

Complementary Health & Exercise

Fall 2011

FREE!

Energy medicine: Futuristic healing with ancient roots

by Dana Ullman, MPH in The Chiropractic Journal



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



七星武道

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Tuesday December 7th
6:30pm - 7:30pm



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Editor & publisher - John Robertson

630 229 4434 john@7StarsMA.com

www.7StarsMA.com



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Seven Stars
Martial Arts

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Tai Chi Sword

October 13th & December 1st
Thursdays at 3:00pm - 3:30pm

Iowa Community Centre,
338 N. Iowa Avenue, Villa Park, IL 60181
630 834 8970

(Previous Tai Chi experience is required)

The Wisdom of Confucius

"If you give a man a fish,
you feed him for a day.
If you teach a man how
to fish, you feed him
for a lifetime."

Editor's Notebook

This fall we have two student events happening, a trip to 'The Tea House' for Tea 101, and our annual student dinner; we hope you can join us!

Join us on October 12th for a trip to 'The Tea House' in Naperville; and treat yourself to an enlightening afternoon as tea authority Dan Robertson presents an introduction to the history, geography, culture & production of the world's most consumed prepared beverage.

Followed by a tea tasting and then dinner at a top Chinese restaurant. See your Instructor to register, space is limited to only 24 students, so book early to avoid disappointment!

Then November is our annual student lunch; always the Tuesday before Thanksgiving at 'The Silverado Grill' in Elmhurst from 2-4:00pm. The event features; social time, an awards ceremony, a raffle in aid of the American Cancer Societies Relay for Life and of course some really good food! Look out for flyers coming soon.

If you have anything you would like to donate to our raffle then please bring it into class; everything is appreciated!

John Robertson

*"He lives most life whoever
breathes most air"*

Learning Lunches

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Seven Stars and the Natural Weapons of the Body

Author unknown

In the traditional Chinese martial terminology, the 'seven stars' refer to the natural weapons of a human body. A person's higher stars are the shoulders, elbows, and hands. The lower stars are the person's waist, knees, and feet. A person's head is the central star. The use of each of the seven stars is described below...

1. The Hand (Shou): For our purpose the hand is the part of the body between the elbow and the fingertips. As a person's 'general-purpose' weapons, the hands can take many forms to apply power (Jing). The most common martial hand forms are the horizontal closed fist, the vertical closed fist, the knife hand (positive or negative), the varieties of clawed hands, varieties of finger spade, and the palm. The hands and head are undoubtedly the most delicate stars and, therefore, the hardest to strengthen. Traditionally, to strengthen hand strikes one strikes bags filled with hard corn or small round stones under the supervision of a qualified teacher.

2. The Elbow (Zhou): Elbows are also a potent weapon. Short, but more powerful than the hands, the elbow is capable of a large variety of strikes. As weapons elbows have the advantage of striking with force in front of as well as behind so they can be used on the upswing and downswing of a strike. The two principal zones of contact are the front of the elbow and the back of the elbow. The front of the elbow is used for striking objects in front of you and the back of the elbow is used for striking backward or techniques using a downswing. The elbows can be also used to apply powerful dislocations (Qinna) and chokeholds.

3. The Shoulder (Jian): Although seldom used in combat, shoulders are an extremely powerful weapon when reinforced by the entire weight of the body or the torso. The primary shoulder technique consists of striking with the point of the deltoid and keeping the shoulders aligned. This technique is present in all the traditional

styles, and requires a good comprehension of the principles of torsion and Jing to reach its full potential.

4. Waist (Yao): Although under-utilized in many modern styles, the waist is very significant because of the exceptional amount of power it can generate. Although the waist is rarely used for direct striking it is essential for transmitting the power of the legs into strikes made with the upper body. This ability to transmit power makes the waist of paramount importance when projecting energy. By practicing the specific exercises to strengthen the waist, a martial artist will increase their stability and power.

5. Knees (Xi): Like the elbows, the knees are a weapon of average and short range. Unlike elbows, however, knees can only be used to strike a target in front of a person. A bent knee can deliver powerful strikes. Its striking surfaces are usually the surface directly above the bended knee or the kneecap. Knees are very useful to control an

opponent on the ground, for instance, the knee on the shoulder, the chin or the solar plexus.

6. Feet (Tui): Almost as flexible as the hands, the feet have multiple uses. Striking surfaces of the foot include: the heel, the 'ball of the foot' (below the raised toes), the external and interior sides, and the point of the toes. This variety of surfaces makes many techniques possible. However to be most effective, this weapon needs to be well delivered. Although its power is relatively limited, it is the weapon with the longest range, and it can deliver lot of power within that range. In some circles, the feet are defined more broadly as the area between the knee and the end of the toes, so techniques involving the tibia are also included in this category.

7. Head (Tou): The head is regarded as the most significant weapon, of

Continued over:



