

Fall 2006

FREE!

Complementary Health & Exercise



Special Health Balls Issue!

The Mysterious Iron Balls of Baoding

Those little exercise balls that everyone
has but nobody knows.

Playing With Health Balls

An account of one Persons experiences



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



Chinese Therapy Balls : \$10.00



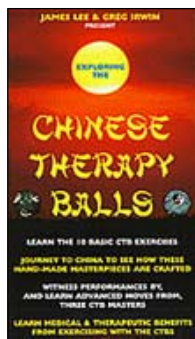
Usually available in 1½" and 1¾" diameters; in Chrome, Yin & Yang, Dragon & Phoenix and Sun & Moon.

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.



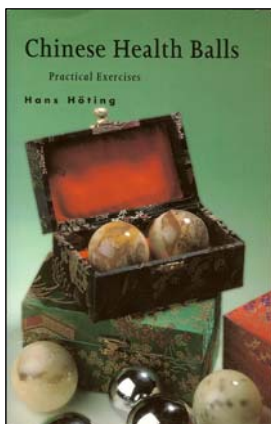
Exploring the Chinese Therapy Balls By James Lee & Greg Irwin : \$30.00



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

Fall 2006

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Seven Stars
Martial Arts



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The Wisdom of Confucius

"If you think in terms of a year, plant a seed; if in terms of 10 years, plant trees; if in terms of 100 years, teach the people"

Editor's Notebook

Many people ask how Chinese Therapy balls work, the answer to that question can be very simple from the purely physical standpoint, but is much more complex from the Traditional Chinese Medical viewpoint.

According to Traditional Chinese Medicine the balls work on the meridians much like acupuncture or shiatsu massage. According to that theory, these meridians (Jingluo) are channels or pathways through which vital energy (Qi) circulates within the body. Acupuncture points are distributed along these Jingluo meridians.

By means of the Jingluo, the ten fingers are connected with the cranial nerve and vital organs of the human body including heart, liver, spleen, lungs, kidneys, gallbladder, stomach and intestines. By stimulating these points with the Baoding balls, each meridian is stimulated; which in turn can create better circulation of vital energy and blood within the body.

Here is a [literal] quote from a Chinese advertisement for the Baoding exercise balls: "It can cause the jingluo unblocked and thorough, the vital energy and blood to function in harmony. The muscles nimble, the bones strong, the mind sober, can invigorate the circulation of blood, and can prevent and cure hypertension and various chronic diseases. If you keep on taking exercise every day for months and years, you can get the fine results of keeping your brain in good health with high intelligence and good memory, relieving your fatigue, drowning your worries, and moreover, prolonging your life."

The use of Chinese Therapy Balls does not provide quick results, but a lifetime of practice will pay dividends in a longer, healthier, happier life.

*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 any where, 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.

Discover the Secrets of Chinese Therapy Balls

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



Thursday, September 28th at 2:00pm

Monday, October 16th at 7:00pm

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

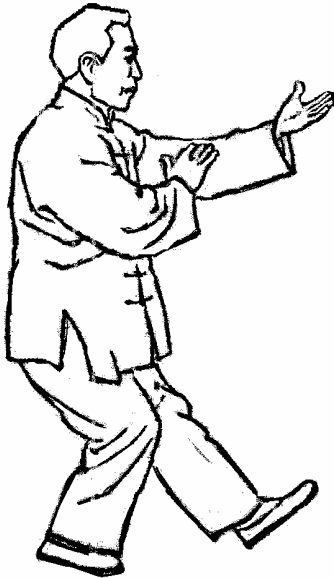
Wednesday, November 16th at 7:00pm

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

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

**To register call Carematch on
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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.

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At Courts Plus in Elmhurst

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Continuing session begins October 24th at 10:30am

Beginner's session begins November 28th at 10:30am

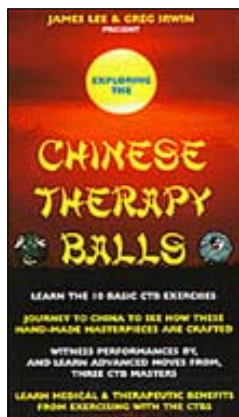
Courts Plus - A Centre for Sports, Health and Fitness

186 S. West Avenue, Elmhurst, IL 60126

Call Carematch on 630 782 7878 to register

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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.

