



# Bat-Zion Susskind-Sacks

*The art of living well*

## Newsletter



Issue 11: August 2008



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**"Summer is the time when one sheds one's tensions with one's clothes, and the right kind of day is jewelled balm for the battered spirit."**

Ada Louise Huxtable

### Kung Fu and your Health

Barry Thompson



Many people compliment my friends and myself saying "In over 25 years you still look the same" or "you haven't aged that much" and "what's your secret?" We always give the answer of training Chan's Martial Arts International's Shao Chi Chuan style of Kung Fu.

Firstly let's look at the style of Kung Fu and the resulting health benefits.

Shao Chi Chuan (the Small Ultimate System) was founded by Master SC Chan in 1975 and its international headquarters are situated in Christchurch New Zealand. The organisation has over 1000 students training Kung Fu and Tai Chi in New Zealand and Australia.

The core curriculum at Chan's facilitates goal setting, which makes fitness motivation easier. Specific skills are added or emphasized at each level, which makes training continually challenging and interesting, yet achievable and satisfying. The system begins with a less demanding but more practical syllabus, leading to an incremental scale of physical and mental intensification.

The belt or sash colours in Shao Chi Chuan indicate the level a student has graded to and which specific skills they are working on, with colours progressing from light to dark. (White to Black) Several gradings per year are available for coloured belts and there is a Black Belt grading once a year. Advanced students train in pressure point knockouts, stick and knife flow drills, Chinese broadsword form and spear, and of course the precision and mastery of our basic fundamentals at the higher level.

The training drills, which are also incorporated in the patterns, are designed for effective combat and involve cross lateral movement and the divergence and convergence of the body for maximum effect and balance. The cross lateral sequential movement is responsible for 'switching the body on' both mentally and physically. As a result the system can improve the student's co-ordination, concentration, temperament, health, study and work productivity.

One of Shao Chi Chuan's characteristics is its vibrant but flowing and relaxed style of movements that enhance the bodies' functions rather than over-stress it. Herein lies the "gold" of the system whose philosophies are based on those of the unparalleled art of Tai Chi Chuan. The student is continually trained and mentally conditioned to perform the techniques in a relaxed, controlled and stable state with the rationale being that if there is no muscle constriction (caused by tension) then there is no stress on the affected joints which means a more effective and proficient range of movement which enhances the bodies performance both mentally and physically.

The more the practitioner trains this style the more the body regenerates resulting in the constant feeling of well being. The founder and Chief Instructor, Master SC Chan is internationally recognised and has taught at many high profile seminars by invitation including the legendary Professor Wally Jay's 90th birthday celebrations held in Oakland San Francisco in June of 2007. Master Chan is a personal friend of many of the world's leading exponents in various styles, including Professor's Wally & Leon Jay, Grandmaster George Dillman and many others who he often trains with around the world.

To find out more information about this style go to [www.chansmartialarts.com](http://www.chansmartialarts.com)

**Barry Thompson, Chief Instructor of the Lincoln Branch of Chan's Martial Arts in Christchurch, New Zealand.**

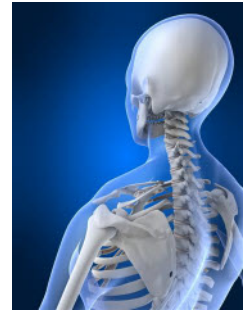
## Osteoporosis

Osteoporosis is a condition of the weakening of the bones making them thin and fragile and leads to an increased risk of fracture. The condition affects mainly postmenopausal women although men can also have it.

Hip and wrist fractures are the most common although they can occur in any bone. Small fractures in the bone of the spine can cause loss of height, curved back and long lasting neck and back pain.

Symptoms of the disease are hard to detect and many may not be aware that their bones are thinning until they break.

A mesh made of protein and calcium constitutes a healthy bone. Our bones are constantly renewed in a process called bone turnover. Peak bone mass is reached in mid twenties As we age, however, bone loss occurs faster than new bone formation. Osteoporosis speeds the process of bone loss.



Prevention or reducing the chances of Osteoporosis involves changing our lifestyle. A healthy diet rich in calcium should include dairy products, dark green leafy vegetables, almonds and salmon. Women are still advised to add calcium supplements to their diet. Adding vitamin D to the diet is essential (just 15 minutes daily exposure to the sun) as it helps our body to absorb the calcium.

Exercising and activities such as walking, dancing tennis can help lower the risk of Osteoporosis. Weight bearing exercises can also help strengthen the bones.

## A Rule of Success

**"The best leader is the one who has the sense to surround himself with winning people. "**

### Don't send your Ducks to Eagle School

**Jim Rohn**

The first rule of management is this: don't send your ducks to eagle school. Why? Because it won't work. Good people are found not changed. They can change themselves, but you can't change them. If you want motivated people, you have to find them, not to motivate them.

I picked up a magazine not long ago in New York that had a full-page ad in it for a hotel chain. The first line of the ad read, "We do not teach our people to be nice." Now that got my attention. The second line said, "We hire nice people." I thought, "what a clever shortcut!"

Motivation is a mystery. Why are some people motivated and some are not? Why does one salesperson see his first prospect at seven in the morning while the other sees his first prospect at eleven in the morning? Why would one start at seven and the other start at eleven? I don't know. Call it "mysteries of the mind."

I give lectures to a thousand people at a time. One walks out and says, "I've heard all this stuff before." Why is that?

The wealthy man says to a thousand people, "I read this book, and it started me on the road to wealth." Guess how many of the thousand go out and get the book? Mysteries of the mind...

To one person, you have to say, "you'd better slow down. You can't work that many hours, do that many things, go, go, go. You're going to have a heart attack and die." And to another person, you have to say, "When are you going to get off the couch?" What is the difference? Why wouldn't everyone strive to be healthy and happy?

Chalk it up to the mysteries of the mind, and don't waste your time trying to turn ducks into eagles. Hire people who already have the motivation and drive to be eagle and then let them soar.



## Yours in Health, Happiness and Success

Batzi

Bat-Zion Susskind-Sacks  
[www.artoflivingwell.net](http://www.artoflivingwell.net)



To find out more about how our team can help you achieve your goals, please ring us on: 07981-538114 (mobile) or: (020) 8202-6430 (land line) or email me at: [batzi@artoflivingwell.net](mailto:batzi@artoflivingwell.net)

Newsletter Production: Brian Sacks

Hendon Web Designs

Telephone: (020) 8202 6430

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