

The Muscle/Tendon Change Classic



我的祖父的功夫

The Authentic Muscle Restructure

Dedication

This book is dedicated to my One, my Consort, Yolly. Without your wing I cannot fly.

Heh'ah yah ammuna di wahtu puhu. Pinpinhod da'a...4Life Baby!!

We are Iron & Silk!!

Muscle Tendon Change Classic

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Muscle Tendon Change Classic

Shaolin monks, men with extraordinary martial knowledge and a very unique skill set, strong to purpose and unwavering discipline. Known to have iron bodies and to be able to pass through walls, but this wasn't always true of these priests. No, quite the opposite, they were always being robbed and dying at early ages as their activity level was extremely low. Sitting in quiet meditation and existing on poor diets. This was the case until the Indian monk Bodhidharma, came and instructed them in the muscle/tendon change classic.

Many credit this monk with bringing martial arts to the Shaolin Temple, and worse, giving the Shaolin monks the honor of beginning martial arts in China. How ignorant and absurd. I am grateful for what I've learned from this prestigious group, but credit cannot be given where it doesn't belong.

The Chinese martial arts were taught to the military, not to the commoners or the "peasants". Now stay with me for a moment as I break this down.

In the military (the only people that received martial training) there were internal and external styles taught also known as open and closed door styles. People have the misconception that the internal styles build the internal strength and the external styles build the exterior, the physically visible muscles. This is not the case. The truth is, both styles will build internal and external strength. So what is the difference? All of the military was taught the exterior, the "open door" systems, it's open to everyone, while the internal, "closed door" systems were only taught to the high ranking officers, and the elite.

Muscle Tendon Change Classic

As these men were discharged from their service to the army they went back to their lives as blacksmiths, shop keepers, farmers, ect... and some began (or went back to) a life of crime. As the norm for folks that follow this type of lifestyle, some were captured and hanged, some to avoid this fate found refuge in the monastery. While at the temples they did what they knew to do from their military experience and that was to rise early and train in the combative arts.

This is how the Shaolin priests received their martial education. The priests of the Shaolin order weren't permitted to carry weapons of any kind, so these "new" priests began instructing their brothers in the martial ways to defend themselves from would be attackers.

I felt the need to explain this as I see on television and through other media outlets this misconception that these peace loving priests somehow started martial arts in China. Think about it, if this were true did the government then go and recruit these priests to begin training their army's in the way of Shaolin, in the art of war? Of course not, that would be putting the cart before the horse.

Muscle Tendon Change Classic

What this Indian monk Bodhidharma, brought to the Shaolin temple was the muscle/tendon change classic. Did he bring other things? I believe he brought other things, other ways to meditate, some chi gung, and perhaps even the bone marrow washing.

Please forgive me if I sound arrogant, but these so called “masters” that show the bone/brain marrow chi gung as the muscle/tendon change are naive and ridiculous to say the least. The bone marrow chi gung is a completely separate program. It has absolutely nothing to do with the muscle/tendon change classic. How could it? Just the name alone should tip off any would be student. Thanks for letting me vent, and now let’s get back to the muscle change.

The muscle/tendon change classic is also known as muscle change, muscle restructure and when done in conjunction with the second part is also called the Big Body. The lessons in this book will focus solely on the first part. I will instruct it as I was taught, but I will also teach what I have learned from it.

Muscle Tendon Change Classic

Muscle restructure part 1 is to be performed daily for two straight years. That is 730 consecutive days in a row. Beginning from day one to day seven hundred and thirty, these twelve exercises are to be completed by doing forty-nine (49) repetitions of each exercise. I don't know of too many people that did this program, I for one did, but I also took creatine and protein to assist in my recovery. Whenever I have taught this program to my students, I always told them to start with ten or twelve reps and to not go over thirty reps total.

One of the main reasons for my decision to teach the program at the lower reps came from my learning muscle change part 2. As in the first part there are twelve exercises, but I was told that we only do nine reps of each exercise. This puzzled me, as it's such a dramatic decrease in the amount of repetitions between part 1 and part 2. Another thing that threw up a "red flag" was that the Great Ch'ang, Tung Sheng, used to do twenty-seven (27) reps!

This is how I began my theories on the amount of reps that should be performed in both part 1 and part 2. I always questioned (in my head) why we did 49 reps from day 1, all the way to day 730. Why wasn't there a natural progression to reach the 49 reps? Why does the second part of muscle restructure have only 9 reps, when I know that Grandmaster Ch'ang did 27? All of the other programs have this natural progression, Iron Vest does, Iron Palm does, and even the Arm Grab program builds you up.

