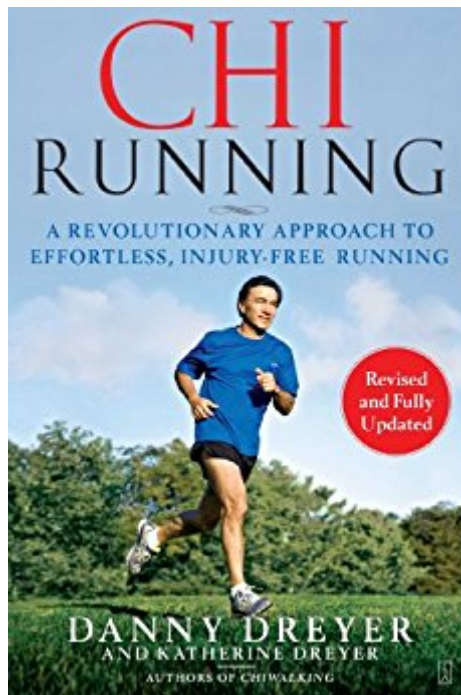


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# ChiRunning: A Revolutionary Approach To Effortless, Injury-Free Running



## Synopsis

The revised edition of the bestselling ChiRunning, a groundbreaking program from ultra-marathoner and nationally-known coach Danny Dreyer, that teaches you how to run faster and farther with less effort, and to prevent and heal injuries for runners of any age or fitness level. In ChiRunning, Danny and Katherine Dreyer, well-known walking and running coaches, provide powerful insight that transforms running from a high-injury sport to a body-friendly, injury-free fitness phenomenon. ChiRunning employs the deep power reserves in the core muscles, an approach found in disciplines such as yoga, Pilates, and Tai Chi. ChiRunning enables you to develop a personalized exercise program by blending running with the powerful mind-body principles of Tai Chi: 1. Get aligned. Develop great posture and reduce your potential for injury while running, and make knee pain and shin splints a thing of the past. 2. Engage your core. Shift the workload from your leg muscles to your core muscles, for efficiency and speed. 3. Add relaxation to your running. Learn to focus your mind and relax your body to increase speed and distance. 4. Make it a Mindful Practice. Maintain high performance and make running a mindful, enjoyable life-long practice. 5. It's easy to learn. Transform your running with the ten-step ChiRunning training program.

## Book Information

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## Customer Reviews

I have been a barefoot runner since 2005, at which time I re-learned how to correctly run using my awareness and the teachings of numerous sources. I have read Danny Dryer's ChiRunning book and watched his ChiRunning DVD. I have also studied The Pose Running Technique on DVD and the workbook. In addition, I have experience practicing Qi Gong (Chi Kung), meditation, and yoga. I have also studied anatomy, posture, The Alexander Technique, and Rolfing Structural Integration. My partner is also a Chinese Medicine professional and Acupuncturist. So basically, I know a thing or two in this field...In light of the acclaim that Danny Dryer is receiving for his ChiRunning technique, there are some critical errors and marketing misperceptions that I feel should be addressed. I base these insights on my own personal experience and my extensive research into natural running techniques and chi energy.<sup>1</sup> This book does not at all use the chi (qi) energy for running. Dryer teaches a method of using gravity to encourage the body to move through space. After reading and watching Dryer's published material, it is clear to me that he uses the term "chi" as a marketing strategy. All things eastern - yoga, tai chi, etc - are hot selling points these days. Yes, Dryer states that he has practiced Qi Gong under a teacher. However, nowhere in the DVD or book does he teach about the movement of chi the body, its pathways or its functions. Dryer should have title his technique "Gravity Running" instead.<sup>2</sup> Dryer combines a commonly misunderstood Pilates technique (tightening the core), claiming it to be engaging the "hara" or "dan tien / tan tien". While the dan tien is the chi energy center below the navel, never are core muscles used when working with this center.

A decent book with some interesting ideas, but little to do with anything "Chi," which was a little disappointing. The underlying emphasis throughout this book is on competition, even though usually unstated. It's all about technique. He advocates using as little leg muscle as possible. Specifically, one does not push off using the toes or propel the body using the leg muscles like a sprinter might do. Instead, the only muscle action of the legs is to pick themselves up. He uses a good illustration: stand straight and fall forward. Instinctively, one of your legs will swing forward to catch you. If you use ONLY this muscle action, you'll have the basis of this book's technique. In addition, he advises you engage your core muscles and maintain an erect, proper posture. (That's good advice because it keeps your body from getting sloppy.) His advice for deep, rhythmic breathing and for relaxing the body overall are sound. The arms swing loosely and to the rear which opens up the chest for better

breathing. It is important to focus on what our body and our breath are doing as we run (and not be distracted by our normal day-to-day thoughts). This makes running almost like meditating, which in my opinion is a good thing. I'm trying this technique in my regular runs and so far it seems "interesting," but no final verdict yet. Some advice sounds a little dubious. For example, he advises pronators (whose feet strike the ground not parallel to their path) to force their feet parallel to avoid injury. I'm certainly no expert, but seems to me that forcing a natural pronation to an unnatural angle might itself lead to injury. In any case, I'd certainly want to see some clinical studies before adopting this advice. Now for a few disappointments.

First of all, I am a 43 year old NON-runner. I'm 5'4" with stumpy little "Barney Rubble" legs that don't go very fast on the best of days, and the shoulders and arms like a line backer due to my Midwestern rearing on a hay farm; a sleek and slender runners body is the last thing in the world that I possess. With that said, due to my job, every year I have to do a physical fitness test (push ups, sit ups and the dreaded mile and a half run) and every single year I've dreaded it every time. This year I was dreading it more because I've traveled quite a bit, was floored by the flu in March and at the end of April, was hit with paralyzing allergies so the training I would normally do for the four months leading up to my testing didn't happen. I honestly didn't know what I was going to do. Not only do I despise running, I despised the weeks of the recovery from the injuries that I would always sustain, especially from completely blowing out my ankles, knees and especially my quads. Then, as fate would have it, while surfing on my kindle one night, about a week ago, I found this book and read the reviews. At first, I had some major doubts because something as simple as changing your running posture, in order to run more comfortably for longer durations, sounded way too good to be true but I was desperate and time was running out for me. At first, the book sounded a bit like an infomercial that you'd see at 3am when nothing else was on, the claims it made were a bit outlandish but I kept reading. I have to admit, I was intrigued by the time I was done but I was still having a hard time visualizing what I needed to do. On a whim, I logged onto YouTube and watched the video's on CHI Running...this was completely doable!

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