

THE ACADEMY OF TRADITIONAL CHINESE MEDICINE

TAIWAN 2001

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4. 2001 CHINA TOUR, TAIWAN

HISTORY

Taiwan (formally Portuguese named Formosa) is an island nation with a landmass that is about half the size of Tasmania. It has a population of around twenty one million people. Taiwan is surrounded by the Pacific Ocean and is separated from mainland south China by the 161 km wide Taiwan Strait. The land has heavily forested hills and mountains. The broad coastal plain in the west supports most of the island's population and is the chief agricultural zone. Rice is the major crop followed by wheat, sugarcane, sweet potatoes, fruits and tea - Oolong and Formosan teas being world famous. The island also has a sizeable fishing fleet. Typhoons are common. Taiwan has a semitropical climate and a rainfall ranging from moderate to heavy.

About 70% of the population are Chinese; they generally speak Mandarin, Amoy or the Hakka dialects. There are also Malayan aborigines living in the mountainous interior. Religions are religious Daoism, Buddhism, Confucianism, Shamanism and Christianity. Taiwan's national Government is based on the constitution of 1947 (amended in 1992, 1994 and 1997), which was originally drawn up with the intention to govern the whole of China. When the Chinese Nationalist government, led by **Chiang Kai-shek**, was forced by the communist uprising to retreat from China to Taiwan in 1949, most countries still recognised it as the Government of all China. And the Nationalist government has continued to assert this claim, regarding Taiwan as only a province of the mainland. This country has an elected national assembly and the dominant political parties are; **Kuomintang** (Nationalists), and the Democratic progressive party - formed in 1986.

Japan held the island after the first Sino-Japanese War from 1895. During World War 2, Taiwan was heavily bombed by U.S. planes and after the war the island was returned by the Americans, to Chinese rule. In 1949, as the Chinese Communists gained complete control of mainland China, the Nationalist Government of Chiang Kai-shek and the remnants of his army took refuge on and asserted control of the island. The Chinese Communists planned an invasion of Taiwan in 1950, but it was thwarted when American President Truman ordered the **U.S. 7th. Fleet** to patrol the Taiwan Strait.

With U.S. economic aid Taiwan has enjoyed spectacular economic growth since 1950. The US entered into a mutual security agreement with the Nationalists in which the US promised to defend Taiwan from outside attack. This agreement was terminated in 1979 as the US sought to recognise and trade with Mainland China. However, social and economic contact is still

maintained and so too the implied threat that US forces would still rush to Taiwan's defence.

Two years ago a major earthquake hit central Taiwan killing 2000 people, it also caused massive infrastructure damage. At the same time Prof. Wong Lun's China tour party from the Academy of Traditional Chinese Medicine Australia, was in South China only a short distance away. This year 2001, Taipei suffered Typhoon with immense and widespread flooding and also loss of life. Again the tour was only a relatively short distance away, our arrival here was three days after the event. We saw the left over chaos from water damage, mudslides and in some cases where whole hills had fallen away. The streets of Taipei had been immersed under three feet of water and exhausted emergency service personal were only now able to claim some rest after their vigil. This was the background for our arrival.

Master *Chao Hsung Hong*, his family and students from his Martial arts school met us at the airport. Mr. Hong is an early student of Professor Wong and was a world champion in Judo. We had flower garlands placed around our necks and a large banner of welcome was raised around which we gathered for a group photo.

WAR MEMORIAL

Our first stop was the **Taiwan War Memorial**. Our initial sighting here was of Soldier guards standing at a ridged attention. They were immaculately presented in dress uniforms with rifles, (Bayonet fixed), and at order arms. The guard changes hourly. Each change is accompanied by a disciplined and highly choreographed etiquette of movement. The other members of the guard squad, having marched the full length and breath of the complex, meet the stationary members for the change. The whole movement becomes what can only be described as a stirring display of Military pomp and ceremony, giving rise to feelings of respect for the sacrifices made by the fallen and the sense we were indeed stepping on to holy ground.

As we walked about the place we saw well attended gardens and magnificent traditional Chinese style buildings that serve as ceremonial halls for official gatherings. Along the surrounding covered walkways are plaques describing all of the major Military battles since 1897 to the present day. We learned that the memorial hosts a yearly public ceremony with the President of Taiwan in attendance.



