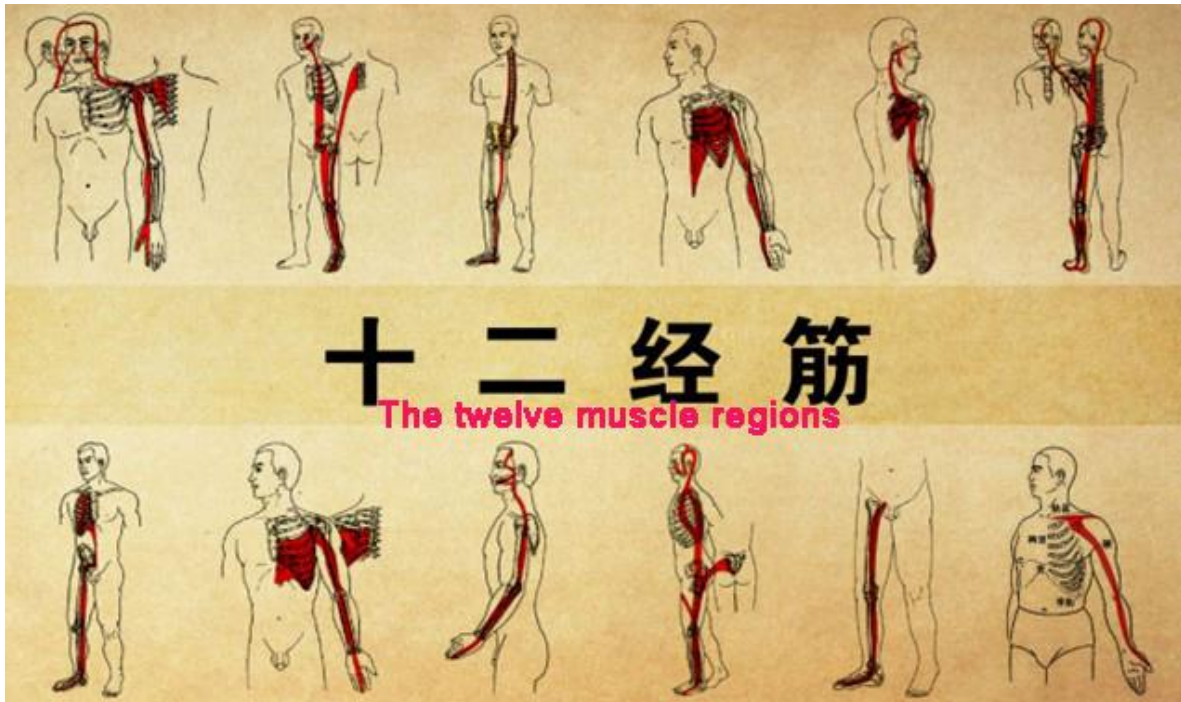




The Origin of the twelve optimal stances

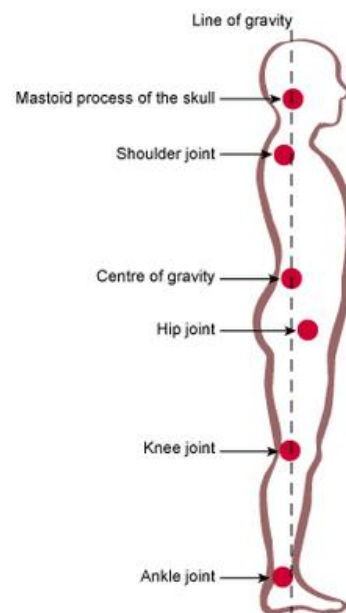