Muscle Tendon Change Classic

I have always known that the Chinese are big into numerology this is what first gave me the clues. Forty-nine is a strange number even if we add $4+9$ it equals 13. Now let's look at the Iron Vest program. It begins with 36 reps, then progresses to 72 reps, and finally 108 reps. By adding these numbers they all equal out to the number 9, ($3+6=9$ / $7+2=9$ / $1+0+8=9$). Going back to muscle restructure part 2, I was told to only do 9 reps, I heard and knew that Grandmaster Ch'ang, did 27 reps, so only the number 18 is missing from this equation. So if we go with the natural progression we would begin with 9 reps, advance to 18 and then get to what Ch'ang, was doing with the 27 reps.

And, the numbers add up ($9+0=9$ / $1+8=9$ / $2+7=9$). If we were to stick to this formula, part 1 of the muscle change would have the natural progression of starting with 18 reps, advancing to 27 reps and then reaching 36 reps. If you recall, just guessing I would tell my students to begin with 10 to 12 reps and not to exceed 30 reps. Now that I have "figured" out this formula, and we went with the 18, 27 and then 36 reps, the numbers add up ($1+8=9$ / $2+7=9$ / $3+6=9$) to 9 once again. So what's so significant about the number 9? The number 9 represents the Dragon.

Not that I am really into numerology or anything, because I'm not, but the number 9 also represents completeness. As in a complete pregnancy is a nine month cycle.

Muscle Tendon Change Classic

I don't know if I'm correct or not, this is my educated guess and with almost 40 years of Chinese martial arts education under my belt I think I am. I have never learned a program where there wasn't a progression to reach the higher repetitions. With the rule of thumb being, once the highest repetition is obtained, you never go back you always perform the exercises at the highest repetition level.

With all this being said, I believe that both muscle restructure part 1 and 2 together is a two year program. To do just the first part for two straight years at the "taught" 49 reps, is insane. The ways I will teach this complete (part1 and 2) program from this date forth will be:

Part 1 the first 4 months all 12 exercises performed 18 repetitions each.

The next 4 months 27 repetitions of all 12 exercises.

The next 4 months and the last leg of the first part of muscle change and the first year all 12 exercises will be performed at the highest level of 36 reps.

Part 2, beginning of year 2, the first 4 months all 12 exercises performed with 9 repetitions each.

The next 4 months 18 reps of all 12 exercises.

And finally the final 4 months of the second part, and the second year, 27 reps of all 12 exercises.

This is the Big Body Program. The true Muscle/Tendon Change Classic, as was brought from India.

Muscle Tendon Change Classic

I was told not to go to my “secret” teacher’s school by several people. Different people all told me the same thing, “He teaches people incorrectly on purpose”. I didn’t care, I knew what I wanted. What I did was observe, I saw who his favorite students were and whenever I learned a program, I would go to one of these favorites and ask to see how they did it. By adapting this system I was assured of the accuracy of the material I was learning. I spent almost 20 years there.

Toward the end of my stay there, he tried to teach me and my top student Ed Montgomery, finger training. This is where you drive your fingertips into a bucket of sand. I found it very odd that he was only going to teach this “precious” gift to just me, and my student. As soon as we left I told Ed, “I’m not doing that program”. Remembering what got me to the level I was at, I had no one to reference this program to, as he has never shown it to anyone else before!

Well Ed began this training and as the weeks rolled by his fingers couldn’t straighten out all the way (doing this program with the right hand only). I understood why Ed wanted to complete this program, as he was very trusting and viewed it as an honor to receive such a gift for his hard work and dedication. And, every week I would speak to him about his “rare” training gift he received. One day while meditating I asked him to send all of his energy to his right hand.

Muscle Tendon Change Classic

He couldn't as his hand just turned to a pale, dead looking shade of white. His left hand though glowed beautifully, full of life and vigor. It was at that moment that he realized by doing this "special" training, it was creating a blockage in his right hand, and moving up his arm. And the energy could only flow to his left hand!

I have many stories like this one, I only tell this one so you can better understand why I had to figure out these repetitions for the Muscle/Tendon Change Classic. One constant phrase that was commonly spoken by my teacher was, "I'm not going to teach you how to become Champion, you have to figure it out for yourself". So I did. I stopped asking questions outside of myself. I began going inside for the answers.

Since I started teaching all of this knowledge, I have heard that I am now called a name at that school. It's a derogatory name, a name that shows the hurt that he feels, the name is, The Iron Weasel. I think he feels as though I "weaseled" my way into his heart and was taught so much more than the others. This isn't the case. My teacher's wife at the time of our separating said to me, "I am so sick of what goes on there, go Steve and be well, I know your heart".

