

Spring 2007

FREE!

# Complementary Health & Exercise



## The History of T'ai Chi Ch'uan

*Beginning a series on notable figures and the history of T'ai Chi Ch'uan. Inside this issue, the Yang Family T'ai Chi family tree, and the founder of the Yang style, Yang Lu-chan.*

## The Qi Paradigm Continued

By Master Michael Inoshita



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





# 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 & strength, and reduce blood pressure.

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The next session begins April 23<sup>rd</sup>

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

Call Eagle Academy on 630 393 0033 to register

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

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

**Tuesday, June 12<sup>th</sup> @ 3:30pm**

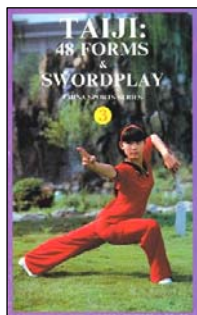
**Tuesday, July 10<sup>th</sup> @ 7:00pm**

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

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

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



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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.



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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.

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

# Complementary Health & Exercise

Spring 2007

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www.7starsma.com

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Martial Arts



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## The Wisdom of Confucius



"The superior man, when resting in safety, does not forget that danger may come. When in a state of security he does not forget the possibility of ruin. When all is orderly, he does not forget that disorder may come. Thus his person is not endangered, and his States and all their clans

are preserved. Do not be desirous of having things done quickly. Do not look at small advantages.

Desire to have things done quickly prevents their being done thoroughly. Looking at small advantages prevents great affairs from being accomplished."

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## Editor's Notebook

In this issue Master Michael Inoshita continues his in-depth look at qi, it's relationship to acupuncture, and with comparisons to western methods. In class we often talk about 'ryun ma', or the process of polishing and refining, here Master Inoshita explains it's true meaning.

Our look at stances in T'ai Chi Chu'an concludes with a look at the bow stance and how to perform it correctly. Practicing our stances and how to move with the correct form builds a strong foundation for the correct practice of T'ai Chi Ch'uan.

We also begin a series of biographies of notable figures in the history of T'ai Chi Ch'uan with the founder of the Yang style, Yang, Lu-chan.

In our next issue we will take a look at falling, what causes it, what you can do to prevent falls, and what to do if you do fall.

We are always looking for contributions and advertisements to help out 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.

We have Instructors available for talks, demonstrations, and lectures; classes are also available to private individuals and groups. Call 630-229-4434 or e-mail chilsungmoodo@yahoo.com to discuss your requirements.

*He lives most life whoever  
breathes most air*

## Chinese Therapy Balls : \$10.00



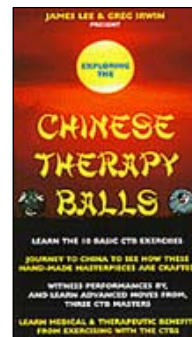
Usually available in 1¼", 1½" and 1¾" diameters; in Chrome, Yin & Yang, Dragon & Phoenix, Bat & Turtle and Sun & Moon.

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.



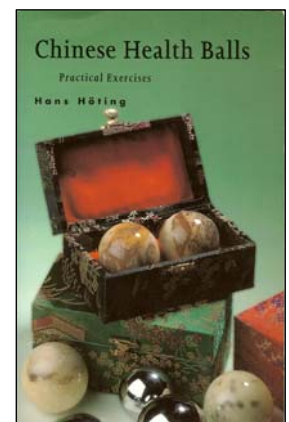
## Exploring the Chinese Therapy Balls By James Lee & Greg Irwin : \$30.00



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 on DVD and 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.



Hypnosis can treat insomnia, help you quit smoking, improve study habits, nail biting, stuttering, weight management - all without side effects.

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free with  
hypnosis

### Do you have stress in your life?

We all have to deal with stress every day. Stress is a natural part of life. The problem is when we are faced with too much stress for an extended period of time it affects our health. Stress has been linked to high blood pressure, trouble sleeping, chronic fatigue, heart disease, and many more health related issues.

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**Mission Statement: To help people achieve a better quality of life using hypnotherapy alone, or as an adjunct to other therapies.**

