



Golden Sage Martial Arts
Saturday Web Class
03-20-2021



Western science and Chinese medicine – philosophy are separate viewpoints working towards understanding the human condition and our connection to our world. For the higher Black Belt Ranks the basic knowledge of western and far eastern martial arts and healing arts is required. Along with psychology, western and far eastern philosophy, the lifelong study of it is needed to achieve a higher level of proficiency in our arts. Prof. Bob Karnes / Shihan

My source is <https://www.youtube.com/watch?v=cI5E7rvZsDQ>

Western Medicine/ Science based
Casual Analytical Philosophy
Causal Analytical Science
Causal Analytical Medical Approach

The human being is described and explained by its objective structure.
All metabolic functions and processes are causal derivations from this structure.

Western Medical Foundations: Anatomy, Physiology

How Does It Work?

- **Diagnosis** establishes the medical evidence by comparing the patient tangible data with a defined standard.
- The derivation from the defined standard in causal relation to the patient's problem is the **Disease**.
- **Treatment** aims to change the patients structural derivation according to the standards in expectation of curing the disease.

Important historic events in Europe, influencing Western Medicine

- Polytheism was the cultural and philosophical background in ancient Greek society (the possibility of multiple truths)
- Heraclid (around 500 BC philosophy of a flowing, relative reality (conditional concept)
- Aristoteles (around 350 BC) philosophy of a manifested, material reality (causal – analytical concept)
- Roman Republic (around 510 BC) initially adopts the Greek polytheism
- On 13th of January 27 BC the Roman Republic transforms into an Empire
- In the year 325 imperator Constantine adopts a monotheistic religion as state religion (“one truth principle”)
- Around 529 the Roman Empire decays and leaves a globalized Europe with a broken infrastructure
- The social and economic needs were not met by the following powers
- The resulting problems in all areas of life in medieval times created the conditions and necessities to move development towards industrialized solutions
- The Renaissance, the Age of Enlightenment (1650 – 1800) and scientific revolution in Europa (1650) lead to a dominance of a causal – analytic philosophical approach in Europa

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Classical Chinese Medicine
Conditional Philosophy
Conditional Science
Conditional Medical Approach

The human being is understood as a functional system, changing by connecting with and disconnecting from its environment. It is explained through its functions and their relations to the individual conditional framework. Other than in western medicine, there is no distinction or hierarchy between substance and process. (function) Any substance is also a process.

Medical Foundation: concurrency of Being & Not Being /Connection & Disconnection/
Yin & Yang and the relations of Being, Not Being, Becoming and Unbecoming to the conditional framework (Wu Xing)

How does it work?

- **Diagnosis** seeks to connect a dysfunctional process with relevant conditions (internally & externally) and establishes a **Conditional Pattern** (Question: Which conditions make that process possible?)
- The **Disease** causality is always relative, and directly depending on the individual conditional framework
- **Treatment** aims to change the relevant conditions for the disease causality, in order to allow a healthy process to develop. And it will stimulate the actual process to adapt faster to the corrected conditions.

Important historic events in China, influencing Chinese Medicine

- The origin of Daoist philosophy lies in nature worship without a concept of divine creation
- Daoist philosopher Laozi 6th century BC – conditional concept
- Confucius (about 5th century BC) teachings of “Order” (causal – analytical)
- Height of Daoism, but also already in religion form, was the 4th century BC
- Ming Dynasty 1368-1644 isolated China from the western world, but could thereby maintain conditional concepts (Daoism)
- Ming Dynasty ended in 1644 with the beginning of the Qing Dynasty
- Prohibition of Classical Chinese Medicine – dominance of western medicine
- Chinese civil war (1927-1949 /Mao Zedong, Chiang Kai-shek)
- Retreat of the republic of China and the Kuomintang to Formosa (Taiwan)
- Founding of the People’s Republic of China on 01.10.1949 as a communist dictatorship
- Limited approval of Classical Chinese Medicine, mainly to provide a basic medical care in rural areas
- Chinese cultural revolution (1966-1976)
- Radical rejection of classical concepts in all areas of life (and especially in philosophy and medicine)
- Writing reform 1956 in China (simplification of Chinese characters, standardization of sounds, definition of interpretation.

Classical Chinese Medicine (CCM) turns into more western friendly
Traditional Chinese Medicine (TCM) PBK

Introduction to Chinese Medicine and its application in the Healing Arts/Martial Arts

1. There are usually 3 common forms of Oriental Medicine. Ayurvedic from Indian, which most all Oriental Medicine, Yoga, and later Tai Chi stem from. Ayurvedic Medicine is the first of the Oriental Medicines and is still going strong. What we call Classical Chinese medicine was destroyed or lost to a large degree, over several different purges, or neglect, or just kept a secret to the authors grave. Only to be found "intact" in many of the Korean Medical writings, centuries later, which were then re-introduced back into China as well as Japan.

When the medicine was migrated to Japan from China and Korea - about the same time Yawara was introduced -the Chinese decided to make a greater effort to write it all down and be a bit more scientific about it. At this time, the Korean books about Herbs completely surpassed the Ayurvedic and Chinese medicine texts and depths of learning. At that time too, were at least 5 completely different forms of Chinese medicine and several forms of Korean medicine with herbs and moxibustion. Moxibustion treatments precede acupuncture needling by several centuries.

What we call TCM today is not actually Traditional Chinese Medicine. Since China adopted communism and re-standardized Chinese Medicine, what is studied now is Traditional Communist Medicine. And for all the faults of communism it did make learning Oriental Medicine for the Westerner more palpable.

2. Oriental Medicine in its entirety does not try to just treat symptoms to affect a cure. It's philosophy is to treat the roots, trunk, and branches, with a holistic approach. Including the energetics, emotions, and spiritual considerations in its medicine and contrary to popular belief, it works perfectly 99% of the time right alongside and at the same time as western medicine.

3. Chi, or Qi, is the energy that makes us alive and courses inside our body along with our ever flowing blood circulation. The two are inseparable but do have separate characteristics. Meridians are more "make believe". Possibly only discovered and mapped by those who could actually see or feel them in the beginning. The acupuncture points were discovered first with moxibustion. Then needling of different kinds came along to work on the same points. it is my opinion that the meridians are simply a way to catalog and map these 360+ points into a cohesive system to approach healing. It also aids in diagnosis.....**There is no healing in Oriental Medicine without proper Oriental Diagnosis. Everything done without it, is simply hearsay or guessing.**

4. Striking or even needling a meridian point without diagnosis and Chi application, is meaningless. It will leave a nice bruise. and no, it will not knock anyone out who isn't gullible. Do remember though many "points" are on top of actual nerves and organs, and those can be affected with a strike even without coming close to the meridian points.

5. Does using meridian theory, points, etc. work in massage. No. Unless you have diagnosed them correctly, know what you are doing, and can flow your energy enough to influence their energy at those points. Just rubbing, hitting, and wishing a meridian point to work is mythological. You have to be literally able to activate and guide energy in yourself, and then into others for it to actually work.

That being said, "intent" is the first step in energy work and with enough honest and serious intent some benefits can be gained from working with certain points at certain times, in the right direction for the right reasons.

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