



## ESSENTIAL ANATOMY

*For Healing & Martial Arts*

# 氣神精

M A R C T E D E S C H I

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.

- Lavishly illustrated with over 147 color drawings and 54 duotone photographs
- Easy-to-understand overview of Western anatomical concepts
- Detailed overview of Eastern medical principles, including information previously available only in specialized, costly medical texts
- 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
- An essential text for students, healing professionals, and martial artists

**MARC TEDESCHI** is an internationally respected artist, designer, educator, and martial arts master, who integrates both healing and combative techniques. Long a student of Eastern concepts of human physiology and integrated medicine, he has practiced martial arts for more than 30 years, training extensively in Hapkido, Taekwondo, Judo, Jujutsu, and Karate. He is the acclaimed author of 11 books, including the 1136-page *Hapkido*, the 896-page *Taekwondo*, and a unique series of general martial arts texts.

  
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