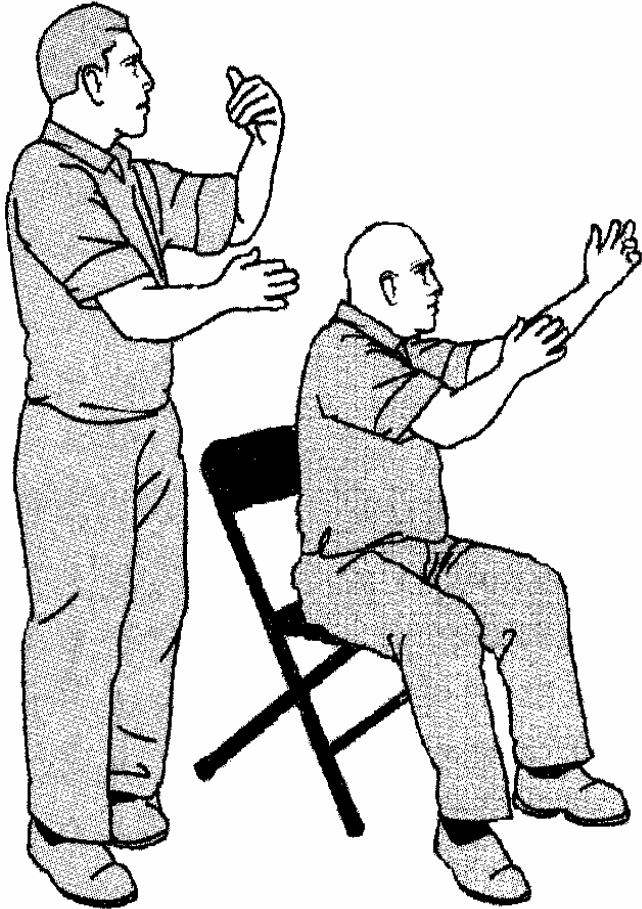


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# Simplified T'ai Chi



Simplified 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 all those who practice it.

The class can be done standing or seated as needed. It is suitable for students of all ages and abilities including those that have difficulty walking, standing, cannot stand, or are wheelchair bound.

**Tuesday and Thursday at 2:00pm**

**Next session begins August 28<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**

# 練磨

## Ryun Ma

By Master Michael Inoshita

The Chinese have a term for martial arts training called ryun ma. These characters, that compose ryun ma mean repetition and polishing, and are an excellent description of the process of training in the martial arts.

This is best understood through the analogy of polishing a rough stone. Polishing a stone involves using grit to polish away imperfections. During training students are exposed to repeated and increasingly difficult challenges, which are like adding grit. Like a rough stone every student comes to the martial arts with weaknesses or flaws.

Through repeated practice students learn to overcome these challenges or polish their character, body, and spirit.

In the same way that various stones have different characteristics, each student is unique. Some students may be like diamonds; others may be like rubies or sapphires. An instructor cannot change the student's fundamental nature, in the same way a diamond cannot be changed into a ruby. However, each stone and student can benefit from polishing.

Martial arts contain many facets such as fitness, balance, strength, flexibility, open hand skills, weapons skills, fighting and self-defence. Like a stone cutter an instructor is responsible for making the student as brilliantly polished as possible from all these angles.

Trust in your instructor is imperative, especially as a beginning student, because you may be focused on only one of these facets. However, the experienced eye of your instructor may see that your overall skill/brilliance is limited by a different facet than the one on which you are focused. Without trust in your instructor you may not be able to withstand these difficult times in your training.

When the repetition seems to be endless and boring, when the challenges seem to be more than you can withstand or understand, or when your training seems to be going in a direction that you don't understand, remember the concept of ryun ma: training is a life long process of endlessly trying to improve or polishing.

**Remember:**

***Repetition is the mother of skill***

## 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.



## T'ai Chi Sneakers : \$25.00

As worn by the Shaolin monks! White or black canvas laced shoes with red, white and blue stripes and a brown plastic sole. The solid sole makes them perfect for T'ai Chi and Qi



Gong practice.

## T'ai Chi Slippers : \$15.00

Our T'ai Chi slippers are an extremely lightweight shoe featuring a very flexible synthetic rubber sole and a rubberised canvas top.



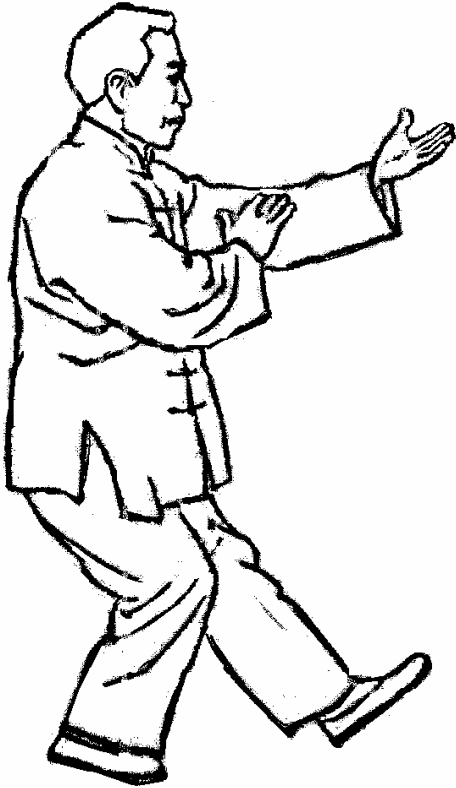
These are especially suitable for Qi Gong, T'ai Chi, Yoga or Kungfu training!

## T'ai Chi Trousers : \$15.00

These loose fit cotton trousers with an elasticated drawstring waist, allow you to move more freely and make practice easier and more comfortable. Available in black, white and blue to order. As worn by your instructors.



