

**MATRIXING
TECHNICAL
DICTIONARY**

**AL CASE
(Master Founder)**

Monster Martial Arts
MonsterMartialArts.com

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special thanks to
Harry Hsu
and
Derek Salling
for their assistance
in the compilation
of this dictionary

-A-

Aikido-(Jap)-The Way of Harmony in the Spirit.

Created by Morihei Uyeshiba, Aikido is considered a 'soft' art, as the basic concept is to go with an opponent.

Originally derived from Daito Ryu Aiki Jitsu, the techniques of Aikido were chosen more for their 'spiritual' content than their usefulness. This resulted in a loss of data which resulted in Aikido becoming both mystical and impractical.

Aikido and the Dynamic Sphere-(book)-Westbrook & Ratti.

This is the best book on Aikido ever written. The artwork is absolutely stunning in that it reveals the purity of intention necessary to Aikido.

Al Case

Born May 27, 1948, Al is the originator of the Matrixing concepts.

Al Case Martial Arts

A logical compilation of the martial arts.

angulation

The introduction of a slight angle to a technique, usually through a slight sidestep. This changes all the angles of the technique, thus giving the advantage to the defender.

While this concept is inherent in many arts, it is specific to Monkey Boxing.

armbar

A technique wherein the straight arm is levered. If the attacker bends the elbow it will translate into an elbow roll, or an inversion thereof.

arm pounding (blocking)

Toughening exercises in which the partners bash their forearms together to create better blocks.

augment

The action of the rear arm to support a block by pointing towards the elbow of the front arm.

axilla

The armpit (referring to the nerves therein).

axilla punch

Punching into the axilla (preferably with the fingertips). This is best done when the victim's arm is outstretched (the muscles are therefore not tightened). This is a pressure point strike.

-B-

Babich, Robert J. (Bob)

A 6th degree black Belt in Kang Duk Won Korean Karate, Bob is the person that Al Case attributes for 'hands on' transmission of the art.

back change

In Pa Kua Chang, stepping backward on the circle. The normal preference is to step forward, but one must be prepared for anything.

back stance

Grounding occurring on the rear leg.

backwarditis

The tendency of a beginner to do everything backward, that is, if the technique calls for a right arm, he uses the left, and so on. While sometimes frustrating, this is a good thing, it means the beginner has surmounted the fact of having a fifty/fifty chance of being right and is actually initiating an action.

The cure for a person (at any stage) unable to stop manifesting backwarditis is to have him do the 'mistake.' Having been given free reign to do a 'mistake,' the student will then be able to do the called for technique correctly.

BAP-basic arm positions.

The 'basic arm positions' that enable the student to develop an 'unbendable' arm.

There are four BAPs: low, middle, high, and circular, which can form ten combinations. The BAPs were the subject of early research by Al Case into the art of Pa Kua Chang.

beak

A hand configuration in which the back of the hand is raised and the fingers are brought together. This can be a strike with the fingers, or a block with the wrist. Also called, 'the little fist,' 'beak,' etc.

Beyond Hands

A poem written by Al Case which outlines the method of the martial arts.

black belt

Belt rankings were originally derived from rankings for swimmers in 1900 Japan.

A black belt, in Japanese, is a 'dan.' Dan translates as 'man.'

Lesser ranking belts are 'kyu,' which translates as 'boy.'

Thus, a black belt was originally a statement of maturity.

With the commercialization of the art, however, belts began to be awarded according to one's ability to fight, as opposed to spiritual development.

Eventually callow young fellows would even fray the edges of their belts with razors to deliberately age them, thus giving themselves additional 'years' in the art. Belts would even be sold for mere dollars.

In AI Case Martial Arts belts are awarded for ability. A black belt is awarded solely on the basis of one's ability to execute techniques with CBM.

block

A ridge of energy manifested through the bones and thrust away from the body (as opposed to a parry, which retracts towards the body and guides the attack).

block walk

A blocking exercise utilized in the harder arts, it is based upon moving forward and back in the Sanchin stance while using the three basic blocks (low, middle, high).

Bomber's Story, The-(book)-Case

One of the few books to utilize proper martial arts, The Bomber's Story is particularly terrifying for its depiction of government.

body alignment

The aligning of body parts so as to best flow energy through the body.

body testing

Pressing upon the body to check body alignment, body testing is an exact science: the pressure must be in the exact amount and in the exact direction (through the tan tien to the ground), else it is useless.

Done correctly, body testing can help a student bypass years of training.

bot sai

One of the advanced forms in the Kang Duk Won, it is taught as bassai in many classical Japanese systems. It translates as 'to thrust asunder,' or 'to breach a fortress.'

bridge

See Under the Bridge.

brush block

A Monkey Boxing block which utilizes a palm and the back of a hand to protect the face. Not a hard block, it is more of a deflector, and it is usually used in conjunction with other methods of angling off the line of attack.

Buddha Palm

A cross palm block done to the centerline. The name comes from the fact that one makes the block by pressing the hands together as if in prayer, then taking one down and holding it beneath the elbow.

Buddha Palm Karate

A version of Karate created by Al Case. It was created just prior to the creation of 'The Perfect Art,' and utilizes a series of 'toe up' back stance lines and the crane form.

butterfly

The first form in the Shaolin Butterfly method created by Al Case. It utilizes a specific six point foot-work pattern, and the end result of practicing the form is an increased ability to angulate.

This block is also a key motion in Pa Kua Chang.

buzz saw

Attacking with the hands moving in an overriding circular motion. This is called a 'blast' in Jeet Kune Do.

caput

Any head or headlike expansion on a structure, such as a bone. When grabbing an opponent the caput is utilized to ensure a better grip. This also allows the practitioner to better find pressure points.

Case Histories

A column written by Al Case for Inside Karate magazine, it was noted for its unique humor. It ran for four years.

Case Histories of Horror

A series of four short books containing some very original horror stories by Al Case.

Catchers

A series of eight techniques taught between Matrix Pa Kua Chang and Matrix Tai Chi Chuan. These are: club catcher, knife catcher, sword catcher, spear catcher, gun catcher, fist catcher, foot catcher and thug catcher.

cat stance

A back stance with the front foot just in front of the rear foot. While one loses some potential for motion, the leg is prepared for kicking.

CBM-coordinated body motion.

CBM is when all parts of the body support one intention. This is done by extensive analysis of the Three Elements of Power (thrusting, rotational, and gravitational) through a study of Matrix Karate. When one successfully and regularly blends the Three Elements of Power one achieves The Fourth Power: Intention.

Chen

Name of a family in China which is purported to be the source of Tai Chi Chuan.

chi

A term used as a catchbasket to explain mysticism (what people don't understand) in the martial arts. For instance: he's got lots of chi, it must be the chi, etc.

Actually, chi is nothing more or less than Intention.

Using Matrixing methods and terms, chi can not only be understood, it can be measured and enhanced.

chicken beak

See beak.

chicken wing

An upper arm lock. This lock results in a terribly easy break, as easy as breaking 'a chicken's wing.'

chi sau-(Chinese)-sticky hands.

A type of limited freestyle wherein the players twine their hands and move in certain patterns.

Many arts have many different variations of Chi Sau, but it is usually associated with Wing Chun Kung Fu.

chopping wood

A technique in Monkey Boxing in which the practitioner grasps the wrist of the opponent and throws him through making a 'chopping wood' motion.

Choy & Li

The names of two of the original five Shaolin monks. The five monks are said to have avoided the burning of the Shaolin Temple, and then spread the Shaolin art across China.

While Choy & Li is the name of a form specific to Shaolin arts taught today, it is also the name of a system, Choy Li Fut.

The fourth form in the Shaolin Butterfly art taught by Al Case. The specific concept in this form is a windmilling of the arms. This windmilling strengthens the arms, and eventually becomes a quick rolling motion that can go up or down.

Circle of Blocks-(Karate)

The circle formed around the body by the eight hard blocks of Karate. The eight blocks are: high crossed wrist, high, outward middle,

low, low crossed wrist, inverted low (dangling forearm), inward middle, and cross palm.

Circle of Blocks-(Monkey Boxing)

The initial circling of the arms (in Monkey Boxing) which protects the body by setting up defenses for the eight angles of attack.