- Six arm and six foot positions

Center of Gravity

Center line

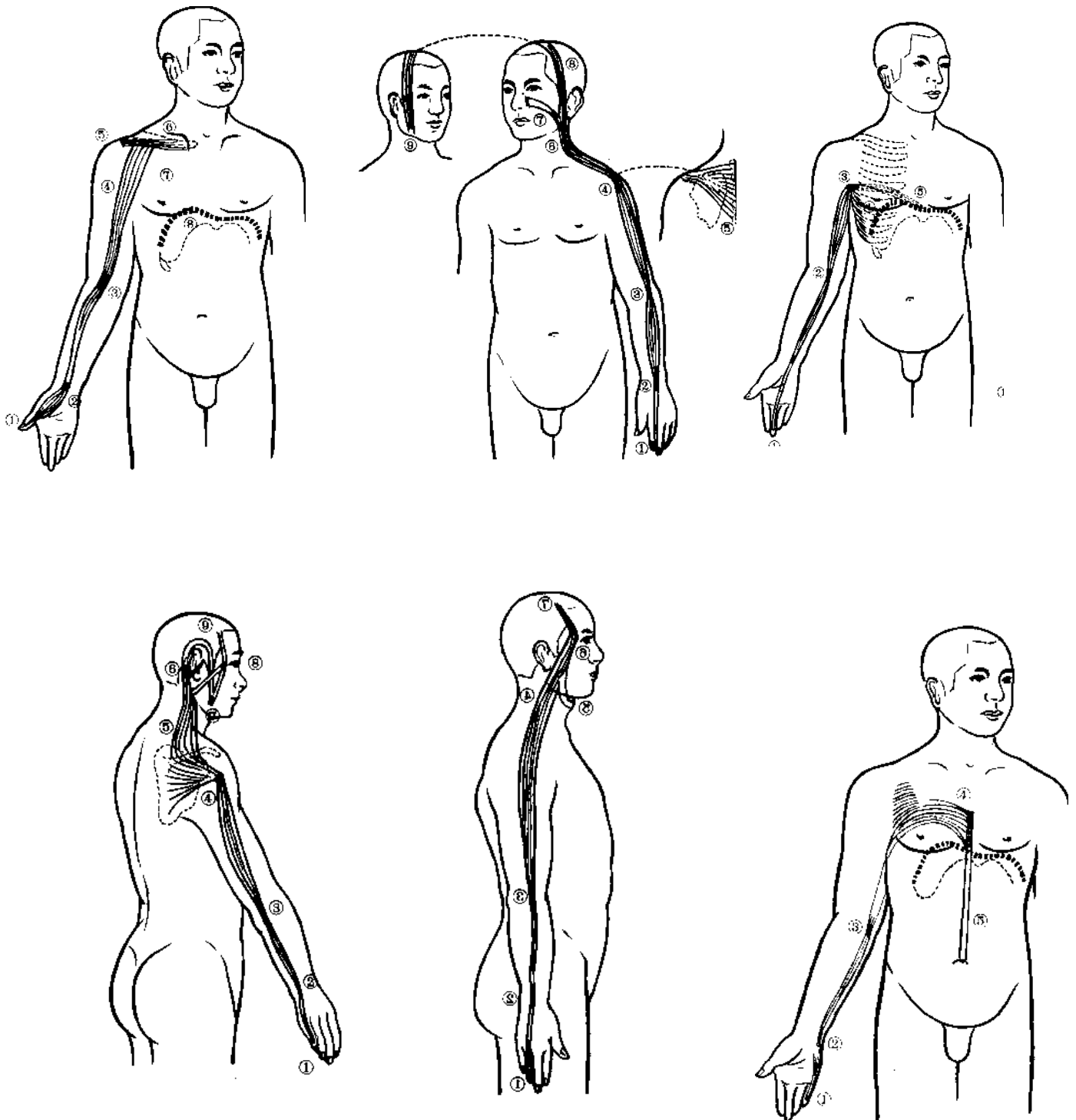


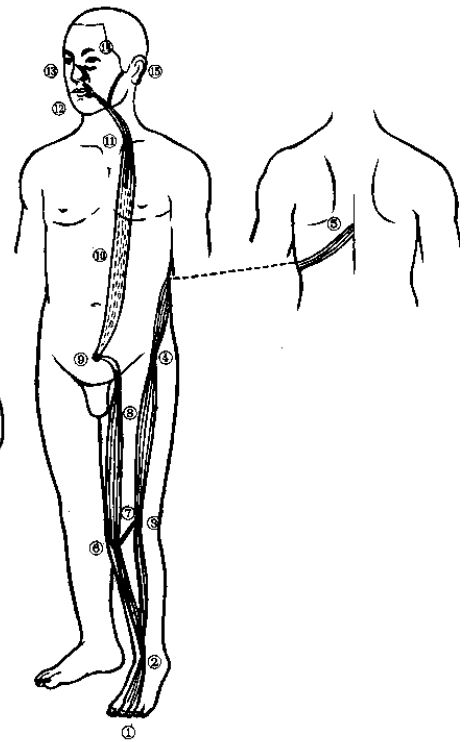
