

Winter 2007

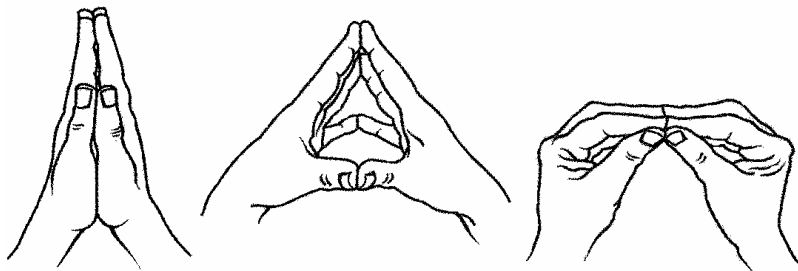
FREE!

# Complementary Health & Exercise



## Does Chi Exist?

By Master Michael Inoshita

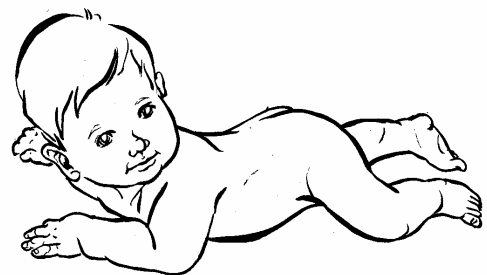


## Hand & Wrist Strengthening Exercises

By John Robertson

## Quiet Awareness

By Doctor Tim Schroeder



The Quarterly Magazine bringing you  
news and programs on complementary  
methods of healthcare and exercise



# Discover the Secrets of Chinese Therapy Balls



Come and discover the secrets of Chinese Therapy Balls. How they can improve strength, dexterity and circulation. Their use prevents and treats carpal tunnel, tendonitis, arthritis and repetitive strain injury. They reduce stress, are deeply relaxing, and improve overall health.

**Thursday, 15<sup>th</sup> February @ 3:30pm**

**Monday, 12<sup>th</sup> March @ 7:00pm**

Elmhurst Memorial Health Education Centre  
for the Community of Villa Park

318 S. Ardmore Avenue, Villa Park, IL 60181

**Thursday, May 24<sup>th</sup> @ 7:00pm**

Elmhurst Memorial Addison Health Centre  
303 W. Lake Street, Addison, IL 60101

The class fee includes one set of Therapy Balls,  
and a guide booklet for each participant.

**To register call Carematch on 630 782 7878**

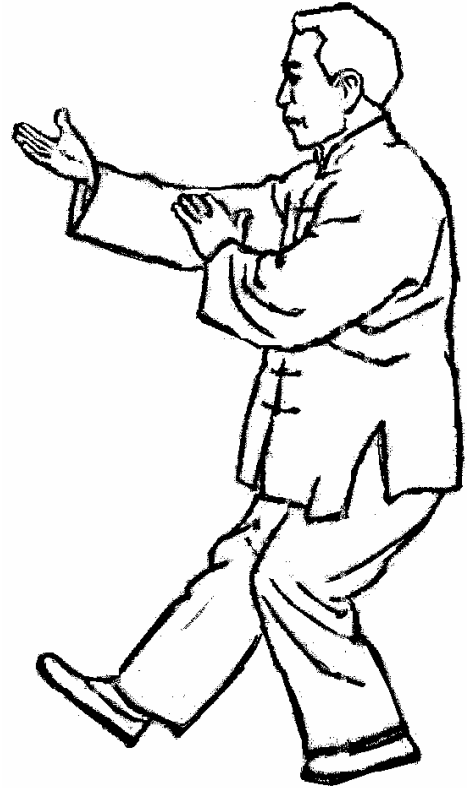


# T'ai Chi Ch'uan

Enjoy a happier, healthier, and more harmonious life through the practice of T'ai Chi Ch'uan.

T'ai Chi Ch'uan can relax the body, reduce stress, release tension, and you can expect a feeling of positive energy to flow through your body.

T'ai Chi Ch'uan is proven as the most effective way to delay the onset of falling.



## **At EMHC in Villa Park on**

At 2:00p.m. every Tuesday and Wednesday afternoon,

Beginner's session begins January 2<sup>nd</sup>

Beginner's session begins March 6<sup>th</sup>

Continuing session begins April 3<sup>rd</sup>

Elmhurst Memorial Health Education Centre  
for the Community of Villa Park

318 S. Ardmore Avenue, Villa Park, IL 60181

**Call Carematch on 630 782 7878 to register**

## Chinese Therapy Balls : \$10.00



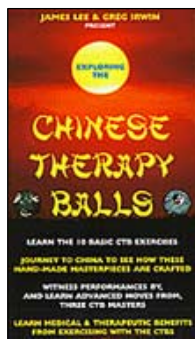
Usually available in 1½" and 1¾" diameters; in Chrome, Yin & Yang, Dragon & Phoenix, Bat & Turtle and Sun & Moon.

Other sizes and designs available by special order: \$15.00 and upwards!

Ask your instructor about 1", 1¼", 2", 2¼", 2½", 2¾" and 3" balls; chiming in gold chrome and cloisonné in more styles than can be imagined or listed, and in solid jade, marble, wood & chromed solid steel.



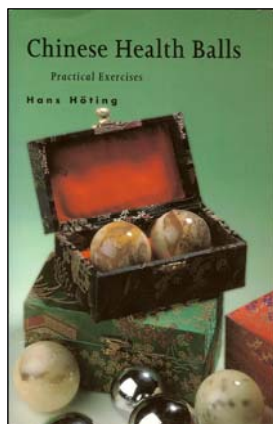
## Exploring the Chinese Therapy Balls By James Lee & Greg Irwin : \$30.00



For expert instruction in using your Chinese Therapy Balls, Finger Fitness™ expert Greg Irwin leads you through uses of the balls. The video shows how the balls are manufactured in a visit to one of the factories. Then Chinese Masters demonstrate advanced moves. Commentary is also provided from a certified hand therapist. Available only on VHS.

## Chinese Health Balls by Hans Hoting : \$11.00

The author discusses meditation exercise, walking exercises, using them for massage, as well as working with the energy in the palms of your hands so that you can strengthen the yin/yang energy in your body. This is a very practical guide. Soft cover.