Playing With

As I walk my son Andrew to and from Harding Elementary School on weekdays, I play in both hands a pair of health balls. This has attracted much attention from many passers-by along the way and parents, teachers and students at Harding. Many have asked me to explain about this exercise or show them how to do it. I was even invited by teachers in room 11 and room 13 to give their students (from kinder-gartners to second graders) a short talk and demonstration on this exercise. Previously, I wrote an article in Chinese and English on this practice; it was entitled "Chanting with Health Balls." Now that I have had more experiences with this exercise and more related ideas to offer, I am writing this new article based on the old one.

Human hands are sensitively connected to the rest of the whole body. Hence, by massaging different parts of the hands, various parts of the body can be stimulated. Feet and ears are similarly related to the whole body. Chinese medicine teaches healing techniques that involve massage or acupuncture applied to these sensitive parts. However, to promote one's general well-being no professional knowledge is needed; all one needs is to adopt some simple exercises on a daily basis. For example, one may adopt the habit of massaging ears whenever one is waiting for a green traffic signal, or one may walk barefoot on pebble paths for fifteen to thirty minutes daily. This article talks about a traditional Chinese hand exercise called health balls.

This exercise originally was taught by a martial art master in the Ming dynasty of China. To this day it has remained a well-know exercise for the promotion of good health. It is a popular exercise in some parts of China, especially in Bao Ding of He Bei province, the place where it originated.

To play with health balls, one holds two balls of equal size and weight in one hand and, using the fingers, rotates them constantly. Depending on the individual, some would find the clockwise rotation natural, while others would find the counter clockwise rotation natural. It seems that there are two types of hands as far as this rotating movement is concerned. First practice rotating in the direction that is natural to you, and later practice rotating in the opposite direction only after you have already become familiar with the natural rotation of balls. A beginner should practice with only one hand at a time, and alternately practice with either hands. Eventually, it is better to practice rotating the balls both clockwise and counter clockwise alter-nately because they are complementary exercises, and in this way the full potential of the usage of hands will be realized. Through this gentle exercise the fingers become dexterous and the whole body experiences constant waves of soothing massages.

The health balls found in the stores in San Francisco's Chinatown are made of metal, cloisonné or stone. There are four or five sizes. One needs to choose the size that suits ones hands by trying them out. It is advisable for beginners to start with metal balls because at the beginning it is inevitable that the balls would slip and fall frequently. The metal and cloisonné balls are hollow with sounding boards inside. Each pair of balls contains sounding boards of

Health Balls

different pitches so that the chorus is harmonious. It is said that listening to this sound while rotating the health balls may pacify the mind. For Buddhist practitioners who are interested in practicing the meditation on listening as taught by the great Bodhisattva Avalokitesvara in the Surangama Sutra, this would be a good source of sound to listen to. The stone balls do not come with the sound effects, but it is a blessing when you want to practice in public without disturbing others nearby. Besides, it feels much more comfortable than the metal balls which sometimes would produce static. Cloisonné balls do not feel comfortable; therefore, I have never practiced with them.

I began my practice with small metal balls because my fingers could not rotate the bigger ones with ease and even then, the small balls would fall through my fingers. After becoming accustomed to rotating one pair of balls at a time, I practiced rotating one pair of balls in each hand simultaneously. It soon became apparent that rotating the balls counter clockwise in the right hand and clockwise in the left hand are easier to do, because in that way, the thumb pushes the balls toward the pinkie. When I tried to rotate the balls in the reverse direction it became very awkward. In fact, I had never used my fingers in that way. Practicing health balls opened up a new horizon for my dexterity.

After using the small health balls for a few days, I could hardly feel their presence in my hands. I then switched to the larger balls and felt comfortable with them. While practicing the health balls, I become more aware of the areas on my hands that are tense or sore and, gradually, also other parts of my body that are not at ease. Doing this exercise does help release tension. Whenever I become tired of reading or writing, I walk around and play the health balls. In this way, my body soon returns to a relaxed and supple condition. Sometimes I walk barefoot on pebbles in my yard while simultaneously playing the health balls. (It is so comfortable to walk barefoot on pebbles warmed by the sun.)

Now I have practiced health balls for more than a decade. During this time I gradually became aware that, while rotating the balls in my hands, my lower arms, my upper arms, and then even the back and front of my torso are also involved in very subtle ways. After months of practice, I first became aware of the involvement of my lower arms because they were no longer as stiff as before. Then, gradually I sensed the upper arms are also moving, and much later even the back of my body.