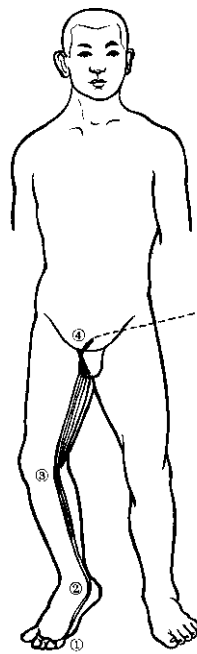
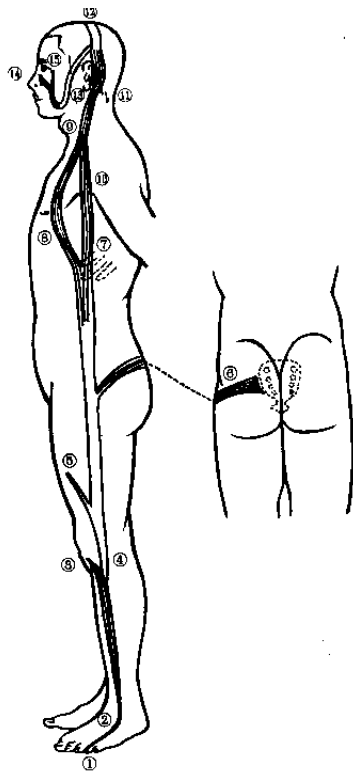
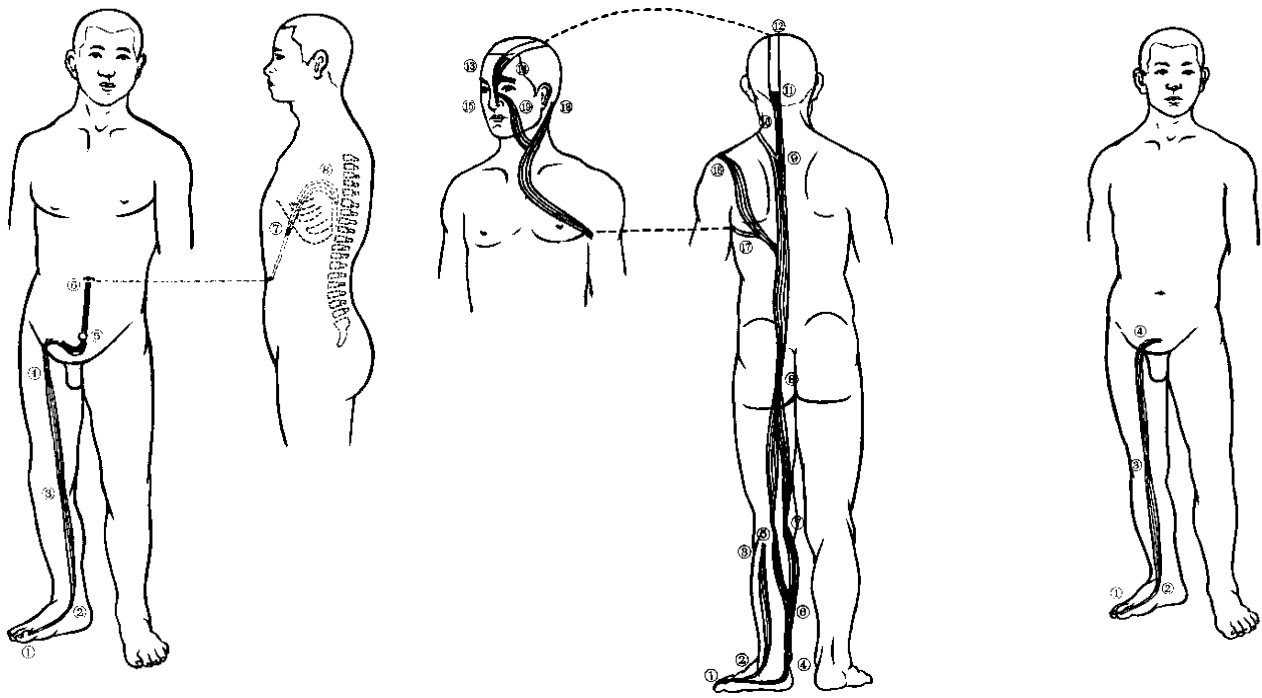
The Centreline