# Complementary Health & Exercise

Winter 2007

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Martial Arts



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Because of the nature of some of the products, services or techniques advertised or discussed in this magazine, you should consult a physician before using these products or services or applying these techniques.

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## The Wisdom of Confucius



"To put the world in order, we must first put the nation in order; to put the nation in order, we must put the family in order; to put the family in order, we must cultivate our personal life; and to cultivate our personal life, we must first set our hearts right."

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## Editor's Notebook

Welcome to the Winter 2007 issue of 'The Internal Arts', and to a new year. We wish all our current and future students a happy and healthy 2007.

This month our Chief Instructor Master Inoshita asks whether Chi exists at all. Comparing eastern and western ideas the article discusses Chi from differing standpoints.

The first of two articles on the fundamentals of T'ai Chi covers the basics of the 'duck-footed' and 'empty stances'. Our next issue continues with the 'bow stance'.

Our hands are used for almost everything we do during our lives, and yet we spend very little time looking after them. We have a set of exercises to keep our hands flexible, dexterous and strong.

One of the questions we're asked on a regular basis, is what should I wear for T'ai Chi or Qi Gong? Doctor Paul Lam, a well respected T'ai Chi practitioner answers this question for us this month.

In 2007 we intend to continue to bring you interesting and educational articles on T'ai Chi Ch'uan, Qi Gong and all the other classes we teach. We are always looking for contributions and advertisements to help our magazine grow, if you would like to contribute an article, or would like to advertise please e-mail your articles, pictures requests and adverts to [chilsungmoodo@yahoo.com](mailto:chilsungmoodo@yahoo.com).

We always have Instructors available for talks, demonstrations, and lectures; classes are also available to private individuals and groups. Call 630-373-6139 or e-mail [chilsungmoodo@yahoo.com](mailto:chilsungmoodo@yahoo.com) to discuss your requirements.

*He lives most life whoever  
breathes most air*

## Foot Rubz™ : \$5.00



Makes feet and hands feel great in minutes! Roll this unique ball under your feet, in your hands, or over any sore and tired muscles. 160 nubs provide soothing stimulation that will immediately begin to relax and eliminate tension. You control the depth of massage with applied pressure to ensure the utmost relief of muscle soreness. Small enough to fit in handbag, sports bag, briefcase or desk drawer, this easy-to-use massage ball is great for use anywhere, any time.

## Wu Shu Sneakers : \$25.00

As worn by the Shaolin monks! White canvas laced shoe with red and blue stripes and brown plastic sole. The solid sole makes them perfect for T'ai Chi and Qi Gong practice.



## Gold Lion T'ai Chi Sword : \$60.00



The Gold Lion T'ai Chi Sword is a classic among Kung-Fu style swords. This straight blade T'ai Chi sword

measures 34" overall, with a 25½" stainless steel 'unsharpened' blade. The lion head hand guard is made of polished brass. The black cord wrapped handgrip is accented by two yellow and red tassels attached to the end of the sword. A brass tipped scabbard is covered with leather and comes with a chain hanger for easier display.

## Hardwood T'ai Chi Sword : \$20.00

Beautifully hand-crafted, this hard-wood broadsword is designed to have the look and feel of a real T'ai Chi sword but without the weight, hazard or expense. - Great for every-day training.



All designs, colours, products and prices are subject to availability. See your instructor to place an order.

# Free Sampler Classes!

Are you looking for a way to get fit in 2007? Or are you just looking for a challenging new exercise?

Have you ever considered trying Tai Chi?

Tai Chi is a low impact exercise; highly effective at exercising all the major and minor muscle groups, building bone mass, reducing blood pressure, preventing falls and illness.

Practice re-establishes the bodies natural balance, reduces stress, focuses the mind, improves metabolism, and builds a feeling of positive energy.

## **At Eagle Academy in Warrenville**

**2:00pm on Saturday, January 13<sup>th</sup> 2007**

Eagle Academy of Martial Arts

2 S 525 Route 59, Warrenville, IL 60555

**Call Eagle Academy on 630 393 0033 to register**

## **At Courts Plus in Elmhurst**

**12:30pm on Tuesday, January 2<sup>nd</sup> 2007**

Courts Plus - A Centre for Sports, Health and Fitness

186 S. West Avenue, Elmhurst, IL 60126

**Call Courts Plus on 630 833 5064 to register**



# T'ai Chi Stances & Movement ~ Part 1: The 'Duck-footed' & Empty Stances

By John Robertson

Stances are the very foundation of T'ai Chi Ch'uan, and all the remaining components of T'ai Chi can easily be built on top of correct stances. As a beginner it is advisable to spend additional time getting used to the stances, and learning how to move correctly in each one. Time spent here will make later postures much easier, and help build better balance and stability in daily life. We will look at each of the basic stances and how to perform them correctly.

## The 'Duck-footed' Stance

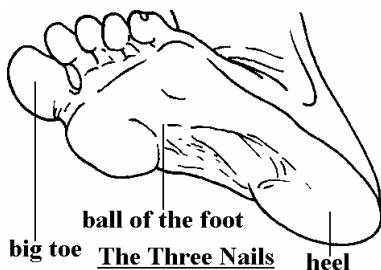


We refer to the 'duck-footed' stance often during class but talk little about it because it only occurs at the beginning and the end of the form.

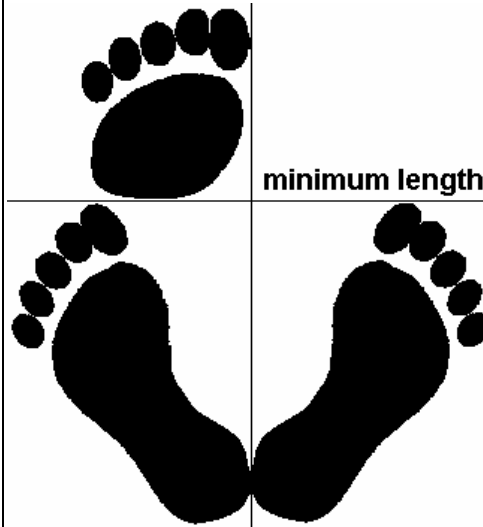
The heels should be together, the toes apart up to a 90° angle with the weight distributed evenly between the feet.

