

GEDO CHANG - MASTER OF KI POWER

By **SAM PLUMB**

SOME MARTIAL ARTISTS like to sell **Ki** as some mystical power that only they possess. However, ki is no secret - everyone possesses ki. This internal energy or life force is linked directly to breathing and how much oxygen you take into your body.

Ki training can be obtained in various ways, not all of them related to martial arts. Some systems of Yoga stress ki development (Ki is known as Prana in Yoga). The Chinese practice "Chi Gung" for health, martial arts and healing purposes. Just because you practice ki and chi training doesn't mean that your fighting ability will be better. It does mean that your general health and stamina will improve.

In days gone by, before martial arts became sports and pastimes, many serious martial artists received ki training in addition to the physical aspects of their art. In modern times, ki training is often overlooked or thought of as some mystical power.

There are still a few traditionalists around who consider ki development a priority in their martial arts training. One such man is eighth dan Gedo Chang. Master Chang has a Hapkido School in



Master Chang explains Ki flow to a hapkido student by demonstrating the "unbendable arm" on him.

Chicago, USA, where he regularly conducts ki training classes. He also lectures actively on ki at churches, colleges and civic groups.

Having attended Master Chang's Ki Seminars, I can attest that he is a step ahead of many other martial artists. I have seen him perform feats using ki that were seemingly unexplainable. At 55 he is as agile as a man half his age and he is willing to share his knowledge of ki with others.

Says Master Chang: "Every living being has ki and by developing this internal energy they will benefit in many ways. Ki can be used in daily life for relief from stress and to help to heal you when you are sick or injured."

Ki isn't something which can be built up, like a weight lifter develops muscles. The flow of ki throughout the body is different for men and women and varies at different times of the day.

There are many different ways to develop ki, but all methods must include good breathing practices. If the breathing methods are poor, then ki will not develop. In Hapkido abdominal breathing methods are used known as **Dan Jun Ho Hup**.

With Master Chang's method, correct breathing starts with slowing the breathing into long, relaxed breaths. He likes to inhale and exhale through the nose.