The Twelve TMMs

ARM





- Lung TMM – Large intestine TMM



- Pericardium TMM – San Jiao TMM



Heart TMM – Small intestine TMM



- Spleen TMM – Stomach TMM



- Kidney TMM – Urinary bladder TMM



- Liver TMM – Gall bladder TMM



The normal coordination pairs:

Set 1:

- Hand: Lung TMM – Large intestine TMM
- Foot: Stomach TMM - Spleen TMM



FOTO POSISJON SET 1

Set 2:

- Hand: Heart TMM – Small intestine TMM
- Foot: Urinary bladder TMM – Kidney TMM



FOTO POSISJON SET 2

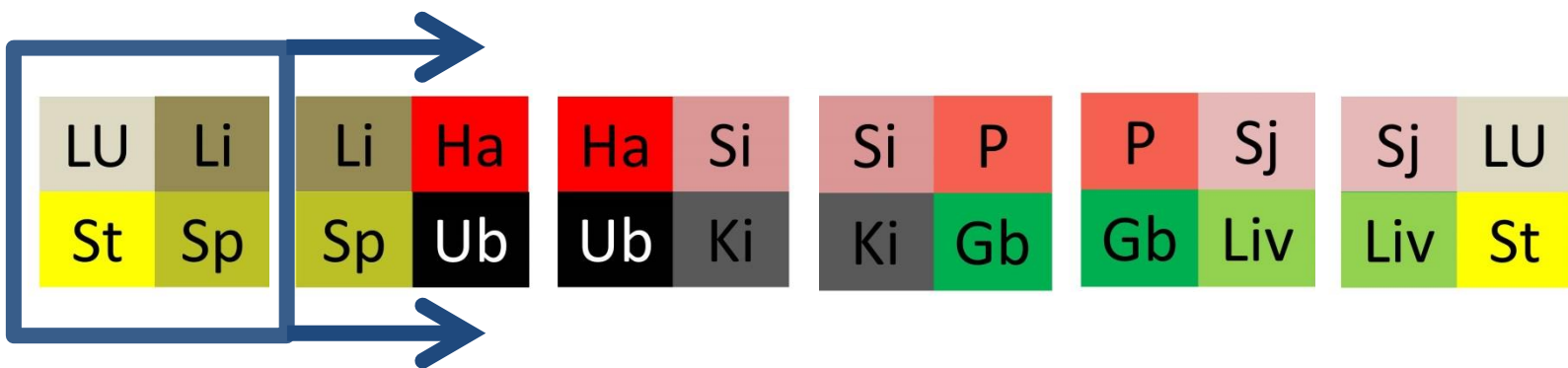
Set 3:

- Hand: Pericardium TMM – San Jiao TMM
- Foot: Gall bladder TMM – Liver TMM

FOTO POSISJON SET 3



The steps of development



The flow of movement

The flow of movement is the natural sequence the qi circulates in the TMM. In a way this is the TMM you should move to get maximum qi.

1. Lung
2. Large intestine
3. Stomach
4. Spleen
5. Heart
6. Small intestine
7. Urinary bladder
8. Kidney
9. Pericardium
10. San Jiao
11. Gall bladder
12. Liver