The circle of blocks is used to develop defenses for sticks, hands and knives, and to develop various Collapsation of Distance techniques.

circle walking

The main exercise in Pa Kua Chang, this exercise consists of eight steps in a circle, with specific footwork and techniques added.

Closed Combat System

A system of martial arts which refuses techniques and concepts from other systems. While this keeps a system pure, and can keep the student on the straight path towards achievement, it can also become a limit.

closing

Pushing an opponent's arm across his body so as to inhibit his motions. This is as opposed to 'opening.'

clubcatcher

This technique is based upon a high crossed wrist block. It is used to 'catch' an attack with a club.

clumsy feet

When somebody trips and feels like a fool.

computer

The head.

coordinated body motion

See CBM.

coordination drills

A variety of drills wherein the student slaps his body to achieve better timing (CBM).

These drills are done in Monkey Boxing and are used to explore the interchange of body weapons during the Collapsation of Distance.

The specific weapons are: kicking, punching, kneeling, vertical elbowing, horizontal elbowing, backfisting.

concave back

Rounding the small of the back by thrusting the hips forward. Simply, if someone was to place their hand on the small of your back...press the hand with the small of your back. This stabilizes the back, and ensures that no injury (especially during the practice of Pa Kua Chang) is created through practice.

This is also called ‘turtle backing,’ or ‘round backing.’

control

The essence of the true art. It is said: while there is an art to destruction, the true art is in control. Simply, one who can control himself can control others, and need never fight.

core application

A Core Application is that application which sums up the major point of a form.

crane-(Shaolin Butterfly)

The fifth form in the Shaolin Butterfly. Created by Al Case, this form teaches grace and balance and kicking.

crane

The second form in Pa Kua Chang.

crane-(White Crane Karate)

The main form in a Karate system created by Al Case.

cranking

Turning a body part so that it *really* hurts.

Create Your Own Art-(book)-Case.

The only book ever written that actually shows how to create a martial art.

crescent step

Also known as ‘moon step’ this is the action of the foot, when walking in an hourglass stance, to move halfway towards the other foot, and then out, in a semi-circle.

cross inversion

Reaching across an opponent to invert a limb.

-D-

dart

The sixth and most advanced form in Outlaw Karate.

defibulating punches

A strike to the heart which stops that irritating pulsation of the heart muscles.

dharma

1) Essential quality or character, as of the cosmos or one's own nature.
2) Virtue. 3) An old way of saying one is heading towards truth and knowingness. This is definitely in tune with the Monkey Boxing method.

dharma combat

Combat by 'knowing.' Dharma combat is the end result of doing rhythmic freestyle.

disarm

To take a weapon from an attacker.

distance matrixing

Technically, this would be the study of five distances in Monkey Boxing. The distances are: foot, fist, knee, elbow, grapple (takedown). A sixth distance would be weapons.

do-(Jap)

Literally 'The Way.' While there are many mystical connotations, do really refers to a specific methodology. The mysticism comes from not understanding the method, which comes from the method being inadequate due to missing information, etc.

The real 'way' to look at this is to merely translate the word into American. 'Do'- to get something done.

Donald (Don) Buck

First instructor of Bob Babich. He studied a variety of Chinese systems, plus Japanese Kyokushinkai. Kyokushinkai is a full contact system.

It is rumored that it was while studying with Mr. Buck that Mr. Babich misplaced his teeth.

doors-(to go through...)

To find 'what ifs' and solve them. A good student will be able to go through many doors. To comprehend this theory is to appreciate that the dojo is a microcosm for life.

dragon fist

A punch utilizing the foreknuckle of the middle finger.

dragon stance

A cross legged kneeling stance. Also called a 'twisted kneeling stance.'

dummy

See good dummy.

dump

To knock somebody down, especially on their fanny.

dynamics

Thought. Precisely, the direction a thought takes. The martial dynamics are: standing in one place without motion, moving backward, moving forward, moving in such a manner that the attack can be guided.

Dynamics is the subject of the Third Level of the martial arts.

-E-**earthforms**

A series of five forms created by Al Case. They were inspired by a vision Al had of a monk in a dream one night.

The five forms were: the Dragonfist, the Tigerfist, the Cranefist, the Snakefist, and the Leopardfist.

These forms were neglected because students kept injuring themselves on them, and are now forgotten.

Eight Angles of Attack

If a cross and a plus were overlaid and placed on the front of a man they would describe the Eight Angles of Attack.

To be exact, the eight angles are defined in Monkey Boxing as: clubbing straight down on the head, chop to the neck, hook to the body, uppercut to the belly, kick to the groin, backhand to the belly, back hand to the body, chop to the neck.

There are other variations of these attacks.

This theory was inspired by Al's study of escrima (after an analysis of the Nine Squares of the body).

The Ninth Angle of Attack would be a straight punch to the center of the body.

Eight Angles of Defense

The specific lines erected across the incoming Eight Angles of Attack. This concept is explored fully in the beginning Circle of Blocks exercise in Monkey Boxing.

eight animals-Pa Kua Chang

Eight concepts explored in more traditional Pa Kua Chang. While there are literally thousands of variations and arrangements, the ones used in the Al Case method are: Butterfly (on guard), Crane (lower encirclement), Snake (arm cranking), Monkey (lower arm wrapping), Dragon (splitting), Lion (upper encirclement), Phoenix (upper arm wrapping), Tiger (Spinning).

eight gates

When the body is turned sideways (as if fighting) each hand protects four zones (see four zones). This creates eight areas, four for the front hand and four for the back hand. These are called the eight 'gates.'

eight joints

After studying many arts, and presenting his conclusions concerning those arts in the 'Instant Aikido' seminars, Al Case formed Monkey Boxing. The central theory of the forty Monkey Boxing techniques is that a student can achieve jointlock success by circling any joint in either

direction (plus a couple of odd variations).

The eight 'joints' examined in the Monkey Boxing method are: wrist, elbow, shoulder, neck, spine, hip, knee, ankle.

eight sticks

The eight patterns described by stick(s) in the weapons portion of Monkey Boxing.

The eight sticks are: cross down, high low, single eight, umbrella, double eight, reverse eight, umbrella up down, super eight.

elbow insertion

Striking with the elbow so as to set up an insertion. This is a specific 'shock and lock' in which the elbow strike is usually to the head or the axilla.

elbow inversion

A lock applied to the elbow wherein the elbow is pushed down instead of up.

elbow roll

A technique wherein one pushes up on the elbow while pulling down on the wrist. This is done while stepping in front of the person, thus making the attacker arc down and across the front of the student., which relates to the verbal instruction of 'put him in your pocket.'

elbow slash

Slashing with the elbow.

elbow spike

Striking with the tip of the elbow, especially to the face or the axilla.

empty

Relaxed. Able to move in any direction without needing prior counter-motion. Being empty leads to the enhancement of perceptions outside the five senses.

empty hands

The literal translation of the word 'Karate.'

energy

The capacity for work.

energy formula

Weight = Work = Energy.

This is to say that the more the student bends his legs (in stances) the more power he feels, and therefore has.

This relates directly to the ultimate purpose of stance training.

energy leaks

When a body part collapses under body testing the exact point of breakage is called an 'energy leak.' It can also be called an 'energy break,' or a 'powerleak,' or a 'powerbreak.'

engine

Generally, the body. Specifically, the tan tien. When aligned with the engine of 'I am' the art is created.

entering, closing, finishing

The three distances of a fight. While there are other ways of analyzing distance, this one tends to establish the analyzation of the collapse of distance as specific concepts into which techniques can be grouped and understood.

Entering the Third Level-(book)-Case

A simple book which describes the various phenomena that a student will experience when CBMing.

Escrima

A rather spectacular Filipino art involving the use of sticks.

expert

Somebody who knows what they are doing, and can explain it in scientific terms.

explosion

One of the functions of the tan tien. A dispersal of energy-a focusing of energy into the punch (impact).

Really, there are two specific points of explosion: at the beginning and at the end of a technique.

Inbetween these two points, of course, is what the art is really all about.

extensions

Extending intention.

Or, the expansion of hand techniques to create disarms.

-F-

figure four armlock

An odd sort of an upper armlock in which the entanglement of arms looks like the number four. This is the first martial arts technique Al Case ever learned, it was displayed in a Buzz Sawyer comic strip when Al was about seven or eight.

finishing

From 'entering, closing, finishing,' refers to the application of a lock.

