



This exceptionally high-quality, 27 by 40 inch poster illustrates the acupoints and meridians that are the foundation of Eastern medicine and martial arts. Designed by the author of the landmark books *Essential Anatomy* and *Hapkido*, and printed in seven colors on heavy-duty archival stock, this unique and beautiful poster exhibits a level of accuracy, detail, and functionality unobtainable elsewhere.

- Over 400 acupoints and 14 major meridians, color-coded and shape-coded for clarity.
- Three large full-body drawings (front, rear, and side), plus two detail-drawings of the head. Drawings contain skeletons, proportional scales, and anatomical landmarks to assist practitioners in accurately locating acupoints.
- Acupoints precisely placed based on anatomical locations established by the major Chinese medical institutions.

- Highlights Yin-Yang and Phase (Element) relationships, Qi-flow timing, and common targets used in martial arts.
- Designed to stand alone, or be used as a companion with the author's books on healing and martial arts.
- Uses nomenclature and graphics consistent with the author's books and major Eastern medical systems, making for easy cross-referencing with various textbooks.
- Seven-color printing on high-quality, heavy-weight, archival paper; long lasting and suitable for framing; printed in the USA by one of the world's finest printers.
- Matte paper ensures easy viewing and eliminates glare and reflections typical of glossy posters.
- An essential tool for students, healing professionals, massage therapists, acupuncturists, athletes, and martial artists.



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 www.marctedeschi.com

**Marc Tedeschi** is an internationally respected artist, designer, educator, and martial arts master, who integrates healing and combative techniques. Long a student of Eastern concepts of human physiology, 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*, and *Essential Anatomy*.