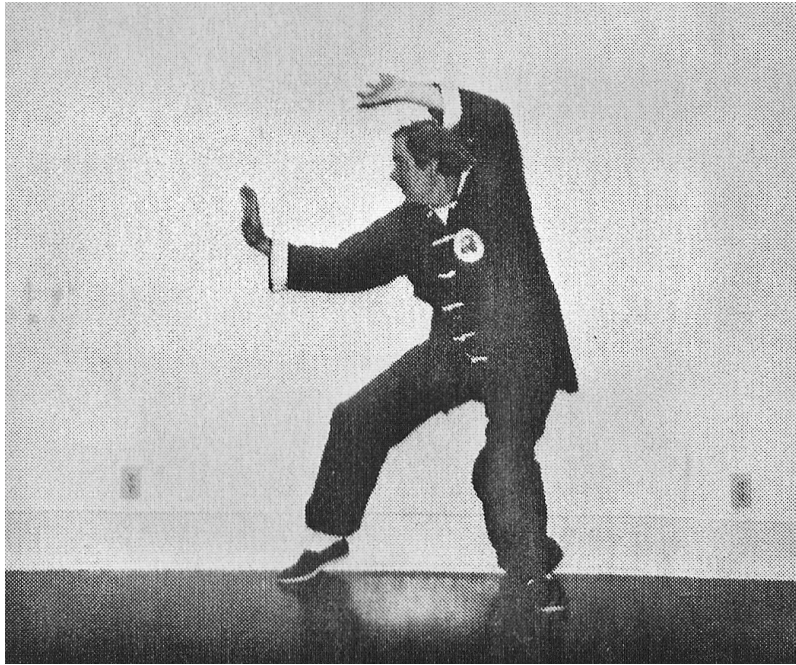
The Defender steps forward with the right leg as he parries with the left hand and thrusts the right fingers into the Attacker's throat.



THE NINTH MONKEY

'Monkey Holds a Ball'

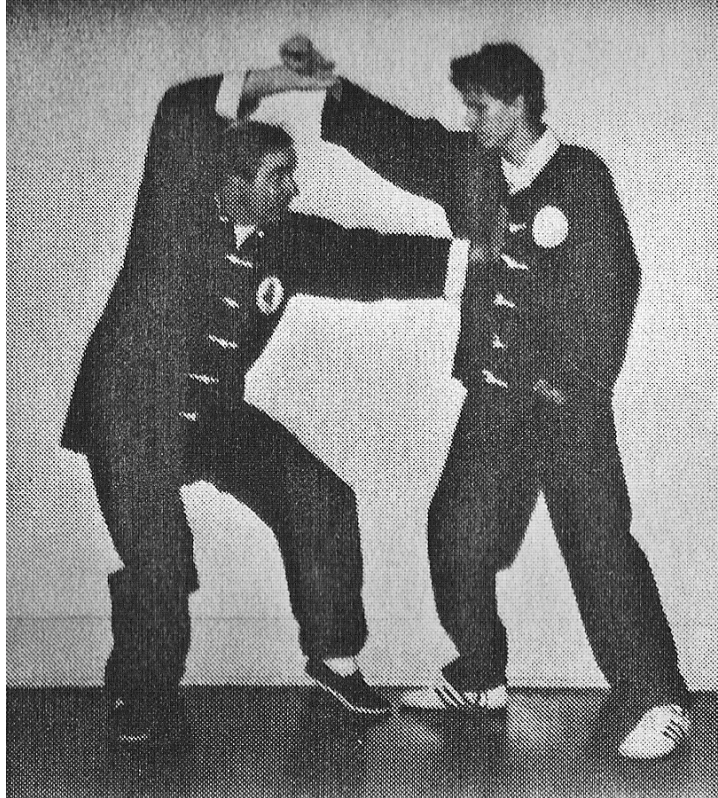
One hand is held mid level with the palm out, the other hand is in a High Block. No fight can be won without a decision. No goal can be accomplished without a decision. No technique can be mastered without a decision.



9TH MONKEY APPLICATION

The Attacker steps forward with the right leg and punches to the face with the right hand.

The Defender steps back with the right leg while catching the Attacker's arm. Simultaneously the Defender Palm Thrusts to the Attacker's body with the left palm.