First Decision, The

The choice to go forward or backward, which establishes a predisposition towards Force or Flow.

first level art

An art that depends upon impact as the sole solution.

fist catcher

A two step wrist lock executed on a punch.

five animals

The five original animals of Kung Fu: tiger, crane, snake, leopard, dragon.

The five animals of Kung Fu, according to Al Case, are: tiger, crane, snake, monkey, dragon. Al considered the leopard and the tiger too similar.

The attributes of the first four animals were supposed to make up the character of the fifth animal; the art was to be a composite of styles, rather than one truth. This made up the truth of Al Case's methods.

five armies

Refers to a style of Tai Chi Chuan. Specifically, the five armies are: shifting the weight, turning the hips, rotating the shoulder, folding the elbow, rolling the wrist.

Five Army Tai Chi Chuan

The theory of Five Army Tai Chi Chuan is that the armies should collapse (or attack) together, but if one army is bypassed the others must make up for it.

five distances-Monkey Boxing

Kicking, punching, kneeling, elbowing, grappling. A sixth distance would be weapons.

These distances are defined as aggressive, that is, away from the defender and towards the attacker.

five distances-Tai Chi Chuan

Absorbing through shifting, turning, rotating, folding, and rolling.

These distances are defined as defensive, that is, away from the attacker and towards the defender.

flow

The path of an object unaffected.

The path of intention.

flower

The second form in Butterfly Kung Fu. The basic concept is demonstrated in the basic sequence of the form: cross palms down, rolling to a butterfly palm block, simultaneous cross palm block and punch.

flowstyle

A type of rhythmic freestyle which uses locks instead of strikes.

fold

To collapse the elbow under pressure. One of the five armies.

foot catcher

Catching a foot through stepping with the motion, encircling with the hands, and twisting the foot.

force

The absence of unimpedance. Impact.

force/flow formula

The ultimate martial strategy, which is the actual meaning of the yin yang in the martial arts.

If the force is greater flow it, if the flow is greater force it.

form

A pattern of moves.

The body of a person.

Thus, a person can both 'do a form,' and 'have a form.'

formbreaks

Where the form of a person is unable to support the force directed at it. The failure of body testing.

fort

The last form in Outlaw Karate, it is an extrapolation of Sanchin.

forty monkeys

The forty techniques of Monkey Boxing. These entering and joint-locking techniques were derived from thousands of techniques from various arts, and boiled down to the concept of circling a joint in two directions, and a spattering of odd variations.

four directions

The four compass directions were used in original matrixing efforts.

fourth element of power

When one combines the first three elements of power with good CBM, the fourth power is realized, this is intention.

four zones

Wing Chun theory which breaks the area in front of body into a plus. The hands are used to cover each

zone in as economical fashion as possible.

foundation

The first book in the Outlaw Karate series. It describes the form 'House.'

founder

Somebody who founds a system. In truth, anybody can be a founder, the trick is to imbue the system created with unassailable logic, irrefutable concepts, and personality.

four corner throw

An Aikido throw wherein the defender can place the attacker in any of four corners. While this is a specific throw in Aikido, it is a general concept used for any throw in Monkey Boxing.

freestyle

Learning how to fight.

There are usually three stages in most martial arts systems: the purity of concept within a form, the applied technique of the form, and the chaos of combat.

See freestyle progression.

freestyle progression

A specific method of learning freestyle. The stages are:

rhythmic freestyle (to Dharma Combat)

lop sau (rolling fists)

chi sau (sticky hands)
pushing hands
one in the center.

There are variations for each of these methods, depending upon what the student needs. While the method can be altered according to how the student is being taught, the usual progression is:

rhythmic freestyle (Karate)
lop sau (Monkey Boxing)
sticky hands (Monkey Boxing,
Pan Gai Noon)
one in the center (Pa Kua
Chang)
push hands (Tai Chi Chuan)

front stance

Stance wherein the body is more over the front leg than the rear leg.

Funakoshi, Gichin

The founder of modern day Karate, Mr. Funakoshi introduced the art to school children in Okinawa, military officers in Japan, American servicemen after the 2nd World War, and caused the art to be spread across the world.

Also, Mr. Funakoshi codified moves and forms and inspired generations of instructors.

fut ga

A style of Shaolin Kung Fu. The name translates as 'family of monks.'

Al Case was taught portions of this style by Richard Armington.

-G-

geometry

The secret of art. A study of algebra, calculus, and the other mathematical fields also helps.

good dummy

A person who reacts accordingly when attacked by his partner during training.

A person doesn't really understand the martial arts until he understands both sides of the equation of attack and defense. Thus, a master is the biggest dummy of all.

gooselock

A wrist lock wherein the hand is bent over like the head of a goose.

grounding

Sinking the weight (intention) at the appropriate point of a technique.

One of the Three Elements of Power.

A person who is grounding is capable of delivering incoming force into the planet, and striking an opponent with the planet.

gradient

Teaching the student exactly the right amount at exactly the right time.

Doing each step completely and in the correct order.

gravity

One of the three elements of power, the other two being rotation and thrust.

Dropping the weight at the correct moment of the technique.

ground work (matwork)

Wrestling on the ground.

Good groundwork is very scientific.

guiding

To redirect incoming force so that it misses. The closer the miss the better the guiding.

gun catcher

A wristlock executed when an attacker uses a gun.

-H-

happy feet

This phrase refers to effortless footwork. Effortless footwork usually occurs while a person is learning to walk the circle. The precise phenomena is that the person is so busy watching body distances that they are lost in the perception and are unaware of the feet.

harmony

A rather inadequate term to describe 2BCBM.

helping the attacker

In an effort to attain affinity for an attacker, the defender should do all in his power to aid the direction of the attacker's attack. This is the essence of Pa Kua Chang.

helping the punch

Helping the attacker by guiding his punch in the exact trajectory he has projected.

horse stance

A wide stance in which the weight is distributed evenly and the knees are bowed to the sides.

It is called the horse stance because when done it looks like the student is 'riding a horse.'

It is also called a side stance, a straddle stance, and so on.

One theory is that it evolved because people had to fight sideways in the contours of rice paddies.

It is a very powerful stance.

hourglass stance

A narrow stance in which the weight is distributed evenly and the knees are bowed inward. A very powerful stance, it is also called sanchin stance.

house

The name of the first form of Outlaw Karate. It was actually used in several systems designed by Al Case.

hung gar

'Family of Hung.' One of the five monks who escaped the burning of the Shaolin Temple, he is credited with his own system. This is considered 'classical' Shaolin. The systems of Hung Gar, Fut Ga, Choy Li Fut are often very similar.

how to make money

A short book written by Al Case. He never followed the advices of the book as he wished to take leave of the 'work a day' world.

How to Start Your Own School

A short book written by Al Case, it describes, in very accurate and succinct terms, the exact procedures for starting one's own martial

arts school. One of the first, if not the first, books of it's kind.

-I-

idiot of the month club

A term coined by Al Case and Mike Baron to describe people who entered their martial arts school at least once a month and offered to 'challenge the master.'

imarts

Name of Al's first mail order venture. It offered over twenty-five books and twenty video tapes.

infinite application

An Infinite Application is one which can be worked on 'eight sides.'

That is, on both sides of the right leg, both sides of the left leg, both sides of the right arm, and both sides of the left arm.

That is, on either side of whichever limb he throws, and on either side of any follow up attack, and it doesn't matter how many follow up attacks he throws, which results in a throw or takedown.

injury formula

Speed + Ignorance = Injury.

inscape

Perception of the world inside the body. The opposite of outscape.

insertion

Inserting a body part which properly CBMed-leads to the whole body being inserted into another person's structure and universe. Success depends upon proper intention.

instant Aikido

A seminar offered by Al Case. The material, circling a joint in any direction, was brilliant, and led (in part) to the complete art of Monkey Boxing.

Instant Aikido (book)

A book describing the art and theory of instant Aikido.

It should be noted that various (usually anonymous) martial artists objected to a seminar offering to teach instant Aikido. It should also be noted that not one of these people ever availed themselves of the opportunity to read the book or take the seminar.

instructor

One who gets others to finish what they start. Instructors do not have to be polite.

intention

The flow which emanates from the precise thought which is behind any action, and goes to the completion of technique. Understanding intention is key to mastering the martial arts. Unfortunately, most arts don't even define it.