Muscle Tendon Change Classic

If any name should be given to me, it should be, The Iron Fox. Because I scrutinized everything I learned there. I made sure I was taught properly. I “defended” myself from someone that is, by all accounts in a position that we put our trust into, in which we hope that with hard work and dedication we are going to be rewarded with proper teaching and guidance.

I was taught properly in most cases. Other things in order to become “Champion” I did have to figure out for myself. I have always taught my students each way, meaning, I teach the way I was taught and shown, and then I teach the way that I modified it. This way it is the student at this point that decides for him or herself which way is the best way for them to follow.

Many people globally have told me that they already knew the Arm Grab Program, but through my modification they were able to do it without pain in their shoulders. Others have told me, “Steve, this is the way arm grabs were meant to be. I bet way back when, this was the original way”.

It is a shame that so many were taught with such a purpose to destruct instead of instructed properly. But, it is what it is. I am so very thankful to have received the foreknowledge about what happens there and with that early information, I kept a suspicious eye open to all that I learned. One thing that’s very true, The Iron Fox outsmarted The Sleeping Tiger.

Muscle Tendon Change Classic

Mastering others is Strength. Mastering yourself makes you Fearless.

-Lao Tzo

肌肉/肌腱更改經典的

Muscle Tendon Change Classic



1-1a



1-1b



1-1c

Begin with your hands at waist height. Visualize that there is a pole going through the center of your waist from hip to hip. With your hands pointing downward and relaxed (photo 1-1a) then with full tension rotate the hands upward (photo 1-1b) flexing the forearms, the biceps and the triceps. Also, be conscious of raising the organs note the lifting of the chest (photo 1-1c).

The breathing is to inhale on the relaxed position (photo 1-1a) and then exhale with the tension (photo 1-1b) through the nose. The mouth is closed the entire time and the tongue is on the roof of the mouth.

Note: The numbering system that I am using for the photos is 1-meaning muscle change part 1. The 1-number, meaning the exercise, in this case 1-1, muscle change part 1-exercise number 1, and then the, a, b, c.

Muscle Tendon Change Classic



1-2a



1-2b



1-2c

Begin in a relaxed position fist lightly clinched (photo 1-2a) as you bring tension into the movement clinch your fists tightly while raising the thumbs. At the same time you will pull your elbows back, attempting to touch your shoulder blades (photo 1-2b & 1-2c). Keep in mind that you are pitting muscle against muscle, so in this particular exercise when the fists and forearms are trying to pull backwards, the biceps and triceps are resisting their motion.

You are exhaling with the tension, and remember to lift the organs, expand the chest. Tongue again is on the roof of the mouth, and the breathing is strictly through the nose.

Muscle Tendon Change Classic



1-3a

1-3b

Begin with your hands and arms up and as if you are on parallel bars, press downward. Notice that the thumbs are now tucked into the fists. The thumbs will remain inside of the fists for most of the exercises. You will apply tension as you press down while exhaling through the nose, raising the chest.

Muscle Tendon Change Classic



1-4a



1-4b



1-4c



1-4d



1-4(a)



1-4(b)

Begin with your arms down to your sides, thumbs inside the fist, 1-4a + (a). With full tension begin raising your arms upward shoulder width a part 1-4b, while inhaling, in a circular motion, when your arms reach the top they will descend downward until they reach the breast area 1-4c.

Muscle Tendon Change Classic

At this point you will exhale as you push out with full tension 1-4d. Please note that the, a, b, c, d in parentheses are the side view of the corresponding numbers. Also, keep in mind that you are really using a lot of shoulder movement throughout this exercise. As the arms come upward the shoulders will be rolled forward (both photos of 1-4(b)). Then notice how the shoulders are rolled back in photo 1-4(c) and they are then pushed out in photo 1-4(d). Also keep in mind as you push out, that the fist will go out first followed by the arms, and then finally the shoulders will follow last. Another thing that I would like to point out is the chest. Notice that the chest is sunken whenever the shoulders are forward. The chest is just the opposite (expanded) as the shoulders are pulled back.



1-4(b)



1-4(c)



1-4(d)

Muscle Tendon Change Classic



1-5a



1-5b

Raising the arms up without tension, just naturally raise the arms while inhaling 1-5a. Then pull downward with full tension while exhaling 1-5b. Make a mental note to keep the pinky finger pointed upward. We have a tendency to allow the pinky finger to come down. Also notice that the breathing is to the belly. When inhaling your stomach should inflate, like filling a balloon with air. Upon the exhale it will deflate. This is proper breathing as I discussed in my last book, *The No Weights Workout*. Even though the pictures are somewhat distorted because of resizing, I hope you get the picture and understand the value of proper breathing.

