Urban chi circulation

What?

Urban chi Circulation is a series of fluid movements aimed at increasing your internal energy and circulation. It helps create better body awareness, improves synovial fluid production in the joints which leads to greater joint mobility and can alleviate some general aches and pains in the body. Urban chi circulation can also be helpful in improving and creating a since of overall well being. It is a creative and fun challenge to get your body, mind and spirit moving in ways you never thought possible.

At the first level of urban chi circulation the focus is on the element of “water” using fluid waving movements of the body and limbs to create and move energy from one area of the body to another. This can be achieved in a 4 part form that starts at the feet, moves up the body to the neck, then to the arms and hands and back down. The purpose of learning this in a 4 part basic form is not so that you repeat this form over and over but to enable you to create the energy flow in your body as you feel necessary. So you can say it is a free flowing form once you learn and get comfortable with the first level of 4 basics movements. These exercises can be done every day. They can be very beneficial when practiced in the morning to awaken the spirit, mind and body with intention. It is very important to focus on the feeling of these exercises as opposed to how they look. Like learning any new thing it takes time and practice. So have fun, don’t take yourself too seriously and in no time you will begin to feel the flow of energy, freedom and joy of these movements.

Where?

The name **urban chi** comes from the recent history of what we know as popping and locking which was generalized with break dancing aka bboying. **Urban** relating to or being of the city and **chi** (Qi) meaning the life force energy that dwells within us all. I created the name to bring together the therapeutic aspects of this dance that is typically known for visual appeal. In the mid to late 70's animating, popping, and locking was not considered a part of break-dance, it was its own stylized movement or dance and in fact (locking and popping) came before break dancing. I believe break dancing, popping and locking were grouped together because of their very unorthodox look and style of movement that captured the eye. As a result of the hype and popularity it has now spread throughout the world. Though urban chi which is practiced with intentions of circulating life force energy, loosening, and lubricating joints and many other therapeutic benefits is a new concept and only practiced in this video.

When?

I began practicing the health and healing art aspects of UCC long before I was aware of the health benefits on the mind and body. All I knew was that I felt better after doing it and it looked cool. I began studying and learning about alternative medicine, TCM, and movement art therapy principals in 2001. It was then I realized there was an energy and aliveness feeling moving through my body. When I would practice tai chi or yoga my body felt the same as when I was animating or waving. So I began to practice popping, animating and waving with a different intension, more of how I felt as opposed to how I looked when doing it.

Who?

Some of the first practioners of urban chi go quite a ways back, but the roots are mainly of African origins. Moreover this sleek contemporary style and form I call Urban chi is new in its system and intention. People of all shapes, sizes and colors can practice and benefit from Urban chi nowadays. I've used urban chi in many different forms over the last 10 years - some of them being street performance, theater, community mobilizing events, school exhibitions and one on one training sessions for health, healing and rehab. I currently hold workshops that focus not only on Urban chi but all the Urban health and healing art aspects of break dancing aka bboying/bgirl, This I call Polymovement.

POLYMOVEMENT IS?

It is an urban health and healing art form that incorporates a multitude of movement art disciplines to engage the mind, body, and spirit into a therapeutic, strength, agility and cardiovascular exercise. Polymovement utilizes the foundations of break dancing, popping and animating and encompasses elements from almost every dance and movement art form you can imagine. There are many benefits to polymovement, it's a great way to get an excellent full body workout, burn calories, gain

agility, strength and balance, and increased body awareness and better your since of rhythm. Polymovement also encourages playfulness that helps to bring out the inner child in you.

MAIN ELEMENTS POLYMOVEMENT:

- **Urban chi-** (See above and below).
- **Up-Rocking- and Down-Rocking-** Cardio, strength and endurance focused.
- **Floor flexing-** Movement therapy focused.
- **Power play-** Exploring dynamic movements, that focus on increasing you power.
- **Combinations, tricks and playfulness-** Learning to combine the movements listed above and utilize them as dance playfulness or for mere exercise.
- **Functional and therapeutic exercise integration-** Learning how to incorporate resistance training, to increase strength, power and endurance.

How?

How to do Urban Chi Circulation: began with basic warm-up 5x each exercise more if needed.

I. **Warm-up- (Full body head to toe)**
   - Feet
   - Ankles
   - Knees- rotation R side and L side, out and in "butterfly"
   - Hips- rotation R side, L side
   - Trunk- core twist
   - Chest- protraction, retraction, rotation to R side and L side
   - Shoulders- elevation, depression, opposites, rotations frwd/ bkwd and opposites
   - Elbows- rotation R side and L side, in, out, opposites and alternates in, out
   - Wrist/hands- rotations in, out
   - Neck- rotation R side and L side, up, down, pendulum back and forth

First movement of the basic 4 form of Urban Chi

II. **Gliding (grounding)**
   - Moon walking in place
   - Back slide
   - Side glide R side and L side
   - Circle gliding
   - Shuffles, frt., side

III. **Body wave (earth to heaven)**
- Feet to head
- Head to feet
- Shuffle to body wave R side and L side

IV. **Arm wave (sunrise to sunset)**
- Wings out R side L side
- Waves in "Reverse wing" 1,2,3,4
- Wave in wing out R side to L side >1,2,3,4,<5,6,7,8
- Body wave to both arms wing out

V. **The form (bring it together)**
- Glide
- Shuffle to R side and L side
- Body wave up to>
- L arm wave out "bird wing" and back into L arm to>
- R arm wave out and back in to>
- Body wave to feet and>
- Shuffle L side and switch to R side
- Then repeat a 5-10x lead with other side

Cool downs- (as needed recommendations below)

- Prone, supine or standing active stretches (see website)

To learn more about Urban chi Circulation contact: Lacouir D.Yancey, LMT, CPT and movement art specialist at:

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Urban Chi Circulation 1

Urban Chi Circulation 2

Urban Chi Circulation 3

Urban Chi Circulation 4