Before beginning the form it is a good idea to take a moment or two while in the 'duck-footed' stance to feel your feet, and the contact that they have with the floor.

Try to ensure that the 'three nails' are 'stuck' evenly and firmly to the floor, and remain so during the form, unless moved by conscious effort.



## The Empty Stance



The empty stance is a metaphor for kicking; anytime you are in an empty stance you could be using the front foot to kick.

First, stand in a duck footed posture, heels together, back upright, hands at your sides.

Slowly sink all your weight down into the right leg until you can no longer see the toes of that foot and you can lift your left foot without moving your head.

Pick up the toes of the left foot and, pivoting on the heel, turn the toes in until the foot points straight forward, heels still together.

Advance the left foot straight forward. The foot must clear the toes of the right foot, the heels must remain in line, and the foot must point forward.

All your weight should be on the right foot, the toes of the left foot only support the weight of that leg. You must be able to move your left foot without moving your head.

**New In!  
Limited Supply!**

**T'ai Chi Slippers :  
\$15.00**

An extremely lightweight shoe featuring a very flexible synthetic Rubber sole and rubberised canvas top.

These are especially suitable for Qi Gong, T'ai Chi, Yoga or Kungfu training!

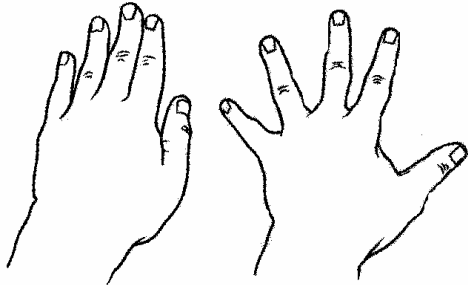


# Hand & Wrist Strengthening Exercises

By John Robertson

Almost every action a person makes depends on the agility and strength of the fingers, hands, wrists and forearms, and yet we spend little time trying to keep them healthy. These exercises are designed to keep your hands strong, flexible and improve dexterity. The use of Chinese Therapy Balls is highly recommended as a further method of exercising the hands and maintaining overall good health.

## 1. Finger Stretch



Sit or stand upright. Breathe naturally, deeply and silently through the nose, keeping the lips sealed.

Hold both hands out straight in front, fingers tight together. Splay the fingers open as far as possible, then bring together.

Open the fingers eight to sixteen times.

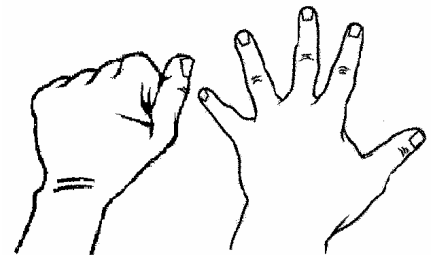
*Physical effects: Improves finger dexterity and range of motion.*

## 2. Outside Fist Finger Stretch

Hold both hands out straight in front in a fist with the thumbs on the outside. Splay the fingers open as far as possible, then bring together.

Open the fingers eight to sixteen times.

*Physical effects: Improves finger dexterity and range of motion.*

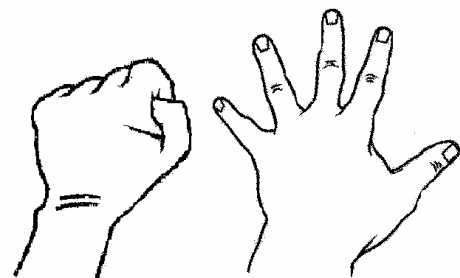


## 3. Inside Fist Finger Stretch

Hold both hands out straight in front in a fist with the thumbs on the inside. Splay the fingers open as far as possible, then bring together.

Open the fingers eight to sixteen times.

*Physical effects: Improves finger dexterity and range of motion.*



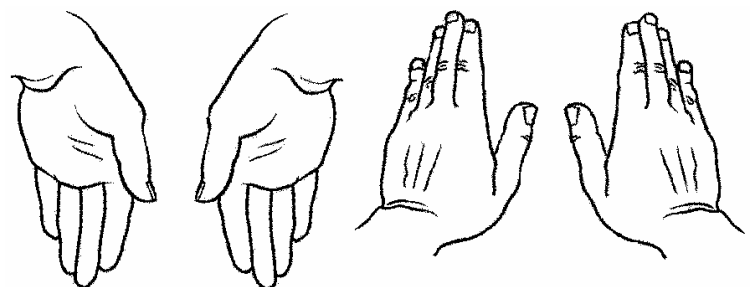
## 4. Wrist Bend And Straighten

Hold the arms straight out to the front fingers pointing away. Point the fingers to the ground by bending the wrists; hold for eight seconds. Bend the wrists to point the hands forward.

Point the fingers to the sky by bending the wrists; hold for eight seconds. Bend the wrists to point the hands forward.

Bend the wrists eight to sixteen times in each direction.

*Physical effects: Strengthens the wrists and forearms. Relieves carpal tunnel syndrome.*



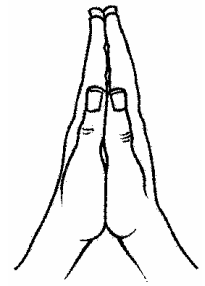


## 5. Prayer

Press fingers and hands together palms facing, fingers together. Keep pressing the fingers and palms together throughout. Lift the elbows and push the hands down, hold for sixteen seconds.

Bend the wrists eight to sixteen times.

*Physical effects: Strengthens the wrists and hands.*

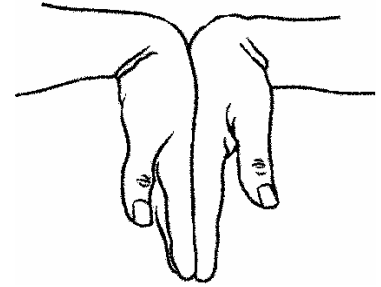


## 6. Reverse Prayer

Press fingers and hands together backs of the hands facing, fingers together. Keep pressing the fingers and hands together throughout. Lift the hands and push the elbows down, hold for sixteen seconds.

Bend the wrists eight times to sixteen times.