Muscle Tendon Change Classic



1-6a



1-6b



1-6c

Begin with your arms out to the sides (photo 1-6a), palms up and the thumbs are still inside the fists (photo 1-6b). With full tension begin pulling the arms in toward the ears from just the elbows to the fists, all the while inhaling. Next you'll rotate the palms outward as you pull your elbows back (photo 1-6c). When you rotate your fists and pull your elbows back this is when you will begin your exhale.

Muscle Tendon Change Classic



1-6(a)



1-6(b)



1-6(c)

Also remember to lift the organs on the exhale, as in photo 1-6(c). Feel your shoulders roll back. Feel your traps constrict as the tension comes from the rotating of the fists, and the pulling back of the elbows. Keep in mind that the muscle change builds the clavicles area of the body.

You will begin to feel the muscles above your pectoral area build and strengthen. You will feel how solid the area around the collar bone will become. For someone to grab the collar bone will become difficult. This you will know is the Muscle Restructure.

Muscle Tendon Change Classic



1-7a



1-7b

To begin this the seventh exercise, circle your arms in front of your chest. While keeping the thumbs inside of the fists inhale as you move into this position (photo 1-7a). While exhaling pull the arms back horizontally with full tension. Lifting and expanding the chest all the while pulling the arms back all the way until they have come to their end.

Muscle Tendon Change Classic



1-8a



1-8b

The eighth exercise is very similar to the fourth, but the arms are closer together and the circular motion you make is smaller. Begin with your hands in a fist, thumbs tucked in (photo 1-8a). Begin raising your arms with full tension inhaling as you raise your arms up (photo 1-8b).

Muscle Tendon Change Classic



1-8c



1-8d



1-8e

Circle your fists in toward your chest (photo 1-8c) remembering to pull the shoulders back. Complete the circle and prepare to begin pushing outward (photo 1-8d). Next push out while exhaling (photo 1-8e).

Keep in mind that there is full tension throughout this whole exercise. It's a continual tension, meaning strong and steady. Not so much tension that your arms move at a rate of one inch a minute. Keep a strong tension that is flowing remember to circle the shoulders as well.

Muscle Tendon Change Classic



1-9a



1-9b

Begin with your hands open in front of your face (photo 1-9a). Then with full tension, thumbs inside the fists pull to the sides as if you are opening an elevator (photo 1-9b). Keep in mind that while you are pulling from the fists to the elbows, the remainder of your arms are resisting.

Remember to lift the chest, lift those organs upward! Also, exhale on the tension. And while we're on the subject of breathing, all of the breathing performed in this first part of the muscle/tendon change classic is through the nose. The tongue is on the roof of the mouth and all the breathing is out of the nose.

Muscle Tendon Change Classic



1-10a



1-10b

Start in a “pull-up” position, with your thumbs in, but with a relaxed fist (photo 1-10a). With full tension you will squeeze your fists, trying to pull downward with your forearms, but at the same time resisting with you biceps and triceps (photo 1-10b).

As you squeeze lift the organs, expand the chest and exhale. The shoulders will remain in the same position there is only going to be a slight movement because of the resistance that is being pitted against the muscles.

Muscle Tendon Change Classic



1-11a



1-11b

The eleventh exercise is very similar to the second. Begin with your hands in front of you (photo 1-11a). With full tension raise the thumbs as you pull your arms back, pinching the shoulders (photo 1-11b). The hands will open as you pull back exhaling.

When you pull back you will also expand the chest while lifting the organs.

Muscle Tendon Change Classic



1-12a



1-12b

The twelfth and final exercise you will begin just standing with your hands open and out to the sides, palms facing outward (photo 1-12a). With full tension raise your hands upward. While you are raising your hands you will also rock back on the heels of your feet* (photo 1-12b).

Muscle Tendon Change Classic



1-12(a)



1-12(b)

Here we have the side views of the same exercise. In this example you can see how straight the spine is kept.

***I was taught that you are to rock back on the heels of your feet during this exercise. I have come to the conclusion after many years of training that this really doesn't matter. I always keep my feet planted firmly on the ground now-a-days. I just wanted to teach it the way I was taught, but also give my insights into how I now preform the exercise. As you can see though, this is the only exercise that I have modified.**

Muscle Tendon Change Classic

I want to take this opportunity to thank you all very much. Do these exercises daily, with consistency and intensity they will give back to you more than what you put into them.

Remember the formula for doing the correct repetitions, 18, 27, and then 36. The beauty of these exercises is you are able to put into each rep the amount of intensity that you desire. Unlike weights, if you have 100 pounds on the bar, no matter how you're feeling that day, you have to push that much weight. With these exercises if you feel like 80% one day, so be it. Other days you will feel like you can push at 110%.

Again, thank you all very much. Please visit www.stevhamp.com for more information and to see new products that will assist you in reaching your goals.