# T'ai Chi For Seniors



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 Thursday afternoon,

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

Continuing session begins May 1<sup>st</sup>

Beginner's session begins June 5<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 to register**

# T'ai Chi Stances & Movement ~ Part 2: The Bow Stance

By John Robertson

This month we're going to look at the bow stance, and how to perform it correctly. First, stand in a duck footed posture, heels together, back upright, hands at your sides.

Slowly turn your tan tien to the right to point in the same direction as your right foot while sinking 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.

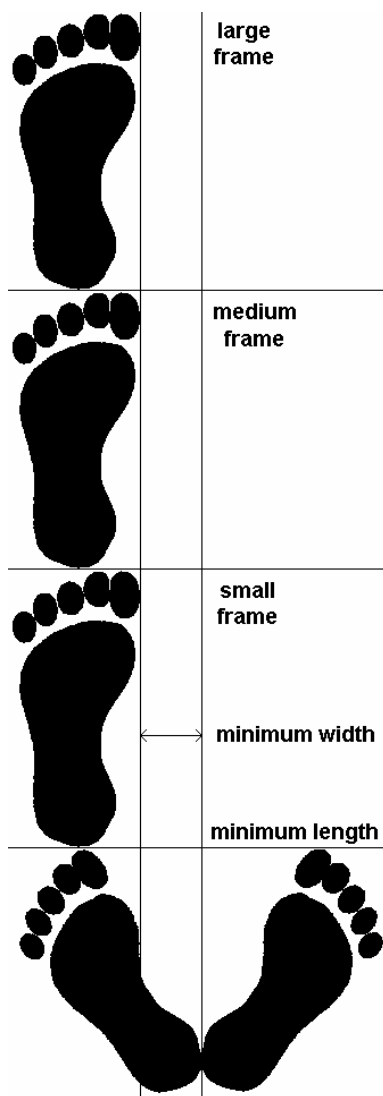
Pick up the heel of the left foot and, pivoting on the toes, turn the heel out until the foot points straight forward, heels a foot width apart (minimum width in the diagram).

Advance the left foot straight forward as far as you can without allowing your head to move. You must be able to pick the left foot up without moving your head, if you cannot, you have stepped out too far, and should shorten the stance.

As a minimum, the heel of the left foot must clear the toes of the right foot (minimum length in the diagram), the heels must remain apart, and the left foot must point forward.

Slowly shift your weight forward while turning your tan tien forward to point in the same direction as the front foot. Knees should be bent so you cannot see the toes of either foot, preferably over the second toe.

The bow stance can have three 'frames' or lengths. The size of the frame you use depends firstly on your ability to step out with your left foot without moving your head and still being able to pick it up. This is the most important gauge of the frame to use. And secondly on the conscious choice you make on which frame to use.



## 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.



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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.



Chinese exercises are suitable for participants of all ages and abilities, they are joy to do, energising and deeply relaxing; they bring health and vitality to all those who practice them.

# An Introduction to Traditional Chinese Exercise

Are you interested in traditional Chinese exercises such as Qi Gong, T'ai Chi Ch'uan, Simplified T'ai Chi or Chinese Therapy Balls?

Here is your opportunity to have all your questions answered.



**At Glenside Public Library  
25E Fullerton in Glendale Heights  
Tuesday, July 3<sup>rd</sup> at 7:00pm**

Registration is not necessary; but to reserve your place please call Glenside Public Library on 630 260 1550

# Efficacy of The Qi Paradigm

By Master Michael Inoshita

As we have stated debating whether ki exists may be a futile effort, a more interesting question may be does the ki paradigm work, is it useful in explaining and solving real world problems. As we have stated the Chinese have used ki theory to explain a wide variety of phenomenon the past. It would be interesting therefore to study the efficacy of using this paradigm to solve real world problems. A classical example of this would be to explore how the Ki paradigm is used to solve medical problems.

Traditional Chinese medicine has actually undergone extensive study and testing over the past thirty years. Following the Chinese Revolution in 1949, the Chinese decided to examine their traditional medical system. At that time the many in the Chinese government were tempted to discard the traditional medical system as a prescientific remnant of underdevelopment. Others in the leadership thought that the traditional medical system might be useful. The issue was to prove whether or not it would be effective from a modern perspective. In an attempt to answer this question thousands of experiments and clinical studies were conducted. The traditional medical system was demonstrated to be very effective and is given equal respect to western medicine in China today.

Studies on the effectiveness of the traditional Chinese system are continued to be produced to this day. The effectiveness of the traditional medical system can be seen in the study of ulcer patients cited in the previous section. In that study there were actually sixty-five patients, all of whom were diagnosed by western physicians but treated by traditional Chinese methods. Every patient was diagnosed by the western physician as having a peptic ulcer. The traditional Chinese physician's diagnoses corresponded to the six different patterns cited previously. The Chinese physicians gave each patient a unique treatment based on his or her particular diagnosis. No western treatment was provided and no dietary restrictions were imposed. The patients were treated for an average of two months. The results were that eighty one percent of the patients had a complete recovery, and an additional ten percent had significant improvement. The ninety percent success ratio is significantly higher than results obtain by traditional western treatment. Studies like this one demonstrate that Chinese medicine is an effective treatment method. It is generally acknowledged that the ki paradigm used by Chinese physicians can alleviate or treat illnesses that western science is incapable of dealing with in other instances the opposite is true.