*Physical effects: Strengthens the wrists and hands.*



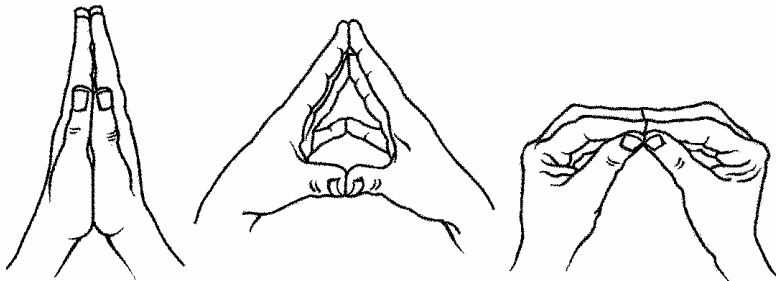
## 7. Push Away Palms

Hold both hands out straight in front palms inward, interlace the fingers tight together. Bend the wrists away from the body so that the tips of the fingers are pressed firmly against the back of the hands, and the palms face out.

Push the palms away eight to sixteen times.

*Physical effects: Improves range of motion.*

## 8. Finger Push-ups



Press fingers and hands together palms facing, fingers splayed. Keep pressing the fingers and palms together throughout.

Arch the palms apart so only the fingertips touch. Bring the finger tips together.

Splay the fingers apart and push the palms together.

Push the fingers away eight to sixteen times.

*Physical effects: Improves finger and wrist strength.*

## 9. Touch The Fingertips

With the hand slightly open, touch the tip of each finger with the thumb, moving from left to right, then from right to left.

Touch each finger eight to sixteen times.

*Physical effects: Improves finger dexterity and hand-eye coordination.*





*Freeing the spirit,  
liberating the mind,  
and celebrating the  
body! Become new!*

*Eagle Academy & Borré Chiropractic are holding a Wellness Fair on Saturday, January 13<sup>th</sup> from 1:00 to 4:00 p.m.*

*This event is intended to promote fitness, wellness, nutrition, and health in our community.*

*Free body composition screening, massages, education on health, fitness, and nutrition. Plus sampler fitness classes!*

*Speakers include ~ Borré Chiropractic on health & wellness ~ Eagle Academy on fitness & getting in shape ~ SASCO on Nutrition ~ Seven Stars Martial Arts on Qi Gong & T'ai Chi ~ Karen Ross on Yoga ~ Borré Chiropractic on Massage*

*Saturday, January 13<sup>th</sup> ~ 1:00 p.m. to 4:00 p.m.*

**Eagle Academy of Martial Arts**

**2 S 525 Route 59, Warrenville, IL 60555**

**Call 630-393-0033 for further information**

*Invest in Yourself for Life!*

*Door prize raffle! Gifts available!*



# T'ai Chi Ch'uan

T'ai Chi Ch'uan is characterised by slow, graceful movements.

The gentle movements make it appropriate for participants at any age or fitness level.

Through practise you can expect to improve balance, co-ordination, flexibility and strength.



## **At Eagle Academy in Warrenville**

At 9:15a.m. Monday and Wednesday morning,

The next session begins January 15<sup>th</sup>

Eagle Academy of Martial Arts  
2 S 525 Route 59, Warrenville, IL 60555

Call Eagle Academy on 630 393 0033 to register

# Does Chi Exist?

By Master Michael Inoshita

Any discussion of Chi or vital energy is often limited by the question of whether it exists at all.

To ask the whether Chi exists to many Chinese seems silly. The entire traditional understanding of life in China is based on a conceptual framework of Chi Paradigm.

The Chi paradigm is a method of thinking about the world in terms of Chi or vital energy. It is based on the philosophy of Yin and Yang and The Five Elements. The Chi paradigm has been used to explain such varied topics as the medicinal uses of herbs, acupuncture, massage, chi kung, martial arts, and even geography (fung shui).

In modern China these traditional understandings Chi functioning often exist side by side with equivalent Western mechanisms.

The co-existence of Chi theory and western science is important. The Chinese and other cultures which use the Chi paradigm have it so interwoven in to the fabric of their understanding of how the world works that chi theory is not replaced by western concepts but rather cohabitates the consciousness of those cultures. It is imperative that while attempting to understand Chi from a western paradigm that we do not dismiss the Chinese conceptual framework.

We in the west simply have no means to easily adopt this paradigm. Our method of understanding the world is not fundamentally based on Chi. To simply state that we as westerners must just accept it would be short sighted and drastically oversimplify the problem of a westerner utilizing this paradigm.

Cognitive science has identified that eastern and western cultures often approach understanding the world differently. Western philosophy is characterized by analytic thought which involves examining an object independent from its context, and using logic and rules to understand the world. In contrast Eastern Philosophy is thought to be more holistic which examines the

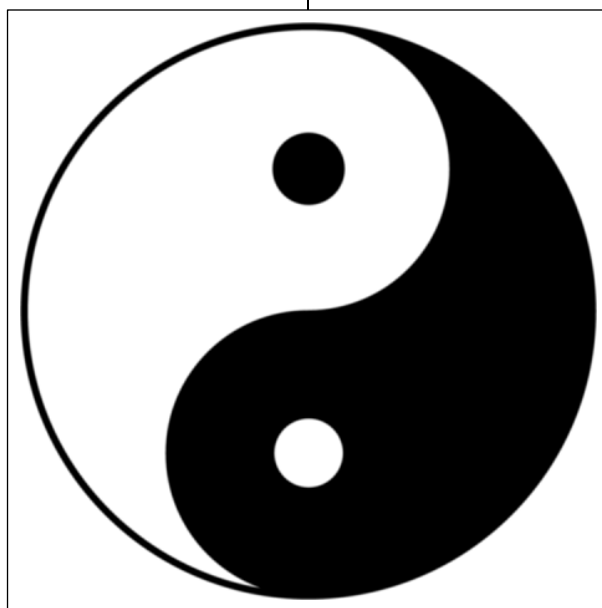
relationship between the object to the field, and prefers to explain or predict events on the basis of those relationships.

