

POWER *AT THE SPEED OF* **LIGHT!**

INTERNAL MASTER GARY J.
CLYMAN HAS FOUND A QUICK,
EASY WAY TO GIVE STUDENTS
THE SECRET TO TRUE
INTERNAL POWER

Interview conducted
by J. Patrick

Photos by Don Levey
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Always at the center of controversy, chi kung and tai chi master Gary J. Clyman is at it again. This time he speaks about his mega-powered high-dollar seminars, his newly empowered and satisfied students and how it all came to be.

He also gives a demonstration of the “mind moving at the speed of light” as he spontaneously fends off a huge and fierce mixed martial artist with traditional methods from his system of nei kung. In his travels throughout America, Clyman has proven not only his own abilities with chi and jing, but also that his students can replicate his results.

According to Clyman, “You don’t get this type of fluidity from practicing forms. The forms contribute to your structure, but the true power comes from specific internal practices. I have isolated, organized and named these practices. I was taught them. I did <not> create the tai chi system I practice and teach as some have said. In fact, I had the best teachers available and took advantage of my situation by practicing six-to-10 hours a day for the first 10 years of my practice.

“All my applications in the photos share the same characteristics,” adds Clyman. “There is no time for technique when internally responding. Using jing in martial art requires a variety of abilities, which I will briefly explain. Being sticky means you have the skill/ability to feel, understand, interpret, anticipate and respond to an incoming change. Incoming change might be any punch, kick, attempting to control, etc. Temple-style tai chi is different than other arts including other tai chi methods, because the internal practices matter more than the forms.”

Forms are empty, Clyman notes, until you layer the specific internal practices over them. Because he doesn’t use any technique when responding, the mind develops an ability to create what is needed to compensate for what is happening.



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HEELS

Facing an incoming high punch (1), explode in and close the gap, attacking the incoming punch (2). Follow to entangle the neck while catching the incoming punch (3). Hook your leg behind him and kick his foot from underneath him while cork screwing his body to the ground (4). Now slam him to the ground (5).



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“The mind is faster than technique,” he explains. “It is also more natural when great skill has been developed. The mind training is taught and practiced as a single unit. No previous training is necessary to excel in these practices. That does not mean you will have martial skill. For that many other components are necessary.

“Internally responding is based on your internal practices,” Clyman maintains.

“There is no time for technique. Your spontaneous response must be circular, thick, grounded and timed precisely. The timing is something you get from two-person practices, not from any other method. There are no short cuts. You will need a practice partner to develop your Natural Human Response. Banging just won’t do it.”

—Ed.

INSIDE KUNG-FU: *Those who have worked with your material for eight-to-10 months have found that it offers the experience of “internal power” in a structured package of techniques and methodology, which is more practical and immediately accessible than other materials currently on the market. What is it about your program that brings such fast results?*

GARY J. CLYMAN: My specialty is repackaging, based on my 30 years of teaching. The details are ordered in a way for easy absorption, so it doesn’t take 20 years to learn. You follow steps A, B, C, D, in order and in real time, along with me on the video.

IKF: *Would you say your program offers instructional material designed more for indoor disciplines?*

GC: Absolutely. That’s my specialty. I took a lot of heat when I



KNEE

The attacker holds the neck while setting up for a knee (1). He knees the defender in the stomach/chest (2). Clyman uses gold bell to repulse and set up for a twist slam. He follows with a twist/lift fa jing, crank and slam (3).



wrote my book, and a lot more heat when I brought out my chi kung video. Teachers, students, classmates, outsiders, masters of other arts all criticized me. They said you can't teach this to someone who isn't good at tai chi. Now I have proved them wrong more than 3,000 times. And to all those who claimed you can't teach nei kung to non-tai chi people, I have proved these critics wrong again, because my students are gaining fantastic results.

You don't even need perfect structure to excel in my nei kung practice. What really matters are the steps you take with the mind. Most of my students don't have any solid tai chi background. They may have had interest, but lacked the time, the commitment, or found teachers without skill and knowledge. It's the mind training they want, not months and months of difficult physical postures and movements. In my program, they get what they never found elsewhere.

The uniqueness of this program is in all the details of the mind training, which make it truly "internal." It's not "emotion" or other qualities people usually write about. What makes something "internal" are the details. You don't do external practices to develop internal power; you do internal ones. Then you <are> internal.

Most people have it all wrong. They practice years with some "internal style," whether Chen, Yang, bagua or whatever. But they find no "internal" power ever comes from all the physical practices. To learn to ride a horse, ride a horse, not a bike...

IKF: I found with your practice routines, they progressively develop from the beginning part of the program, from green to

blue levels, to mind light training, to a more sophisticated discrimination of mental activity, how mind connects with breath and body. It's an accelerating of abilities of response mechanisms and coordination of different processes. How would you describe that process?

GC: Let's take ward-off meditation, the first meditation in the system, which includes ward off, roll back, press and push. This is not a rehash of the forms, which people might think they "know" already. The meditation and the forms are two very different things.

With ward-off meditation there are three points. On the inhale focus is on front of the forearm, pointing forward, on the dan tien and the back heel. It's like stringing pearls together. It's all three points, in sequence, at the same time. So it's like 1, 2, 3, but it's not 1, 2, 3—it's like "zzzzzp." Then on the exhale, the direction is back heel, dan tien and front of the forearm. The same path you followed on the inhale is now the exit path.