Now I sense all the above mentioned parts are involved in the exercise, especially the whole arms. When I play the health balls I feel the balls are soft and the fingers move so smoothly that it would seem automatic.

Playing health balls would be an ideal exercise for people of all ages because it is gentle, and helps improve one's dexterity and circulation of blood and inner air (Ki). It is an exercise that one can do almost anywhere, without clumsy and expensive equipment. Health balls are suitable especially for the old or disabled.

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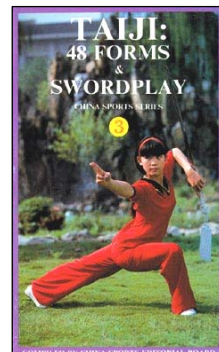
Simplified "Taijiquan": \$10.00

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.



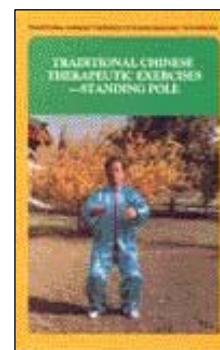
Taiji: 48 Forms & Swordplay: \$12.00

Do you have a growing desire to raise your technical standard further by learning something more demanding? The 3rd 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.



The Mysterious Iron Balls of Baoding

Those little exercise balls that everyone has but nobody knows.

I've owned a set of Baoding "Chinese Exercise Balls" for fifteen years, and have periodically picked them up and twirled them around a few times, thinking that someday I would devote some time to practicing this "healthy" exercise. When visitors would ask about them, I would explain that when you twirled them about, they massaged the acupuncture points of the hand, and would give them a short demonstration. I made sure to tell them that a set was given to President Nixon upon his arrival to China in 1974, so obviously the Chinese considered them a prized gift.



The balls were always available, sitting on top of the desk, table, or counter... waiting for me to pick them up. Whenever I saw a set for sale, I would ask about the origin and history of the balls. The typical answer is that they came from ancient China, and they were good for your health.

When I asked in China during one of my visits, they left out "came from ancient China" and just said that they were good for your health. Did no one know about the balls?

Then, in Daoist fashion, a man showed up to help me unravel the mysteries of the Baoding Exercise Balls. I want to relate my experiences to you, so you too can discover the mysteries of the Baoding iron ball.

It was no bearded sage that sat me down and told me the secrets, but a young man that picked up a set of balls and effortlessly twirled them around in a manner I had never seen. Actually, he didn't seem to know much about the history of the balls, but he demonstrated twirling two, then three, then four balls in one hand, and explained more in our brief two-minute meeting than I had heard in fifteen years.

Armed with a little information, and a fresh visual image of how the balls seemed to rotate by themselves in his hand, I practiced relentlessly for a week.

Although I practice T'ai Chi Chuan daily, my week-long escapade with the balls taught me much. It taught me about the philosophy of Yin-Yang, internal strength, coordination, stamina, and perhaps is making me healthier as well.

A Little History

The Baoding ball is thought to originate in Baoding, China, a small city in Hebei province. In that town, they are referred to as "Iron Balls" because they were originally made from solid iron.

In more recent years, the heavy solid ball has been replaced with a hollow, chrome-plated steel model... usually with an sounding plate inside that makes a pleasant tone as the balls are rotated. The balls are still available in solid steel, solid stone, and solid jade versions as well. I have even seen Cloisonne models which must be mostly for display. The hollow chrome balls are by far the most popular and are manufactured by several large factories in China. Several of these modern companies manufacture aerospace products as well.

Although the date of origin is unknown, mass production of the Baoding Iron Ball dates back to the Ming dynasty (1368-1644), and Baoding craftsmen still meticulously produce the majority of the balls we see.

How They Work

As we are told by most salespersons, the balls work on the meridians much like acupuncture or shiatsu massage. According to Chinese traditional medical theory, these meridians (Jingluo) are channels or pathways through which vital energy (Ki) circulates within the body.

Acupuncture points are also distributed along these Jingluo meridians. By means of the Jingluo, the ten fingers are connected with the cranial nerve and vital organs of the human body including heart, liver, spleen, lungs, kidneys, gallbladder, stomach and intestines. By stimulating these points with the Baoding balls, each meridian is stimulated which in turn can create better circulation of vital energy and blood within the body.