Research has also demonstrated that individuals from eastern cultures tend to perceive a greater number of relationships between events. It is important to note that these individuals see a greater number of relationships even when none exists. As a result of their model of perception, individuals from eastern culture view the world as more complex, and tend to expect and accept contradictions among the relationships they perceive. In contrast individuals from western cultures expect consistency, because they believe the world can be understood and explained using logical rules.

The differences in these two methods are important in that they define barriers westerners have to understanding the Chi paradigm. A western mind seeks to remove the object from the context in order to examine it. This tendency makes it difficult to understand the many relationships which exist in the Chi paradigm. For example many things in the Chi paradigm are defined by their Chi and Yin or Yang nature. From the object in question its Yin or Yang nature, Chi, and other attributes can not be determined independently.

It is only by comparing it to other objects that its nature can be determined. As an example the ginseng root is commonly thought of as yang. We know that its character is yang because it, resembles male genitalia (Yang) and is used to treat Yin conditions which are defined as having low energy.

Thus the ginseng root is considered to have a Yang nature. Like wise the amount of ki in ginseng can not be measured independently. Its strength is determined by how effective it is in counteracting Yin conditions. We can see therefore that defining and measuring objects are done in a relational manner, which makes comprehending the fundamental concepts of the



ki paradigm difficult from a western perspective.

The amount of relational definitions used in the Chi paradigm generate contradictions, which is a secondary barrier to understanding the Chi barrier from a western perspective. As an example, there are instances in which the traditional medical theories based on meridians cannot explain a given medical problem. The effectiveness of surgery has no known explanation in the Chi paradigm.

In other cases, acupuncture techniques are shown to be able to treat the problem, but the points used do not fall on traditional meridians or follow the prescribed sequence of treatment.

In these cases the traditional acupuncture meridians are modified with new branches and when that is not sufficient to answer the problem new acupuncture meridians are made.

At times the new meridians or branches formed contradict the other theories about how Chi functions in that meridian. This does not pose a problem in the Chinese methods of thinking because a new relationship has been noted.

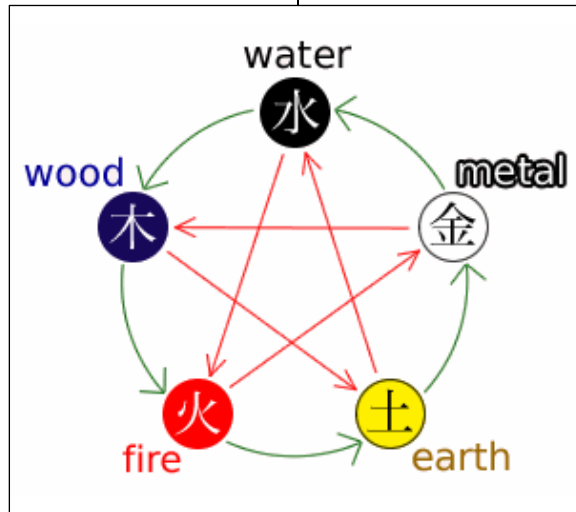
The presence of contradictions with in the paradigm and the inability to measure or define many of the fundamental concepts of the paradigm often makes the westerners dismiss the ki paradigm as superstition or elevate the Chi paradigm as a mystical energy philosophy which can not be understood. I would caution that neither approach is correct. The Chi paradigm does have some fundamental precepts which can be easily understood and applied in a western sense.

The Chi paradigm is often described as a web. In a web those strand which are most often used become thicker and more substantial, and those not used eventually disappear due to lack of use.

The theories of the Chi paradigm imply numerous potential relationships. The Chinese explore and test these relationships with real world problems. Occasionally relationships which are not implied by the theory are discovered to be useful, and likewise occasionally relationships implied by the theory

are found not to be useful. The ones which work are built up and used. The ones which don't are simply discarded.

As martial artists we are often quite comfortable talking about Chi and energy within the context of our martial training. However we may not be as comfortable using these concepts in other areas of our life. An example of the differences in perspective between eastern and western perceptions can be seen by looking at traditional Chinese medicine versus western medicine. The difference between eastern and western thought is aptly described by Dr. Ted Kapchuck in his book the 'Web That Has No Weaver'.



Understanding the pervasive-ness of the Chi paradigm does not fundamentally alter our first impression that whether Chi exists is the fundamental to the study of Chi, when in fact it is not. "Neither the classical nor modern Chinese texts speculate on the nature of Chi, nor do they attempt to conceptualize it. Rather, Chi is perceived functionally by what it does (Kaptchuk)." If we can put aside our desire to define and measure a concept, we can study the Chi paradigm and examine it for concepts or trends which would be useful in the study of Martial Arts.

Our question then becomes not if Chi exists, but rather; how do the Chinese and other traditional cultures perceive the various phenomena known as Chi and how have they used this perception to achieve results in real world situations.

If we view the Chi paradigm as a theory to explain events that occur in real life rather than a mystical force which exists then several interesting possibilities are generated. We can then examine how the Chi paradigm and is associated phenomena relate to us in western life, and how should we incorporate it into our Martial Arts training.

The Chi paradigm has a variety of facets, which are have a variety of applications in medical and martial arts settings. Each of these facets has correlates in western science or perception. While is important that we discuss each of these areas, the vast majority of my discussion will be devoted to the understanding of Chi in traditional martial arts.



# T'ai Chi Ch'uan



Enjoy a happier, healthier, and more harmonious life through the practice of T'ai Chi Ch'uan.

T'ai Chi Ch'uan can relax the body, reduce stress, release tension, and you can expect a feeling of positive energy to flow through your body.

Through practise you can expect to improve balance, co-ordination, flexibility and strength.

## **At Courts Plus in Elmhurst**

At 6:30p.m. every Thursday evening,  
Beginner's session begins January 4<sup>th</sup>  
Continuing session begins February 8<sup>th</sup>  
Beginner's session begins March 8<sup>th</sup>

Courts Plus - A Centre for Sports, Health and Fitness  
186 S. West Avenue, Elmhurst, IL 60126

**Call Courts Plus on 630 833 5064 to register**



# Quiet Awareness

By Doctor Tim Schroeder

For any individual the process of being born into this world is dynamic and vivid. At the moment of birth there is instantaneous awareness of something new. From that time on, each and every moment is filled with discovery. At birth the mind is active and the spirit is pure. The body continues to grow using a very specific set of instructions and demands. The mind continues to develop its individual perceptions based on its own experiences. The spirit is cultivated by an interaction between the body and the mind. Body, mind and spirit are perfectly blended at the moment of birth.

