

Solar Plexus

For dance movement purposes, the solar plexus is located at the gravitational center of the torso, just below the middle of the ribs. If you follow the lines under your ribs with each hand, the point where your fingers meet will be the solar plexus. In terms of our organs it is located just above the stomach and just below the chest and lungs.

Also known as the 'celiac plexus', this is a complex network of nerves and arteries which connect and regulate many of the organs. It is located in front of the diaphragm which we use in order to help regulate our breathing.

For non dance movement, the solar plexus interestingly has many important roles in martial arts. In karate and other 'hard' styles, the solar plexus falls under scrutiny as the best place to punch someone if you want to set them off balance and 'wind' them at the same time – a solid punch to the solar plexus hurts a lot due to the cluster of nerves, causes us to 'double over', and causes the diaphragm to knock all the air out of our lungs. In softer 'internal' styles of martial arts the solar plexus is believed to be the rough location of the 'dan tien' which is the center of our 'Qi' energy. Though these ancient Chinese beliefs might have been a bit off in terms of the precise reason, they nevertheless even at this early stage were able to recognize the importance of this point.

