



WORLD

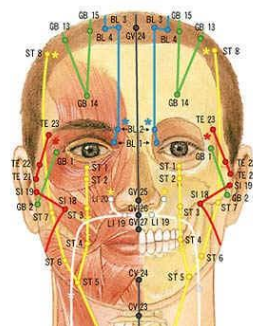
Acudo Camp 2009

Lecture IV



The Science of Acupuncture points used in Martial Arts





Martial Art Theory

Analysis of movement



Yin/ yang have movement in different directions



- All muscles have:
 - Antagonists
 - Synergists
- To understand movement you have to know:
 - Tendino muscular meridians
 - Where they run
 - How they work
 - Their interactions



Important facts I

- Right – Left is coordinated
- Arms – legs are coordinated



The School Example

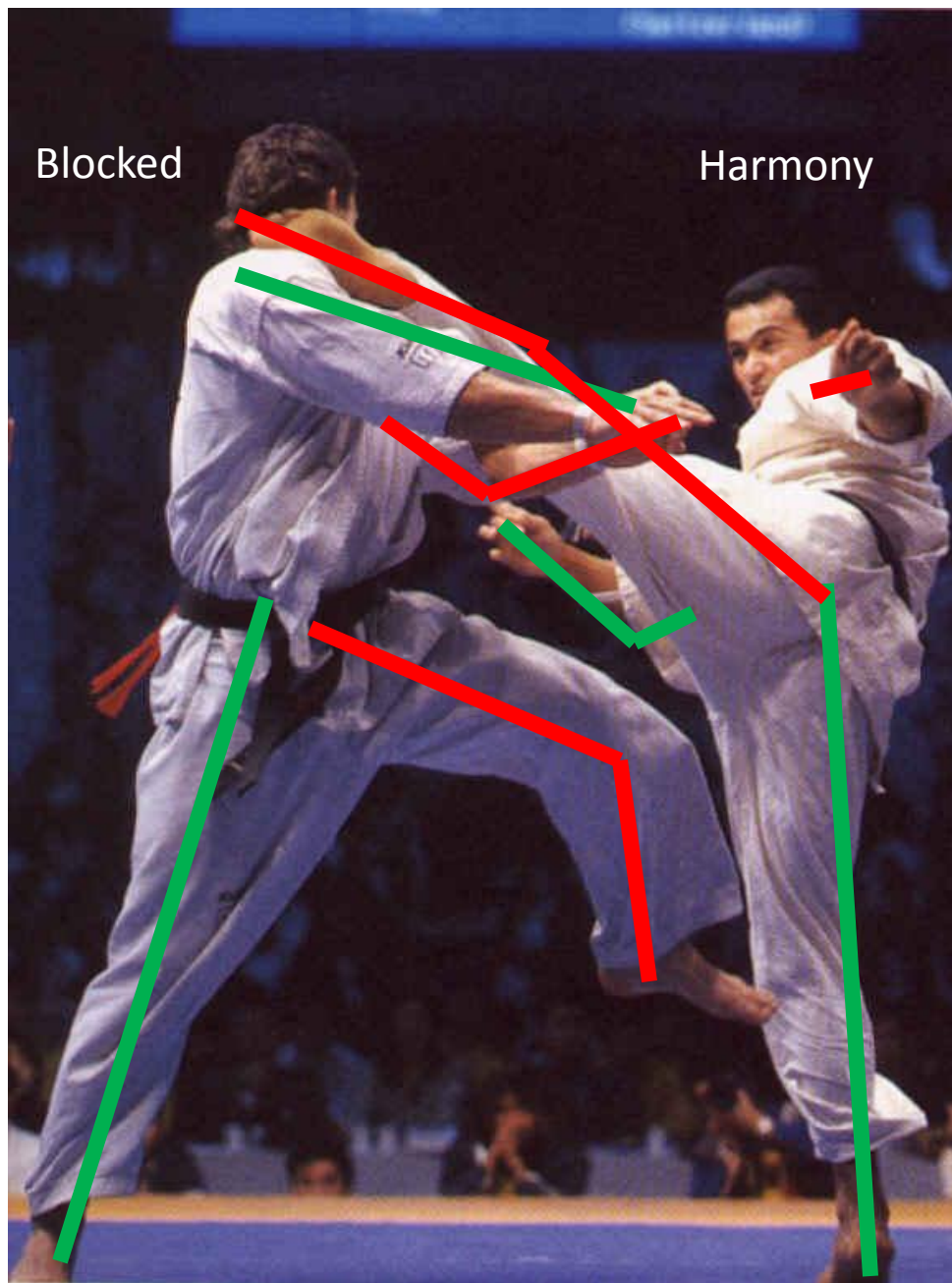
Harmony



Example

- Left forward – right backward
- Movements:
 - Legs will follow hand
 - Hands will follow leg