A child who is new to this world is innocent and protected. The newborn is also extremely aware of its external environment. With the proper nurturing the child grows and begins to see the world in his or her own unique way. An optimum goal for every person is to continue, for a lifetime, to live with a complete fusion of mind, body and spirit. It is when the balance of body, mind and spirit is upset that your pure life experience is disturbed.

A newborn child has this balance but often loses it as he or she goes through life. Due to physical, chemical or emotional stresses, the goal to balance mind, body and spirit tend to be ignored.

Unfortunately adult human beings seem to forget the joyful experience that a newborn has. The newborn's experience is a quiet awareness of pure, unencumbered living.

Society has necessarily created an environment that leads us away from quiet awareness. As an adult we can't sit idly by and expect our needs to be met. We must be bright, creative thinkers who interact with our environment in order to have a complete life experience. But we should not allow ourselves to forget the innocence that we had when we were first born.

To be complete we should strive for the enlightened experience of the newborn each and every moment of our life. This will give us the opportunity to step back from the chaos of life to see everything new. A fresh vision will lead us back to quiet awareness amid the harsh requirements of survival in an unnatural, technology driven world.

Quiet awareness creates a mind that is active and relaxed. Just like a newborn, quiet awareness lets a body be at peak performance balanced with the potential to recreate itself with perfection. Quiet awareness allows the spirit to shine unimpeded with unlimited potential for pure love.

So how do we get back to the quiet awareness of a newborn? Look at each moment of your life as new. Although there are moments of time that appear to be mundane, realize that each moment is always a totally new experience. See each new moment as fresh and interesting because each instant you live is truly as new as it is for a newborn. Past experience is good because it allows us to make guided decisions about our future. But any new experience is a different state of mind. Realize that every moment is a new experience.

You have a responsibility to yourself and your family to be creative and productive. When you live with discovery and curiosity you will naturally become more productive. Your mind will be cleaner and clearer. Your body will rejuvenate and express its innate potential to heal. Your spirit will enjoy the journey.

Be new now.



## Tiger Balm : \$10.00

Tiger Balm is not an ancient Chinese concoction but a modern efficacious medication that has worked for millions of people who use it.

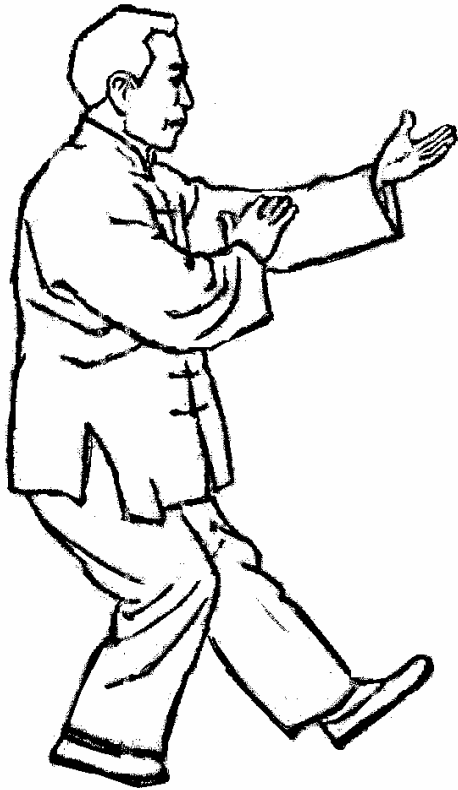
Tiger Balm is a world famous topical pain relieving ointment. A versatile external medication, Tiger Balm provides effective relief for most symptoms of bodily aches and pains including headaches, rheumatism, arthritic pains, and muscle strains and sprains.

Tiger Balm with its unique formulation of herbal ingredients, derived from ancient Chinese sources, has been proven effective for nearly one hundred years and today used by millions of people in more than 100 countries.

Tiger Balm is a most versatile pain relieving ointment. It is an external preparation for the relief of bodily aches and pains of muscle and joints due to simple backache, arthritis, strains and sprains. It is also effective in relieving headaches due to tension; itching due to mosquito bites; and flatulence.



# T'ai Chi For Seniors



Prevent falls, improve balance and co-ordination, build strength, flexibility and bone mass through the practice of T'ai Chi Ch'uan.

Learn how T'ai Chi Ch'uan can relax the body, reduce stress, and release tension.

Gain a feeling of positive energy flowing through your body.

## At Courts Plus in Elmhurst

At 12:30p.m. every Tuesday and Thursday afternoon,

Beginner's session begins January 2<sup>nd</sup>

Continuing session begins February 6<sup>th</sup>

Beginner's session begins March 6<sup>th</sup>

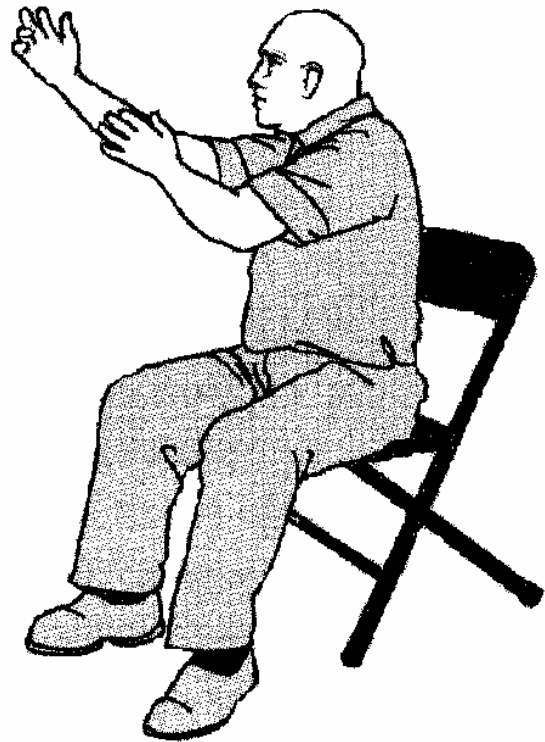
Courts Plus - A Centre for Sports, Health and Fitness  
186 S. West Avenue, Elmhurst, IL 60126

**Call Courts Plus on 630 833 5064 to register**

# Seated T'ai Chi

A class designed to bring exercise to students of all ages and abilities that have difficulty walking, standing, cannot stand, or are wheelchair bound.