Taiwan War Memorial

CHIANG KAISHEK MEMORIAL

Our next exploration was to the memorial of former President and legendary figure of recent Chinese history, Chiang Kai Shek. He passed away in 1979. The site consists of an enormous central square used for public gatherings, and the square is flanked by magnificent traditional buildings and fronted by an imposing and ornate traditional Chinese gate. This vast memorial was built entirely from public donations gathered after his death and reflects the love Taiwan's people certainly had for him. Very clearly emphasised was the point; this place is not intended as the final resting place of Chiang Kaishek, rather, it is a temporary location until his remains can once again be returned to his homeland on the mainland.

TAIWAN MARTIAL ARTS DOJO, PROF. WONG'S TALK

One purpose of our seven-day sojourn to Taiwan was to meet with Master Hong and visit his martial arts Dojo. He gained fame in the martial arts world (and some as a movie star) when he was competing in Judo at the highest level. Since that time and for many years he has been involved in refereeing competitions and working as a Judo organiser. In Taiwan, Martial Arts standards are regulated by Government legislation. Both Professor Wong and Mr. Hong have high degrees in the Taiwan Martial Arts, as such allowing them to grade students. Before leaving Australia, senior students of the Academy martial arts school were graded by Professor Wong. The official grading for these Academy students meant applying through the

offices of government for approval. Master Hong organised for all this to be completed and welcomed us to the Dojo for a formal gathering and presentation ceremony.



We arrived dressed in our best clothes and ascended to the 12th floor of the building, which was the roof. Here was a courtyard area used for outside training. On from this is an enclosed Dojo with padded floor and all the usual martial regalia. A photo of Dr. Sun Yatsen, who was the father of the Chinese Republic, overlooks the Dojo. For this day rows of seats were placed and we were all seated. Master Hong was M.C. and sat at the front with Prof Wong and other dignitaries including Academy Vice Principal Glenys Savage. He was gracious in his welcome to everybody and spoke about his history with Professor Wong. He talked about his visit to Australia and his tour through China with the Academy's China tour in 1997.

He then introduced another speaker, Master Wong, whom everyone deferred to as the senior of the Dojo; he was aged between 70-80 years. He welcomed us all warmly and spoke about his history with the martial arts. He said that only he and Prof. Wong-Lun were old enough to remember the war; that those times were very bad and hard for everyone. He had written several Martial Arts books since and had worked with Prof Wong on all of them.

Another gentleman sitting at the front table was Master Hong's long time judo coach. He spoke briefly about those years of competition and about the qualities he encouraged with his training methods. He urged everyone to study very hard for this is the only way to gradually improve.



Presentation to Prof Wong Lun, on behalf of the Republic of China's martial Arts Association

Master Hong and Master Wong then stood together to jointly perform the main functions of this day. A presentation to Prof Wong Lun, on behalf of the Republic of China's martial Arts Association, of a Golden sword and certificate for his achievement of being awarded a **10th Degree/Dan, in martial Arts**. This degree is very rare and highly prized. It acknowledges

Professor Wong's life long study of the physical arts and his deep understanding of both the Medical and martial aspects of this study. Master Wong also pinned a gold medal of the association onto the lapel of Profs jacket. Prof was then asked to speak.

He spoke about earlier years when he left China and first went to Hong-Kong. His concern at this time was to organise the martial arts training into a system that would place appropriate emphasis on the health enhancement of the practitioner of this art, his aim being to create a holistic body, spirit and lifestyle training system for improving health and for prolonging quality of life. To structure training methods suitable according to age and capacity utilising the knowledge gained from his teachers and a lifelong study of different forms and styles of martial arts. This is the high specialist knowledge known as *Wu Yi* training.

Within the *Wu Yi* training system are aspects taken from the various styles, such as the traditional martial circle, square and triangle forms, also short and long forms and weapons. Professor Wong has taken the study of the above styles and combined these with his extensive TCM medical knowledge and these coordinated studies make up *Wu Yi*. *Wu Yi* forms what can be otherwise termed the medical martial arts. This is an ancient method of human study that is usually passed through word of mouth from teacher to student and comprises studies regarding the strengthening and coordination of *Jing* (essence) *Xue* (substance) *Qi* (energy) and *Shen*, spirit.

Wu Yi is concerned with a medical and life purpose rather than an absolute martial orientation; this form of study is extremely rare. The purpose is not only focused on the winning of a fight rather, how to learn about then develop one's physical (*Xing*) and spiritual self (*Shen*) thus known in Nature Daoist terminology as *Xing Shen He Yi*, unity of physical and spirit. What follows is to evolve a natural extension that becomes of real value to self, family and society. This entails an exploration that moves toward a natural way of life and ultimately to the expression of the best of human nature, and all of this is based on studies of the Dao –great cycle (Nature Dao.) We learn how to develop ourselves and to assist others, rather than learning associated with aggressive behaviours, self-centred competition or fighting all the time. The capacity to understand and teach this system is really what is being acknowledged by the presentation of a tenth Dan certificate, very rarely found even in the whole world.