APPLICATION OF THE MONKEYS

For each of the Nine Monkeys there are many, many applications.

Over time simple applications will be expanded to include all manners of attack and defense sequences and combinations. Locks, takedowns, weaponry disarmament, and so on. On the following pages are a couple of examples as to how the Monkeys can be expanded. These examples will start with a simple block, continue with a counter, and end with a take-down. Remember that the Monkey should be able to be used no matter which side the Opponent attacks with, and no matter which side the Defender counters with.

Once one Monkey is learned, the student should practice moving through the various footwork patterns with a second Monkey. When two monkeys are learned the student should practice alternating the Monkeys as he moves through the various footworks. Then learn three Monkeys, combine them, and so on. This will lead to 81 possible combinations of Monkey techniques, and endless Form possibilities.

THE MONKEY AND THE CRANE

The Attacker kicks to the groin with the right leg.

The Defender steps back with the right leg and performs a 'Monkey and Crane,' the right hand blocking low and the left hand blocking high.



The Attacker places his right foot forward and punches to the face with the left hand.

The Defender shifts forward and 'Closes the high door,' the left hand Cross Blocking and the right hand punching.



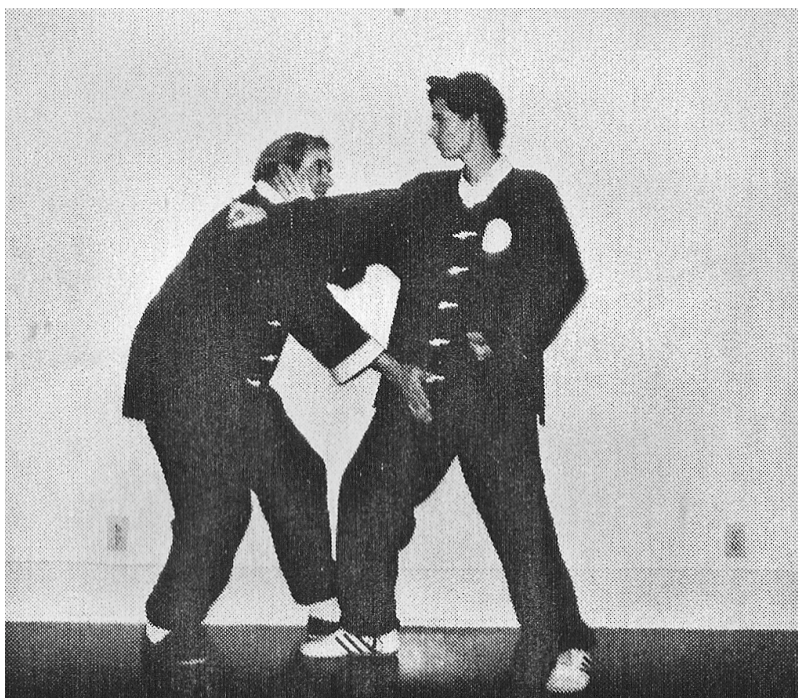
The Attacker steps back with the left leg and pushes up on the Attacker's left elbow with his right hand and pulls down on the Attacker's left wrist with his left hand, thus executing a simple 'Armbar' takedown.



SEARCHING TO THE PEARLS

The Attacker steps forward with the right leg and punches to the face with the right hand.

The Defender sidesteps to the left and executes a left Cross Palm and a right Palm Thrust to the groin.



The Defender then steps behind the Attacker's right leg with his left leg and strikes the Attacker's elbow with his left hand and his wrist with his right hand.



The Defender then slides further behind the Attacker and sweeps his left arm across the Attacker's neck (short people sweep under the arm) while holding the Attacker's arm braced to the chest with his right hand.



As the Attacker is swept over the Defender's leg the Defender strikes to the mid section with a right hammerfist.



THEORY TO REALITY

When doing Monkey Boxing one is learning about Form. Outer Form is the external shape of the postures, the methods of footwork, the geometries of hand motion, how it moves on the outside, and so on. Internal Form is how the body coordinates, how it aligns, how it moves on the inside, and so on.

After doing Forms one should learn how to apply the theory one is practicing. How do the postures relate to various kicks, punches, and other types of attacks. Application makes the Theory real. Theory makes the Application logical and coherent and creates an artistic body of knowledge from which a student can draw in times of danger.

