

# INTERNAL WORK FOR THE CENTRAL AXIS FORCE

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Central Axis is constructed having control of the three areas that distinguish the four typologies of vertebrae in the back:

- area **C7/T1** between the seventh cervical v. and the first thoracic v.
- area **T12/L1** between the twelfth dorsal v. and the first lumbar v.
- area **L5/S1** between the fifth lumbar v. and first sacral v.

These areas together form the framework of an axis. The connection force of these areas is managed by the **neck power** on the upper part and by the **kidneys power** on the lower part.

We start from feet. Feet have to be well leant on the ground, mainly in big toes that gently push the earth.

From the *Bubbling Spring* Kidney Point (K1-*Yongquan* on the Kidney Meridian) we intake the earth power and we start building Central Axis. It's its basis, its foundation, its root.

### Summarizing

#### **THREE CONTROL AREAS = CONNECTED CENTRAL AXIS**

The Central Axis thus formed, combined with the power of the neck and lumbar areas, develops the Central Axis Force:

#### **CENTRAL AXIS + TWO POWERS = CENTRAL AXIS FORCE**

**The skeletal aspect is the structure of the body, the energy aspect is the perception of these two areas called powers.**

## EXERCISES FOR CENTRAL AXIS FORCE

The exercises for Central Axis Force are oriented to the search for the Center in the main parts of the body:

- Neck, shoulders and arms for the upper part
- Chest and waist for the middle part
- Pelvis, hips, legs and feet for the lower part

For each body district, the research of the center takes place through exercises in which opposing forces apply in the three basic planes:

- up-down (horizontal)
- forward-backward (vertical)
- right-left (frontal).

The Force or the power (*Jin*) derives from keeping more and more stable, but also alive and changeable, the Central Axis.

So the Central Axis Force (*ZHONG DING JIN*) is the power derived from keeping the center, the central axis, stable but alive

In Chinese characters it is a square, however, a square that tends to the circle, and the central axis is the place where all forces, the infinite connections of opposing forces, cancel.



The exercises to develop the Central Axis Strength recall the action of the potter modeling clay for the manufacture of a vase.

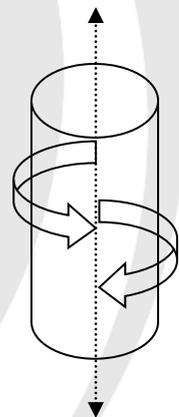
He keeps stable (neck power) with the hand the top of the jar to construct the mouth (work on the first control center), stable base (kidney power on the third control center), to form the center of the vessel (second control center) with continuous rotations of the mass of clay to mold.

Similarly, with circular, continuous and loose movements we try to model our body "and collect it" around this virtual axis.

To do that, the external muscles should be relaxed so that the parts of the body, approaching the central axis, can find a balance as close to the center. In fact, the more it relaxes the external muscles, plus various structural parts toward the center diminish their "leverage" effect on the body.

This ability to gather around the central axis is critical to be able to accumulate, concentrate and emit its energy.

Internal work exercises of Central Axis Force mode are characterized by the repeated twists of waist and trunk, relaxing actively hips joints but stable on the legs, performed with ease, without interruption, with many repetitions.



## Some basic exercises (slow-fast)

### 1. Neck (twisting)



### 2. Chest (twisting) (right-left)



### 3. The dragon flaps its paws (waist power)



### 4. Pelvis pivots on the hip joint (gong bu stance)



### 5. Raise and lower arms