Intention starts with simple body alignment and resistance concepts, travels into grounding, and flowers into full flows which surround the entire body. Indeed, full intention feels like a giant hand is moving the artist.

Also known as 'the fourth power.'

internal arts

Refers to arts which propose, and utilize in their methods, methods of intention (vs methods of muscle). Really, these arts were attempting to become Third Level arts.

The internal arts are usually considered to be Aikido, Tai Chi Chuan, Pa Kua Chang, and Hsing I. While other arts purport to be internal, these are the ones best known.

In truth, any art, properly taught, is an internal art.

inversion

A technique in which the lock is done opposite the usual. For instance, an arm lock with the elbow pushed up, when inverted, the elbow is pushed down.

inward wrist twist

The first wrist lock on the Monkey Boxing list of jointlocks.

iron horse

See Kima Chodan.

Iron Legs & Power Kicks

A short book written by Al Case. the title was vaguely chosen because of a movie Al never saw. The title of that movie was 'Iron Men and Bamboo Gods.'

The essence of the book was various exercises and legwork, and the kicking form of Kwon Bup.

Jeet Kune Do (JKD)

Way of the Intercepting fist. Art designed by Bruce Lee. While superior in many aspects, it seems to be more a collection of methods with the instruction 'Take what works, discard what doesn't.' This is in opposition to the Matrixing instruction of: 'Take what doesn't work and make it work.'

Jigaro Kano

The founder of Judo.

jing mu

The name of a Kung Fu system (and the first form of that system) created by Al Case. It was based upon certain footwork described in one of the Fut Ga forms, and utilized circular hand motions. Al was told 'jing mu' translated as 'butterfly,' but was never able to find it in Chinese dictionaries.

John Soet

An editor at CFW enterprises, John oversaw the publishing of nearly thirty of Al's articles, and Al's column.

jointlocks

A hold in which the joint of a person is bent to create pain or breakage.

judo

A Japanese system of 'wrestling.' It was designed by Jigaro Kano, found popularity with the masses, and was stripped of any dangerous techniques.

ju-jitsu (ju-jutsu)

Older forms of Japanese combat. Usually the more dangerous techniques are still within Ju-jitsu systems.

-K-**Kan Do**

A Karate system devised by Al Case. The name means 'The way of the house.' This was a turn upon the naming of a certain classical form of Karate, and utilized a combination of classical forms and forms designed by Al. The first form was house.

Kang Duk Won

A Korean Karate system which translates as 'House for Espousing Virtue.' It is a classical system based on predominately Japanese forms, with Korean kicks and a smattering of Chinese influence. Bob Babich was the head instructor at a school in San Jose, and this was where Al Case learned the martial arts.

Karate

Form of combat which utilizes mostly strikes, and which translates as 'Empty hands.' Originally it was 'Naha-te,' which translates as 'China Hand.' It apparently dribbled and drabbled into Okinawa through Chinese envoys, shipwrecked sailors, and the like, over a few hundred years. It was formulated by Okinawan Palace bodyguards to protect their king, and was eventually taught to the public in the 1920's by Gichin Funakoshi.

Karate-do kyohan

A book written by Gichin Funakoshi which details Karate. The first book of it's kind, it is a superior book.

Karate-do: my way of

An autobiography of Gichin Funakoshi. An interesting perspective on what you have to do to get what you want in this life.

Karate Illustrated

Magazine which printed many of Al's articles and his column.

Kenpo

An art created by Ed Parker. Literally, 'Fist Law.'

A rather rambling distortion of the arts, it meanders from Karate through Kung Fu.

Kima Shodan

A classical Karate black belt form. It utilizes a horse stance and side to side movements. Literally, 'First black horse.' It is known by many names and is a superior form.

knife catcher

A snake lock used to 'catch' a knife attack.

Kung Fu

A generic term for Chinese martial arts. Loosely, 'skill applied over time.'

Kwon Bup

'The Fist Method.' Initially, it was the renaming of the San Jose Kang Duk Won after Bob Babich refused to have anything to do with various organizations. Ultimately, Al Case separated the teachings of Mr. Babich into two methods, the classical Kang Duk Won, and the method created by Bob and his advanced black belts. The latter method he referred to as Kwon Bup.

-L-

Lao-Tse

Author of 'The Tao.'

laws of physics

For Al Case, applying the laws of physics reduced all arts to one common, and established Monkey Boxing.

lazy slut

While the term can be applied injudiciously whenever the instructor feels the need or whim, it usually applies to any student who is late to class. When using the term the instructor should speak that all might hear.

leaning tiger stance

The Tiger Stance with more weight on the front foot and the rear heel off the ground.

Lee, Bruce

American born chinese martial artist who changed the shape of the martial arts. While his research and discoveries enlightened people the world over, he was ultimately trapped by lack of a cohesive philosophy.

Lensman Series

Six novels written by E. E. 'Doc' Smith. These novels described physics of the universe, and a way of life

beyond physics. They were *very* influential in Al Case's development.

life support system

The body.

lion

One of the eight animals of Pa Kua Chang.

loading the machine

Setting in a stance, specifically in freestyle, so that the legs press against the floor. When the front leg is lifted the body is launched forward. When the back leg is lifted the body is launched backward. Extremely important when closing the distance, or maintaining distance in freestyle.

loose-tight

Making the arm tight upon impact. Actually, the secret of this technique is to concentrate on the looseness (relaxedness) of the arm just prior to and just after the impact.

lop sau

'Circling hands.' Initially referring to a specific Kung Fu move in 'Chi Sau' (sticky hands of Wing Chun Kung Fu), lop sau was developed by Al Case into an incredibly simple yet effective intermediary method of learning how to freestyle.

Los Altos

A small town in the San Francisco-Bay Area where Al Case grew up.

Los Angeles

Where Al Case finished formulating Monkey Boxing.

lower armlock

That armlock which occurs when the attacking arm is angled towards the ground.

Also called snakelock, etc.

Lux Theater

A theater in Oakland which showed three movies for two dollars. Bums would spend two dollars and sleep the day through. Poor people would put their stocking feet up on the chair backs and slurp soup from huge thermoses. It was considered proper to yell at the characters on the screen.

-M-

Machina

A novel written by Al Case in which the martial arts play a large part. The full name is 'Deux ex Machina,' or 'God from a machine.'

mantis

Style of Kung Fu which utilizes the hands for 'feeling,' 'grabbing,' and so on.

Marley, Bob

Reggae musician who's music is particularly suited to Monkey Boxing.

master

1) An expert in several martial arts.

2) An instructor who has brought a person to level of expert.

Master Founder

A label designed to be humorous, but which turned out to be the highest rank--there definitely is no higher rank--in the martial arts.

Al Case became the first master founder by virtue of his Matrixing method, and, since Matrixing has now been invented, there can be no other Master Founder..

matrix

A latin word referring to a cage in which is kept a female wolf for breeding.

Also, a mathematic term describing the process of combining factors so as to be able to discover all potentials.

The term is used to describe all manner of arts and the logical training methods in Al Case Martial Arts.

A good movie.

Matrix Karate

A system of Karate devised by Al Case which matrixes basics to reveal all potentials of Karate. It is used as a lead-in to Monkey Boxing.

Matrix Kung Fu

A system of Kung Fu devised by Al Case which matrixes concepts to reveal all potentials of Kung Fu. Initial matrixing in Kung Fu consisted of 'Butterfly Kung Fu,' and resulted in the formation of Monkey Boxing (matrixing of joints).

Matrix Pa Kua Chang

A system of Pa Kua Chang devised by Al Case which matrixes arm positions and intention to reveal all potentials of Pa Kua Chang.

matrix Tai Chi Chuan

A system of Tai Chi Chuan devised by Al Case which matrixes advanced potentials of Tai Chi to reveal all potentials of that art.

matrix weapons

A system of weapons devised by Al Case which matrixes weapons patterns to reveal all potentials of weapons. Technically, it is part of Monkey Boxing.

mechanics

The first level of the martial arts, mechanics deals with having a body in good condition.

Mike 'em

The tendency of a person to allow the joy of combat to enter into the end of a technique. Named after Mike Baron.

mini-matrix

A matrix consisting of the first four blocks of Karate, low, outward middle, inward middle, and high. This is used to introduce matrixing concepts to new students.

mind of no mind

See mushin no shin.

monkey

One of the eight animals in Pa Kua Chang.

monkey in a wheel

Refers to a technique wherein the attacker's about to be turned upside down. Specifically, this would

usually be a throw of the rotary variety.

