

Chapter 2 The Flying Lesson

One soldier asked; “In all the excitement with the bear, we didn't get your name....”
“I'm Nele, My boyfriend Joe and I were taking classes from this guy in Berlin. He was from Hawaii and his name was David. He learned Inner and Outer martial arts in the Shingon Temple in Honolulu. He really lived his art, I think that's all he did. I saw him do some amazing stuff. Especially the day I thought he was going to see him get killed....this monster of a guy got right up in David's face during a class...”

“I'm “Chang the Killer” and I challenge you. Your talk about the power of moving energy in nonsense. I'm gonna prove it and humiliate you in front of your class.”
David sized up the man in front of him; extreme short haircut, ears grotesquely deformed from years of boxing and wrestling, large callouses on the knuckles of both hands from hours of bag training and a collection of facial scars that showed a wild recklessness in attacks. In another instant David scanned his energy and saw his weaknesses immediately.

While David had never seen the huge, intense fighter nor his two “beta-dog” companions, he had heard the name.

“Hello Chang, I'm David and we're in the middle of a Bagua and Chi Kung class. Why don't you and your friends join us?”

Chang looked back at his two beta-dogs and laughed.

“I fight and win because I'm the best. This Bagua you teach was used by the Emperor's bodyguards in China to defeat assassins. So pretend I'm gonna assassinate you and defend yourself.”

“Chang, our school is about health, energy movement and spiritual development. We do not spar or hold competitions with other schools.” Chang smirked, and glanced back at his friends. “See, I told you... no backbone.... no talent, no nothing. Why else would he be teaching in a park?” With a new furrow of determination in his brow, Chang narrowed his eyes in an evil manner and said; “Oh, but I insist.”

“Ok, I'll finish the class and send the students home. It won't take long.”

Through gritted teeth, Chang said; “I don't... Like...Waiting. I'm not famous for my patience..”

“No, but you are famous for mixed martial arts cage fighting. You're famous for putting a fighter in the hospital Friday night, you are famous for your bad temper and cruelty.”

Smiling Chang said, “So you have heard of me. Yeah, well I've heard of you too. Taoist Chi Kung and Chinese Bagua that you learned at some Temple. Your students say it is powerful but I'm not convinced. Show me what it's worth.”

Chang narrowed his eyes and leaned forward into David's face; “Now! No more talk, we do this.”

David replied; "Obviously when your opponent gets in the ring with you, they know the risk they are taking. Do you know the risks you're taking now? Here, in front of so many witnesses? We aren't in the ring Chang, this is a public park and different rules apply here. I finish the class, send the students home, then you and I "do this", as you say."

Chang eyed the thirty students listening to every word. For the first time, doubt entered his narrowly focused awareness. He scowled, nodded and moved a few meters back with his beta-dogs.

David inhaled deeply, felt the power of the present moment and turned his attention to his concerned students.

The Berlin sky in summer was a bright blue with a few fluffy clouds over Hasenheide Park. David always taught in loose fitting jeans and a faded, black cotton Kung Fu top with secret pockets sewn inside. This Sunday class covered San Jiao, Cloud Hands Chi Kung and the Eight Mother Palm Bagua Circle Walking. For people new to Bagua, David described it as "Tai Chi done in a circle" and that got the point across. Before Chang showed up, David had the students do the Chi Kung exercise for 30 minutes to "clear their minds and leave the week behind". One of his regular students, Joe, said he did it to leave the week behind.

"We have just done fifteen minutes of Cloud Hands Hand Chi Kung." He snapped his fingers to get the attention of some students who were still staring at Chang. "Now we are going to do Standing Tree Posture for twenty minutes." Almost all the students groaned, some of them wondering if it would take David that long to deal with the Chang, or if it was possible that David could even win against someone so strong, ruthless and mean.

One student said that he didn't understand the reason for the Cloud Hand Movement; "I mean, what benefit do we get from this exercise?"

David looks at him seriously and said;

"Good question. I love good questions, and many others in the group maybe wondering the same thing." Several members nod in affirmation. It did not escape David's awareness that the student might just want to put off twenty minutes of standing Tree Posture.

"Ok, I will demonstrate how we can apply the Cloud Hands Technique in real life."

David waved Chang over, "Yeah, you. Come here please." And directed Chang's two companions to stand about four meters behind him to catch him where he would land. The three smiled and chuckled, David's students did not.

"Ok Chang, stand directly in front of me, as solidly as you can."

Chang smiled, condescendingly nodded and said "Oh yeah, I got that".

David explained to the students; "We have just done Cloud Hands for fifteen minutes. Now, I send my energy under the feet of Chang and cut off his connection to earth energy, he has no more grounding. Next, I pull energy up from the center of the

earth..." David did a couple of Cloud Hands movements. "And move this energy of the entire earth through my body and into his." David looked Chang in the eyes and asked; "Are you ready?"

