



## Movement research seminar based on Internal Martial arts principle 骨力, 肉力, 筋力 **Bone Force, Muscle Force, and Tendon Force**

On **25 th and 26th** of **March 2023**

Our perception of our body has its limitations, as an anatomist, physiotherapist, osteopath, mover, martial artist, or... we see our body with the structures in which we are educated in or experienced with.

The old Chinese philosophy of internal martial arts - like many other concepts - also researches the bone, muscle and tendon force in movement.

Regarding this seminar, we refer to the Ming Dynasty, which was 1368-1644.

Exploring the force of each of these layers individually gives us the opportunity to explore deeper our primordial natural state as an animal and at the same time the inevitable impact of our mind on our movement is. This will be topic of day one.

The second day we will explore how to expand the ancient knowledge about the three forces of internal martial arts with the fourth force of our mind.

My approach to the body has been shaped from my years of experience in dance, martial arts, Qigong and Taiji principles - as well as my education in dance - flows in my teaching.

My anatomical interest and study adds another layer to my teaching.



Nehringstraße 17, 14059 Berlin

Sat, March 25th : 9.30 till 16:30

Sun, March 26th: 10.00 till 17:00

Price : 120 €

Max participant : 8 persons , Early bird : until 10th March : 100 €

English and German would be the language of the seminar ,,)

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