While the research is impressive and demonstrates the effectiveness of the Chinese system, the Chinese system still presents problems for western science. Many of the treatments do not lend themselves to traditional western testing methods. As an example, several western studies of acupuncture have compared the effectiveness of using acupuncture points to treat pain. In these studies, traditional acupuncture methods were compared to sham acupuncture (ie. using false acupuncture points, or false needling techniques). This is a common method of testing western style drugs.

The results of the studies found that using real acupuncture point had the same results as the sham points. These results lead many western researchers towards two possible reasons for this outcome: that acupuncture was a placebo, or that the meridian system was inaccurate. Subsequent studies of acupuncture did demonstrate that acupuncture is more than a placebo. However the contradiction raised in these studies has never been fully addressed.

Many aspects of traditional Chinese belief structures can now be easily understood within a western framework as an example many of the traditional herbal medicines are now also understood in terms of their chemistry and western pharmacological use. However, some areas of in which ki theory is used still defy easy incorporation to into the Western paradigm these include acupuncture and ki Gong.

Most of the research done in acupuncture can be divided in terms of clinical studies and laboratory work. The clinical studies like the ones previously discussed, often simply document successful treatment of various diseases through acupuncture. These studies however do not give us any understanding of how the technique might work in the western sense. Therefore I will examine research regarding the two main functions of acupuncture, pain reduction and heightened immune response, in terms of their possible mechanisms in western science.

Acupuncture analgesia is what made acupuncture known to the west. Various sensationalist articles were written in the late 60's and early 70's about how the Chinese were able to perform various operations solely through the use of "thin needles". Serious research was not begun on this subject until the late seventies and early eighties. In 1977, a study by Mayer, Price, and Ruff documented that acupuncture analgesia may be related to endorphin release. The study subjected volunteers to various levels of pain induced by electrical stimulus, and a baseline threshold was established for each volunteer. Then the volunteers were divided into three groups:

One group received no treatment, the second group was given saline and told that they were given a powerful analgesic drug, the third was given acupuncture. The results from the study show that the acupuncture treatment significantly increased the pain tolerance of the individuals given the treatment. This increase in pain tolerance was statistically higher than the other two groups. The group given acupuncture was then divided again into two groups: one group was given saline the other the opiate antagonist Naloxone. The saline group was able to maintain the enhanced pain threshold achieved by the acupuncture treatment. The Naloxone groups pain thresholds dropped to just about the placebo groups pain threshold. From those results Mayer concluded that the analgesic mechanism of acupuncture must rely on endogenous narcotic substances[endorphins].

Pomeranz and Warma later discovered a second non-opioid effect of induced through acupuncture. The study was done on three groups of lightly anesthetized rats, which were subjected heat lamp which caused a tail flick. The latency of the tail flick can be used as a measure of the relative pain threshold. Acupuncture was given in two successive treatments to the rats and the pain tolerance was measured after each treatment. The first group of rats was given Naloxone before each of the treatments and no increase in the pain threshold was recorded. The second group was given Naloxone before the second treatment and an enhanced pain threshold was recorded.

The third group was given Naloxone before the first treatment only and no increase in the pain threshold was noted. This led Pomeranz to conclude that a primary opiate [endorphin] response induces a second non-opiate response. The second response has been linked by Tsai, Lin and Inoki to met-enkephalin, serotonin and serotonergic fibers in the spinal cords of rats. However this second response is still a subject of substantial debate.

Use of acupuncture has been documented in the successful treatment of many diseases in China, however the mechanism by which this is accomplished has been largely unknown until recently. In 1991, a very important study documented the effect of acupuncture on the immune response in mice. Fujiwara et al. performed acupuncture on mice, and then injected them with sheep's red blood cells. The immune response to the sheep's blood was dramatically increased by acupuncture treatment. This enhanced immune response was blocked completely by pre-administration of Naloxone which blocks opiate release. Fujiwara et al. then concluded that the immune response was a result activation of the sympathetic nervous system, via opiate release from the adrenal gland. So we can see that the immunological effects of acupuncture may be linked to the analgesic effects of the treatment. These studies on acupuncture demonstrate that acupuncture does

have measurable effects on the body that are understandable from a western perspective and may yield to the eventual understanding of acupuncture and the ki paradigm in the west.