'monkey see-monkey do'

The lowest level of teaching. Unfortunately, most systems never get beyond this stage, thus, there is a severe lack of understanding in the martial arts.

monkey blast

An attacking technique which utilizes body weapons in a perfect progression: foot, fist, knee, elbow and throw. This technique, done as an exercise, led to breakthroughs and the development of hand and weapon techniques and exercises in Monkey Boxing.

Monkey Boxing

An art devised by Al Case. Monkey Boxing is really the first art designed on computer principles (matrixing) and encompasses principles and concepts from all other arts.

Monkeyland

A book, and series of books, written by Al Case. Martial arts principles are twined throughout this, and other books, written by Al Case.

monkey out

To escape a trap by wiggling and writhing.

monkeys

A slang way of referring to one of the forty techniques in Monkey Boxing.

monkey stance

A back stance wherein the heel of the front foot is raised. The monkey stance is usually used when one is blocking or in retreat.

monkey sticks

Short sticks used for combat. Also called Escrima sticks, their use is predicated upon theories and principles inherent in Filipino stick fighting.

monkey trap

Catching an opponent in a lock, specifically a splitting technique where the head is bent to the side and the elbow is locked across the body.

Moon

A form from Outlaw Karate, it utilizes hourglass stances and hard, circling blocks. It is based upon Japanese and Okinawan forms such as Hangetsu and Sanchin.

moon step

See crescent step.

Morihei Uyeshiba

Japanese founder of Aikido. The techniques and principles of Aikido

are included within the circle boxing (Pa Kua) portion of Monkey Boxing.

Mother of All Diets

A book on dieting written by Al Case.

motion

The illusion of moving through space (in relation to the universe) brought about by moving the universe.

motor

Anything from which energy is generated. This is predicated upon the item in question having two poles between which is created tension. This could be something as complex as a car, or as simple as a muscle. Understanding the muscles as motors is crucial to the study of Pa Kua Chang.

mountain stance

The hourglass stance. This term was coined while teaching children to help them conceptualize grounding forever.

mushin no shin

A Japanese term meaning 'mind of no mind.'

This is a moment of timelessness inserted between moments of accepted reality.

Really, this is an absolutely true moment of perception.

In western terms, a moment absolutely free of distraction, including perceptions or anticipations of the past or future, wherein the person executes 'postulate punching,' or any other like technique.

My Life for Yours:

A Bodyguard Training Manual

A book written by Al Case.

-N-

nine slap

An exercise wherein attackers slap their own hands together once, then patty cake once, then together twice, then patty cake twice, and so on to nine. The partners then take turns striking at each other. The first strikes are met with a block and one strike, the second strikes with two blocks and strikes, and so on to nine. The person defending (doing the nine slap) should practice flowing patterns and move around the opponent.

nine squares

1) Nine squares overimposed upon the body so that each square represents a target. Top left square the left side of the neck, top square the head or face, top right square the right side of the neck, etc.

Each square was then analyzed for potential weapons and angles of attack.

2) Nine squares on the ground, each of which is shoulder width wide. The practitioner stands at the base of the center square and moves in various patterns around the nine squares, thus exploring every potential for movement.

Nine Square Monkey Boxing

Early version of Monkey Boxing utilizing monkey sticks, forty mon-

keys, and the nine squares exercises and theory.

ninth angle of attack

A straight thrust to the solar plexus.

No Hai

A form from Kang Duk Won, it is based on the movements of the crane. There are variations of this form in many classical Karate systems.

no muscle

Refers to using no muscle; using intention. The less muscle you use...the more intention you use.

no time

Time not dependent upon the normal coursings of the universe.

This is a moment of timelessness inserted between moments of accepted reality.

Time generated by the person which is stronger than and senior to time established by the normal coursings of the universe.

Your time.

Oakland

A city wherein Al Case had no school, and taught virtually no martial arts. Simply, in spite of advertising methods that had been useful in other locales, no one was willing.

once right is worth ten thousand wrong

The theory that one should practice slowly with attention to detail.

A restatement would be, 'practice doesn't make perfect, perfect practice makes perfect.'

Al Case would state this theory with the accompanying analogy of owning one Chevy that works, and a thousand Rolls Royces that don't. If you want to get anywhere...you take the Chevy.

one-in-the-center

An exercise (with many interpretations and intermediate steps leading to) wherein one person stands amongst many and defends himself.

While this exercise is common to Aikido, in Aikido it can only be taught to advanced students. Utilizing the gradient methods Al Case developed, this exercise can be taught to anybody, including absolute beginners.

one strike rhythmic freestyle

Rhythmic freestyle done with the limitation of one strike at a time. There are, of course, two and three strike variations.

Only the Strong

A wonderful movie starring Mark Dacascos. It blends music and martial arts and is very inspirational in that realm. The art utilized in the movie is Capoeira.

opening

To push an opponents arm outward. Not as efficient as 'closing,' there are specific strategies to be followed when opening.

Other Nine Techniques

A book written by Al Case, it was the sequel to 'The Perfect Technique.' The perfect technique referred to the hands in the circular position. The other nine techniques involved exploration of the remaining ten hand positions which are the optimum positions for flowing energy through unbendable arms, and in conjunction with proper grounding and utilization of the body as a machine.

OBP

See out body part.

out body part (OBP)

The method of using superior weight when applying grab arts, joint locks, escapes, etc. The superior weight is applied through shifting the body so that one can bring more body weight to bear upon the crux of the technique. In spite of the word weight, the action of OBP should be realized with no effort.

outscape

Perception of the world outside your body. The opposite of inscape.

Outlaw Karate

One of the last Karate systems devised by Al Case. It was extremely easy to learn, and incredibly potent.

outward wrist twist

The second wrist lock on the Monkey Boxing list of jointlocks.

override

A technique wherein a punch is handled by punching right through it. This is accomplished by angling and weighting the forearm and driving against and through the attack.

-P-

Pa Kua Chang

Also known as ba gwa zhang, this is an art based on walking the circle. Al Case found it to be a superior method for teaching flowing arts.

Pa Kua circle

An eight sided circle, each of the sides being approximately shoulder width long, used for walking.

palm block

A block with the palm of the hand. This block usually utilizes a circular arm, and is better for guiding a strike rather than hard stopping.

pan gai noon

A Chinese art which was developed by Kanbun Uechi into Uechi Ryu.

Very powerful, the art was based on three forms: sanchin, seisan, and sanseiryu.

Al Case found the first two forms worthy of inclusion in his arts.

panther fist

A half fist, one in which the second set of knuckles are used. Also called a 'half fist.'

Parker, Ed

Originator of Kenpo Karate. While many contributions to the arts

are credited to Mr. Parker, he tended to obscure real science and true art.

parry

A movement in which the arm retracts towards the body to guide away an attack, (as opposed to a block, in which energy is thrust away from the body).

Pan Gai Noon

The name of a Chinese art based upon movements of the tiger, the dragon and the crane. The art eventually became known as Uechi Ryu (see Kanbun Uechi) in Japan.

The best book on Uechi Ryu is written by George Mattson.

pass

To let the strike flow past.

perception of thought

Behind every action there must be an initiating thought. Advanced students (those who have progressed from Monkey Boxing to Pa Kua) can perceive the thought behind the action...before the action is initiated.

Perfect Technique

A book written by Al Case. It is based upon circling the hands to encompass the attacker as one executes a two step.

Later efforts to define the Perfect Technique would focus on a movement out of Seisan in which one

handles a kick and then a punch. The genius of the technique is that it can be applied to any side of the kick or punch.

Peter Tosh

A reggae artist who sings the Monkey Boxing anthem: 'Steppin' Razor.'

phoenix

One of the eight Pa Kua animal forms.

phoenix eye fist

A punch utilizing the fore-knuckle of the index finger.

physics

The second level of the martial arts, this level deals with controlling the energy flows of the body.