Prof. spoke about **Wu-Da, Liao-Fa**, being the integration of the five methods of T.C.M. i.e. acupuncture, herbal medicine, massage, diet and exercise therapy. The appropriate combination in accord with presentation serves to provide a greater therapeutic effect when treating a patient. He also introduced **Xing-Shen Yi-Xue** being a holistic mind, body and spirit life medicine treatment method. He shared a story of being at Lanzhou college of T.C.M. in 1989, and giving a demonstration of the above on a patient who

had not walked for many years. They were on stage before a large audience of mainly Doctors. Using acupuncture needling in and out of several points on the patient's body and with the skill of his hands was able to tell the person to rise and walk to the table to reach for some watermelon, which the patient proceeded to do. So astonished were the audience, of whom most were aware that the patient was indeed a difficult case, they forgot to applaud and were transfixed, silent and wide eyed for moments before spontaneously bursting to applause.

Prof also made a reference about the way he tried to interest his Australian students in Chinese history. He referred to *Kong Dan Shan* Mountain and its probable 10,000 to possible 16,000-year history and the Daoist community that lived there (study of nature Dao, not religious Dao which originated much later). Pundits say that the Daoists of this region gave rise to many basic wisdoms and precepts concerning the study of nature, and this same study is said to be the foundation of Chinese culture. At a later date this region attracted Buddhist and Confucian community settlements, all of which were able to live together in harmony even up to the present day.

After Prof's talk we were all given silver or bronze medals on ribbons that one by one were placed around our necks by Master Wong and Master Hong, these from the Taiwan Government as a memento of our Taiwan visit. Then one by one we received presentation of our martial arts grading certificates. With formalities over it was now time for some demonstrations.

Christopher was asked to demonstrate Tai Ji Quan. Julie and Wendy the Wu-gong long form. Raffaele the Wu-gong short form, all of which were performed admirably without warm up and in shirt and tie. The main worry was with the girls. They were asked to perform the long form with its swinging arms, swinging legs and high kicks while in dress slacks and form fitting tops. Fortunately, despite the energised atmosphere of everybody watching, no tearing sounds were heard.

Between demonstrations Prof explained that each **martial form has its own particular function**. Tai Ji Quan is for the development and movement of the Qi, and serves as a basic educational vehicle for Qi training. With regards to general health, Tai Ji Quan is especially important for people over 50 years old. The long form is highly energetic with long stances and the swinging of arms in wide arcs reaching as far forward as possible. This form is most suitable for the development of coordination and strength within a young body and is best started when younger and before 34 years of age. The short form is best for people over 34 years of age. It is a way to contain and focus energy and refine movement to a degree where the shortest movement has the greatest effect. Care needs to be taken to concern oneself with the chest development of the young body, so generally speaking, the short form with its short powerful outward thrusting movements from chest level is not an emphasis for the young

practitioner under 16 years of age. All these forms have their own function and serve as a basis for a complete whole body exercise regime enough for a lifetime of training.

After Prof's talk we were honoured by demonstrations from Senior Dojo students. First to perform was a slightly built gentleman who performed a Tai Ji style we hadn't seen before, combining loud breath and sudden fast physical movements. Then another gentleman performed another Tai Ji form, which looked like *Wu-Shu*. Next a heavysset gentleman performed a strong martial style form with power punches, blocks and kicks. With so many forms shown in such a short time we had witnessed a broad range of styles and variations. Upon completion of these we all stood up and moved around, shook hands, took more photos and bid our new friends farewell.