As one Chinese brochure states: (literally) "It can cause the jingluo unblocked and thorough, the vital energy and blood to function in harmony. The muscles nimble, the bones strong, the mind sober, can invigorate the circulation of blood, and can prevent and cure hypertension and various chronic diseases. If you keep on taking exercise every day for months and years, you can get the fine results of keeping your brain in good health with high intelligence and good memory, relieving your fatigue, drowning your worries, and moreover, prolonging your life."

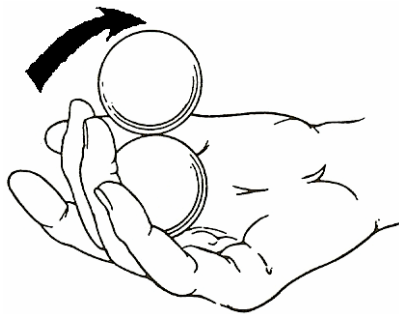
After a week of practice I cannot confirm the above claims, but I did find working with the balls a very rewarding experience.

One Size Fits All?

Today, the Baoding balls come in many sizes - mainly because foreigners also come in many sizes. It is recommended that a person start with a size that can be handled easily, then perhaps work up to the larger sizes. The most common sizes range from a diameter of 35mm to 55mm. The 35mm is small and is usually used by children or an adult less than 5'2". The 55mm is best reserved for either the experienced user or someone who is over 6'2".

Xiao Xin: Be Careful

The chrome-plated steel balls are easy to care for, especially if you are an active practitioner. If you are going to leave the balls inactive for a time, just use a light oil or automotive wax on their surface to prevent rust from forming. They usually come in a



strong, specially formed case that holds them and displays them for curious visitors. What other exercise equipment can you display with dignity in your living room?

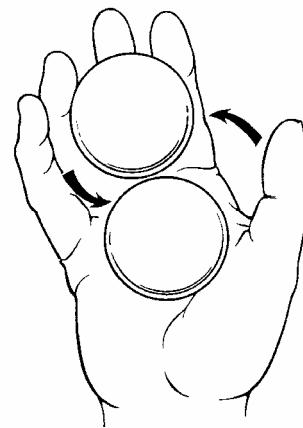
But please take care of where you hold the balls as you practice. Things I learned from experience... don't hold the balls high over your head, knees or toes. As a beginner, you will undoubtedly drop a ball, and 10 ounces of falling steel can be quite painful.

As one store owner told me, don't hold the balls over expensive handicrafts or it could turn out to be a very expensive exercise session. A falling ball can easily shatter a glass display case.

When I was younger, I heard that the balls were used as a weapon in China, but my recent research failed to find any reference or reason for throwing expensive exercise balls as a weapon when a rock would be just as effective. I guess if someone attacked you while you were practicing you could use them as a weapon. If you were a true martial artist, you could easily defeat the enemy and then leave a set of balls for them as a friendly gesture to help speed their recovery.

How To Start

Begin your practice with two balls. Rotate them clockwise and counter-clockwise within your palm. This first step is easy and you will soon begin to experiment, finding that if you hold your hand at a certain angle, gravity will help you rotate the balls.



After you feel comfortable at this level, which should take only a couple of hours of practice, you can proceed to deeper learning. Try rotating the balls smoothly, without them coming apart and clashing together again. As an alternative, you might try rotating them without them touching... this will work your fingers a little more, and is difficult if the balls are a little large for your hand size.

Another alternative is to turn your palm downwards and rotate the balls. This will build some finger strength and dexterity, much like rotating the balls without touching. Be inventive and try cascading them one over the other, etc.

If you practice for more than fifteen minutes with one hand, you will soon notice that your forearm, shoulder, and hands are receiving a substantial workout. Don't overdo it... relax and rest a bit if your body needs it.

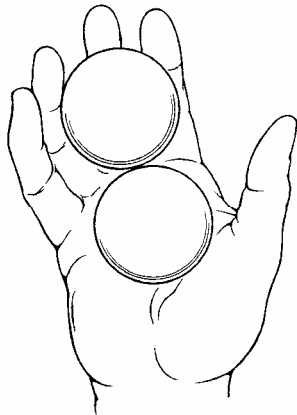
The External Method

The logical and obvious way of moving the balls is to push them around with your fingers. When one ball pushes against the other, it replaces it and the other ball must move. If your palm is curved, the second ball moves into the position that the first ball occupied and the rotation is begun. Repeating this one simple movement will be enough to begin your adventure with the balls. There are many variations of this theme, and you can use three balls to increase the difficulty. With enough practice, you can even work them around your fingers like a magician.