Pinans

Five forms (also called Heian) utilized in Kang Duk Won. These are considered the cornerstone of classical Karate.

plane

A flat surface. When analyzing techniques it is helpful to visualize and understand the planes of motion created by the bodies involved.

politics in the martial arts

The propensity of people to make up for their short comings by

searching for agreements not founded in logic.

positional matrixing

An analysis of combat situations in which every potential direction for footwork is examined.

postulate

- 1) Something that is assumed true and self-evident.
- 2) That which initiates intention.

postulate fighting

Seeing the attacker's thought to launch a physical attack before he does so. The highest example of this results in the attacker's thought being 'canceled' merely by recognition of it, thus resulting in no attack.

postulate punching

- 1) Having no gap between the thought of having a strike, and the execution of that strike.

This technique would occupy time between accepted reality.

- 2) Punching a person once, with absolutely no effort, and achieving instant and gratifying results.

PRC

Refers to 'People's Republic of China.' While China has contributed greatly to the martial arts, the modern day PRC arts are usually government initiated and not true to the

art. They are used for physical training and propaganda.

Praying Mantis

Systems of Kung Fu which utilize 'grabbing hands' and the resultant manipulations.

pressure point

Any spot on the human body which, when pressed, tends to deactivate that body. While pressure points are often idealized as the ultimate form of fighting, they are better suited to healing. Think: time spent searching out a pressure point is time that is extra to a simple and effective strike.

This is not to invalidate completely the idea of pressure points. Indeed, there are pressure points taught in Monkey Boxing, but these are usually the simple ones found in cavities, or one inch (approximately) from a joint.

purpose

A reason for doing something. Al Case sought to only teach people with purpose. This did not include people who wanted to defend themselves, had been raped, and so on. The people he taught usually could not formulate in words why they were studying, but it was because they were, at heart, artists.

push hands

An internal Kung Fu exercise (common to Tai Chi) which, in spite of the name, proposes that the practitioner agrees with incoming force in such a way that the attacker is unbalanced and manipulated.

This exercise requires a strong ground, advanced perceptions, and, properly done, demonstrates the use of the body as a Third Level machine.

-Q-

quad the guy

Using the martial arts (usually breaking the neck) to render a person a quadriplegic.

Quality Press

The company Al Case established to sell various of his books.

-R-

rake (raking strike)

A slash with the knuckles.

redirecting

Guiding a person's attack so he misses and is open to manipulation.

reggae

Music used in the practice of Monkey Boxing.

Richard Armington

An artist who taught Al Case portions of Shaolin (Fut Ga) Kung Fu and classical Tai Chi Chuan.

Rickenbacker

World War I ace who developed theories of analyzing air combat. This was Al Case's first encounter with concepts that would develop into matrixing.

Simply, flying through various geometric patterns, what to do for every potential incoming angle of attack.

ridge

A flow of energy that has become fixed.

ridge hand

A strike with the edge of the hand. the thumb must be tucked securely to prevent injury.

rise up

A very beautiful hand motion inherent within the basic single change of Pa Kua Chang.

Rod Martin

Taught a variation of Chinese Kenpo in Los Altos. His was the first school that Al Case ever attended.

roll

Rolling is used when one is thrown to the ground. Students should utilize rolling at the end of any appropriate technique. This will help the overall flow of the technique.

rotary throw

A technique taken from Aikido in which the attacker is rotated (by arm and head) in a vertical circle.

rotation

One of the three elements of power, the other two being gravity and thrust.

Dropping the weight at the correct moment of the technique.

round back

See 'concave back.'

rhythmic freestyle

Method of freestyle developed by Al Case to reduce the joy of combat. It is done by the practitioners moving slowly and taking turns in

blocking and countering. The purpose of rhythmic freestyle is not to teach a student how to win, but how to teach another student. Thus, freestyle is taught, in the very beginning, with the highest ideals of the art.

ryu

Japanese for 'school.'

-S-

Samurai Aiki Ju Jitsu

A book written by Obata which outlines the beginnings of jujitsu, and presents a sampling of techniques.

Jujitsu was formerly established a thousand years ago when a Japanese clan, after proving their superiority, gathered their warriors together and made a list of all their techniques. The list was over 3200 techniques.

In *AI Case Martial Arts*, through matrixing, these techniques are encompassed, and the student, as opposed to being 'taught,' is encouraged to understand the principles by which he can create any technique based upon the needs of the situation.

sanchin

The first form in *Pan Gai Noon* and *Uechi Ryu*, it means, literally, 'Three battles.' A form used to develop power. While basic in appearance, it is really quite advanced. The purpose is to concentrate energy down the legs and into the ground. the name could refer to 'body, mind and spirit,' or three arrangements of technique, or the body being divided into three sections (or depths), or three levels of learning, and so on.

Versions of Sanchin are found in many arts. It is sometimes said that 'if you don't know Sanchin, you don't know Karate.'

San Jose

Home of the Kang Duk Won where Al learned his second art and made his entrance into the true art.

Santa Rosa

Location of Al's second school, which he called 'Shaolin West.'

Scientology

Literally, 'The study of knowledge.' It is recommended not just to monkey boxers, but to any person wishing to master any field of knowledge.

screw

1) When striking, to spiral the fist. This technique is sometimes referred to as 'corkscrewing.'

2) When executing a jointlock, to spiral an attacker's body toward the ground.

Second Decision, The

The choice to go right or left.

second level art

That level of art wherein the student expresses intention.

Seisan

The second form in Pan Gai Noon and a major form in Uechi Ryu, it means, literally, 'Thirteen.' This is a form of technique, designed to utilize the power built by Sanchin. The

name probably refers to thirteen specific arrangements of technique within the form.

Shaolin Butterfly

1) Footwork done on two triangles connected by a bar. All lines are shoulder width.

2) Kung Fu form developed by Al utilizing the preceding footwork.

3) Kung Fu system developed by Al matrixing major concepts of Kung Fu.

4) A book detailing number three.

Shaolin West

Name of Al's school in Santa Rosa, California. It was at this school that Al taught the very first matrixing concept (16 step self-defense).

shift

to move the weight so as to commit weight to a strike, or to evade.

shock and lock

Striking just prior to locking to ensure that the lock will work.

show, shadow, do

The three steps of effective instructing.

silat

Very effective Indonesian art-form. Various flows utilized in tech-

niques were studied by Al prior to the creation of Monkey Boxing.

simple change

On the Pa Kua circle, to reverse direction by a simple pivot.

single change

On the Pa Kua circle, to reverse direction by simple footwork.

sip su

Brown belt form in the Kang Duk Won.

sitting duck

The phrase 'A sitting duck is a dead duck,' used by Al to describe what happens to a person who has stopped walking the circle.

sixteen step self-defense

This was the first matrixing concept developed by Al Case. It utilizes four basic blocks in four basic directions, then evolves the blocks from Karate (hard/hard) through Kung Fu (hard/soft), Tai Chi (soft/hard) to Aikido (soft/soft).

While the 16 step was very effective, students tended to learn the techniques without gaining any long term interest in the martial arts.

slap grab

Core blocking technique of Monkey Boxing. The person utilizing the 'slap grab' must slap at the in-

coming strike as if it was a fly, then reach under the slap and grab the wrist with the other hand.

slap hands

An exercise used to calm the mind. The exercise simulates both striking and blocking. One should actually catch the hands when doing the technique.

sleeper

The sleeper hold, a choke from the rear.

snake

In Pa Kua Chang, one of the eight animal forms.

In Butterfly Kung Fu (Shaolin) one of the six forms.

snake crawls over the branch

One of the forty Monkey Boxing techniques.

snakelock

A lock wherein one twines an arm around and over an attacker's arm.

snake on a vine

Specifically, one of the forty Monkey Boxing techniques.

Generally, any technique wherein the defender's arm slithers and spiral up a defender's arm on the way to a lock.

sockdolager

1) Something unusually large or heavy.

2) A heavy, finishing blow.

(sock + doxology + er)

3) Slobberknocker.

spear catcher

Blocking and rolling the body up the length of a spear in order to split or otherwise defend against an attack with a spear.

spike

Striking somebody with the point of the elbow.

spiral

A very beautiful hand motion inherent within Pa Kua Chang, spiraling creates a motor out of any limb, any muscle.

splitting

Inserting a limb(s) so that the bottom of an opponent goes one way, and the top goes the other way.

steppin' razor

Theme song of Monkey Boxing.

sticky hands

In Chinese, 'Chi sau,' this is a close combat arm flowing drill. It is common to Wing Chun Kung Fu.

swoop

A very beautiful hand motion inherent within the basic single change of Pa Kua.

sword catcher

Executing an armbar to a sword attack.