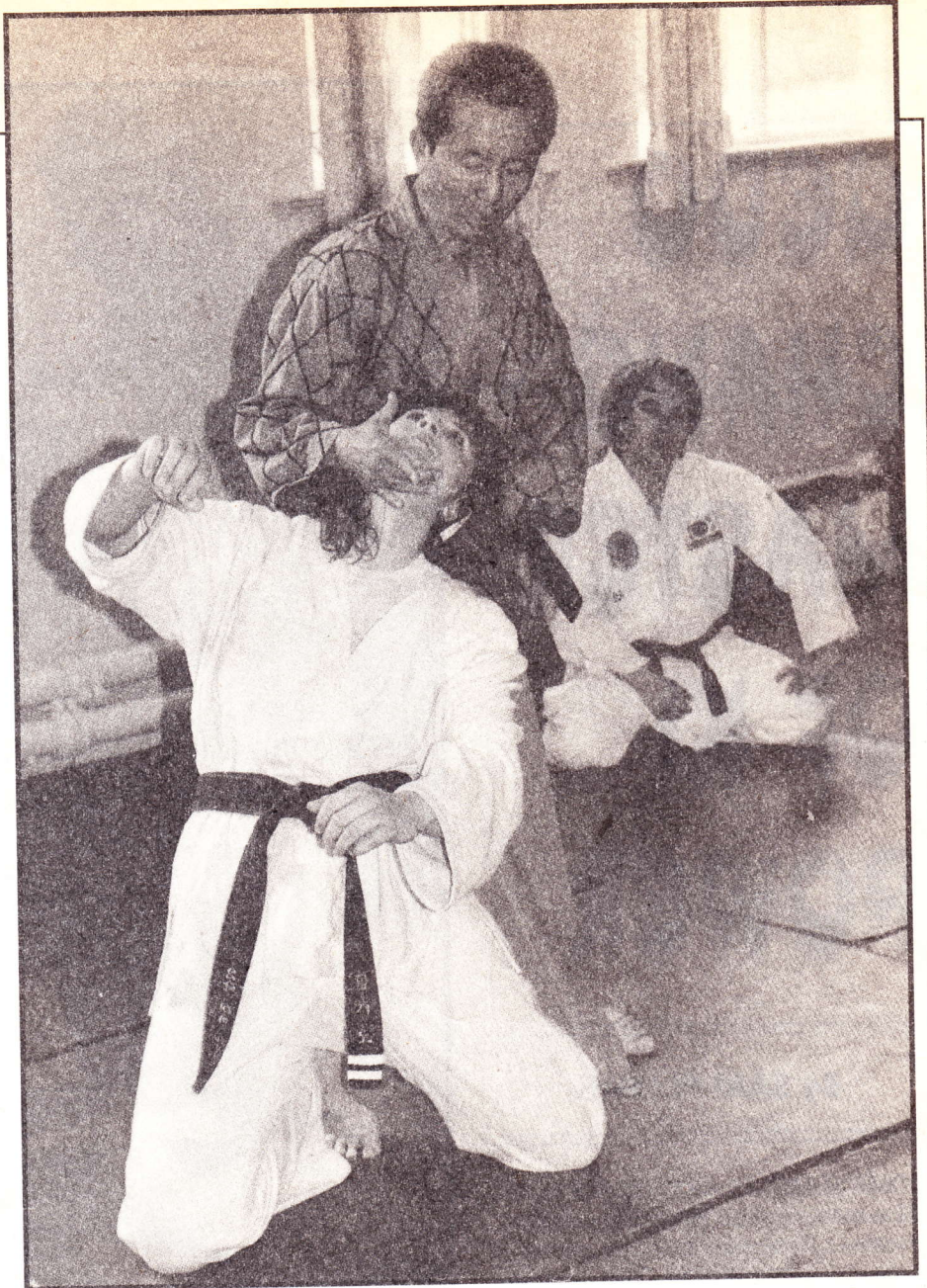
Ki development carries more oxygen to the body's cells. The skin will have better colour and stay young looking. With well-developed ki a person will not become ill as often and will recover more quickly.

Increase speed

Ki can increase speed and physical power. The competition fighter who



All three pictures are special breathing exercises developed in the martial art of hapkido. They are used to bring Ki from inside the body to the hands while strengthening stances and teaching students to breath with their lower abdomens.



Master Chang uses Ki in his self defence techniques rather than physical strength.

doesn't have ki training will perform well in his first round. After the second round his stamina will be much less than that of someone with ki training. One's energy level can be maintained with well-developed ki. Fighters who have well-developed ki often will not feel pain after being struck.

Gedo Chang incorporates the teaching of ki development into his Hapkido training. He begins with relaxed breathing exercises and meditation. Ki travels more freely when the mind and body are relaxed, therefore meditation is a daily must to ensure that one is completely relaxed. Quiet, calm breathing helps the body to relax. Meditation will do the same for the mind.

Master Chang also stresses that ki training should be a pleasant experience and should be done without trying to force the body to respond. It is a discipline but a pleasant one.

Average, everyday worries can upset

ki development, so try not to become too stressed. Meditation will be difficult at first. Many beginners try to stop thinking, which of course is impossible. The mind is always active - just relax. After practicing ki development daily for a couple of years, you will find an amazing difference in your internal power.

Hapkido has many different positions for ki development and meditation, each one designed to relax certain parts of the body and mind. With the correct ki training, ki can not only improve your martial arts techniques but also your daily life.

Master Gedo Chang will be conducting Ki and Hapkido seminars in England in October 1995. Anyone wishing information on Hapkido in general or on Master Chang and his seminars should contact Mr S. Plumb, the European Hapkido Alliance, 28 Jubilee Road, Whitwell, Worksop, Notts. S80 4PL; telephone 01909 723023.