While these studies document that endorphins, enkephalins, serotonin and other chemicals are released in response to acupuncture, they do not provide a model to explain the complex arrangement of meridians in a western sense. These meridians present a foreign or alternative method for understanding the body's anatomy. It is often cited that they are not based on any anatomical structure or organ system currently acknowledged. However several researchers have proposed a western model for acupuncture through the use of trigger points. Trigger points are point of neural hyperactivity which can cause pain to be referred to a secondary area or part of the body. Trigger points can occur in muscles, joint capsules, ligament, periosteum, and skin scars. Kennard and Haugen (1955) discovered that trigger points develop most often in areas where blood vessels and nerves lie close to the surface of the skin, and tend to be developed at the same site for everyone. It was found by Travel and Rinzler (1952) that inserting dry needles in to trigger points often alleviated the symptoms. Melzack et al. (1977) compared the spatial distribution of trigger points compiled by Travel and other researchers, with traditional Chinese acupuncture point and found a 71% overall correspondence. Thus we can see that while being of a total foreign anatomical system the existence of acupuncture points can be explained within a western medical system.

In the process of trying understanding the mechanisms behind ki gong some researchers trained in western science have attempted to demonstrate the existence of ki. In her excellent essay, Master Carla Bennett presents several interesting scientific studies purportedly demonstrating the existence of ki. The first study she cited demonstrated that ki gong masters emit measurable infrasonic sound waves when they emit ki.

The study also found that the infrasonic emissions from ki gong masters were much higher than healthy individuals, and that ill individuals had the lowest infrasonic emissions.

From that study a mechanical device which emits infrasonic waves was constructed. Subsequent studies measured the effect of infrasonic waves on the brains of humans, rabbits and cats. It was found that infrasonic waves emitted from ki gong masters and the Infrasonic Ki Gong Simulator caused changes in the brain activity of the subjects, while the movements of people impersonating ki kong masters did not register a significant change in brain activity. The results of these studies also provide some insight into the possible mechanisms by which the ki paradigms works.

Continued on page 24

井下唐手道



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TANG SOO DO KARATE

Eagle Academy of Martial Arts  
&  
Elmhurst Tang Soo Do Presents



# The 2007 Chicagoland Karate Spectacular

Come and see an afternoon of awesome and breathtaking displays by our Instructors and students. You'll be amazed and astounded at feats of physical agility, prowess, and dexterity! There will be demonstrations of weapons, forms, falling, breaking and much, more!

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Spectator  
Tickets  
\$10 advance purchase  
\$12 on the day

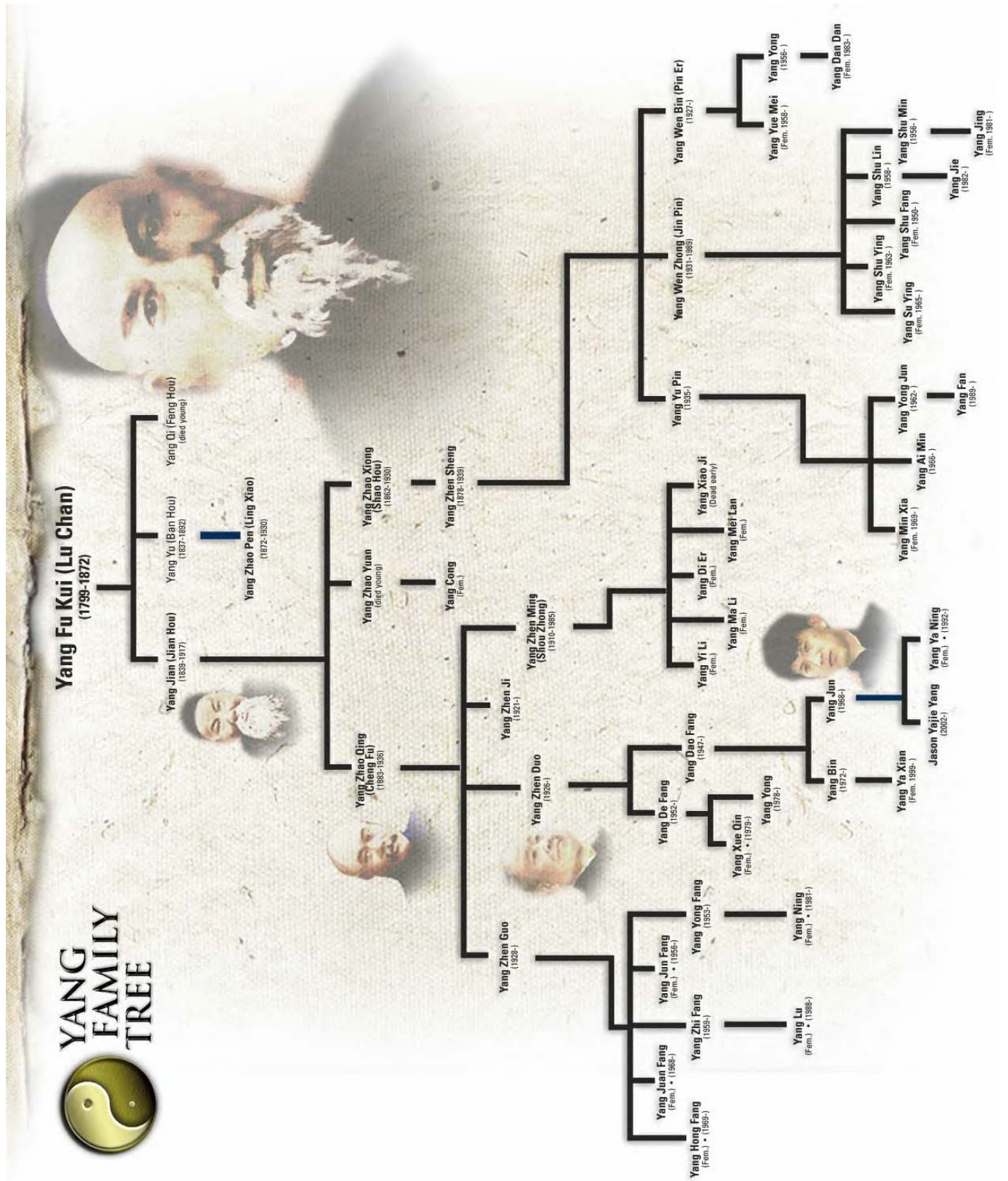
**Sunday, June 24<sup>th</sup>**  
**show starts at 3:00pm**