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The Other or "Internal" Method

The next step is like learning an internal martial art. You must begin to concentrate on what makes the balls move around in your palm. When you see someone who is good with the balls, they seem to rotate like magic, with almost no external effort.



One important thing I have realized over the years, the obvious way is not always the most efficient way of doing things.

I found that the "other" way of moving the balls is by making space for them to roll into. You can practice this by rotating one ball in your palm. By manipulating each muscle of the palm, and by putting your palm very flat so gravity does not affect the movement, you can make the ball move about. Once you can make one ball move, you can usually get two balls to rotate slowly. Keep in mind that you are not pushing the balls, but giving them a space in which to roll. With practice, you will be able to rotate the balls smoothly and seemingly effortlessly within your palm. This method requires small,

minute adjustments of the muscles which takes quite a bit of concentration and relentless practice.

Relax, concentrate on the body, movement within stillness, stillness within movement... sounds like a meditation, T'ai Chi Chuan, calligraphy, massage, Ki Gong, or yoga class. Once you realize that the concept is the same, you can practice any of these disciplines while you are working with the balls.

Higher Levels of Practice

To help you master the "Internal" method, you can test your abilities by using three balls. Once you can rotate three balls smoothly (without them separating), you can put a fourth ball on the top and watch it spin in the reverse direction... a trick showed me by the young master. Another technique which I have seen highly skilled practitioners do, is to rotate two balls smoothly without them touching each other, using almost no hand motion. I have heard stories about people who could do the same with three balls.

One man told me about competitions among older gentlemen in China, where they would meet and compare techniques. Although I consider him the best I have ever seen at manipulating the balls, he

said his skill was not worth mentioning compared to these gentlemen.

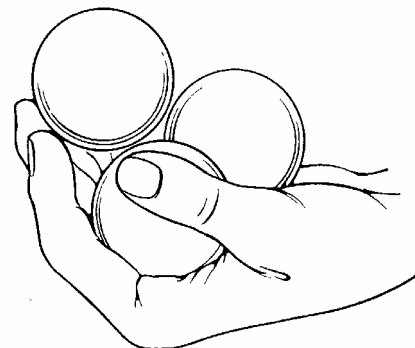
Conclusion

Do I feel healthier? I must admit, I have not noticed a significant improvement over the last week, except that my arms ache after practicing a half an hour with three 55mm balls. Of course, a week isn't enough time to test any "preventive" treatment, and the balls were never considered effective as a "first-aid" or quick treatment.

I think that the balls would be an excellent exercise for persons suffering with arthritis and because I believe in the effectiveness of acupuncture, I feel as though they can help support a preventive health care system such as Traditional Chinese Medicine.

Although I will probably never be as good as many persons I have seen, at least those Baoding iron balls that I bought fifteen years ago are not going to rust.

With the right attitude, a person can dramatically increase their knowledge of the "internal" arts by using these tools. I now find that they are a comforting friend when I am deep in thought, or when just relaxing and releasing the day's build up of tension.



After my week long intensive study of the balls, I have relaxed and decided to enjoy them instead of conquering them. Perhaps now they can begin improving my health.



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Continued from page 7

This exercise can promote the circulation of blood and inner air; consequently, it could prevent arthritis. It keeps one alert, and hence is a good preventive measure for Alzheimer. It is known to have helped calm down children with hyperactivity. It is well known that occupational stress and the lack of ergonomic awareness have caused many serious health problems. The practice of health balls may turn out to be an effective and economic solution to such occupational problems.

After months of practice I can rotate simultaneously one pair of health balls in each hand in any direction I want; both clockwise, both counter clockwise, or one clockwise and the other counter clockwise. Experienced practitioners can even play with three or four balls in each hand simultaneously. In fact, one can even combine this exercise with activities such as Tai Ji Quan (T'ai Chi Chuan) or dances, etc.

I have also combined this exercise with walking backwards. Walking backwards helps me to develop some muscles that I have seldom used, and the need to look backwards provides an opportunity to turn my neck to the right rear and left rear alternately as an exercise. I carry a pair of health balls with me on long trips to help adjust my physical condition. To all kinds of people I spread the message of the benefits of this exercise, and I bought health balls for members of my family.

