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Travel Stretches

(a.k.a. “Stuff to help keep your joints loose and get your blood moving when you otherwise are supposed to sit still for prolonged periods of time”)
(Also good for those taking the term “veg out” a little too far)

Upon careful polling of the JING Student Population, the JING staff has come to learn that most JING members and family will be spending their holidays either

- 1) taking long airplane flights to fancy vacations far from home,
- 2) driving mid, long, and crazy-long distances to visit family and friends, or
- 3) staying home with more movies, video games, and holiday food than we as “official advocates of physical fitness” can conscientiously condone.

Considering that we are, officially, advocates of physical fitness, and wish only the best for all our good students and happy family (we want you to come back from holiday at least as fit and flexible as we coached you to be over the whole of last year!), we have decided that it would be a good idea to offer you a list of simple Travel Stretches, most of which can be done even in coach class on a trans-continental flight with the “Please Fasten Your Seatbelt” light ON.

Warning #1: There is a condition called “Deep Vein Thrombosis” in which a blood clot forms inside one of your larger veins, and which can be fatal if the blood clot reaches your heart or blocks blood flow to your lungs or brain. This condition can be triggered by long periods of immobilization (though this is extremely rare in healthy young folk like all you beautiful JING students), so it is actually *very important* to move around and keep your blood circulating. Most people recommend getting up and moving around at least once an hour; we at JING like to bounce around every 20 or 30 minutes or so (so long as we are awake, of course).

Warning #2: Do not perform any stretches or exercises that cause you pain or that you suspect might be harmful to you in whatever location and situation you are in at the time. (If you are the person who is actually driving the car /flying the plane, please do not do anything but drive/pilot until you turn the big machine off!)

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Starting from the top:

1. **Neck rolls and stretches** - roll your neck slowly and gently, clockwise and counter-clockwise. Then stretch it up-down, left-right, and shoulder-to-shoulder.
2. **Shoulders**
 - a. **Shoulder rolls** - roll your shoulders backwards (up to your ears, then back, then down, then forwards, then up again, and etc) and forwards (vice versa).
 - b. **Shoulder forward stretch** - extend one arm straight in front of you. Grab the extended elbow with the other arm, and pull the elbow across your chest towards the opposite shoulder. Switch arms and repeat.
 - c. **Shoulder/back stretch** - lace your fingers in front of you, arms straight and palms facing outward; then circle your arms up and back as you arch your back (go slow if your arms are long and you might hit ceiling!)
3. **Triceps stretch** - (continuing from above) bend one elbow and reach that hand downwards behind your back; with the other hand, help push the elbow down. Repeat on the other side.
4. **Wrists**
 - a. **Wrist Rolls** - Roll your wrists forwards and backwards (clockwise and counter-clockwise).
 - b. **Wrist Stretch #1** - Extend one arm straight in front of you, palm out and fingers down. Use the other hand to pull the hand and fingers (up and) back towards your forearm. Repeat with other hand.
 - c. **Wrist Stretch #2** - Bring your hands together as if praying; turn one hand so that the palm faces (inwards, then continue the rotation) outwards; use the other hand to hold the outwards-facing (now "stretcher") hand, so that the helper-fingers are wrapped around the stretchers' thumb-pad and the helper-thumb is pushing between the knuckles of the stretchers' ring- and middle-finger; while maintaining the upwards-pointing orientation of the stretcher-hand, use the helper-hand to push the stretcher-hand down towards your belly. Repeat, switching the "stretcher" and "helper" hands.
5. **Torso Twists** - twist around in your seat and say "hi" to the nice people behind you.
6. **Back Stretches**
 - a. **Straight** - Sit very very tall, and dip your chin down to your chest. Roll your neck left and right.
 - b. **Slouch** - Super-slouch, and dip your chin down to your chest. Roll your neck left and right.
 - c. **Breathe deeply & slowly** - Lean forwards slowly (put your head between your knees and remember, it's only air holding you up :), and roll slowly back up.
7. **Hips and Gluts**
 - a. Bring your knee up to your chest, hold it a few seconds, then let it down. Repeat with the other leg.
 - b. Bring your ankle over the opposite knee, then gently lift the ankle up and towards the outside of the opposite shoulder. Repeat with the other leg. *If your knee starts to hurt, then ease back and try bringing your ankle more over than up.* Caution: don't hit your seat-mate with the bottom of your shoe.
8. **Ankles**
 - a. **Achilles' Stretch:** (Assuming you have a chair or wall of some sort in front of you) Put your toe 10 inches or so up on something solid; push your heel down and forward, as if you were trying to put your foot flat on the side of a low wall in front of you. Repeat with other foot.
 - b. **Point-Your-Foot Stretch:** Put the tip of toes on the ground under you. Push your ankle forward. Repeat with other foot.
 - c. **Rolls** - Roll your ankles clockwise and counterclockwise.