Call 630 393 0033 for more information or to  
purchase your tickets!

# The Yang Family T'ai Chi Ch'uan Family Tree

Beginning our series on notable figures in T'ai Chi Ch'uan history we have the Yang Family T'ai Chi Ch'uan family tree.

Each issue we will look at the members of the family, and trace the origins of the form we currently practice.

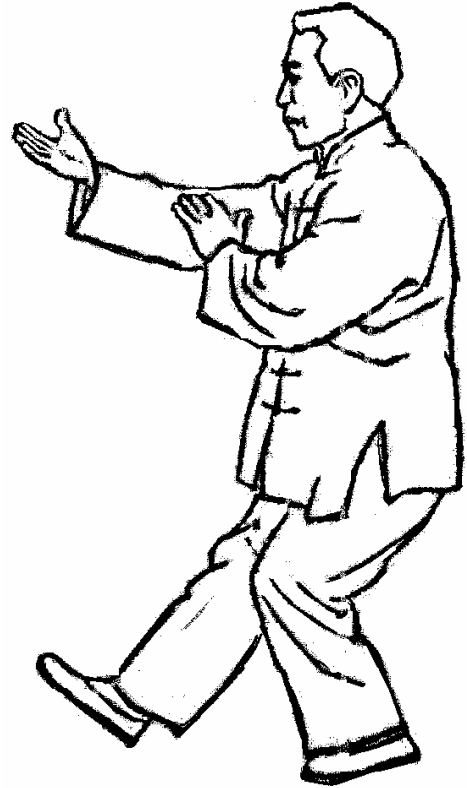


# T'ai Chi For Seniors

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 April 3<sup>rd</sup>

Continuing session begins May 1<sup>st</sup>

Beginner's session begins June 5<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**



# Notable Figures in T'ai Chi Ch'uan History

## Yang Lu-ch'an ~ 1799-1873

Yang Lu-ch'an (楊露禪) originally born in Yongnian, Henan, was really poor as a youth. He worked at anything, finally as an apprentice to a pharmacist, who was also the house teacher to Chen Chang-hsing's sons.

Young Yang was then sent as a house servant to Chen's household, or he just befriended the two sons. Either way, he saw Chen Boxing and was probably bested in a friendly fight. But it was impossible for an outsider to be allowed to learn the family style. So Yang Lu-ch'an watched in secret, absorbing the nightly secret practice sessions of the Chen family. He soon became quite proficient at this acquired secret; once then when he saw the public lessons given by Chen Chang-hsing, he could not hold himself back and remarked upon the poor quality of the boxing. Obviously he was put to the test, where he bested Chen's pupils and his sons. He confessed to having watched and practised alone, and having mastered all of it. Much impressed, Chen Chang-hsing allowed him to become a pupil, and even later Yang came back to even learn more and was taught more secrets, after which he became known as Yang Wu Di, Yang the Unbeatable.

Yang was said to be so flexible he could pick up a coin from the floor with his mouth while doing the posture Snake Creeps Down, or he could do the whole form under a table. He was so fast his opponents didn't know what hit them, let alone which technique. He also once knocked a young challenger 30 feet across the room by simply expelling his breath with a laugh when the boxer punched his stomach.

He could concentrate his Chi into a very small area as quickly as lightning, a feat only duplicated by his sons and grandsons. Another astounding ability seems to have been something akin to levitation,



Yang Lu-ch'an

and of course the unsurpassable act of sticking Chi, where the opponent, once touched, simply cannot get away, no matter what he does.

Yang Lu-ch'an did not like to make enemies, so he always tried to make his opponents' defeats look as least humiliating as possible; one should be at least three times as good as the opponent for this. He needed this ability a lot when he became the official instructor to the imperial family and guards. He became a target for challenges, and of course he had to fight (there is even a reported duel with Tung Hai-chuan, Pa Kua's founder, which he made appear like a draw, so as not to anger the powerful eunuch).