Any physical exercise should be free from mental distractions to be beneficial. With concentration all activities are neatly accomplished. While practicing the health balls it would help induce harmony of body and mind by chanting the name of a Buddha or a mantra. Christians may chant a short prayer such as the prayer of Jesus: Lord, Jesus, son of God, have mercy on me, a sinner. Buddhist practitioners, who are well versed in the chanting practice and are determined to continue their chanting practice until their rebirth in Buddha's Pureland, may use health balls instead of prayer beads and do without the counting of numbers of repetitions.

As physical exercise the rotation of health balls is more beneficial than the monotonous movement of prayer beads by the thumb.

While the health balls are rotating, the rotation is constant and yet the

positions are impermanent. This observation serves well to illustrate the significance of a fundamental Buddhist teaching that one should not be confined by either side of the dualistic views. The reality as such cannot be encompassed by one-sided views; we had better not be limited by our own prejudices and lose touch of reality.

Taken from an independent website dedicated to the teachings of the late Yogi C. M. Chen (1906-1987) and his disciple Dr. Yutang Lin in Hinayana, Mahayana and Vajrayana Buddhism by Dr. Yutang Lin 31st March 1999

Seated Tai Chi Classes

Those who have difficulty with exercising while standing, or are unable to stand, can now experience Tai Chi in our Seated Classes. Tai Chi is a gentle form of exercise which combines flowing movements with rhythmic breathing. Benefits can include increased flexibility, balance, strength and energy, along with an enhanced sense of well-being and vitality.

Our classes consist of Tai Chi exercises performed while sitting in a chair, a wheelchair, or on the floor, and are suitable for all ages and all abilities. The classes provide all the benefits of Tai Chi without the need to stand.

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Elmhurst, IL 60126
U.S.A.

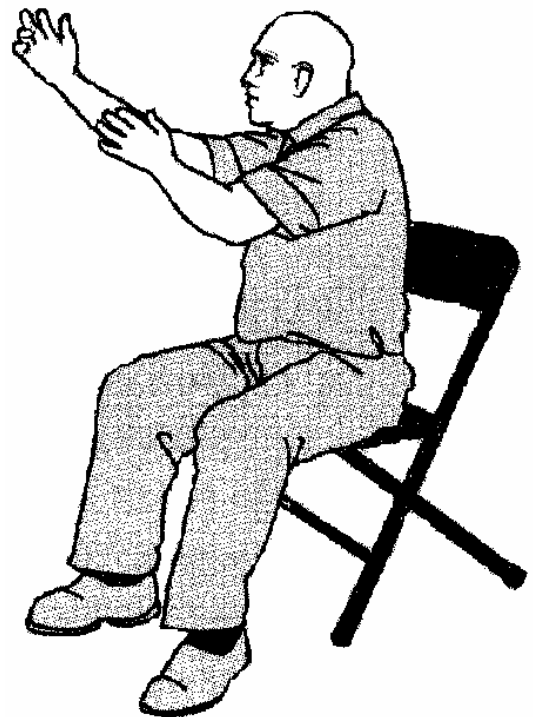
Paypal payments to:
robertson_j@hotmail.com
Paypal payments plus 5%

Seated Tai Chi



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

Designed to bring health and vitality to those who practice, seated Tai Chi is a gentle, beautiful and flowing exercise routine that is both a joy to do and deeply relaxing.



Tuesday and Thursday at
12:30pm

Call Carematch on 630 782 7878!

Next session begins October 24th

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

Ordering

Please use the order form on this page, list the item, size, colour, quantity, price and total price; your name, address, phone number etc.

Then pass the completed form with payment, to your instructor, or send to:

John Robertson
2 S 525 Route 59
Warrenville, IL 60555
U.S.A.

Payment

Payment is due with your order, and can be made by cash, money order or credit cards via Paypal to:

Robertson_j@hotmail.com

Please add 5% to the total if paying by Credit Card via Paypal. There will be a \$10.00 charge for returned checks.

Delivery

Delivery can be by hand in class or by mail. Indicate your preferred method. Shipping charges are not applicable to items delivered in class.

Shipping

We make every effort to deliver your merchandise promptly. You will be notified of any delays over 30 days. Shipments are made by U.S.P.S. or U.P.S..

For international rates contact us at chilsungmoodo@yahoo.com

U.S.A. Shipping Rates

Shipping charges are not applicable to items delivered in class.