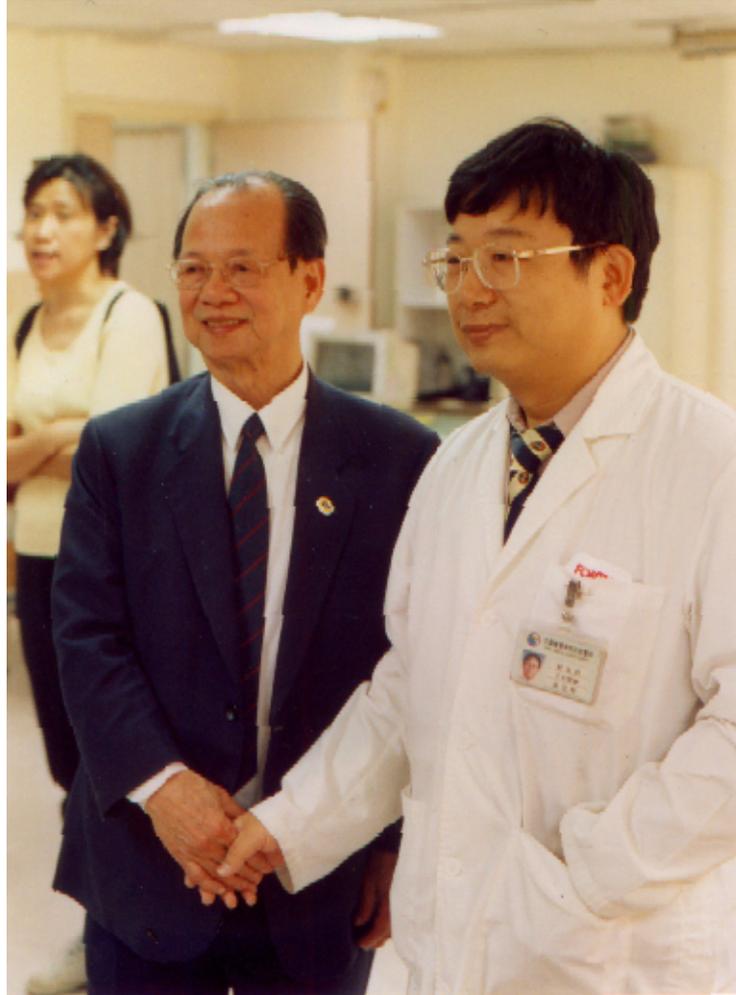




TAIWAN T.C.M. MEDICAL COLLEGE and RESEARCH HOSPITAL

This institution is a modern and sophisticated representation of a T.C.M. College and associated Hospital. This is the place where several students of the Academy of T.C.M. Aust. came in 1979 (including Vice Principal Glenys Savage), for a 3-month intensive study course in acupuncture. The Doctors here have all received extensive training in both T.C.M. and western medicine. As such the T.C.M. Doctors have access to oxygen, scans and x-ray, injections, antibiotics, traction rooms, Laser and all manner of electrical aids. In short, the best from Western Medicine as well as the best from T.C.M. The Hospital had been substantially modernised since 1979.

We were greeted and shown around the well-maintained wards and introduced to several Doctors in charge. Each in turn took time to offer explanations and demonstrations as we moved through the various wards. Of particular fascination was the acupuncture treatment of Down syndrome children. Acupuncture is acknowledged to have a high efficacy for this complaint. Within this pleasant ward were mostly couches instead of beds, with mothers sitting holding and comforting their babies while treatment takes place.



TAIWAN T.C.M. MEDICAL COLLEGE And RESEARCH HOSPITAL

We then proceeded downstairs to observe the frenetic activity of hundreds of people queuing at windows to collect their herbal medicine prescriptions. This Hospital services 7000 out patients every day as well as the needs of resident patients, thus explaining the busyness. We were invited behind the windows to observe the white-coated staff bustling about filling prescriptions by packing herbs from row upon row of shelves. Despite the bustle the scene looked expertly organised and staff were assisted by computer aids.

YEHLIU, RELIGIOUS DAOIST TEMPLE

On this day we departed early to head for the sea and our first view of the coastline. We stopped at the oldest Daoist religious (Dao Jiao) temple in Taiwan. This structure is partly built into a hillside and was undergoing some repair after part of the hill had collapsed due to mudslide. We entered the complex through a network of caves and found dug into the walls myriad murals (religious statues) and worship shrines of all shapes and sizes. Some depicted beautiful soft images, others fierce and threatening. All exquisitely

presented. The central courtyard lies beneath the most amazing ornate multi story traditional Chinese buildings decorated in all manner of gold inlay and rich colour.

This particular weekend was the Chinese moon festival and one of the busiest days of the year for the temple; so many people were about performing their devotions and presenting offerings. The air was thick with incense wafting and permeating every corner. The ambiance was spiritually charged with the sounds of the chanting monks. As a part of this tradition ordinary worldly people are encouraged to offer service to the temple. This can take many forms and includes to reside for short or extended periods to live amongst the monks and to follow the spiritually orientated daily routine (Dharma) and to partake of rituals, teachings and to help with the work (Seva - selfless service) according to capacity.