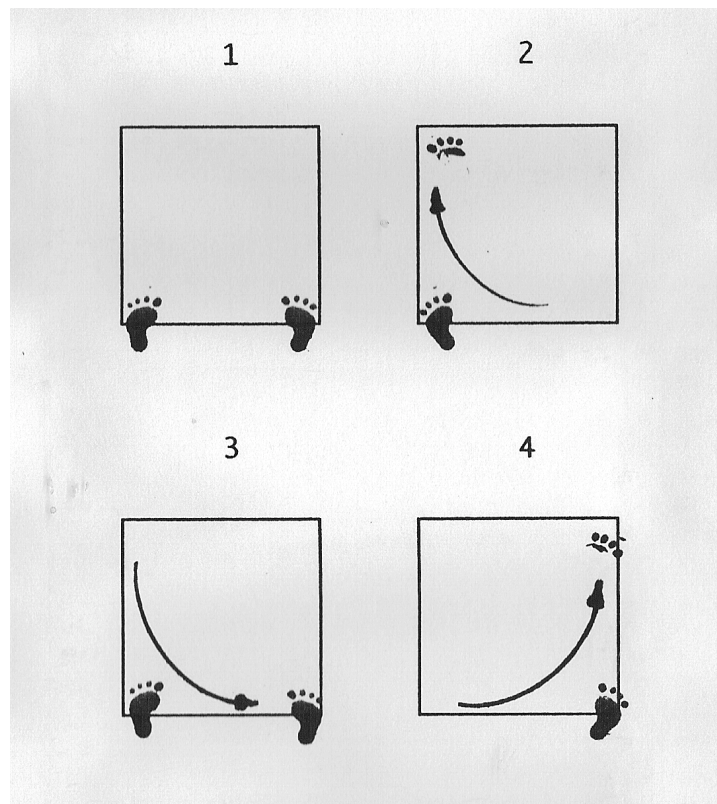
After applying the Forms one should learn how to do 'Dharma Combat.' Dharma Combat is 'Fighting with Knowingness.' This means one knows not only himself, but the potentials of an opponent and how to deal with them. Obviously if one knows what an opponent is going to do before he does it, he will have great advantage. One should practice Monkey Boxing, and the various types of 'Play' fighting inherent in learning Dharma Combat until he has this knowledge.

When practicing Monkey Boxing extreme control should be used. It is very easy to hurt another individual, and this is against the tenets of Monkey Boxing. A real Monkey boxer will always figure out how to talk his way out of a dangerous situation, and usually he will leave everybody smiling and laughing.

ONE SQUARE MONKEY

A Beginning student should explore the potential foot patterns of a single square. Following is one. Once you are able to do the pattern easily, try doing one of the nine Monkeys whenever you step forward. When you are comfortable in one of the Monkeys, try stepping with a partner in the same square. When stepping with a partner try slapping your right hands whenever you put your right foot forward, and your left hand whenever you put your left foot forward. the next step is to take turns punching and catching (Monkey Plucks High), or otherwise executing the Nine Monkeys.

Get a piece of chalk and draw a two foot square. Make sure you play your favorite music while you practice.