Action
example



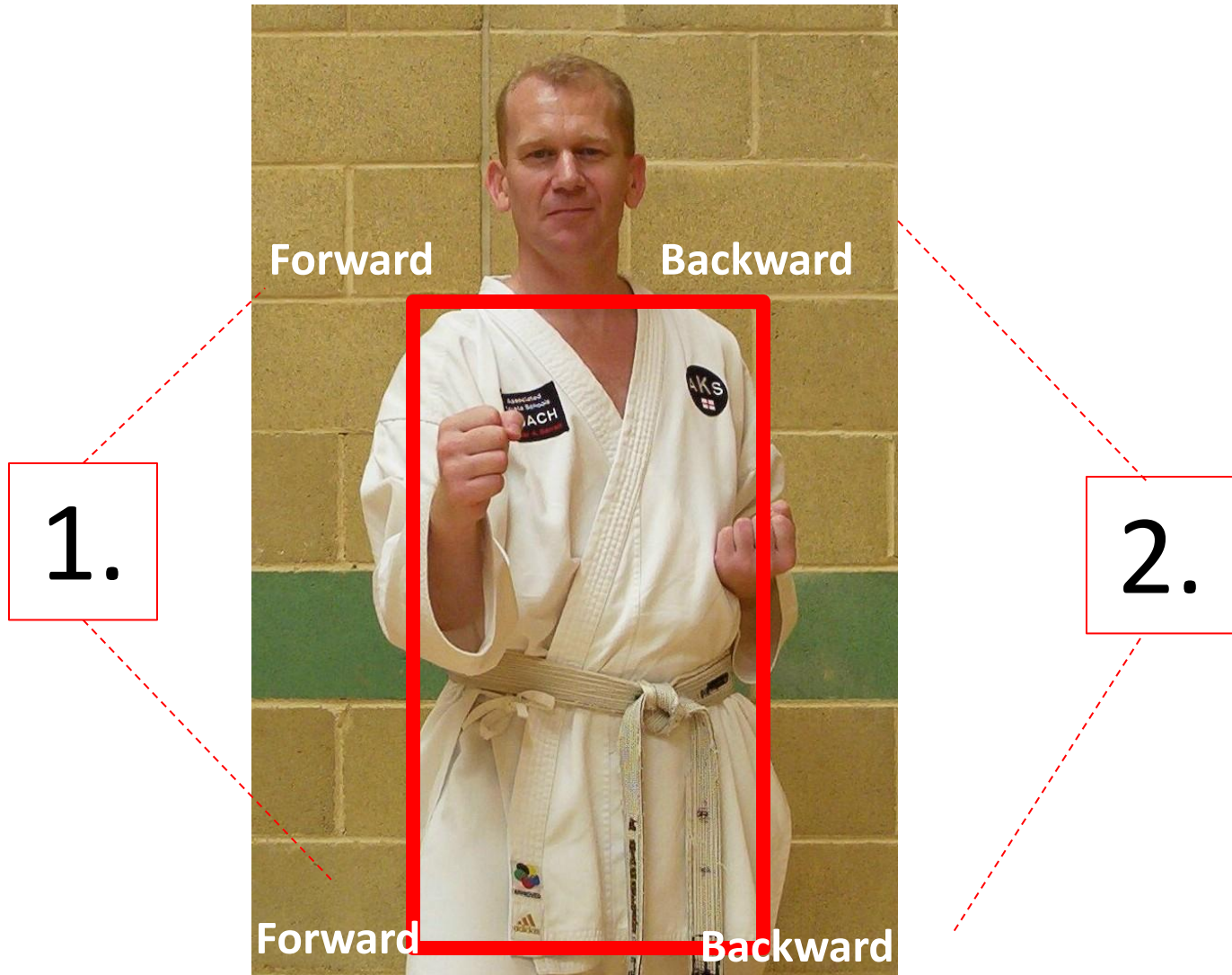


Important facts II



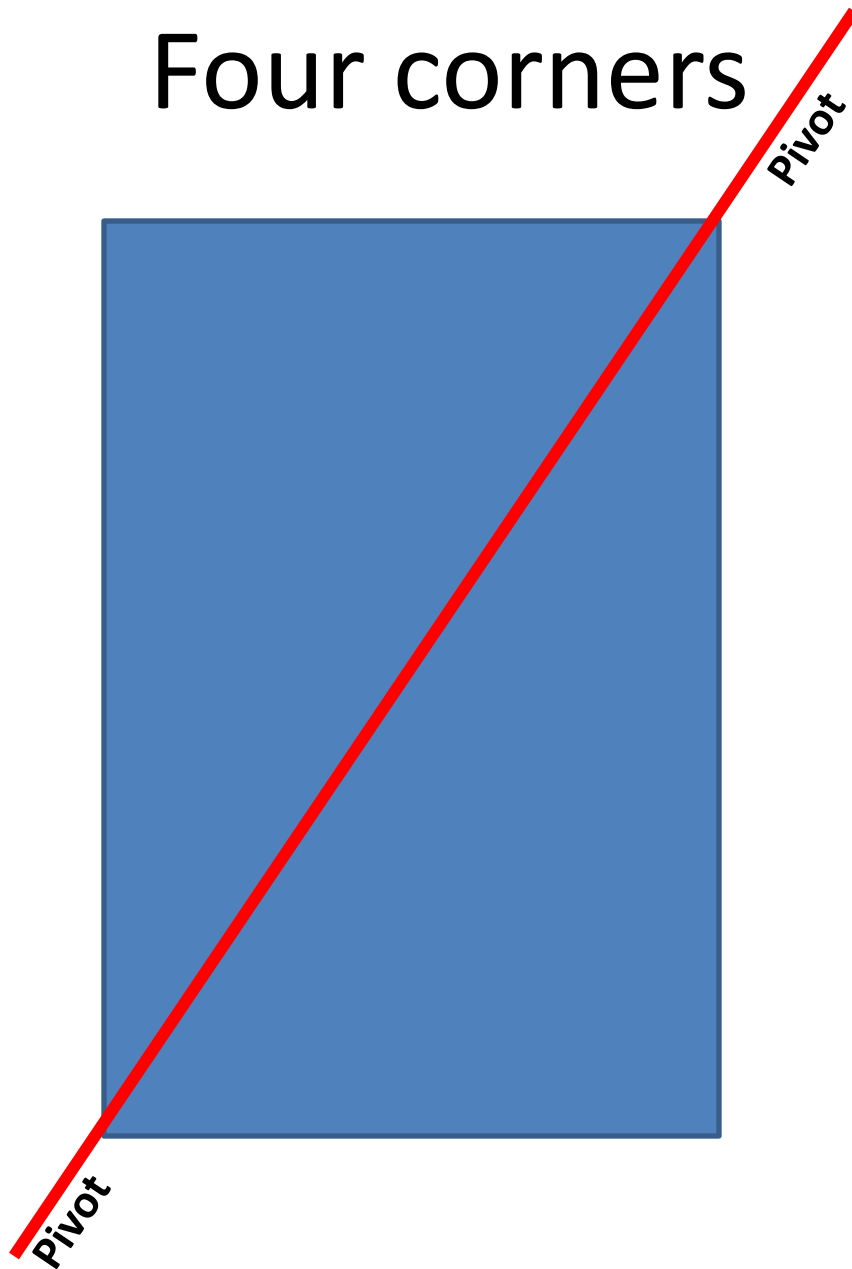
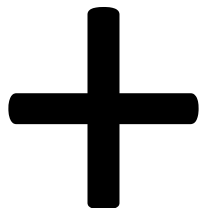
- Shoulders - hips are coordinated
- Front – back are coordinated
- Bend – flex movements are coordinated

Four corners





Four corners



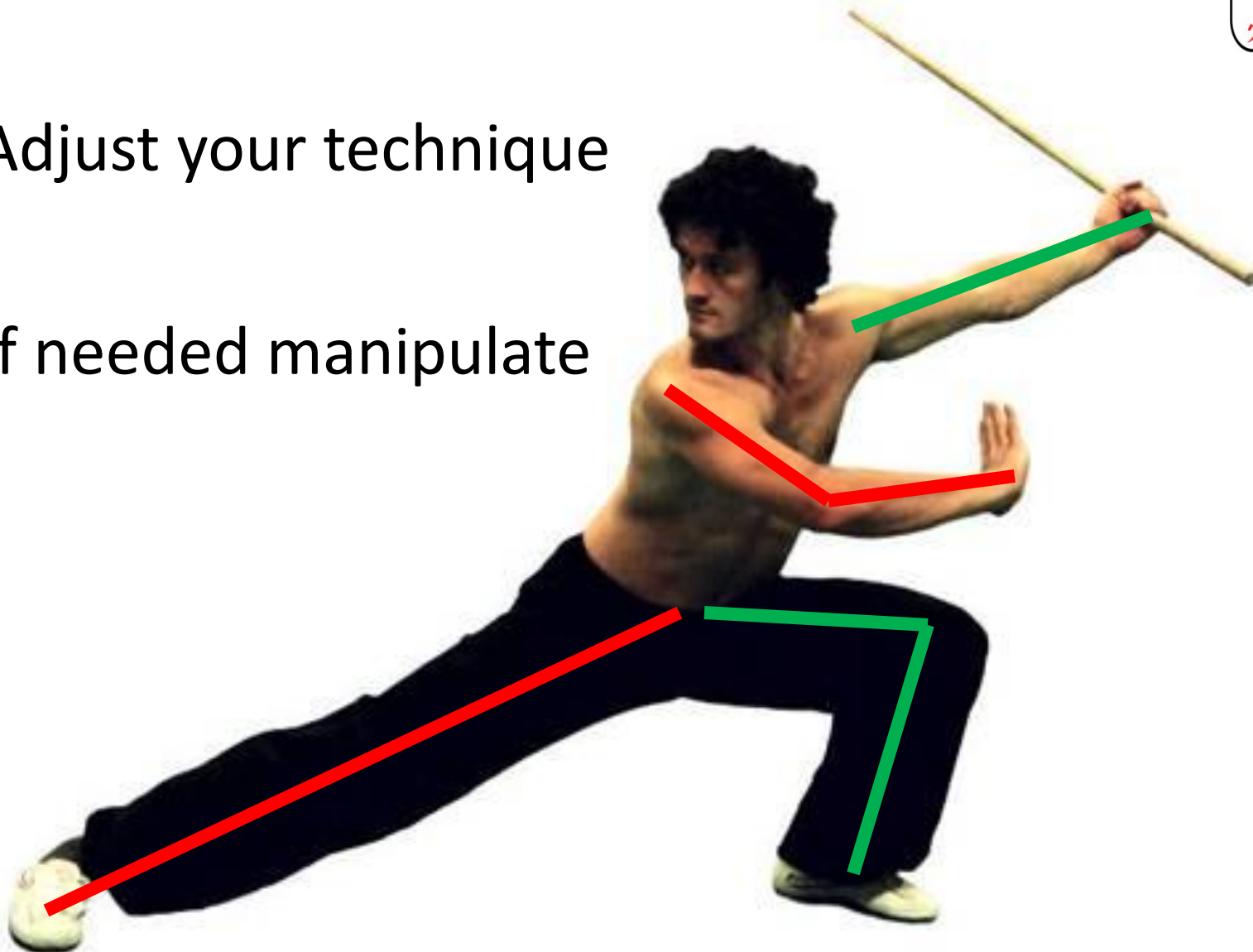


Always the same harmony



Read the movements

- Adjust your technique
- If needed manipulate





Important facts III



- Left – right important fact
 - Yin in right means yang in left
- Up and down important fact
 - Yin up means yang down
- Right arm movement are copied by left foot
- Left arm movement are copied by right foot