-T-

Tai Chi Chuan

'Grand Ultimate Fist.' An internal Chinese art which is done slowly and with attention to detail.

Tai Chi Touchstones:

Yang Family Secret Transmissions

An excellent book on Tai Chi by Douglas Wile.

takedowns

Taking a person off his feet, usually with a jointlock or throw.

tan tien

The physical/metaphysical energy center of the body, the tan tien is located approximately two inches below the navel.

teacher

See instructor.

teacup Kung Fu

An art taught by Al Case after he moved to Los Angeles. The art is based upon certain footwork while holding teacups in the hands.

temple

One of the Outlaw Karate forms.

ten hands

See Basic Arm Positions (BAP).

The Tao

The Way. A book written by Lao Tse which is considered a Chinese classic and has had much influence on the martial arts. The concepts of The Way have been completely elucidated in The Neutronic Viewpoint, and in the Neutronic verses written by Al Case.

The Way

A book written by Al Case. Consisting of four parts and over 1100 pages, it is a complete record of his journey through the martial arts, and possibly the largest martial arts book ever written.

third level art

That art which relies upon all flow and not force.

Third Level Martial Artist

And artist who has complete choice of force or flow. To be a Third Level Martial Artist one must be well instructed in both the hard and the soft arts. Additionally, he/she must have a firm grasp of the matrixing concepts, which are learned by studying all the material written by Al Case on the subject.

Third Level Sixth Sense Sword-fighting

A book written by Al Case on sword techniques.

three levels

Commonly considered to be 'body, mind and spirit,' they are really:

mechanics
physics
dynamics

three stages of a fight

Entering a fight, closing the distance, finishing the fight.

three elements of power

Thrusting the weight forward, rotating (the hips), dropping the weight (gravity).

thrust

One of the three elements of power, the other two being gravity and rotation.

Dropping the weight at the correct moment of the technique.

thug catcher

A defense for a punch from the rear. It consists of spinning with the motion and executing an arm bar or split or some other appropriate technique.

tiger

One of the eight animal forms in Pa Kua Chang.

tiger stance

Also, 'leaning tiger stance.'

A front stance wherein the heel of the rear leg is lifted and the weight is concentrated on the front leg. The tiger stance is usually used when striking or moving forward.

time of no time

See mushin no shin.

toe in back stance

A back stance in which the front foot is turned inward so as to be parallel with the back foot. Utilized in Pa Kua Chang walking the circle.

toe out back stance

A back stance in which the front foot is turned outward so as to be at a ninety degree angle from the back foot. Utilized in Pa Kua Chang walking the circle.

Ton Toi

'Springy legs.' A system of Northern Shaolin Kung Fu studied by Al Case. It consists of ten lines which are repeated over and over. There are many variations of this art.

tracks

In reference to footwork, two tracks would be shoulder width apart lines upon which the practitioner places his feet, single track (heel toe track) would be a straight line upon which the practitioner places his feet, and so on.

triangle step

Basic footwork of Monkey Boxing, it results in a side to side motion which takes the practitioner off the line of attack.

trust

This is an essential element if one is going to reach the third level. One must trust one's attacker with total affinity.

tucked hips

See 'turtle back.'

turtle back

See 'concave back.'

twining

Twisting body parts so as to effect a throw.

two body coordinated body motion (2BCBM)

Two body Coordinated Body motion. When the two intentions become one. Agreeing with the attacker's intention to create the ultimate effortlessness.

two pole system

Recognition of the fact that it takes two to make a fight.

two step

Basic Aikido footwork, it is utilized in circle boxing.

two strike rhythmic freestyle

See rhythmic freestyle.

uncoordinated body motion (UBM)

Uncoordinated Body Motion. When CBM isn't.

Uechi Ryu

A system of Karate/Kung Fu which originated in China as Pan Gai Noon, and was promulgated by Kanbun Uechi.

Uechi ryu book

unbendable arm

To stand, grounded, and extend the arm in a gentle curve. The trick is to flow energy outward in such a manner (relaxed) that it cannot be bent. There are four unbendable arm positions, which are combined into ten positions.

under the bridge

A technique wherein the attacker's arm is twisted and arched upward that one might walk under it. This is usually accomplished through efficient use of wrist lock number three. Though it is introduced in Monkey Boxing, it is more of a Pa Kua Chang technique.

universal application

A Universal Application is one which can be worked on two sides. (left or right, open or close, etc.)

Universal Karate

Al Case's first Karate school. It was located in Talmadge (outside Ukiah) California. He taught Kang Duk Won and Kwon Bup as they were taught to him.

universe

1) The totality of known or supposed objects and phenomena; all existing things, including the earth and it's creatures, the heavenly bodies, and all else throughout space; the cosmos; macrocosm.

2) A world or sphere in which something exists or prevails.

Initially, in the martial arts, one is always seeking to make integral one's own universe. As one proceeds this is done by making integral one's attacker's universe.

This word should be studied, and the derivation thoroughly understood.

um be

One of the the forms of the Kang Duk Won.

upper armlock

That armlock which occurs when the attacking arm is pointing upward. Also called figure four armlock, chicken wing, and so on.

vertical arm pin

A technique in which the arm is kept straight and spiral up so that the opponent's body is spiraled down.

virtue

Moral excellence. Conformity of one's life and conduct to moral and ethical principles.

Such abstracts as patience, kindness, tolerance, etc. Such dedication was the result of studying the Kang Duk Won, or any true art. This tended to integrate a person and elevate their CBM to usable levels.

It could be said that one's magnitude of CBM is directly in proportion to the amount of virtue one possesses.

Vision of the White Crane

Full name of the Buddha-Crane form developed by Al Case. This form was the crucial form of the Buddha Crane Karate system he developed.

walk the circle

A Pa Kua exercise: one takes eight steps in a circle, all the while circling one's limb motions.

way, the

Reference to a specific method of living. The way is based upon realizing and manifesting virtue in all actions.

weapons

An extension of spirit.

what-ifs

A question by a student. The question is usually silly because if the student just continues with his training he will see the answer for himself.

On later levels, a student is expected to go through many 'what-ifs,' which are then termed doors. these are layers of counters resulting from specific techniques.

Wing Chun Kung Fu

A system of Kung Fu studied by Bruce Lee. Critical to this system are sticky hands and a well grounded stance. Unfortunately, some schools seem to have lost the idea of grounding (and proper body alignment).

wizard

Somebody who is wise.

Wizard's Handbook

A book by Al Case.

worm turns

One of the forty Monkey Boxing techniques.

-Y-

yin yang formula

For something to be true, the opposite must also be true.

This formula, the only totally accurate definition of the yin yang symbol, was realized by Al at the end of his studies in the Kang Duk Won. From this formula grew (and were organized) all his theories.

-Z-

zones

Sectors around the body which must be protected. There are zone theories for many martial arts, and these differ according to the theories being proposed by the individual arts.

CLASSICAL KARATE FORMS

KANG DUK WON

Kebon 1-5

Pinan 1

Pinan 2

Pinan 3

Pinan 4

Pinan 5

Sip Su

No Hai

Bot Sai

Kima Shodan

Umbe

KWON BUP

Basics

Set One

Set Two

Set Three

Kicking Form

KAN DO (Sanchin-Do)