Seated T'ai Chi is a gentle, beautiful and flowing exercise routine that is a joy to do, energising and deeply relaxing; it brings health and vitality to those who practice it.



Tuesday and Thursday at 2:00pm

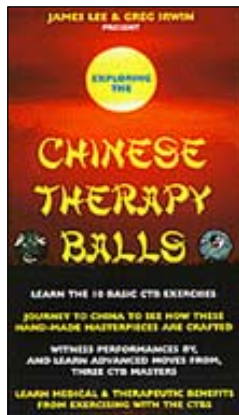
**Next session begins February 6<sup>th</sup>**

Elmhurst Memorial Health Education Centre  
for the Community of Villa Park  
318 S. Ardmore Avenue, Villa Park, IL 60181

**Call Carematch on 630 782 7878**

## Exploring the Chinese Therapy Balls By James Lee & Greg Irwin : \$30.00

For expert instruction in using your Chinese Therapy Balls, Finger Fitness™



expert Greg Irwin leads you through uses of the balls. The video shows how the balls are manufactured in a visit to one of the factories. Then Chinese Masters demonstrate more advanced moves. Commentary is also provided from a certified hand therapist. On VHS.

## White Crane Hard & Soft Qigong By Dr. Yang, Jwing-Ming : \$70.00

Shaolin White Crane Hard Qigong strengthens muscles, tendons, and ligaments and develops the strength and flexibility of the torso and spine.

Shaolin White Crane Soft Qigong trains you to be soft,

relaxed, and coordinated. It also promotes smooth Qi flow and builds robust health and longevity.

Soft Qigong promotes good health of the spine and helps to keep the waist



and torso fit and flexible. On DVD.

## The Dragon Gate Form By John Robertson : \$20.00

The Dragon Gate form is a system of Chinese Qi Gong that has been used for over 900 years and helps improve the body's flow of energy. This program contains detailed descriptions of each move. Available on DVD and VHS.

## What Should I Wear To Practice Tai Chi?

By Dr Paul Lam

Copyrights Dr Paul Lam. All rights reserved, photocopy for non-profit educational purpose is permitted (for example free copy to give to your paid student is permitted).

### What should I wear to practice Tai Chi?

A simple answer is loose, comfortable clothes and flat shoes.

To expand on that:

#### Clothing For Normal Practice

Cotton is the best type of clothing to wear for everyday practice because it allows your skin to breath and absorbs sweat. It is convenient to dress in layers because in winter, it can be cold but when you practice, you can work up a sweat. You might need to take some clothes off. In summer, you might get overheated. Again, you can remove a layer. But remember, if you are overheated; avoid practicing in a windy area. And when you practice in a colder area, put on a light jacket. After your practice do not subject yourself to extreme change of temperature quickly, for example if you are hot and sweating, do not go to a very cool and windy place, cool down gradually.

Your clothes should be loose and comfortable. While clothing such as leotards might allow your body to move freely, such clothing is not good for Tai Chi. In Tai Chi, mobilizing the Qi is an important goal. Qi travels along its meridians (energy channels), which are close to the surface of the skin, so clothing that stick tightly to the skin such as leotards do not help the flow of Qi. Also avoid tight elastic around your waist and pant legs because, again, this might restrict the flow of Qi.

#### Shoes

The ideal practice shoes should:

1. Feel very comfortable and soft.
2. Be light, with thin sole.
3. Have broad base support in the sole to help you balance.
4. Have shock absorbent pads in the sole to minimize injury.

Lace-up shoes like the martial art shoes, for example Adidas or Prospect martial art shoes, can be suitable, although they are not designed for Tai Chi practitioners, and they don't offer good base support or shock absorbance. Shoes specifically designed for Tai Chi are needed.

#### Bare feet

Some people like to practice in bare feet. For others, it might be difficult. Shoes can give you good support and enhance balance. Sometimes the ground might be uneven or dirty. Also, if your feet get cold, it could impede the flow of Qi. For people with diabetes, good shoes are essential.

Tai Chi clothing and shoes are available to purchase from your instructors.



# Eagle Academy of Martial Arts is dedicated to your success and development in Life!

Our karate classes feature realistic self defence applications taught in a safe and practical manner.

Through practice we work to unify the mind and body to release stress and anxiety, enabling us to better handle the rigors of modern living and our busy lives.

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- Humility
- Indomitable Spirit
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- Self-Esteem

Classes help you:

- control weight
- burn fat
- build and tone muscle
- increase flexibility
- improve balance
- develop co-ordination
- reduce stress levels
- improve metabolism
- focus mind and body

**Eagle Academy of Martial Arts**  
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Warrenville, IL 60555  
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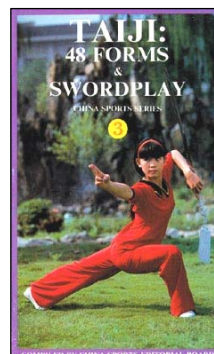
## Simplified "Taijiquan": \$10.00

Published as part of the China Sports Series, this is the version practiced by over 95% of the Chinese population. Each move in the form is described in detail, and illustrated with 174 drawings. It also includes sections on the history and evolution of T'ai Chi, a medical assessment, and push hands. Soft cover.



## Taiji: 48 Forms & Swordplay: \$12.00

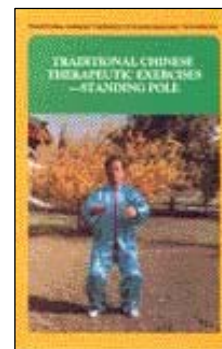
Do you have a growing desire to raise



your technical standard further by learning something more demanding? The 3<sup>rd</sup> book in the China Sports Series describes, with over 320 illustrations, the 48 posture form, and the 32 posture sword form. Soft cover.