Basic Yin/ yang

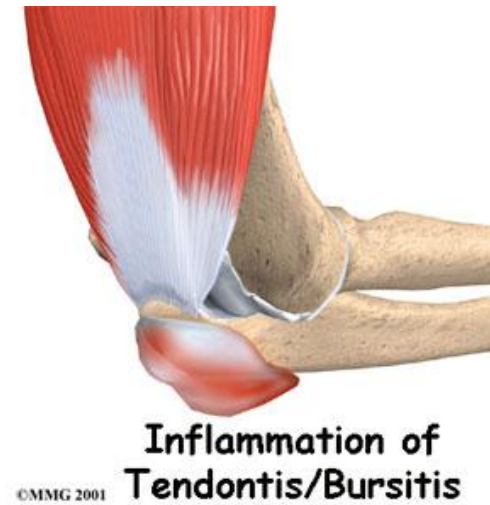




Then we got six movements

Six on arms - Six on feet

ALL FOLLOW THE SAME RULES



Tendino muskular meridians

TMM

Tendino muskular meridians

- We have 12 TMM
- Each one is a part of the meridian system





TMM occurs

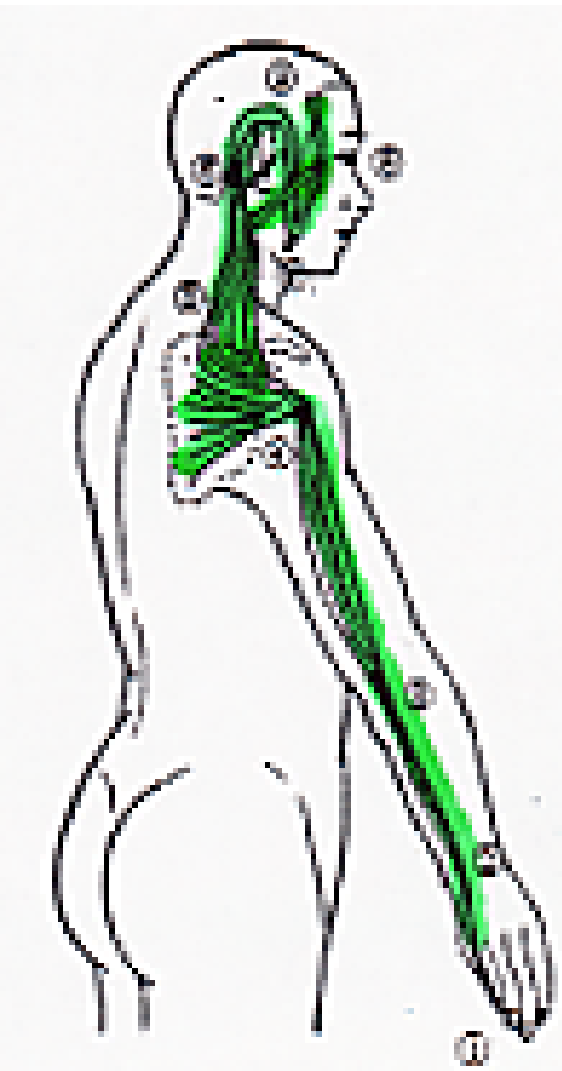
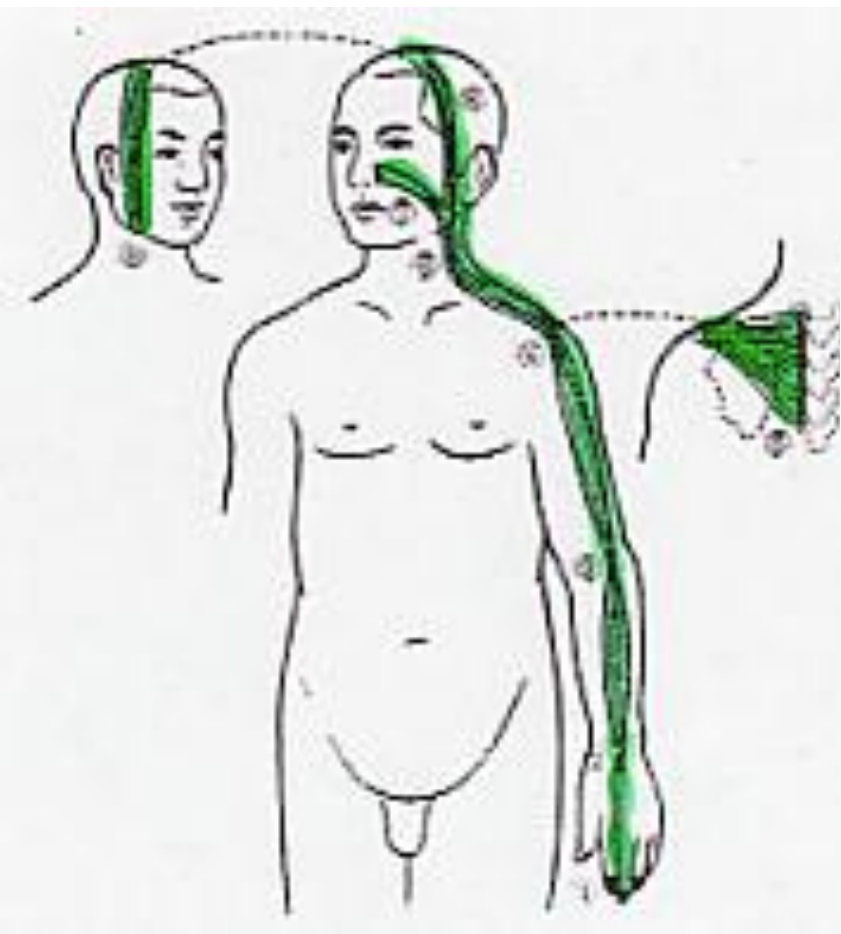
Unilateral

Acute

- If a TMM is empty the muscle is weak
- A full TMM will give pain
 - Qi stagnation
 - Xue stagnation

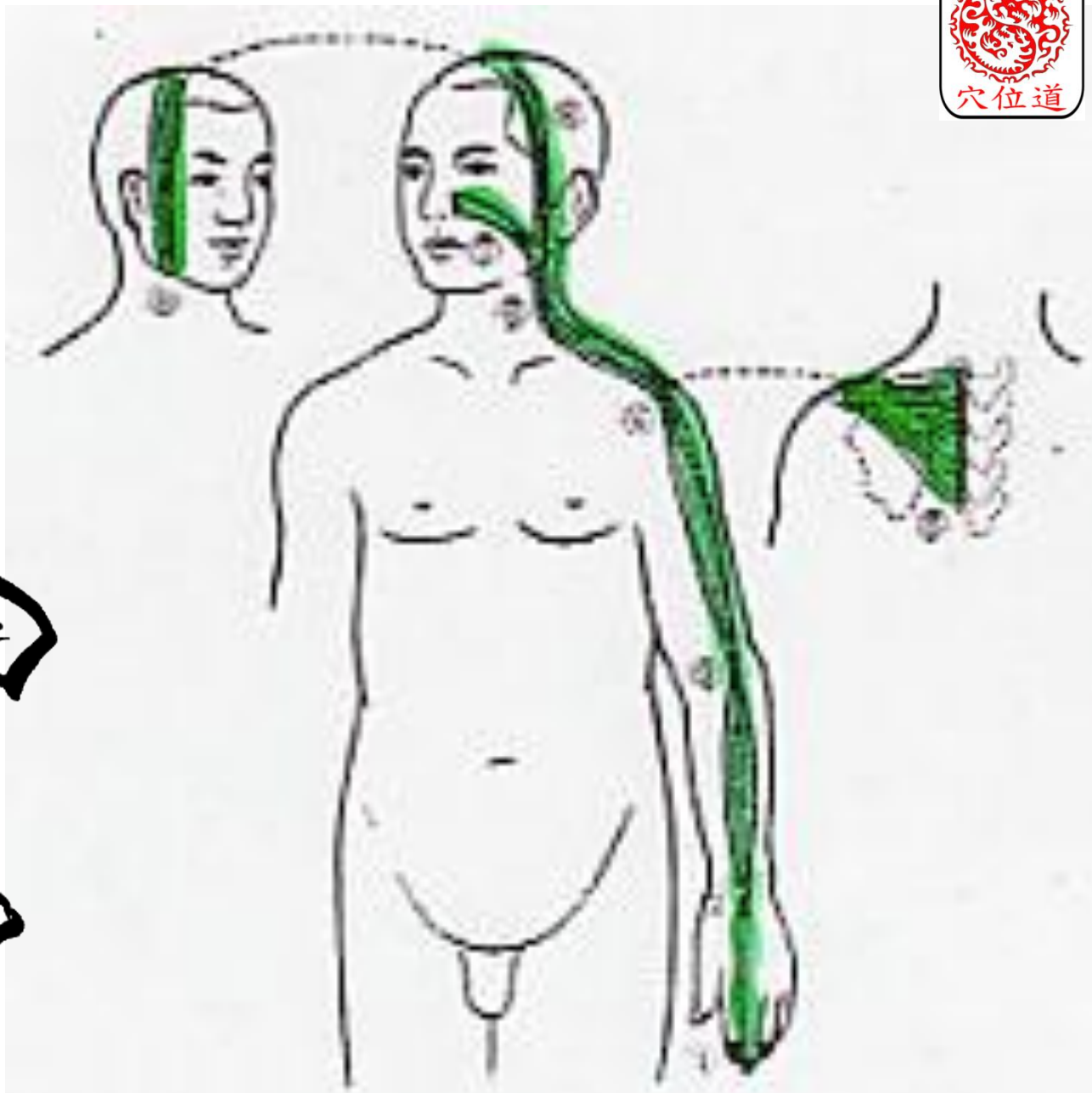
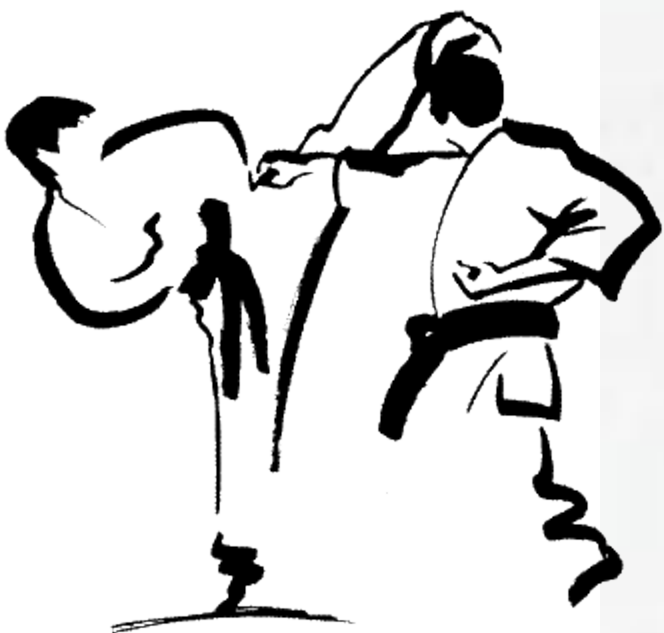