Who says you don't have enough space to practice your splits?

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Travel Stretches

(Continued from page 3)

Other fun stuff to do that shouldn't annoy your seatmates too much:

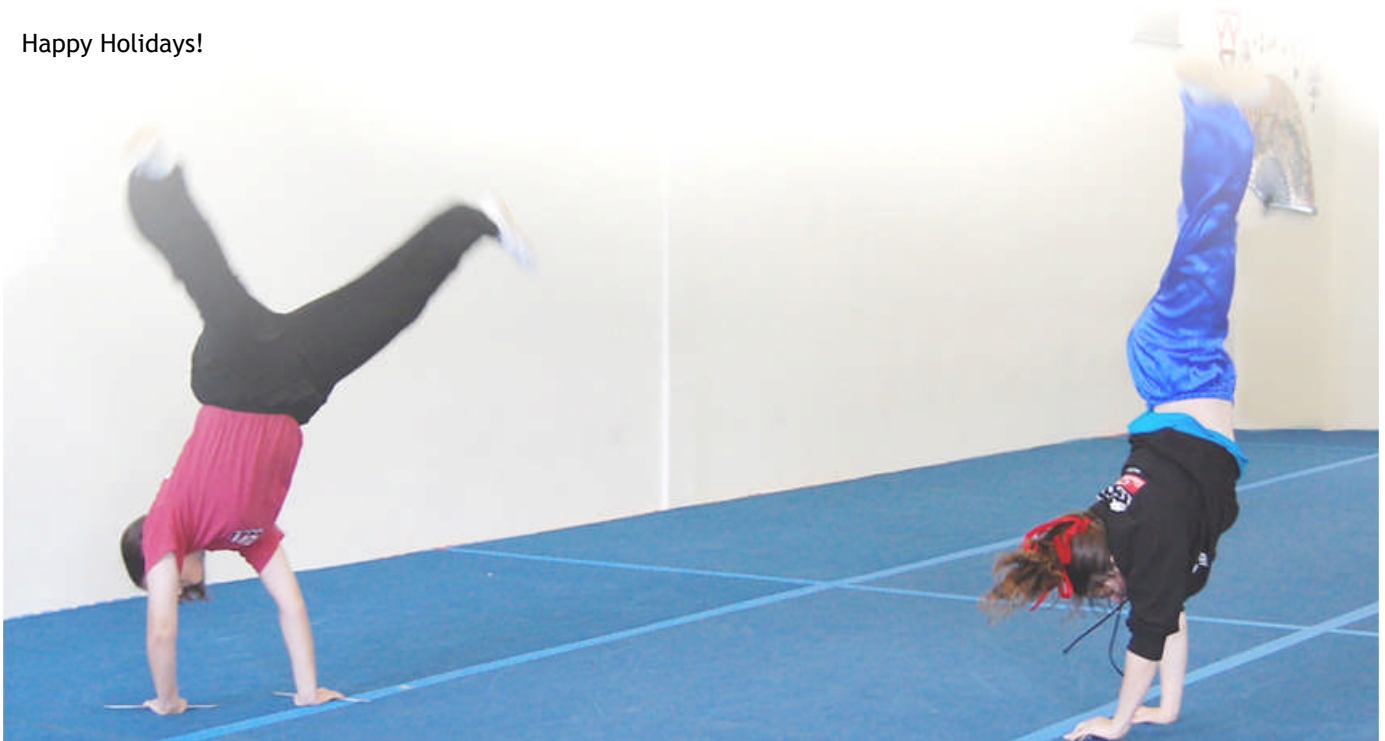
1. (Assuming your feet can reach the ground) See how long you can hold your feet off the ground.
2. Brace yourself against the seat with your hands, then lift your knees up towards your chest and *hold*.
Easy = 1 knee at a time. More Fun = both knees at the same time.
3. Put a pillow between your knees and pretend you are on the adductor machine at the gym, i.e. squeeze your knees inwards as hard as you can.

