

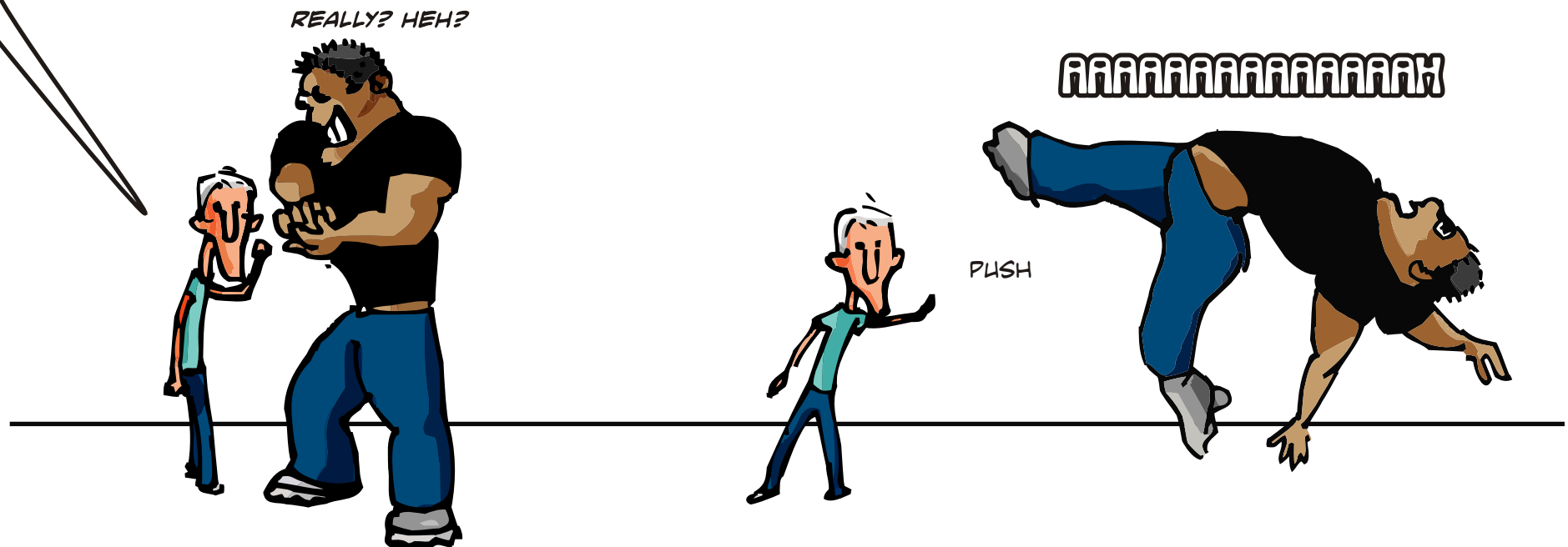
NEI JIN GONG

The internal martial power development methods of Neiwaichuan Gongfu

POWER - AS UNDERSTOOD BY MOST EXTERNAL MARTIAL ARTS - IS A FUNCTION OF MASS, VELOCITY & DISTANCE. AS SUCH, EXTERNAL MARTIAL ARTS TEND TO FOCUS ON HARD, MUSCULAR STRENGTH AND NEED SPEED AND DISTANCE FOR STRIKES TO BE DELIVERED EFFECTIVELY. **INTERNAL POWER HOWEVER, IS A VERY DIFFERENT BALL GAME; IT NEEDS NEITHER MUSCULAR STRENGTH, NOR SPEED OR VELOCITY.**

STRIKES USING INTERNAL POWER CAN BE DELIVERED **ACROSS A VERY SHORT DISTANCE, NEED EXTREMELY LITTLE MUSCULAR STRENGTH AND CAN BE FAR MORE EFFECTIVE** THAN STRIKES USING BRUTE, EXTERNAL POWER IF DELIVERED PROPERLY.

WHAT THEN IS INTERNAL POWER (NEI JIN)? NEI JIN IS THE COORDINATED USE OF INTERNAL BODY MECHANICS, ROOT, THE BREATH, A RELAXED BODY AND THE FOCUSED MIND IN ORDER TO MANIFEST EFFECTIVE MARTIAL POWER. AND THE TRAINING METHODS USED TO DEVELOP THAT ARE WHAT CONSTITUTE NEI JIN GONG.



JUNE 7th and 8th 2008, 10am to 5pm

Wilson Manor Apartment, 13th cross, Wilson Garden, bangalore 560027

You'll be there if you're a serious martial artist

call **Siddarth on 9886456906** to register

Please note: You must be proficient in basic striking to attend this seminar

YOUR INSTRUCTOR NEVILLE BULSARA



Neville Bulsara started his Martial Arts training while in school, studying judo for a while. In the early eighties, he began the study of Sino-Tibetan Martial Arts under Sifu Cyrus Patel. Sifu Patel was a student of Master Lin Su-Hi, a highly respected teacher of both the Chinese and Tibetan Martial Arts. Sifu Patel had trained under Master Lin for over 25 years, and was considered to be amongst his highest ranked student at that time.

Neville recalls the several years he trained under his teacher as “extremely tough, brutal at times. My teacher taught in the traditional way - designed to weed out all but those who chose to persevere. Following the influx of kung fu movies in the eighties, there would invariably be a surge of students in our class. It was not uncommon for numbers to swell to as much as twenty, only to drop to two or three within the first two months. Our training was very unlike the 'wushu' taught today, in that there was almost a total absence of form. Training was totally self-defense oriented, with our teacher coming up with technique after technique on the fly; we had to keep our eyes peeled to catch and discover the essence and mechanisms of each technique, as the same technique would never be repeated twice. Owing to this, as well as the absence of forms, we did not study complete 'styles' in themselves, but were taught 'techniques' from several including Tiger, Snake, Crane, Eagle, etc. The emphasis was on fighting in the middle to short range distance, moving in swiftly once the opportunity presented itself and ending the fight in the shortest time possible.”

Prior to his teacher departing for Nepal in the late eighties, Neville was granted permission to teach the system he had learnt. Since then, Neville has continued his research and study into the martial arts; teaching a few, select students over the years.

With a background of almost thirty years in the martial arts, Neville possesses a deep understanding of what works and what doesn't in self-defense scenarios, apart from having an exhaustive knowledge on the theory and application of the art he practices.

Apart from being a technical contributor to several books (“Tai Chi Chuan The Mantra For Health & Fitness”, “The Art of Stick Fighting A Comprehensive Self-Study Guide”), Neville has been a highly respected member and moderator on what was almost a decade back the most exhaustive & comprehensive Chinese Martial Arts forum on the net.

Neville, today teaches a compact, synthesized version of the arts he studied. A fusion of both the internal (nei) and external (wai) arts (ja), he has aptly labeled his art “Neiwaichuan” Internal-External Fist.”