Yang TMM - hand



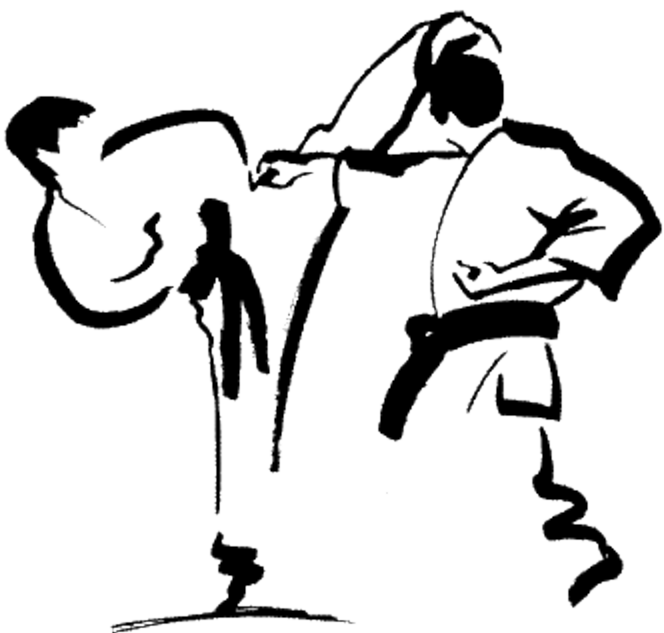


Large intestine TMM



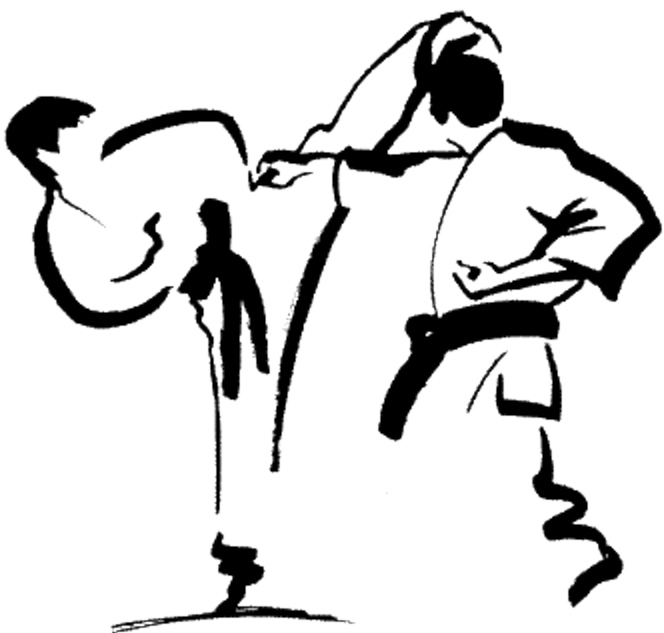


Small intestine TMM

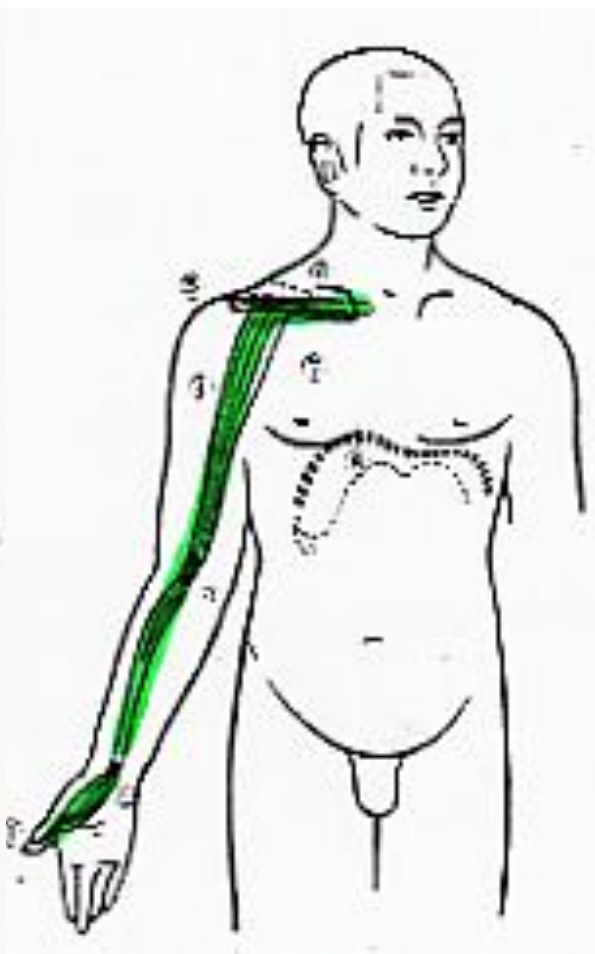
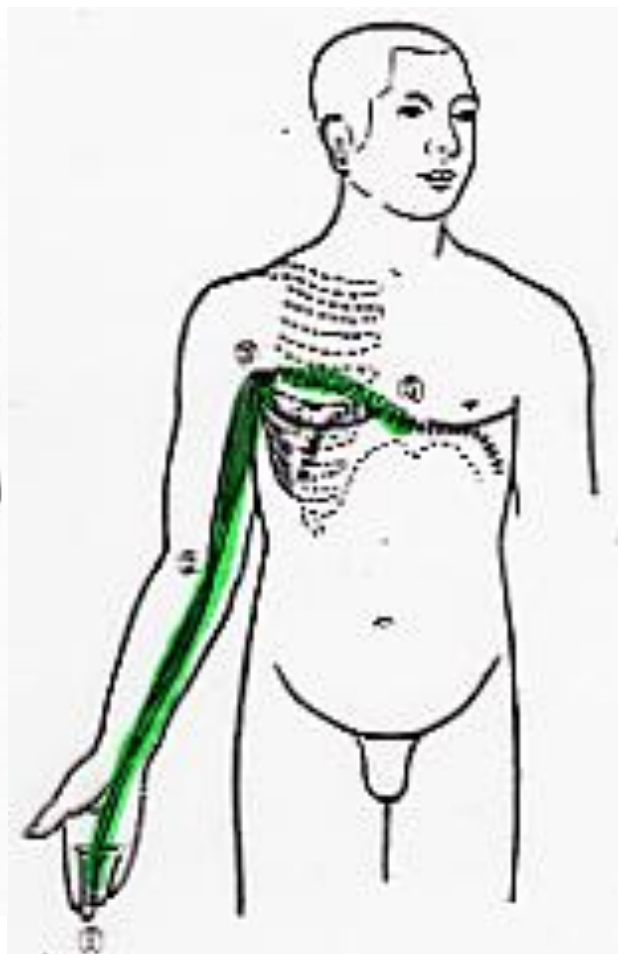
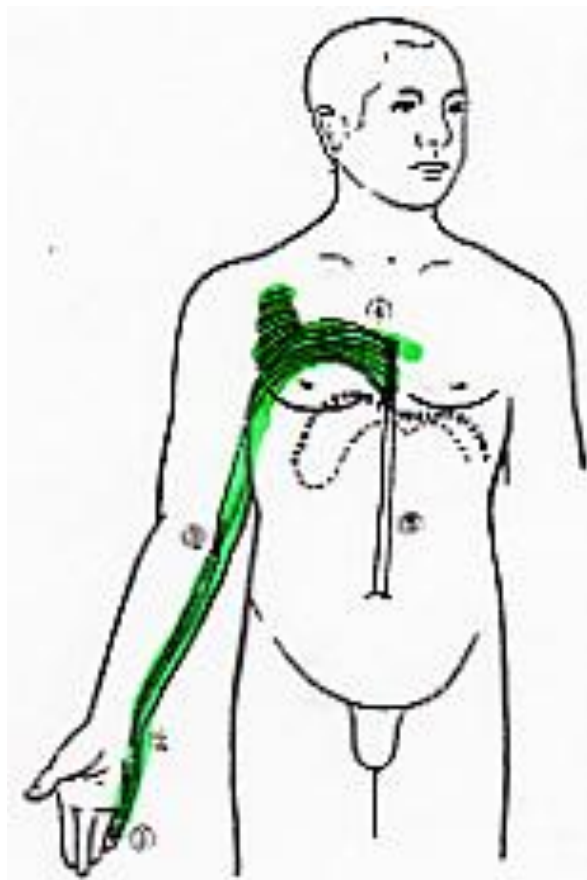