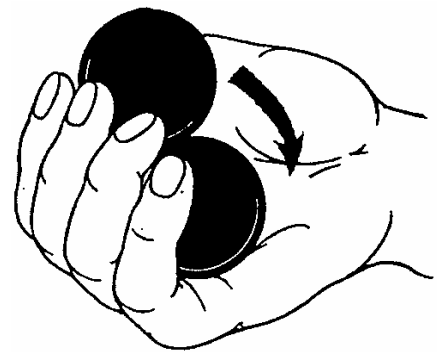
One day a monk arrived unannounced at Yang Lu-ch'an's doorstep in Peking. He was powerfully built and over 6 feet tall. The monk saluted and expressed his great admiration. But during Master Yang's reply, the monk suddenly shot at him like a cannonball with clenched fists. Master Yang evaded with his chest and lightly patted the attacker's fist with his own soft palm, and as if struck by a bolt of lightning the monk flew back to land behind a wall screen. He took a long time to get up and said very solemnly, "I've been extremely rude, please forgive me." Master Yang still invited the monk in for a chat.

His name was Ching-te, a Shaolin boxer. The Monk asked "Why was I surprised and unable to display my prowess?" Master Yang replied, "This is because I'm always on my guard." The Monk asked, "How were you able to respond so quickly?" Master Yang said "It is called issuing energy like shooting an arrow (Fa Jing)." The Monk said, "I've roamed many provinces and met many masters, but I've never met your equal, Sir. Please teach me." Master Yang did not reply at once, but saw a sparrow fly in through the window. He quickly caught the bird and said to the monk, "I'm going to

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play a bit with this bird." He removed his left hand after stroking the bird to assure it he would not hurt it, and let it sit freely on his right hand. When the bird tried to take off, it could not, for Master Yang listened to its ever so slight energy when it straightened its legs to push off, and lowered his hand accordingly, making it impossible for the sparrow to take off – even as its wings were beating. After the bird tried this three times, the Monk exclaimed, "Master Yang your art is truly miraculous." To which Master Yang replied, "There is nothing to be called miraculous; if one practises T'ai Chi Ch'uan correctly for a long time, the entire body becomes so light and sensitive that not even the weight of a feather can be added without setting the whole body in motion, and not even a fly can set off. This is all there is to it." - The monk stayed for three days, and then quietly departed.

Master Yang often said about Fa Jing: The Energy is released, but the mental continuity (Yi) is maintained, like the lotus root is broken but the fibres are still intact.

Master Yang once walked several blocks to a friend's home, just after a heavy rain. When he arrived there, his friend noticed there was no trace of mud on Master Yang's shoes... .

There was an old wealthy man living west of Peking named Chang, who had a giant estate which people called Chang's little prefecture. He was enthralled with martial arts and kept a lot of boxers as bodyguards. He heard about master Yang Lu-ch'an and asked a friend named Wu Lu-ching to arrange an invitation for Yang Lu-ch'an. When Yang arrived Chang saw a little man of no special strength, no imposing muscles and quiet demeanour, who wore plain clothes. Chang ordered only a small dinner in the guest's honour with little ceremony; Master Yang understood this, and drank by himself, quietly laughing to himself. Displeased with this, Chang said to him, "I've often heard my boxers speak of you in awe; but can this soft art called cotton fist or T'ai Chi Ch'uan really be used to defeat strong boxers?" To which Master Yang replied, "there are three kinds of men that are difficult to beat, namely those made of iron, bronze and wood (meaning a Chinese wordplay suggesting cast statues), but all others are no problem at all." Chang said, "I have 30 Boxing Masters, and Sifu Liu is the best of them. He can lift 500 pounds. How about if you cross hands with him?" Master Yang agreed and Liu

attacked at once with fists whizzing through the air. Master Yang used his right to deflect, and with his left lightly patted Liu's chest causing him to fly backwards three yards. Chang immediately ordered a big banquet for Master Yang who said, "Clearly, you now see it is not pure muscle that prevails" Chang then considered himself to be Yang's pupil.

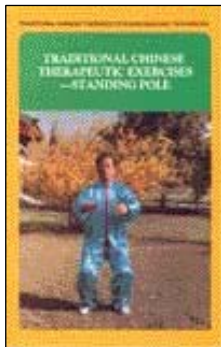
When Master Yang Lu-ch'an was in Peking, a Master of Dim Hsueh (pressure point grappling) came to test his skills. He charged, trying to grab Master Yang's arm, who simply intercepted the attack, and used a grip on the other's wrist utilising the sinew grabbing technique, at the same time he swept the other to the ground, then using Needle at the Bottom of the Sea to attack a point on the chest, which caused the Dim Hsueh master to lose. As he was unable to extend his fingers or to get up he acceded defeat, without being injured. Master Yang said to him, "Don't be ashamed; remember your many years of practise, for without them you would certainly have been seriously injured. But would please you not teach me more of your art of pressure points?"

At some time, when he was not yet famous, Yang worked as a dock hand. Once he was ambushed by around 20 men because he did not want to join the local dock gang. As there were a great number of opponents at the same time, Master Yang would have had to heavily injure at least some of them; so he decided just to wrap his cloak around himself, roll into a ball and let them beat him. The next day when he was at work as usual without a trace of injury all of his attackers were not at work – they were sick in arm, limb and body.

When Master Yang was still in Yongnian, just having returned from Chen village, a famous boxing master wanted to test skills with him. This boxer suggested they sit both on stools, pitting their right fists against each other. A short time later the boxing master was sweating and shaking profusely, his chair creaking and nearly coming apart - whereas Master Yang still sat there as if nothing was happening in a relaxed position, drinking tea with his left hand. After the boxer had given up Master Yang said, "This masters skill is superb. Only his chair is not as well made as mine."

Due to his influence and the number of teachers he trained, including his own descendants, Yang is directly acknowledged by 4 of the 5 major T'ai Chi families as having transmitted the art to them.

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## 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.

# Wu Chi

The T'ai Chi Ch'uan Classics say, "T'ai Chi came from Wu Chi, the mother of Yin and Yang." This highlights the important relationship between T'ai Chi Ch'uan and Wu Chi and yet today's T'ai Chi Ch'uan practitioners do not concentrate and talk about this Wu Chi.

In the past, T'ai Chi Ch'uan students generally had a complete physical and spiritual training by working on the Wu Chi Posture or the static component and T'ai Chi Ch'uan or the dynamic component.

The T'ai Chi Ch'uan Classics say, "Wu Chi gives birth to T'ai Chi. T'ai Chi gives birth to Two Elements. Two Elements give birth to Four Phenomena and Four Phenomena give birth to Pa Kua." Wu Chi refers to the state before the universe was formed; it is the world that has no shape and mass and it is infinite or void.

T'ai Chi refers to the time the universe was about to be formed. Therefore, T'ai Chi refers to initiation. Two Elements refers to Yin and Yang Components. Four Phenomena refers to Metal, Wood, Water, and Fire or Four Seasons as Spring, Summer, Fall and Winter. Pa Kua refers to Heaven, Earth, Thunder, Wind, Water, Fire, Mountain and Lake.

In T'ai Chi Ch'uan training, Wu Chi refers to the condition when the body and spirit are not divided into Yin and Yang Components.

In other words, the body is tranquil and is not affected by any contact with the outside world. The whole body, physical as well as spiritual, is united into oneness.

When we talk about Wu Chi training, we are talking about the ability to remove all the body's tensions and other emotions guided by intent so that the practitioner can return to the stable and natural stage that is full of potential and innate ability.

## Efficacy of The Ki Paradigm

Continued from page 15

The studies presented on acupuncture and ki gong are interesting in that they present plausible mechanisms as to how certain aspects of the ki paradigm, namely acupuncture, energetic healing and meditative healing may work. However this explanation is far from complete because it is not a comprehensive explanation of the entire set of circumstances in which ki theory is used. The ki paradigm as used by the Chinese is independent of a mechanism. The ki paradigm is used to explain the actions of infra sonic energy, pharmaceutical agents, mechanical stimulation of trigger points and host of other possible mechanisms. I would postulate that Ki is a variety of things, many if not all we have understood in the west for a very long time.

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# Class Calendar & Spring Programs

## 2007 Calendar

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

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

June 7<sup>th</sup>  
Cancer Survivor Day Celebration  
Center for Health, Elmhurst

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

June 24<sup>th</sup>  
Karate Spectacular  
Wheaton Warrenville South High School  
Warrenville

July 3<sup>rd</sup>  
An Introduction to T'ai Chi  
& Chinese Therapy Balls  
Glenside Public Library  
Glendale Heights

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

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

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

August TBA  
West Coast Ki Gong Clinic  
TBA

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  
Courts Plus, Elmhurst

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

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## 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

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

May 1<sup>st</sup> (continuing)

June 5<sup>th</sup> (beginners)

Registration: 630 833 5064

### Simplified T'ai Chi

Tuesday & Thursday 2:00pm

August 28<sup>th</sup>

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

## 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

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

May 1<sup>st</sup> (continuing)

June 5<sup>th</sup> (beginners)

Registration: 630 782 7878

### Discovering Chinese Therapy Balls

Tuesday, June 12<sup>th</sup>  
@ 3:30pm

Tuesday, July 10<sup>th</sup>  
@ 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

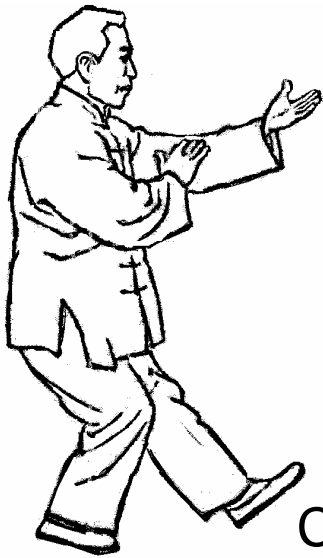
Registration: 630 782 7878

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All class times and dates  
are subject to change.

*All classes require a minimum  
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He lives most life whoever breathes most air

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