For orders totalling: Include:
Up to \$25.00..... \$4.00
\$25.01-\$50.00 \$5.50
\$50.01-\$75.00 \$7.50
\$75.01-\$100.00 \$8.50
Over \$100.00 \$12.00

For Alaska, Hawaii and Puerto Rico add \$5.00 to the shipping charge.

Order Form

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone _____ Night Phone _____

E-mail _____

Payment Method: _____ Date _____

Cash _____ Check _____ Money Order _____ Paypal _____

Item, size, colour etc	Qty	Price	Total

Total	
Shipping	
Total	

Class Calendar & Programs

2006 Calendar

October 9th - Columbus Day
November 4th - 9:00am - Courts Plus
Open House - Ki Gong Class
Nov 4th - 10:30am - Courts Plus
Open House - T'ai Chi Ch'uan Demo
Nov 4th - 11:00am - Courts Plus
Open House - T'ai Chi Sampler Class
November 11th - Veterans Day
November 23rd - Thanksgiving
December 23rd - 25th Christmas
December 31st - New Years Eve

2007 Calendar

January 1st - New Years Day
January 15th - MLK Day
January 27th - 29th - Asilomar, CA
West Coast Ki Gong Clinic
January TBA - Elmhurst
Holiday Party
February 14th - Valentines Day
May 28th - Memorial Day
July 4th - Independence Day
August TBA - TBA
West Coast Ki Gong Clinic
September 3rd - Labour Day
Oct 8th - Columbus Day
Nov 3rd - 9:00am - Courts Plus
Open House - Ki Gong Class
Nov 11th - Veterans Day
Nov 22nd - Thanksgiving
Dec 22nd - 25th Christmas

Elmhurst

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

T'ai Chi for Seniors

Tuesday & Thursday 10:30am
October 24th (continuing)
November 28th (beginners)
January 2nd (beginners)
February 6th (continuing)

T'ai Chi Ch'uan

Thursday 6:30pm
October 26th (beginners)
November 30th (continuing)
January 4th (beginners)
February 8th (continuing)
Registration: 630 833 5064

Warrenville

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

T'ai Chi Ch'uan

Monday & Wednesday 12:15pm
September 25th (continuing)
October 25th (beginners)
November 29th (continuing)
January 3rd (beginners)
Registration: 630 393 0033

*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 12:30pm
November 28th (continuing)
January 2nd (beginners)
March 6th (beginners)
April 3rd (continuing)

Registration: 630 782 7878

Seated Tai Chi

Tuesday & Thursday 12:30pm
October 24th
February 6th

Registration: 630 782 7878

Discovering Chinese Health Balls

Thursday, September 28th
@ 2:00pm
Monday, October 16th
@ 7:00pm

Registration: 630 782 7878

Addison

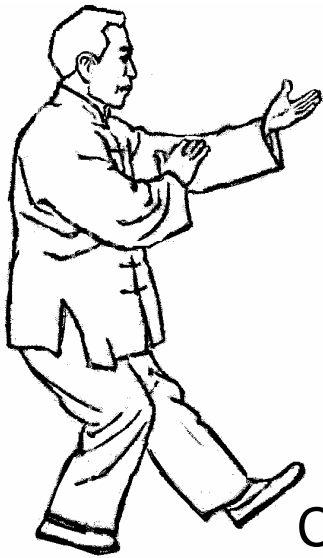
**Elmhurst Memorial
Addison Health Center**
303 W. Lake Street
Addison, IL 60101

Discovering Chinese Health Balls

Wednesday, November 15th
@ 7:00pm
Monday, March 12th
@ 7:00pm

Registration: 630 782 7878

Elmhurst Internal Martial Arts teaches classes in



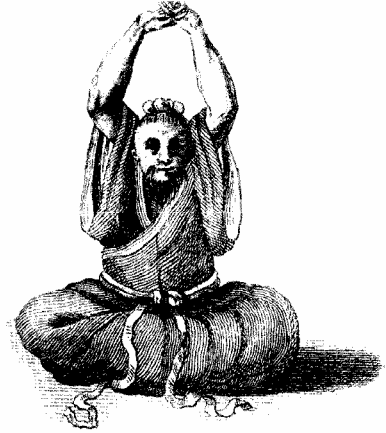
T'ai Chi Chu'an

Seated Tai Chi

T'ai Chi Sword

Qi Gong

Chinese Therapy Balls



Seven Stars Martial Arts

2 S 525 Route 59

Warrenville, IL 60555

www.7starsma.com

info@7starsma.com

He lives most life whoever breathes most air