Chang smiled, chuckled and said; "Yeah, I'm ready..." He leaned forward threateningly and growled; "Are you ready? You're pathetic, I'm gonna humiliate you in front of your whole class! Get ready for your lesson..."

David said calmly; "Well... I try to learn something new everyday..." Then David asked Chang, "Just as a precaution, please put your hands behind your head and lace your fingers in back of your neck. That will help."

"Sure, what ever." Chang smugly replied.

David inhaled deeply, looked directly into Chang's eyes, connected with Chang's subconscious and communicated without words. This was the second time that doubt entered Chang's awareness, and this time it went to his core.

"Well then, here we go..."

Chang would have told you that what hit him in the chest felt like lightening with more force than he had ever experienced. Chang clearly remembered a clear blue sky, the joyful feeling of flying and experiencing time in slow motion. He also remembered, in his peripheral vision, his two friends, their eyes wide, standing by uselessly as he flew between them. He clearly remembered landing on his shoulder blades, grateful that his neck was braced. The momentum of his flight caused his now bear feet to keep going overhead as he flipped over and came to rest landing on his front side, face down in the soft grass. He remembered how good the grass smelled as he checked in with his body to see if anything was broken. His shoes remained where they were, on the grass in front of David.

As the class cheered, David scolded Chang's two companions;

"I told you guys to catch him!" The two stared at each other wide-eyed and then Chang. David asked two of the students with advanced degrees in Reiki to make sure Chang was alright. No physical damage, but it would take a while for his pride to heal.

All the students smiled and chatted excitedly among themselves as they gathered around their Teacher. David asked; "Would anyone like to develop the ability to move energy like that?" Every single smiling student enthusiastically answered, "Yeah!" Smiling warmly, David replied; "Ah, I thought so.... and who are the masters at moving heaven and earth energy? Right! Trees! Standing Tree Posture... twenty minutes. Relax your mind and feel the energy moving through your body, listen for it."

One soldier asked Nele; "So this David guy could blast people out of their shoes?"

"He could do a lot more than that, as we found out after that class. Joe started up with his crazy ideas..."

"David, if we could get Chang flying through the air on video, we would have hundreds

of students! Just think of the money we could make! We would have a chain of schools in no time!"

David gave a half smile at Joe's ability to reduce everything to money.

"Joe, that kind of energy movement requires a long term relationship with both heaven and earth.... that comes from a lot of time spent in practice.. It is also necessary to remove inner blockages to achieve that kind of volume of energy movement. One has to build up the bodies' ability to smoothly handle that. It doesn't come in a day. You can't drop a Formula 1 race car engine into a '69 Volkswagen Beetle frame."

Slightly frowning, Joe observed; "Teacher, every time I bring up an idea to promote the class and bring in more students, you get all negative about it."

David, appreciating the years Joe had studied with him, smiled softly and replied; "Joe, you are interpreting "a lot of time spent in practice" with something negative. I see it as a way, my way. I embrace my way, I embrace my daily exercises. Which brings me to something I have been meaning to talk to you two about."

Joe's breath stopped, afraid of what was coming.

"Teacher, are you kicking me out of class?" Joe had seen David ask people not to come back several times in the past for various reasons.

"No, I would never do that, you are always welcome here. Joe, you know all the Chi Kung, Bagua, warm up drills by heart. I have the feeling that it is time for you to start teaching your own classes in your part of Berlin. One learns a lot by teaching.

Discipline, how to show up on time, how to connect with other people.. these are a few of the lessons a teacher grows from. I know you will learn more about the art by explaining the moves and techniques to others. It deepens your understanding when the art moves through you and out into the world. Just think about it Joe. You would have Nele to help you."

Nele continued; "So we walked our bikes through the park and talked about David and the classes. Joe said; "I'll bet he got pissed-off about me wanting to sell the Darth Vader death touch last week. I still think that if I could do that Vader thing and strangle people without touching them, that's all I'd do! Teach a class of ten, charge them ten thousand each and do that one day a week! I'd be crushing windpipes until there were no more windpipes to crush!"

"And David just rolled his eyes and shook his head."

"Right! Like he didn't take me seriously at all!"

"He did just say you were ready to start teaching..."

"Yeah, I can't get up every morning at four am like David does. That's too extreme for me!"

"What's he always saying Joe? Start where you are. You don't have to be him, you can find your own way, and you do know all the warm ups, exercises and movements." I hooked my arm in his and said; "Besides, David told you I'd be there to help you, we are

his number one teaching team!"

Our conversation was interrupted by a notice chime from Joe's phone. He had instant notice set up for his favorite conspiracy theory blogs. "There's new proof that the Illuminate are planning to detonate massive bombs in volcanoes to get them to erupt!" "Joe... and you wonder why David sometimes doesn't take you seriously...."

Nele looked across the fire at the two soldiers; "Of course there was never any proof about bombs in volcanoes, but that might have helped to explain what happened soon after that walk in the park...."