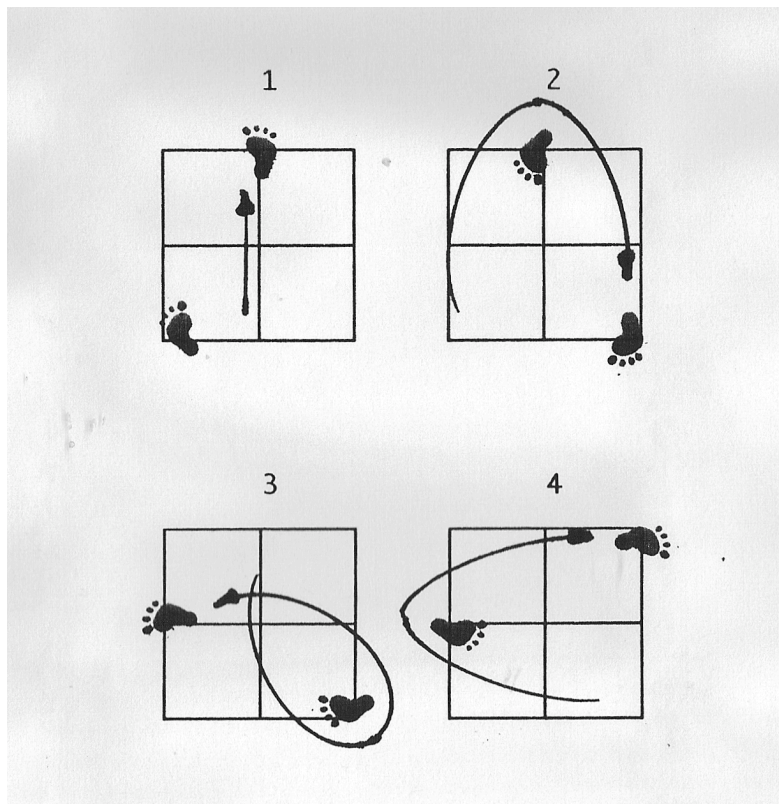


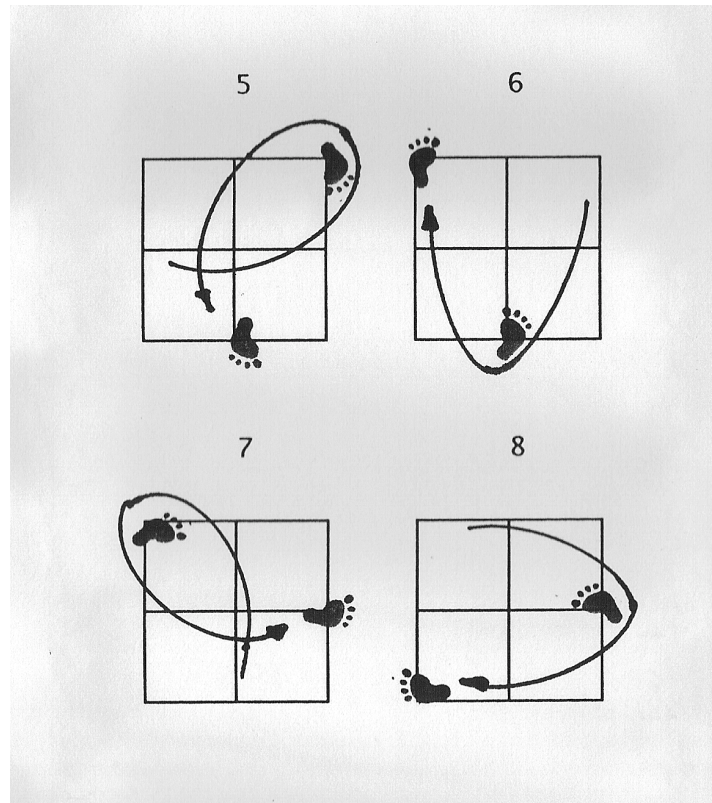
Return to the beginning or repeat.

FOUR SQUARE MONKEYS

Once the beginning student is having no problem with One Square Patterns he should progress to four Square Patterns. there are many different footworks in the Four Square Pattern, following is one. As you step through this pattern you will soon realize that you are stepping in eight directions by alternating 'Corner' and 'Cloverleaf' stepping. Once you are comfortable in the Four Squares try stepping with one of the nine Monkey Postures. then try stepping with Two Monkeys, alternating them and swaying between every step. And so on.

Get a piece of chalk and draw a four Square Pattern that is four feet square. Make sure you play your favorite music while you practice!





Return to the beginning or repeat.

NINE SQUARE MONKEYS

The Advanced student should practice on the Nine Square Pattern. there are many patterns possible on the Nine Square, and after the advanced student has learned the following one should create his own specific patterns, and select one for presentation on his test for Expert.

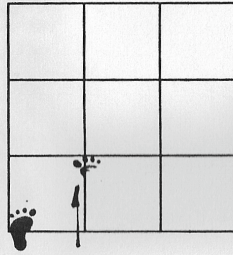
This Nine Square Footwork teaches the student virtually every potential for moving the feet. The student learns the four basic directions (N, S, E, W) and the four extra directions (NE, NW, SE, SW). If the student stands in the center square of the Nine Square Diagram he will immediately see that the surrounding eight squares illustrate these directions, and that no matter where he stands he has eight potentials of direction.