San Jiao TMM



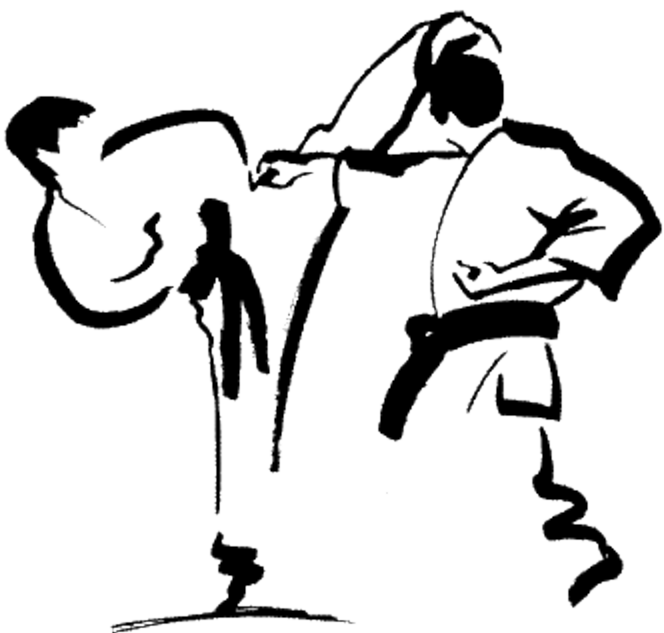
Yin TMM - hand





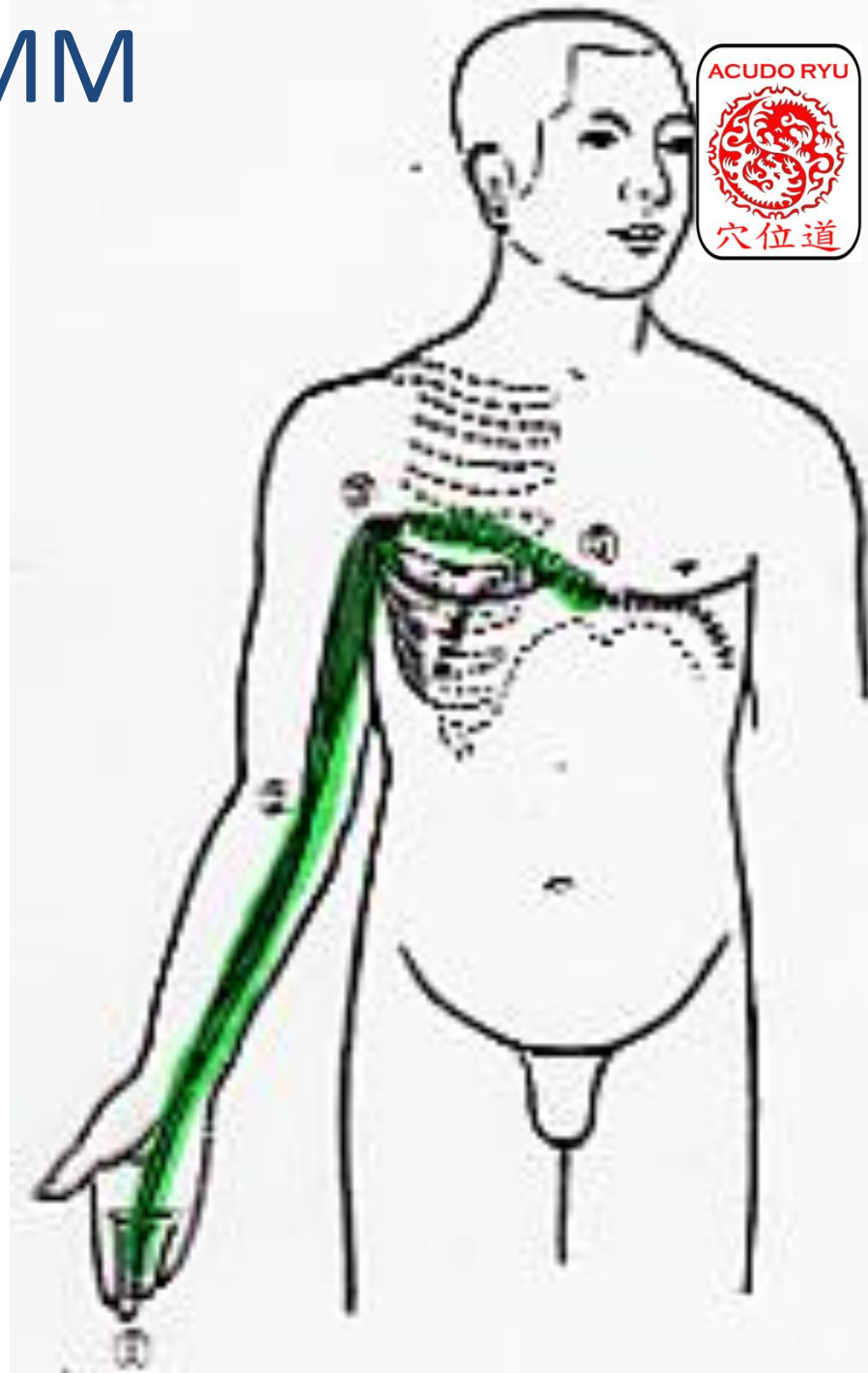


Lung TMM



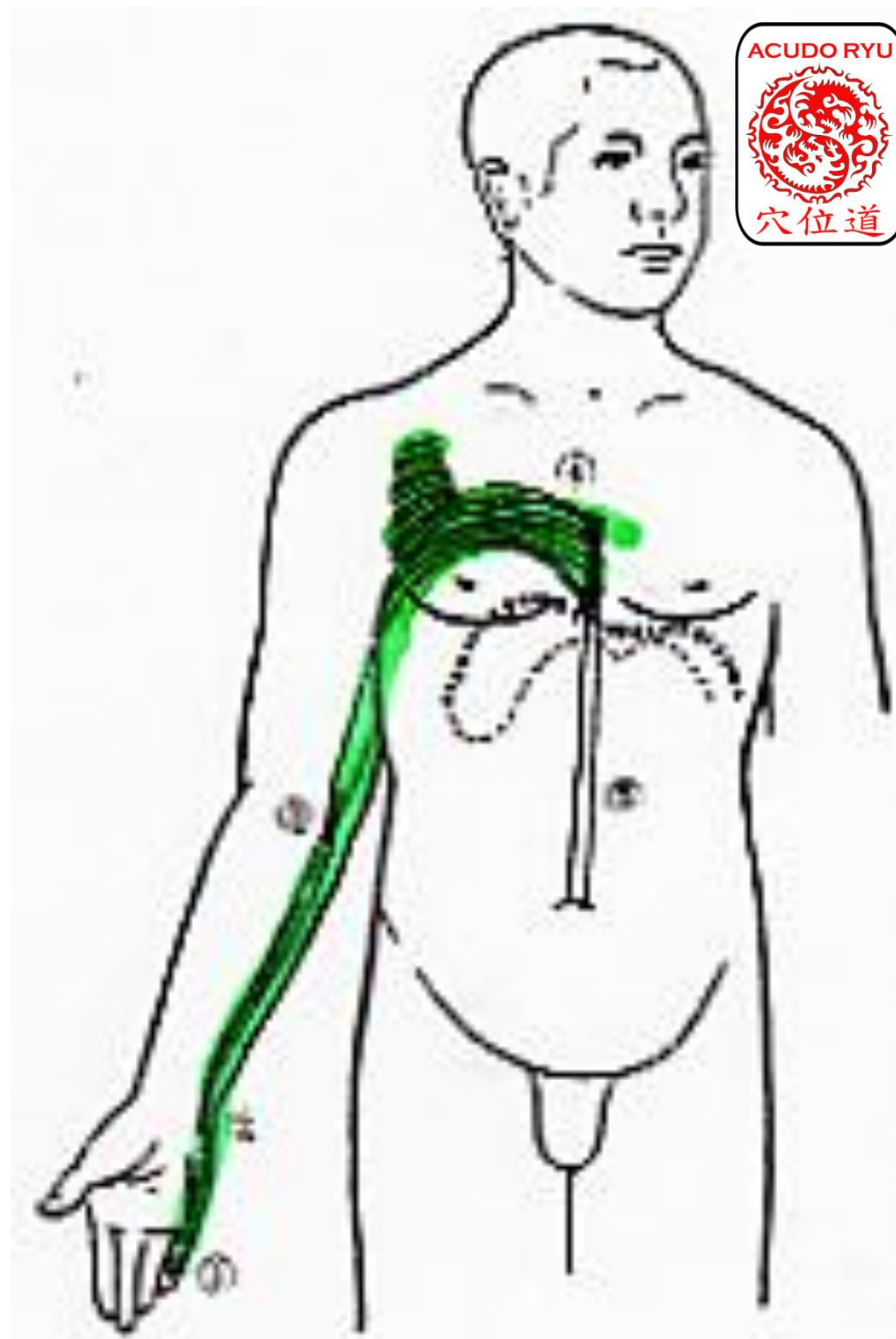
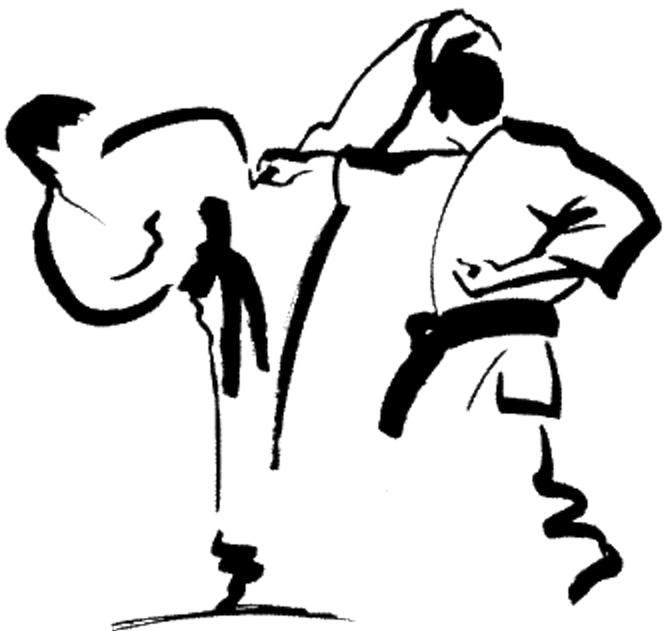