## Traditional Chinese Therapeutic Exercises - Standing Pole : \$10.00

Standing Pole Exercises are a unique form of the ancient Chinese tradition of Qi Gong practiced by people of all ages and physical conditions. These exercises involve calisthenics which incorporate mind and body and constitute a very simple and effective system for the treatment of illness and the development of overall health and fitness. Fully illustrated. Soft cover.





井下唐手道



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Give yourself and your children the opportunity to possess the power to enjoy a happy and successful life, which only training in the martial arts can provide!

Tang Soo Do is unique amongst physical activities in that it is much more than just self-defence or a sport; it is a **TOTAL LEARNING AND IMPROVEMENT** activity. What are these powers? patience, concentration, humility, self-discipline, self-control, self confidence and a strong, healthy, coordinated body.

No other activity will give you these powers: you are always active, rarely 'warming the bench', always learning and developing new skills.

We have classes five days a week including:

Little Dragons  
(ages 4-7 years)

Children  
(ages 6-14 years)

Youth  
(ages 10-17 years)

Adult  
(age 13+ years)

**Elmhurst Tang Soo Do Karate**  
**Courts Plus - A Centre For Health, Sports & Fitness**  
**186 S. West Avenue, Elmhurst, IL 60126**

Registration: 630 833 5064

Enquiries: 630 834 5192

[www.elmhursttsd.org](http://www.elmhursttsd.org)





# Class Calendar & Programs

## 2007 Calendar

January 1<sup>st</sup>  
- New Years Day

January 15<sup>th</sup>  
- Martin Luther King Day

January 27<sup>th</sup> - 29<sup>th</sup>  
Asilomar, CA  
West Coast Ki Gong Clinic

February 14<sup>th</sup> - Valentines Day

February 18<sup>th</sup>  
- Chinese New Year

May 13<sup>th</sup> - Mothers Day

May 28<sup>th</sup>  
- Memorial Day

June 17<sup>th</sup> - Fathers Day

July 4<sup>th</sup>  
- Independence Day

July 7<sup>th</sup> – 9<sup>th</sup>  
TBA, Germany  
European Ki Gong Clinic

August 1<sup>st</sup> – 18<sup>th</sup>  
WTSDA China Trip

August TBA  
TBA  
West Coast Ki Gong Clinic

September 3<sup>rd</sup>  
- Labour Day

October 8<sup>th</sup>  
- Columbus Day

Nov 3<sup>rd</sup> - 9:00am  
Courts Plus Open House

November 11<sup>th</sup> - Veterans Day

November 22<sup>nd</sup> - Thanksgiving

December 22<sup>nd</sup> - 25<sup>th</sup> - Christmas

December 31<sup>st</sup> – January 1<sup>st</sup>  
- New Year

## Elmhurst

**Courts Plus**  
- A Centre for Sports,  
Health and Fitness  
186 S. West Avenue  
Elmhurst, IL 60126

### T'ai Chi for Seniors

Tuesday & Thursday 12:30pm

January 2<sup>nd</sup> (beginners)

February 6<sup>th</sup> (continuing)

March 6<sup>th</sup> (beginners)

### T'ai Chi Ch'uan

Thursday 6:30pm

January 4<sup>th</sup> (beginners)

February 8<sup>th</sup> (continuing)

March 8<sup>th</sup> (beginners)

Registration: 630 833 5064

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## Warrenville

**Eagle Academy of Martial Arts**  
2 S. 525 Route 59  
Warrenville, IL 60555

### T'ai Chi Ch'uan

Monday & Wednesday 9:15am

January 15<sup>th</sup>

April 23<sup>rd</sup>

August 27<sup>th</sup>

Registration: 630 393 0033

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*All class times and dates are  
subject to change.*

*All classes require a minimum  
number of students.*

## Villa Park

**Elmhurst Memorial Health  
Education Centre for the  
Community of Villa Park**  
318 S. Ardmore Avenue  
Villa Park, IL 60181

### T'ai Chi Ch'uan

Tuesday & Thursday 2:00pm

January 2<sup>nd</sup> (beginners)

March 6<sup>th</sup> (beginners)

April 3<sup>rd</sup> (continuing)

Registration: 630 782 7878

### Seated T'ai Chi

Tuesday & Thursday 2:00pm

February 6<sup>th</sup>

June 5<sup>th</sup>

Registration: 630 782 7878

### Discovering Chinese Therapy Balls

Thursday, 15<sup>th</sup> February  
@ 3:30pm

Monday, 12<sup>th</sup> March  
@ 7:00pm

Registration: 630 782 7878

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## Addison

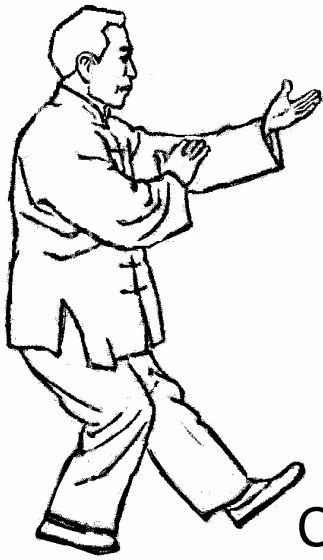
**Elmhurst Memorial  
Addison Health Center**  
303 W. Lake Street  
Addison, IL 60101

### Discovering Chinese Therapy Balls

Thursday, May 24<sup>th</sup>  
@ 7:00pm

Registration: 630 782 7878

# Building health and vitality through classes in



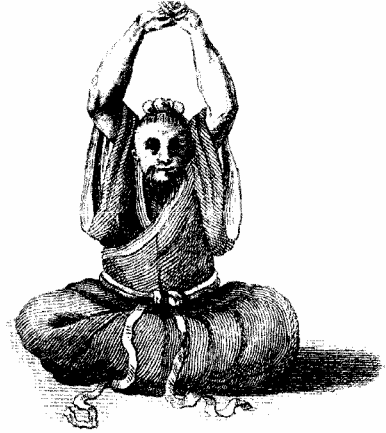
T'ai Chi Chu'an

Seated T'ai Chi

T'ai Chi Sword

Qi Gong

Chinese Therapy Balls



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Warrenville, IL 60555

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He lives most life whoever breathes most air

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