In addition, the Nine Square Footwork teaches the student how to shuffle, step, twist, or otherwise maneuver in any of the eight directions. Interestingly enough, the student will describe a figure eight while stepping through the twelve steps of this pattern. The figure eight is the symbol for Infinity, of course.

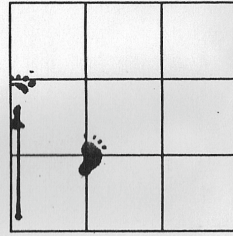
As the student progresses in Monkey boxing he will find that music and motion uncover the fact that he is a beautiful person. This will be true for himself, and for anyone that observes him.

Get some chalk and draw a six foot square 'Nine Square Diagram.' Make sure you play your favorite music while you practice!

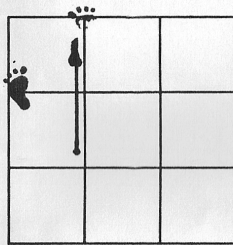
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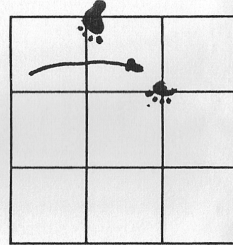
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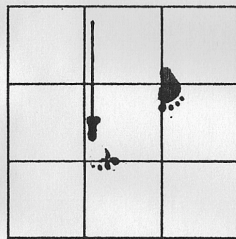
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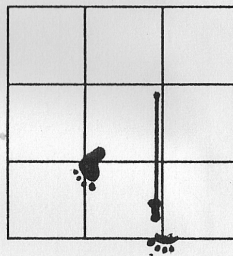
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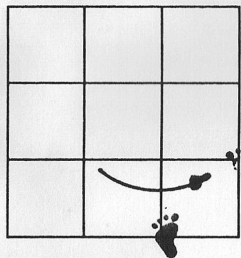
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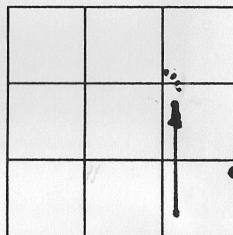
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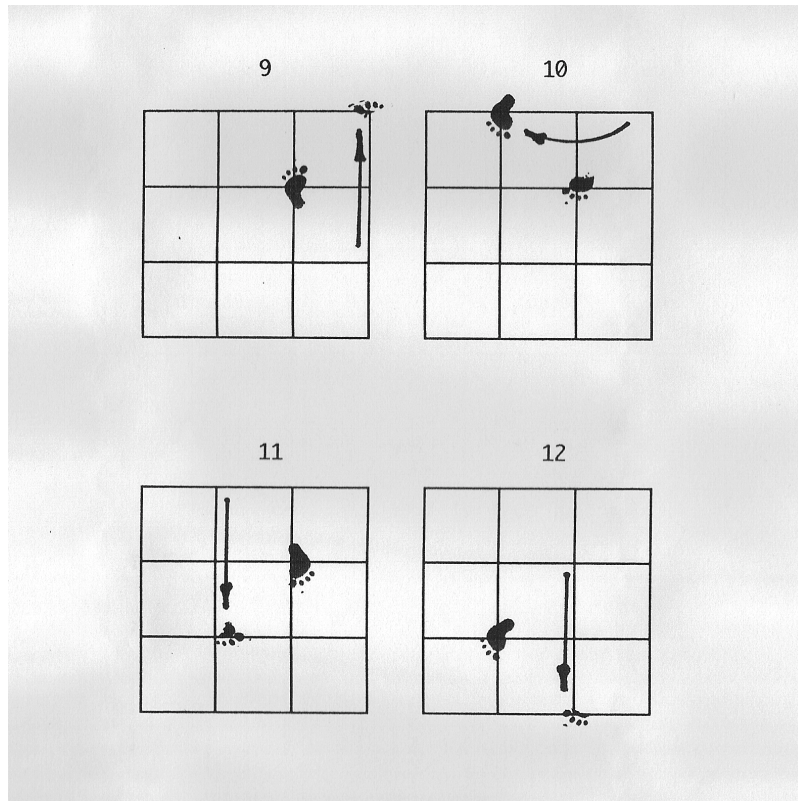


7



8





Repeat or return to the beginning.