Pericardium TMM

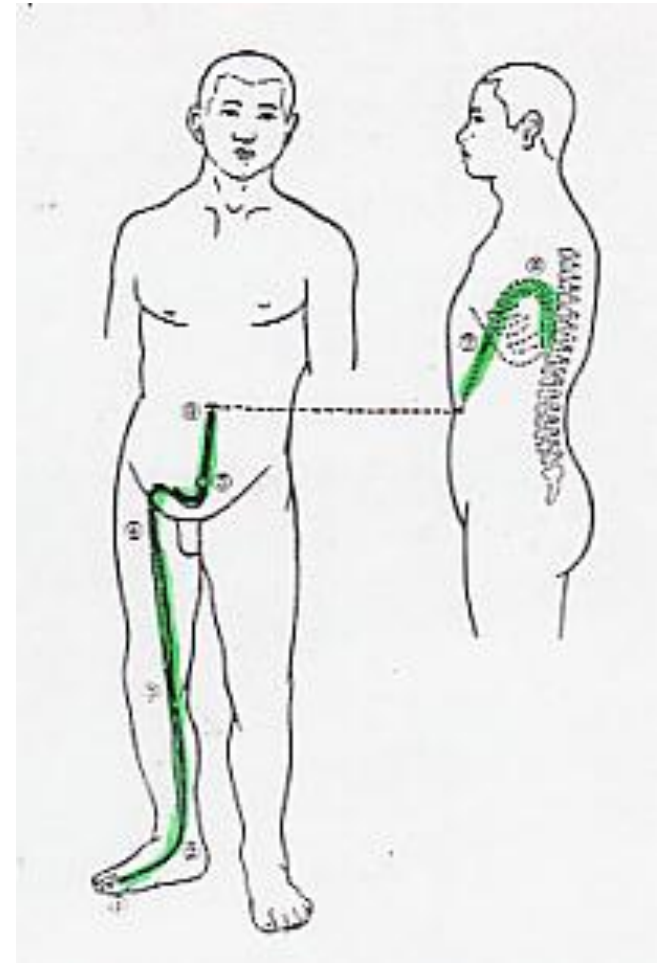
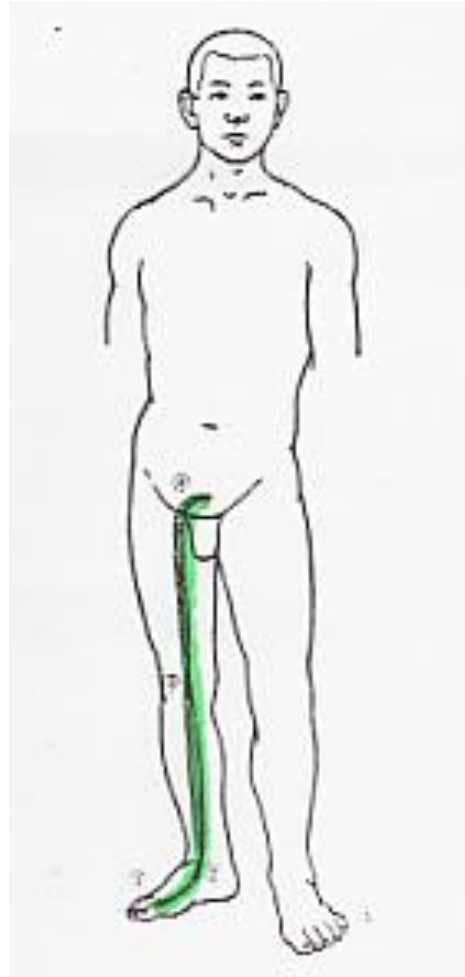
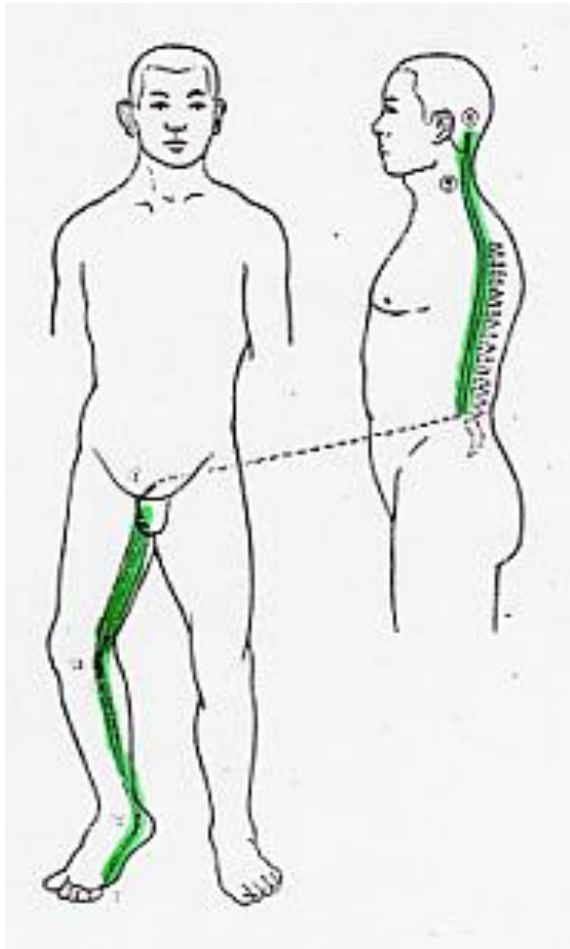




Heart TMM

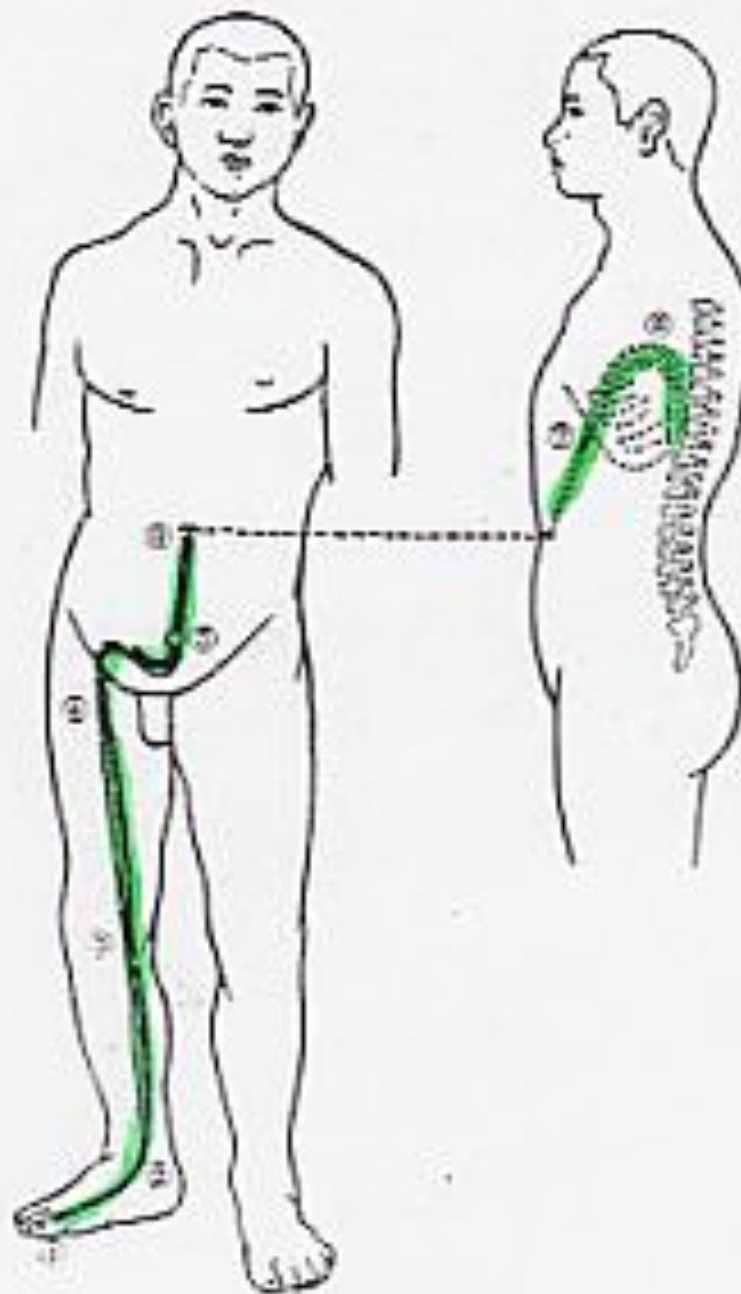
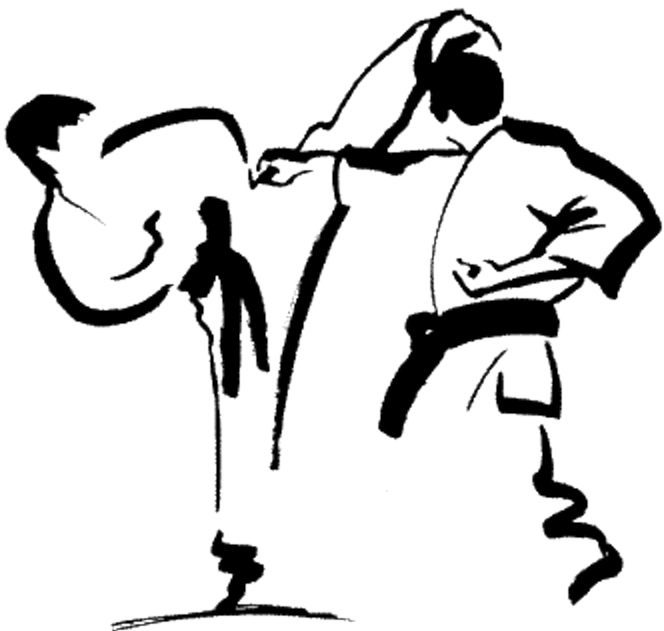