Then, when you get up from your seat and walk the aisles to eventually loiter by the latrines (or you pause your favorite Bruce Lee / Jet Li movie to get another glass of water), you can do your full Martial Arts Warm-Up Stretches, including but limited to

1. Neck circles and stretches (as above)
2. Arm circles and swings
3. Torso twists (bigger than above)
4. Side-bends
5. Forward-bend (stretch your lower back)
6. Hamstring and calf stretch (put one foot in front of the other. Bend the back=supporting leg, and use both hands to pull the toe of the forward=extended leg towards your head)
7. Inner thigh stretch (go into a horse-stance, then push your knees outwards)
8. Quad stretch (bend a knee and grab the foot behind your body, then pull it up and in towards your gluts)
9. Standing hip stretch (pull one knee up towards your chest. Use the same-side arm to hold the knee, and the opposite hand to hold the foot across your body)
10. Hip circles
11. Knee circles
12. Simultaneous wrist and ankle circles (clockwise, counterclockwise, and in opposite directions :)

And if you are on land, either between flights, at a rest stop from a long drive, or waiting for your computer to save your game, you can run/walk/frog-jump around, then do some Taiji and/or a few cartwheels.

Happy Holidays!



Congratulations!

Autumn 2007 Graduates of the JING Leadership Development Program!

After 10 weeks of hard work, the Autumn 2007 JING Leadership Develop Program class graduated! Congratulations to Mamiko Suzuki, Chansanith Ork, Bill Tran, Liyan Lageverdi, Steven Green, and Johnathon Caubang!

To celebrate this momentous occasion, we all attempted to go rock climbing at Vertical Hold. Vertical Hold didn't seem to want to let us in, though, so we all raced over to K1 Speed Circuit to go racing, instead! Go, Speed Racer, Go!





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Happy New Year!

Chinese

- 新年快乐! Xīnnián kuàilè! (Cantonese "Sun nien fai lok")

Japanese

- 明けましておめでとう Akemashite omedeto!

Learn Chinese!

JING Chinese Language Class

Mandarin Chinese for Beginners

Next term begins February 2, 2008.

Register with Chris or Jing Jing.



The JING **Leadership Development Program**

To sharpen critical thinking, teaching, communication, leadership and business skills, and to further share and develop Chinese martial arts and culture, locally and internationally.

Apply with Chris.

Next term begins February 2, 2008

Upcoming Events

December - January 2008

- December 24 - January 6, 2008:
Winter Holiday!
- January 7, Monday
JING opens!
- January 20, Sunday, 5pm
Corteo! www.Cirque du Soleil.com
Try to get into Section 105 ☆ And we'll eat after :)
- January 26, Saturday
JING Taiji & Wushu Level Testing begins at 10am and continues until complete. No Taiji or Wushu classes this day.

February - March 2008

- February 2, Saturday
JING Chinese Language Class begins!
Please register with Chris or Jing Jing. More details at <http://www.sdtaichi.com/mandarin.html>
- February 2, Saturday
JING Leadership Development Class begins!
Please apply with Chris.

- February 23, Saturday
Last day to pre-register for the 16th Annual UC Berkeley Chinese Martial Arts Tournament. More info at <http://www.ocf.berkeley.edu/~calwushu/cmat/16/main.php#general> and <http://www.jiayo.com/phpBB2/viewforum.php?f=11>
- February 29 - March 2, Friday - Sunday
Self-Defense Seminar from Bujinkan Anaguma Dojo. For defense against grabs & chokes, firearms, and multiple attackers. For more information or to register, please contact Laura at info@BujinkanAnagumaDojo.com or call 619-247-7656.
- February 29 - March 2, Friday - Sunday
Compete 2008 International Karate Championship
More information and registration at <http://www.compete-karate.com/index.asp>

April

- April 5, Saturday
16th UC Berkeley Chinese Martial Arts Tournament.
<http://www.ocf.berkeley.edu/~calwushu/cmat/16/main.php#general> and <http://www.jiayo.com/phpBB2/viewforum.php?f=11>