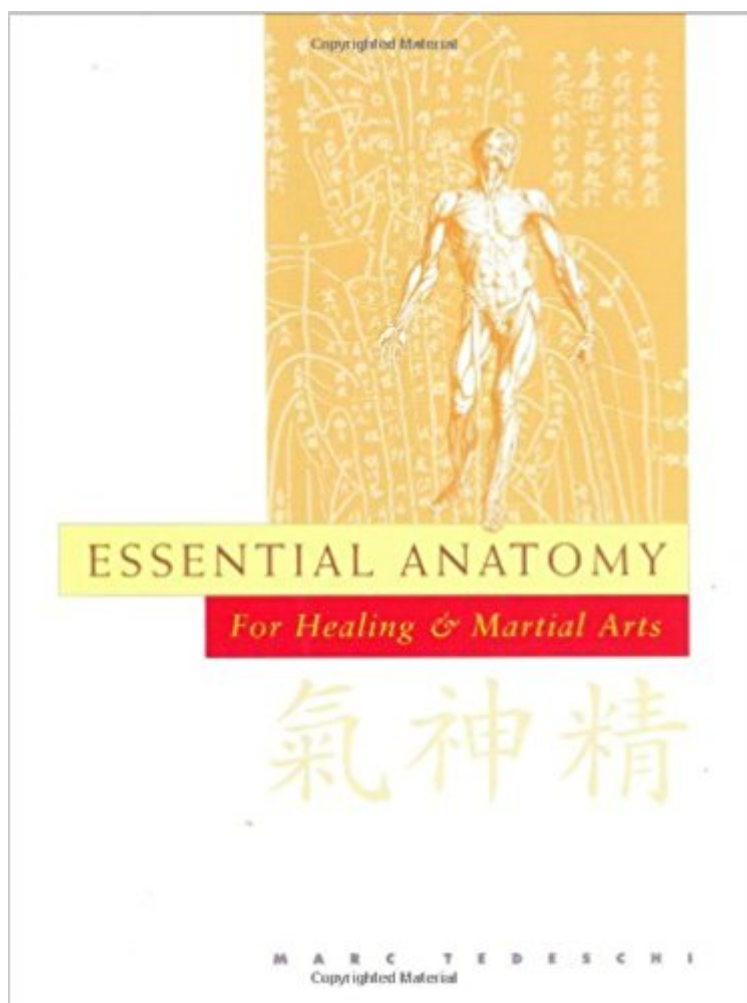


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# Essential Anatomy: For Healing And Martial Arts



## Synopsis

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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-----Frequently used with: ESSENTIAL ACUPOINTS POSTER 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. Available from [@.com/dp/0834805103](http://@.com/dp/0834805103)-----

## Book Information

Paperback: 144 pages

Publisher: Weatherhill; Full Color edition (April 4, 2000)

Language: English

ISBN-10: 0834804433

ISBN-13: 978-0834804432

Product Dimensions: 8.6 x 0.4 x 11 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 46 customer reviews

Best Sellers Rank: #256,055 in Books (See Top 100 in Books) #143 in [Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure](#) #490 in [Books > Sports & Outdoors > Individual Sports > Martial Arts](#) #922 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

## Customer Reviews

"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 acupressure 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

**ESSENTIAL ACUPOINTS POSTER** Designed by Marc Tedeschi as a companion to the book *Essential Anatomy for Healing and Martial Arts*, this large, 7-color poster illustrates 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. Exhibits a level of accuracy, detail, and functionality unobtainable elsewhere. Available from [@ .com/dp/0834805103](#)

This is a wonderful book: it has many helpful and beautiful illustrations for both Western and Eastern perspective, is to the point and without new-agey posturing and chest-thumping that is so endemic

in the discussion of Internal Martial Arts. The book is at exactly the right level for people like me: semi-serious Bagua Zhang practitioners with a lay interest in TCM. Tedeschi also gives personal insights and experience as a martial artist, but this is done quietly and unassumingly. You will return to this book often.....

I am a nidan (2nd degree blackbelt), in Uechi Ryu karate. I have been studying karate for 8 years, and I have been studying the significance of pressure points to the martial arts for 6 years. Even so, this area is still somewhat alien to me. I know pressure points work, but this meridian stuff? I don't know... That perspective colors my review to the extent that since I don't know the validity of meridians, I can't tell how accurate those sections are... I also can't evaluate the interactions of combining pressure points, since none of my karate partners will let me experiment on them. I don't blame them since I'm not anxious for them to experiment on me, except in a simple way. I do know from experience that pressure points do have significant effect, and from that perspective, this book is very helpful. There are a few charts that seem too crowded for their size (that's why I give it 4 stars instead of 5), which makes me wish I had larger charts... maybe fold out charts. He does sell such charts and they are on my wish list, and some day I'll buy a set. I really like the health aspect of the book. Most of the books that I've considered don't cover that very well, if at all. I also really like that Marc approaches this material from a serious, well rounded approach, unlike most of the "popular press". I like the books by Marc Tedeschi. He has a clear presentation which gives the impression that he is a level headed intellectual kind of guy, who happens to have lots of experience, knowledge and (probably) skill, in the areas he writes about. I feel comfortable recommending any of his material... in fact, the purchase I am reviewing today (Essential Anatomy), is my 2nd purchase of this book. This time I bought the book for one of my co-instructors. BTW - if they ever present this book in a typical book size (4x6 or smaller), don't get it. The charts in this book would lose a lot of their usefulness in a small format... Stay with this size (8x11), for all books in this area, if the charts are significant to you. BTW#2 - If this book ever comes out in a format suitable for a PDA, I'll probably buy that too. Having good charts available while practicing would be very helpful. (sometimes carrying a PDA is easier than carrying "real" stuff)

Well written and covers a lot of material ....

This book is a rare gem! Interestingly, as a black belt myself, I have known of Mark Tedeschi through the martial arts circuits. Little did I realize that he had put together such a wonderful book

about healing, also. Perhaps most people don't think of black belts as being healers, but I've always believed that black belts have an obligation to give back to their communities. I have not personally participated in any dramatic, life-saving emergencies, but I have used many of the ideas and concepts provided in this book to help and assist others with a variety of small injuries. I'm hoping to expand my awareness of these important Oriental concepts with this book to assist more people as often as I can.

Excellent resource for pressure point fighting and healing. This book consists of both Western Style Medicine's Anatomy and Eastern Medicine's Anatomy (acupuncture/acupressure points) and explanations. I was delighted when I found the two in this one, concise yet comprehensive book.

ok

This book is hands down the best reference book I've found for Eastern energetic theory that's not a straight up acupuncture school text. The title has been called misleading...considering that it's called "Essential ANATOMY..." I think it's pretty straightforward. It is an excellent resource for why certain pressure points work and their local Eastern and Western anatomy. It has excellent comparisons between Eastern and Western thought and theory. It is not a book of martial arts techniques. Tedeschi has plenty of those, and this one is a cross-reference, not a direct technical manual. So if you're at all interested in "meta-martial arts", this book is amazing; if you're looking to actively learn new strikes or blocks or anything like that, better go with one of his other books (the "Art of..." series seems to be good, although I don't have any of them myself.)

I have not started to read the book yet, but from what I've leafed through I really liked it.

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