Unsu

Sanchin

Wankin

Hangetsu

Chinto

Seisan

Sochin

Iron Horse

Basics 1-3

White Crane

and so on

FORTY MONKEYS

1 SNAKE CRAWLS OVER THE BRANCH

inward wrist twist

2 CLOSE THE DOORS

outward wrist twist

3 LOOK AT THE MIRROR

two hand wrist grab

4 FLUTTERING BIRD

neck grab wrist out

5 GIANT KILLER

wrist twist with elbow

6 A DROP IN THE WELL

vertical wrist twist

7 THE TEETER TOTTER

inverted wrist twist

8 CHOPPING WOOD

vertical forearm throw

9 UNDER THE BRIDGE

cross under throws

10 BOWING TO YOUR OPPONENT

arm inversion

11 THE BIG TRIP

axilla punch elbow roll

12 THE LITTLE TRIP

axilla punch elbow inversion

13 ARMWRAPPING
axilla punch cross inversion

14 THE WORM TURNS
brush spinback elbow roll

15 CHICKEN WING
slap grab upper armlock

16 FIGURE FOUR
slap grab figure four armlock

17 SNAKE ON A VINE
(SNAKELock)
parry lower armlock

18 KNEEING THE OX
axilla roll knee lower armlock

19 CAPTAIN'S WHEEL
slap grab spike insertion

20 THE BIG WHEEL
rotary throw

21 TURNING THE TIGER
high block parry split

22 THROWING THE OAF
slap grab spike vertical armpin

23 MONKEY TRAP

axilla break hammer upper split

24 MONKEY IN A WHEEL
axilla break slash elbow insert

25 SLEEPER
brush sleeper

26 LITTLE SLEEPER
underarm sleeper

27 SLEEPER THROW
sleeper throw

28 LITTLE SLEEPER THROW
underarm sleeper throw

29 THE SLEEPER TURNS
elbow roll sleeper

30 LITTLE SWORD CATCHER
crossed wrist necklock

31 TRIPPING THE TIGER
slap lower insert

32 SLAP THE FOOL/POUND THE DRUM
over ride lower split

33 TURNING THE RHINO OUT
hip roll (open)

34 TURNING THE RHINO IN
hip roll (close)

35 SWEEPING OUT
brush and sweep out

36 SWEEPING IN
palm and leg throw

37 SLAP THE FOOL/THROW
THE COCONUT
brush slap ear leg throw

38 DUMPING
brush to dump

39 THE LITTLE BOY SITS
press the knee

40 CRANE KICK
brush kick knee break neck

THE CATCHERS (disarms)

41 GUN CATCHER
gun attack

42 THUG CATCHER
attack from rear

43 SPEAR CATCHER
thrust with spear

44 SWORD CATCHER
sword attack

45 KNIFE CATCHER
thrust with knife

46 FOOT CATCHER
kick attack

47 FIST CATCHER
fist attack

48 CLUB CATCHER
club attack

MARTIAL ARTS ARTICLES

- 1) July '82 Kick Illustrated/The Perfect Strike
- 2) June '83 Kick Illustrated/The Ultimate Empty Hand Exercise
- 3) Nov '92 Martial Arts Masters/Mail Order Mania
- 4) July '93 Martial Arts Masters/In Search of Ultimate Master
- 5) July '93 Inside Karate/A Martial Arts Tradeshow?
- 6) Dec '93 Inside Karate/Monkey in a Box
- 7) Sum '94 Inside Martial Arts/Making Karate an Internal Art
- 8) June '94 Inside Karate/The Department of Martial Arts
- 9) July '94 Martial Arts Masters/7 Rules for True Understanding
- 10) Sept '94 Inside Karate/Calling All Basics
- 11) Sept '94 Martial Arts Masters/Jing Mu Pa Kua Chang
- 12) Oct '94 Inside Karate/You May Not Be a Black Belt
- 13) Nov '94 Martial Arts Masters/Enter the Butterfly
- 14) Nov '94 Inside Karate/CBM to Find the True Art
- 15) Win '94 Inside Martial Arts/Fighting for Chi
- 16) Feb '95 Inside Karate/The End of Time
- 17) Spring '95 Inside Martial Arts/What's Wrong with the Art?
- 18) March '95 Martial Arts Masters/The Secret of Energy
- 19) April '95 Inside Karate/Three Stages of Fighting
- 20) May '95 Martial Arts Masters/Choy & Li-The Butterfly Way
- 21) May '95 Inside Karate/Why and How to Teach
- 22) June '95 Inside Karate/Feets, Do Your Stuff!
- 23) July '95 Martial Arts Masters/Perfecting Your Art
- 24) Aug '95 Inside Karate/The Two Man House
- 25) Sept '95 Martial Arts Masters/All Arts are the Same
- 26) Nov '95 Martial Arts Masters/The Geometry of Combat
- 27) Nov '95 Inside Karate/6 Secrets of All Martial Arts
- 28) Dec '95 Inside Karate/The Real Life Ranking System
- 29) Jan '96 Martial Arts Masters/How to Be a Wizard
- 30) Aug '97 Inside Karate/The True Art of Kicking
- 31) Dec '97 Black Belt/The Five Stages of the UFC
- 32) Aug '98 Inside Karate/Carjacking
- 33) Jan '99 Inside Karate/A Primer on How to Teach Children

CASE HISTORIES
A MONTHLY COLUMN/
INSIDE KARATE

- | | | | |
|--------------|---|---------------|---------------------------------|
| 1) Aug '94 | Can We All Get Along? | 25) Jan '97 | The Golden Rule |
| 2) Sept '94 | When the Fox Taught the Hounds | 26) Feb '97 | Bad Guy Rule Number One |
| 3) Nov '94 | Using Your Head? | 27) Mar '97 | The Fight that Never Was |
| 4) Dec '94 | The Paranoids are After Me! | 28) April '97 | Standing on My Shoulders |
| 5) Jan '95 | Apprehending the Scissorsman! | 29) May '97 | Where I Started |
| 6) Feb '95 | A Rank Matter | 30) July '97 | The Fourth Level |
| 7) Mar '95 | Back Then We Were Tough! | 31) Aug '97 | The Commercial Fantasy |
| 8) April '95 | The Unbendable Disease | 32) Sept '97 | Reading Minds |
| 9) May '95 | Tough Guys | 33) Oct '97 | The Ultimate Self-Defense Class |
| 10) June '95 | The Tiger Story | 34) Dec '97 | A Tale of Two Students |
| 11) July '95 | Psychodrugs | 35) Feb '98 | The Father-Son Connection |
| 12) Aug '95 | Winning the Battle but Losing the War | 36) Mar '98 | The Truth of Back Then |
| 13) Sept '95 | Ask Yourself the Question | 37) April '98 | Bodyguarding 101 |
| 14) Oct '95 | Ode to the Dojo Widow | 38) May '98 | The AI Case Memorial Trophy |
| 15) Nov '95 | Doggone It! | 39) June '98 | The Meditating Tree Surgeon |
| 16) Dec '95 | Adventures in the Witch House | 40) July '98 | The True Lesson |
| 17) Jan '96 | And Then There is Violence | 41) Aug '98 | Garage-Do |
| 18) Mar '96 | The Real Thing | 42) Sept '98 | The Secret of Rank |
| 19) May '96 | Law and Order | 43) Oct '98 | The Plot that Happened |
| 20) June '96 | License to Kill | | |
| 21) July '96 | Og and Bog | | |
| 22) Aug '96 | Burglar Biters | | |
| 23) Sept '96 | Ultramaxispectamatum Fighting Championships | | |
| 24) Dec '96 | Rank Rank | | |

NOVELS

THE MONKEYLAND SERIES

Monkeyland
The Bomber's Story (pt 1)
The Bomber's Story (pt 2)
The Lonestar Revolt
Yancy
Return to Monkeyland

THE MACHINA SERIES

The Haunting of house
Machina (pt 1)
Machina (pt 2)

THE WIZARD OF PARTS SERIES

Path of the Snake
Path of the Wizard
Path of the Dragon

THE AVATAR SERIES

Hero
Assassin
Avatar

MISCELLANEOUS

When the White Dove Speaks
Small in the Saddle
When the Cold Wind Blows
Pack
Twisted Gods
Falling Skies
The Transformation of Frank
Cogswell

MARTIAL ARTS BOOKS

Case Histories (Collection of Columns)

The Master's Handbook
The Instructor's Handbook
Iron Legs & Power Kicks
Kang Duk Won
Kwon Bup
Outlaw Karate
Shaolin Butterfly
Ten Hands Pa Kua Chang
Instant Aikido
The Perfect Technique
The Other Nine Techniques
Making the True Art Work
Entering the Third Level
Create Your Own Art
Start Your Own School
3rd Level 6th Sense Swordfighting
The Bodyguard Manual
The Wizard's Handbook
Ten Lines of Tai Chi Chuan
Applications of Tai Chi chuan
Monkey Boxing
The Way (compilation)
Matrix Karate
Matrix Kung Fu (Monkey Boxing)
Monkey Boxing (forms)
The Neutronic Viewpoint
And so on.

POETRY

Beyond Hands

Circleverse

Oceans

Flesh, Silk & nothing

And so on.

MISCELLANEOUS

The Truth About Algebra

Create Your Own Secret Language

The Mother of All Diets

And so on