Yin TMM - foot





Spleen TMM



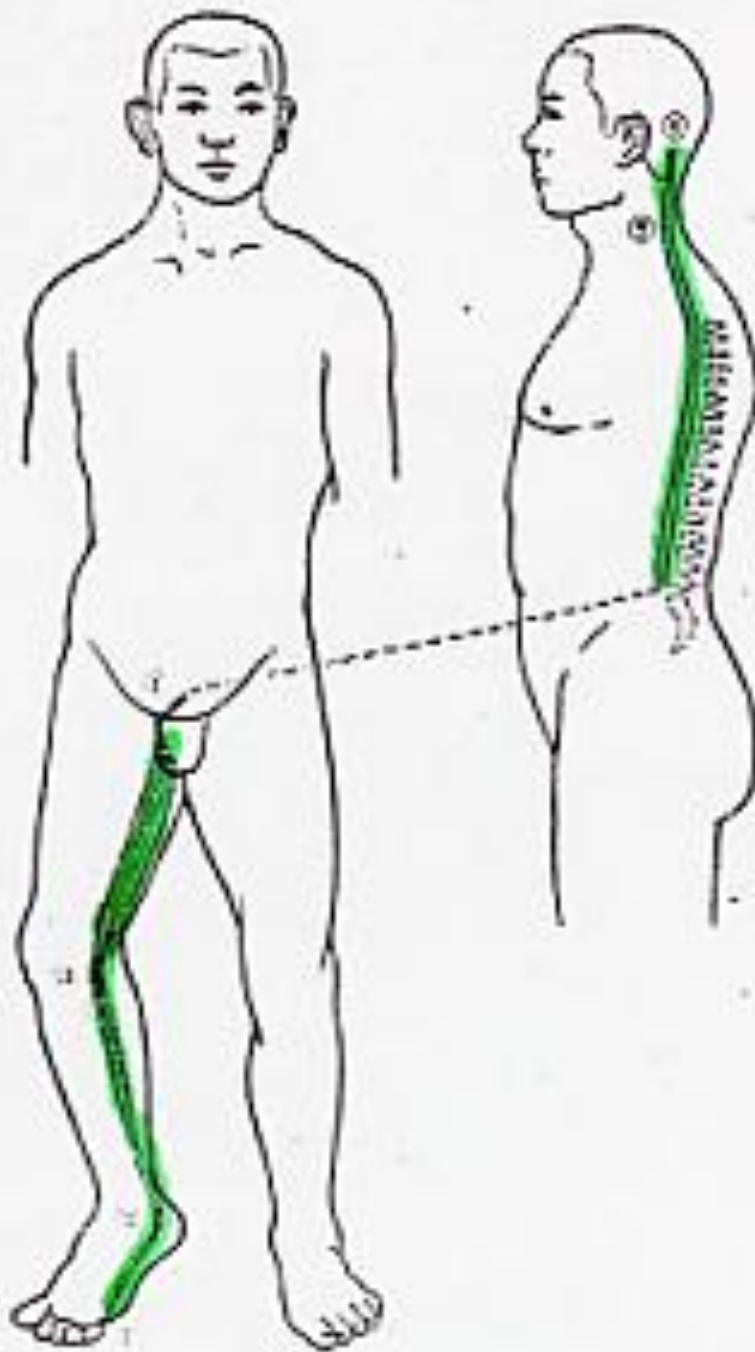


Liver TMM

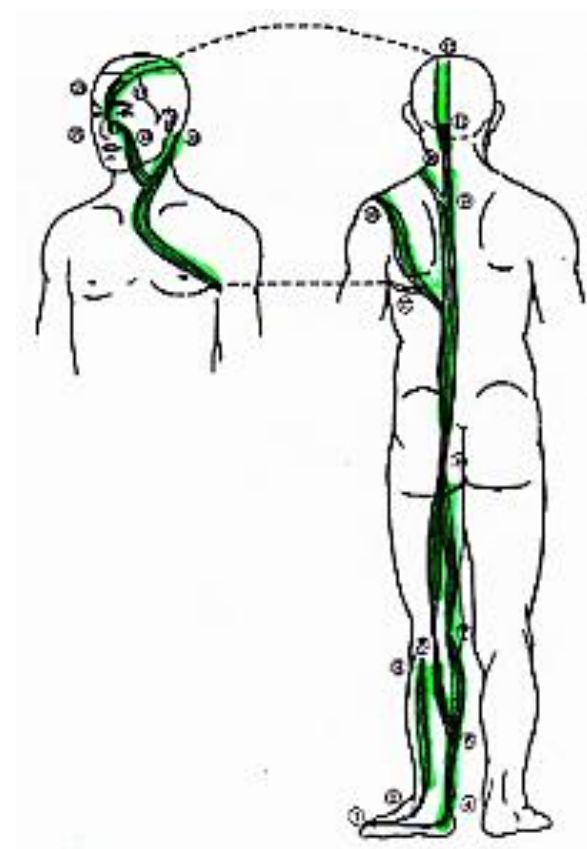
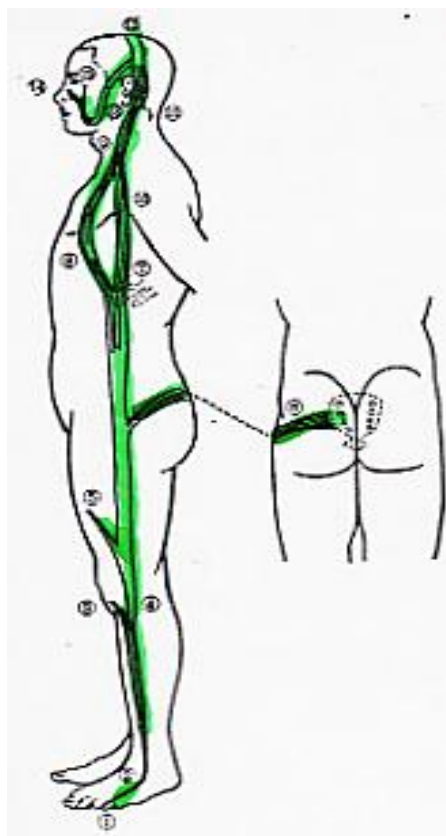
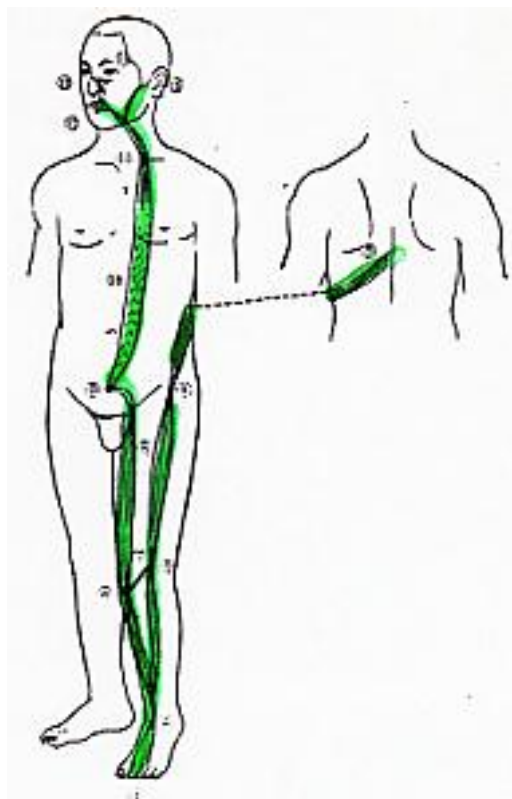




