



Essential Anatomy: For Healing and Martial Arts

By Marc Tedeschi

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Essential Anatomy: For Healing and Martial Arts By Marc Tedeschi

The essential text on the human body, as defined by Eastern and Western medicine.

Comprehensive, easy to understand, and lavishly illustrated in full color. Specially designed for students, healing professionals, and martial artists.

This unique book will familiarize healing practitioners and martial artists with basic concepts of the human body, as defined by both Western and Eastern medical traditions, allowing those engaged in healing and martial arts to develop a more complete, holistic, and scientifically forward-looking understanding of the body. Overviews of philosophical and conceptual underpinnings are followed by detailed drawings and diagrams of the body's internal systems, as seen by both traditions. Written in a clear and concise style, this beautiful and informative book presents information previously unavailable in any single text, making it an essential work for students, healing professionals, and martial artists. This lavishly illustrated book includes:

- Over 147 color drawings and 54 duotone photographs
- An easy-to-understand overview of Western anatomical concepts
- A detailed overview of Eastern medical principles, including information previously available only in specialized, costly medical texts
- A comprehensive listing of Oriental pressure points and meridians in English, Chinese, Japanese, and Korean, cross-referenced to nerves, blood vessels, and other anatomical landmarks
- Twenty essential self-massage and revival techniques
- Detailed principles of pressure point fighting, as used in traditional Asian martial arts

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An exceptionally high-quality, 7-color poster illustrating the 400-plus acupoints and 14 meridians that are the basis of Eastern medicine and martial arts. Also highlights Qi-flow, Yin-Yang, 5 Phases, and martial targets. Designed by Marc Tedeschi as a companion to the book *Essential Anatomy for Healing and Martial Arts*, this unique and beautiful poster exhibits a level of accuracy, detail, and functionality unobtainable elsewhere.

ISBN 0834805103.

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Editorial Review

Review

"This clear, concise, beautiful book is the best comparison I've found of Eastern and Western medicines. If you're interested in exploring the differences and similarities between Eastern and Western healing traditions, this book is a wonderful place to start. It's clear, elegant, and packed with information. It is an excellent source of information on acupuncture points for athletes."

- **Rich Poley**, author of *Self-Massage for Athletes*

"The quality of the diagrams and text in Tedeschi's work is a credit to his work within Hapkido and in some ways more easily handled than his 1100-page master work on his art...a very good job of relating Western and Chinese concepts of medicine and fighting strategies. Possibly the only book of its type that deserves to be in both the healing and martial sections...If you are at all serious about martial arts (in their entirety from martial art to healing) buy this book..."

- **Peacefulfight.org.uk**

"Contains some of the best human physiology, and pressure point charts I have ever seen."

- **Shotokan Karate of America**, Portland Dojo

"Excellent book!...Beautifully designed and richly illustrated throughout, I highly recommend this book to any internal practitioner. Covers all the meridians and acupoints for both fighting and healing."

- **Emptyflower.com**

"A long-overdue text...clearly illustrated...a perfect resource for martial artists interested in point location from both a healing and martial perspective."

- **Plum Publications**, Santa Cruz CA

From the Author

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About the Author

Marc Tedeschi is an internationally respected designer, photographer, educator, and martial arts master. He has studied Eastern philosophy, healing arts, and combatives for more than 40 years, training extensively in Hapkido, Taekwondo, Jujutsu, Judo, and Karate. A prolific writer, Mr. Tedeschi's landmark publications rank with the finest ever produced on the healing and martial arts. He is the author of over a dozen works, including the 1136-page *Hapkido*, the 896-page *Taekwondo*, *Essential Anatomy for Healing and Martial Arts*, and a unique series of general martial arts books that provide an in-depth look at the core concepts and techniques shared by a broad range of martial arts.

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