FREESTYLE

In learning Dharma combat one learns several types of Freestyle.

‘Rhythmic Freestyle’ is the practice of students alternating attack and defense. This means one student attacks while the other blocks, then the other student attacks while the first blocks, and so on. This should be done slowly in the beginning, only building up speed as you understand the potentials involved. Remember the Injury Formula:

Speed plus Ignorance equals Injury

Also remember that the True Martial Art must develop in the individual the ability to ‘Analyze and Handle Force and Flow.’ And that the way to do this is to explore as a fighting strategy the concept of:

If the Force is greater Flow it,
if the Flow is greater Force it.

The ‘Nine Slap’ Method of learning how to fight is quite simple, and yet can become quite involved.

First, the students stand face to face and practice the following sequence.

- 1) Clap hands.
- 2) Slap the right hands once, slap the left hands once. (Can slap right to left and left to right)
- 3) Clap hands.
- 4) Slap right hands twice, slap left hands twice.
- 5) Clap hands.
- 6) Slap right hands three times, slap left hands three times.
- 7) Clap hands.

And so on until hands are slapping nine times.

Second, students face each other in stances and practice the following sequences.

1) Student A strikes.

2) Student B slaps the strike (be gentle, your palms are going to be getting tougher without you knowing it!)

3) Student A executes the same strike .

4) Student B slaps the strike and taps student A at a vulnerable place gently.

5) Student A strikes.

Student B slaps the strike and taps Student A twice.

And so on, until Student B is slapping the strike and tapping Student A eight more times in vulnerable areas.

Then Student B strikes and Student A builds up a sequence.

It is okay to start moving in the middle of the sequence in order to open up new targets.

Once the students are able to do this exercise they may open up the exercise and give two or more strikes at the beginning of the exercise, or even intersperse them throughout the exercise.

WEAPONS

In Monkey Boxing many different weapons can be used, but emphasis is placed on two specific weapons. These are the Monkey Sticks, which are similar to 'Arnis' sticks, and the Monkey Pole, which is very similar to the common short staff. The Monkey Stick should be as long as the distance from the tip of the middle finger to the elbow, and the Monkey Pole should be as long as the height of the person's shoulders.

The reason that these two weapons are emphasized is that from these two virtually all other weapons grow. If one learns how to utilize these two weapons then, by extension of the imagination, he will understand the slight (but significant) alterations needed in the manipulation of these weapons should they be sharp edged, pointed, curved, hinged, and so on.

When one learns how to Monkey Box with weapons one merely starts over from the beginning and goes through all the exercises while holding the weapons.

RANKING

A Beginning student is taught how to use the Monkeys in Attack and Defense, and how to perform 'Rhythmic Freestyle.'

An Intermediate student is taught how to use the Monkeys in Combination, and how to develop the 'Nine Slap' defense.

An Advanced Student is taught how to develop the Monkeys from 'Kick and Punch' to 'Lock and Takedown,' and is allowed to perform full freestyle.

An Expert student is taught how the Monkeys use weapons, how to disarm attacker's with weapons, and various weaponry freestyles.

A Master concentrates on teaching. A Master also learns other Arts.

A Beginning Student wears no sash. A student is usually a beginner for 1-3 months.

An Intermediate Student wears a Green Sash. A student is usually intermediate for 3-6 months.

An Advanced Student wears a Brown Sash. A student is usually advanced for 6-12 months.

An Expert Student wears a Black Sash. A student is usually advanced for 12-24 months.

A student could complete the system and become a Master as early as 22 months, normally no longer than 45 months. Individual times can vary greatly.

A person could take shorter or longer times to achieve his goals. Amount of concentrated intention, of course, aids in any undertaking. The True Monkey boxer does not compare himself to others, but only delights in honing his skills and helping others around him.

Any Monkey Boxer who does not display good character will not be promoted and can be stripped of rank.

CONCLUSION

The Martial Arts are a violent solution to violence. In the days of our history we have not seemed able to surmount this terrible fact. I sincerely wish that Monkey Boxing would be used for artistic pursuit and common pleasure rather than the violence we seem to have created in our society. Towards that end I encourage you to listen to good music, dance with freedom, and be good to your friends. This is what the True Martial Arts are all about.