Kidney TMM



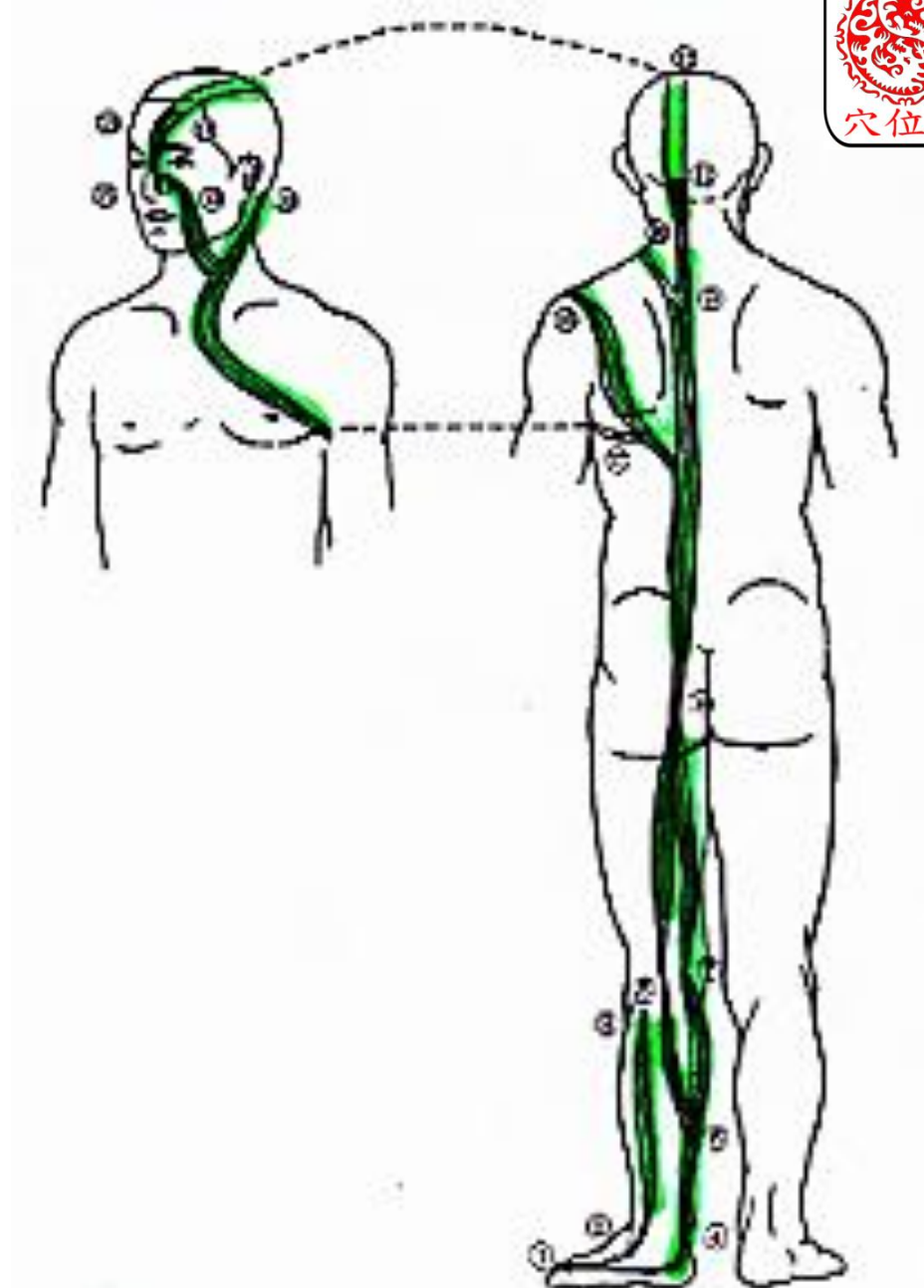
Yang TMM - foot





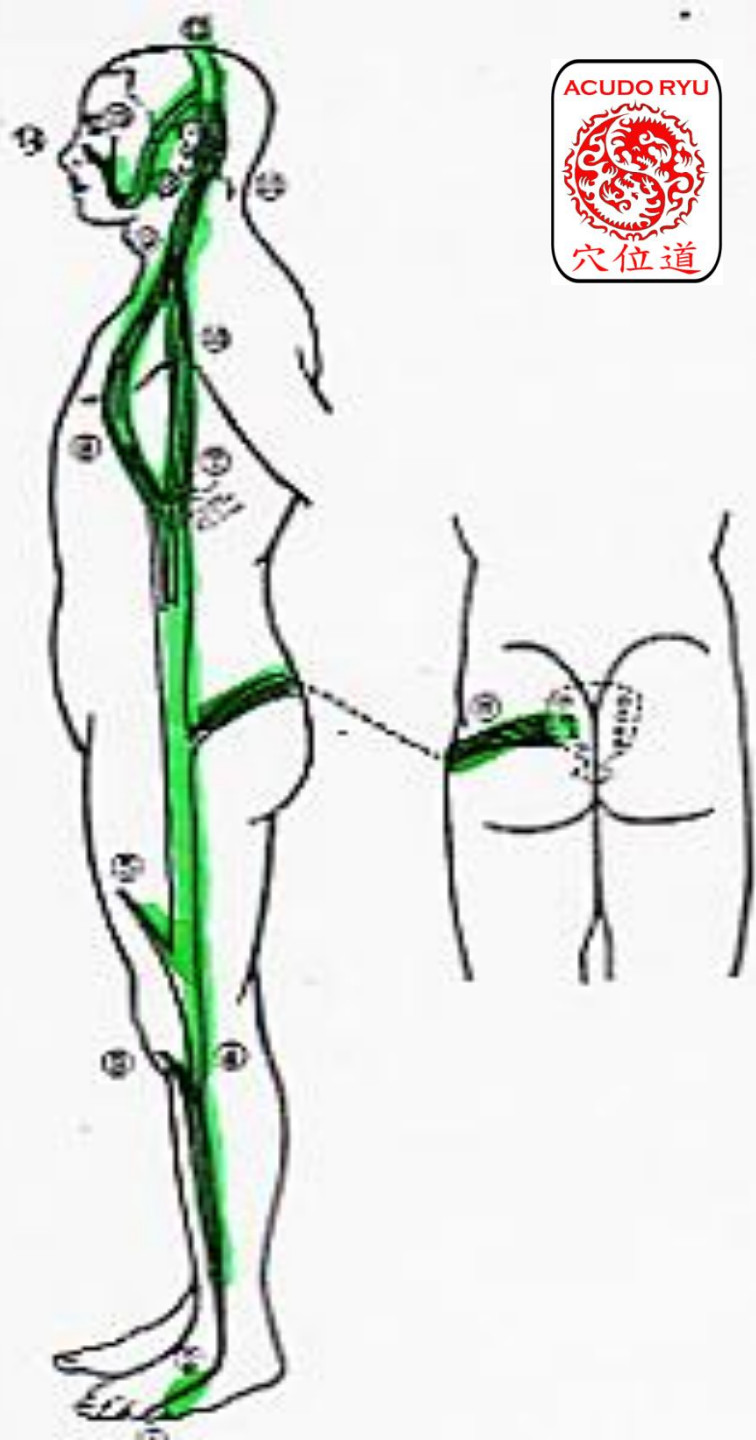


Urinary bladder TMM



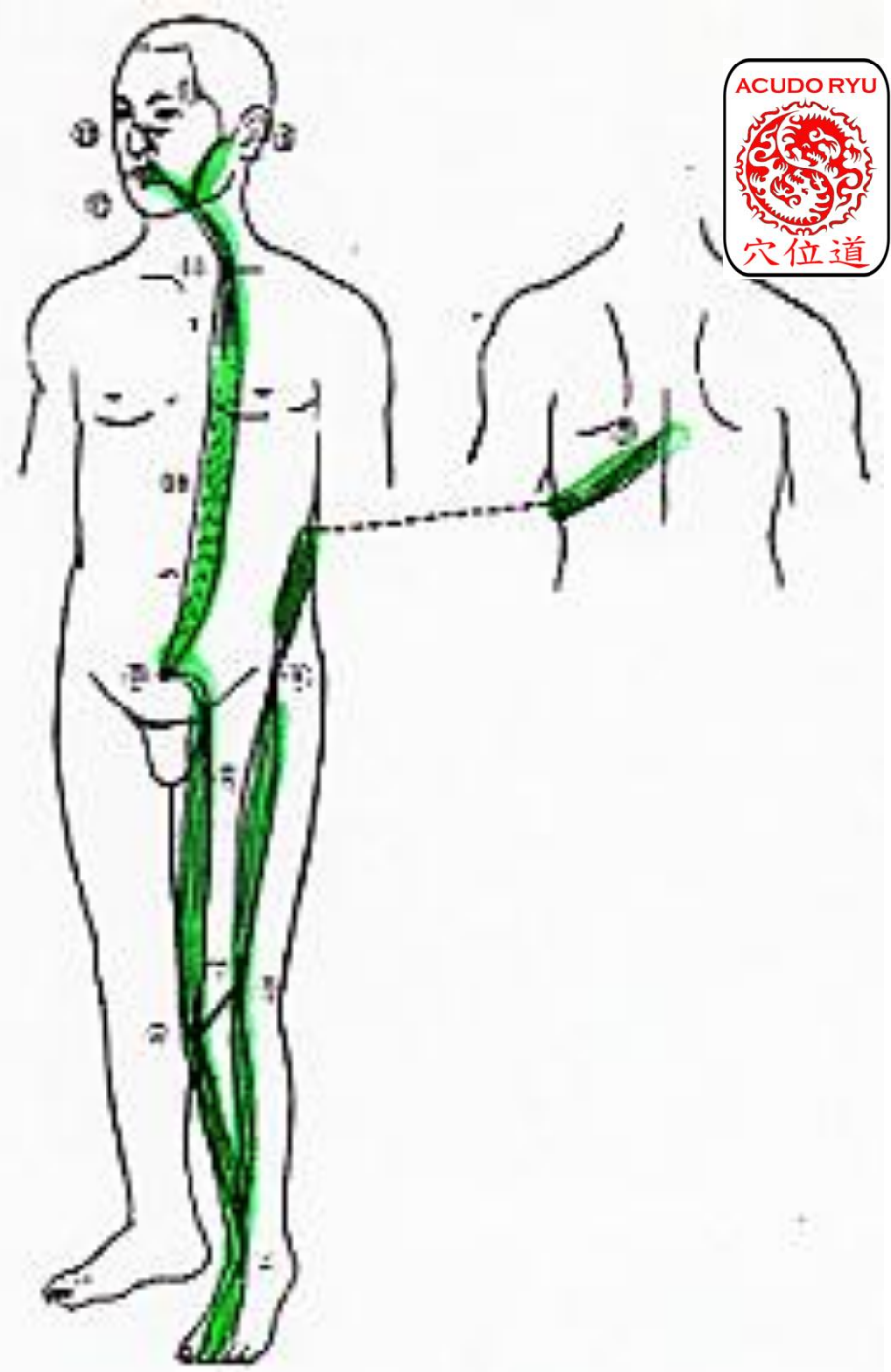


Gallbladder TMM





Stomach TMM





Especially strong points

TMM	TMM Reunion points
Ty Sj Co	Gb13
H P Lu	Gb22
B Gb M	M1
N Le Mp	Ren2 og Ren3





Movement tells about TMM



- Example:
 - Problems to stretch elbow
 - Ty, Sj, Co
 - Problems to bend elbow
 - H, P, Lu
- We use TMM to:
 - Predict movement
 - Find active meridian
 - Get the best effect possible

