



Western Long Boxing: Tao of Ten Gated Changes

Prof Gurjot K Singh M Ed

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This is a book of mental, physical and emotional empowerment through martial energetics. It is based on a simple postulate: Change the individual and change the world. This book provides a process to do this through ten stages of Vedic and Taoist, Stilling and Moving Meditation. Nine stages get you there and the tenth is when modal behavior transforms into modal reality. In such a state of being you can affect things most can not and you are not affected by things that others can not avoid. Western Long Boxing's Ten Gated Change process is the expansion of the "martial energetic" principles of the author's first book: Art of Western Tai Chi Chuan. That book emphasized the combat sport training that produced over 30 Pro/Am (IKF, USAABA, NAGA, EFC MMA Promotions, Carolina MMA Fight Promotions, Gameness MMA Promotions) Combat Sports Champions and Contenders. But this book is for the seasoned Martial Artist wanting to continue to improve mental, physical and emotional performance. It is also for the injured Combat Sport competitor, enthusiast or person with PTSD issues. It delves deeply into the martial energetics of restorative meditation and armed/unarmed combatives. Improvement in these areas can be done well into their 50's, 60's and beyond. The specifics of this book presents internal and external processes that (measurably and demonstrably) allow the adept to achieve greater longevity and vitality through martial energetics. Martial energetics is the warriors method of improving modal behavior through the martial application stilling and moving meditation. This is how to have longevity and vitality beyond your peer group as you approach your 50's, 60's and beyond. As such it raises questions for the combat sports enthusiast who wishes to improve cognitive, kinetic and affect behavior: How can a man near 60 years old have the strength, stamina, speed and suppleness to spar in the ring, on the mat and in the cage with skilled opponents 20 and 30 years younger? How can he overcome kidney failure, high blood-pressure and never get a cold or the flu? How can his martial energetic skill get effective enough to actually recover from 9 three min rounds of striking and 8 five min rounds of grappling several times a week... coming back stronger... never taking more than 72 hours to recover from combat sports injures? Read this book and find out. For those with autotelic personalities (competing against themselves and not others) and a desire to transcend their limitations, in a scientific process, this book is for you. There is scholarship. There is bone and flesh pounding regimens. There is eating bitter and investing in loss. But there is also a wisdom brought to you from 1000's of hours of video recorded, training processes and notes taken over seven years of applied research. This book teaches people to learn how to alter consciousness through Vedic and Taoist, Stilling and Moving Meditation. Western Long Boxing is a martial energetic system of integrative disciplines found in Abhidharma and Phenomenological Psychology. These pedagogues have been combined to produce a curriculum that integrates these cultural perspectives on consciousness enhancement. The goal is to expand the methodologies of Taoist and Vedic internal alchemy. The specifics of these methodologies derive from Tibetan Buddhism practices of samatha and vispayana theory and Sport Psychology principles originating from Practical Set and Flow Theory. The latter theories were introduced by Professor's Dorthy Yates and Mihály Csíkszentmihályi, and customized for the Martial and Medical adept by the author. The result is a Pugilistic Internal Alchemy formula called the Tao of the Ten Gated Changes. This formula is a tool to master the skills necessary to alter consciousness by raising the baseline levels of modal behavior function for the Western practitioner of internal alchemy. This is the purpose of developing Western Long Boxing.

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