Our next stop was the coastline and an ancient fishing village nestled into a protective cove for a lunch that consisted mainly of local produce from the sea. Then a walk along a uniquely beautiful piece of coastline to see strangely eroded and mal shaped rock formations, some of which have been given animal names. This area has apparent historical importance regarding fossils and biological traces.

Next stop to a rocky point named Queens head. Here, overlooking the harbour is a fort originally built by the Spanish late in the nineteenth century. The fort itself is typical in the sense of having few windows (one does not want a cannon ball dropping in to spoil lunch) and is of a rugged design with a moat and is easily defended. Adjacent to this defensive building is a more luxurious residence, classic to the period, where various ambassadors and their servants resided. These included the Spanish, Portuguese, and Japanese and finally up to around 1989 our own Australians.

TAICHUNG, KAOHSIUNG, 30 METRE BUDDHA, NATURAL HISTORY MUSEUM

We were coming to realise Taiwan as a relatively wealthy subtropical paradise with its hilly lush slopes, picturesque coastline and seemingly contented population. Certainly the place presents a beautiful physical presence. We were to confirm this during a coach ride from Taipei located on the northern tip of the island, to Taichung which lies at or about the half way point south and here is where we spent one night, then next day on to Kaohsiung, which lies close to the southern tip. As this coach ride progressed we stopped to see special places.

A **30 metre Buddha sits in meditation** on top of a hill overlooking the city of Taichung. This Mruti (devotional statue) sits at the entrance of a major Buddhist temple. The layout is such that monks and devotees can sit in the courtyard sited directly in front of – or at the feet of the Buddha to meditate,

chant, or for public programs etc. Behind and to the sides of the Buddha lay the buildings where monks and residents abide. Directly behind these is the main temple. This building is wide and three stories high. Here is the home of the Buddhist Deities. Each floor has ornate shrines and murtis that embody the deity's. All are adorned with elaborate and rich paraphernalia that decorate them and collectively the deity's are the focus of these shrines. Large incense burners and offering bowls help decorate the floor space along with row upon row of cushions where worshipers sit for meditation and chanting. Each floor is individual in its own character.

Outside the grounds 24 life-size statues of all kinds line the walking path leading upward to the temple. These include figures of the very old, bent and twisted, young and beautiful, wise and kind, tender and dignified, fierce and ruthless, ugly and mutated etc. No doubt for the purpose of stimulating contemplation of potential stages of life or perhaps thoughts toward the nature of good and evil - as one approaches the temple.

We next visited the **Taiwan natural history museum**. This was a truly impressive place housing extensive collections. We saw the bones of Lucy, said to be the earliest human, also a life size replica of her, also dinosaur bones and life like reproductions in a dazzling array. The section concerned with Chinese Medicine showed T.C.M. practitioners distributing and preparing herbs.

TAICHUNG T.C.M. HOSPITAL

The T.C.M. Hospital here is part of an extensive Hospital complex offering both T.C.M. and western Medicine. It is the third largest in Taiwan. A senior member of staff who was our guide welcomed us. He told us that the hospital was not government funded. It has 2500 staff and 1700 beds. In Taiwan around 70% of patients choose Western Medicine and 30% T.C.M. We were impressed by the spotless and sophisticated wards and by the duty Doctors who took time to speak to us.

We heard about specialist additions to Acupuncture practice such as the fire and knife needle and how the later is used for Lymphoma and chronic disease. This new method is termed Acupotomy; means knife needle, it does not use the traditional acupuncture points, rather acu regions, which are areas rather than points. These positions run parallel between muscle, tendon, nerve and vessel to relieve tension and pressure. The knife needle's shape is a lot like a Japanese Samurai Katana (sword) only straight. Is about 6cm. or 3-4 inches long and about 1 mm. thick. There is no need for anaesthetic if one is skilled in acupuncture and the method is quick in and quick out. It does not leave a scar. They have recorded 10,000 case studies that include treatment of stiff neck, numbness, knee joint pain and arthritis and cervical disease. We also heard that students from Victoria University come here for tuition in Acupuncture on a yearly basis. The courses are presented in English.

Our Taiwan tour wound up with us splashing about in the Pacific Ocean from a private beach owned by the resort hotel we were staying in for one night. Here we enjoyed anyone's impression of paradise with famous sunsets, perfect days and great food. Perhaps we might have done without the air force flying overhead but this is a constant for the Taiwan people.

Our trip was valuable, enjoyable and a useful experience for all and our thanks to Prof. Wong and Glenys Savage for organising this trip.

By James Middleton, Academy Practitioner, 2001.