IKF: People often say that when practicing this exercise your mind gets more skilled in identifying any point in the continuum.

GC: Any point on the string of pearls. Right, every millimeter is a separate location.

IKF: It seems that the body also gets much stronger, as it feels more "connected" from practice with mind and breath.

GC: Absolutely. The practice is really "difficult." Not difficult in the sense of being complicated, and not difficult because it is physically hard to practice. It is difficult because you are not used to using your mind to do kung-fu. This system is organized to make this "unusual" experience become accessible to the student.

IKF: Students often report the mind gets a more sophisticated capability. Later practices seem to allow your mind to have movement connected with focusing ability.

GC: That is because I created a foundation for the mind training practices. Take the "inside form," where mind and breath are processing left, right, left, right, bubububbbb. Groundwork is necessary for the student to grasp it. So the layers of training are essential. This program is teaching real internal kung-fu.

People talk about "internal" vs. "external," hard, soft, circular and linear. They don't differentiate internal vs. soft, or internal vs. relaxed; it is a vague and confusing discussion. Our program makes it very clear what internal is how to work with it and how to develop skill with it systematically and quickly.

Let's consider roll-back meditation, which is clearly different from ward-off meditation. It has four locations to keep in mind, to practice, in sequence, at the same time (this is the key phrase). The points are the palm side of front forearm, to the spine, to dan tien and to the back heel. The mind is creating pathways of energy in the body. You are burning these pathways, with all the different practices, in all of the routines, even with the voice training.

IKF: Are these practices burning pathways to facilitate sensitivity of mind and body, to learn how to generate power from the ground through those points in the body?

GC: Of course. With this, you have some way of flipping a switch, to have an actual "zzzzzhhh" and electricity or bolt of lightning passing through you. This lightning moves through,

not because of strength or muscle, but because everything now lines up properly. These internal practices create “internal wiring.” Like an electrician wires a building, I’m wiring your body.

The process is the same—whether you are trying to be a healer, using it for martial arts power or taking this skill into the boxing ring. For example, say I am not skilled at boxing but I must face a boxer. It may seem like a mismatch, but when he hits me he bounces off me. I may not even see him hit me. But inside, my body is like a motorcycle engine at low RPMs, going “grrrrnnng.” Then I get hit and it goes “zzznng” (high-pitch whining sound) all at once. When it explodes like that, it comes in the exact direction of incoming force.

My body is not afraid of being hit. When a fist gets close, my body, through nei kung practice, recognizes something coming close. So a fist within 2 inches of my body gets perceived as being a great distance, such as 2 feet away for a normal person. I feel and recognize the touch long before it occurs.

IKF: So your mind processes information more quickly and accurately? What are the mechanics?

GC: It is just the byproduct of the practices. For instance, one of my practices is non-touch rolling hands, where you shoot energy from one arm through the other. You are sensitizing 6, 8, 12 inches outside your skin.

There are practices for that.

“Sensitizing” isn’t exactly the right word. Rather, we are referring to picking up the telegraphing even the slightest movement from your opponent. It’s like the rest of the world is moving in slow motion, while your mind and body remain ahead of the curve. You are much faster than your opponent. Your mind is actually creating this vibration effect. So we are not “being sensitive” to what is happening; we are <creating> it.

This is a rare skill, which requires years of training to develop. Only I shortened the learning curve. Rather than doling out a little bit of knowledge at a time, I have streamlined the whole package for rapid assimilation. We are talking months rather than many years.

IKF: Care to offer readers a glimpse of the process?

GC: “Tiger looks right and left side” in “mother meditation.” Mind’s attention is moving from left heel to right heel, to left heel, to right, to left to right. Not one movement per breath, but 1,000 changes per breath at the speed of light. It is called mind light nei kung and it teaches you to move your mind at the speed of light.

With your mind, left heel, right heel, right, left...it starts going

so fast that internal side-to-side vibration is cultivated. It develops, not as the result of the physical form, but from mind cultivation.

Further details in “tiger looks right and left side” mother meditation include: elbows drooped in front, the right arm swats almost in front of the face and hooks. Then the left arm swats almost to the face and hooks. At the same time, suck into the palms and forearms on the swat arm. Think left, right, left, right, etc., and squeeze the sphincter muscles. Now cave the chest while bowing out the spine. These are the details in this meditation.

Concrete results come after practicing the whole program for just a short time. In martial terms, if you hit someone with that arm he will go down as if he’d been smacked with 1,000 pounds of pressure. This is not about external or physical. Through the practices, you can project your will onto another person. Hit someone with your arm with something like “tiger looks right and left side” mother meditation and that transfer of energy will shut down his nervous system. You can slam the person because he <wants> to go down.

The power of the program is simply in its details—where the mind is, where the sucking is, where it’s traveling throughout

your body and how it creates electrical pathways. Specific abilities naturally develop when you practice mind-training skills. Specific practices, precise details, practiced systematically will give you power at a speed you never thought possible.

For more information on Gary Clyman’s mind light nei kung training

program, call (800) 782-4244, (312) 446-8218 or visit chikung.com.

J. Patrick is a Chicago, Illinois-based martial artist and freelance writer.



WHEEL
Intercept the incoming punch with a wheel elbow (1-2). Now close and apply a neck wrap while trapping the arms and shooting a lifting fa jing vibration through his spine (3). Finish with a slam (4).