

Thinking about/through Posture and Movement*

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Reconstructed *Dǎoyīn tú* 導引圖 (Illustrations of Daoyin [Guided Stretching])
(China)

Mǎwángduī 馬王堆 Archaeological Materials (ca. 168 BCE); Chángshā 長沙, Húnán, PRC

* I am grateful to Kate Townsend of the Daoist Foundation and Root Medicine for her contributions to my understanding of kinesiology, movement awareness practice, and somatics.

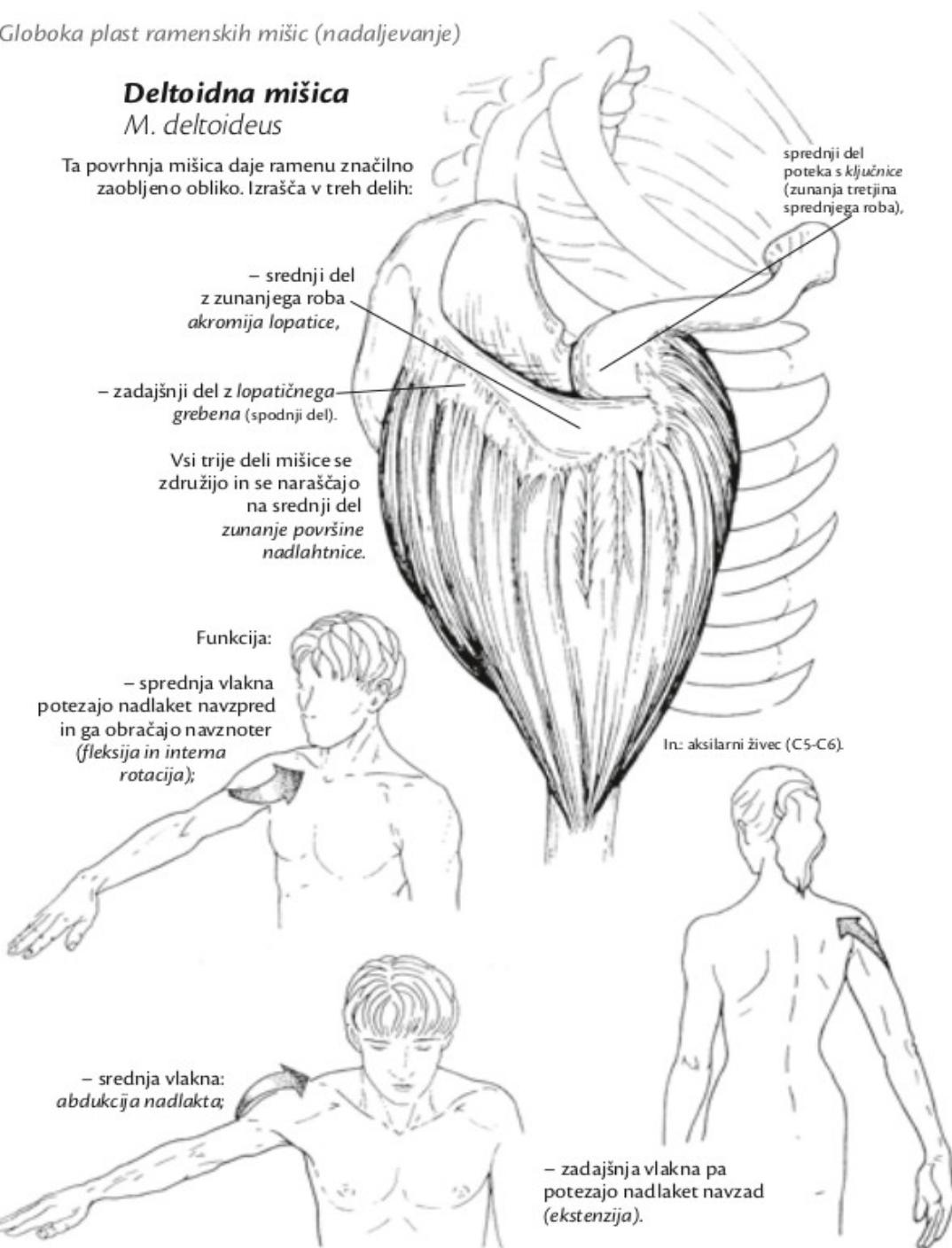
RAMA

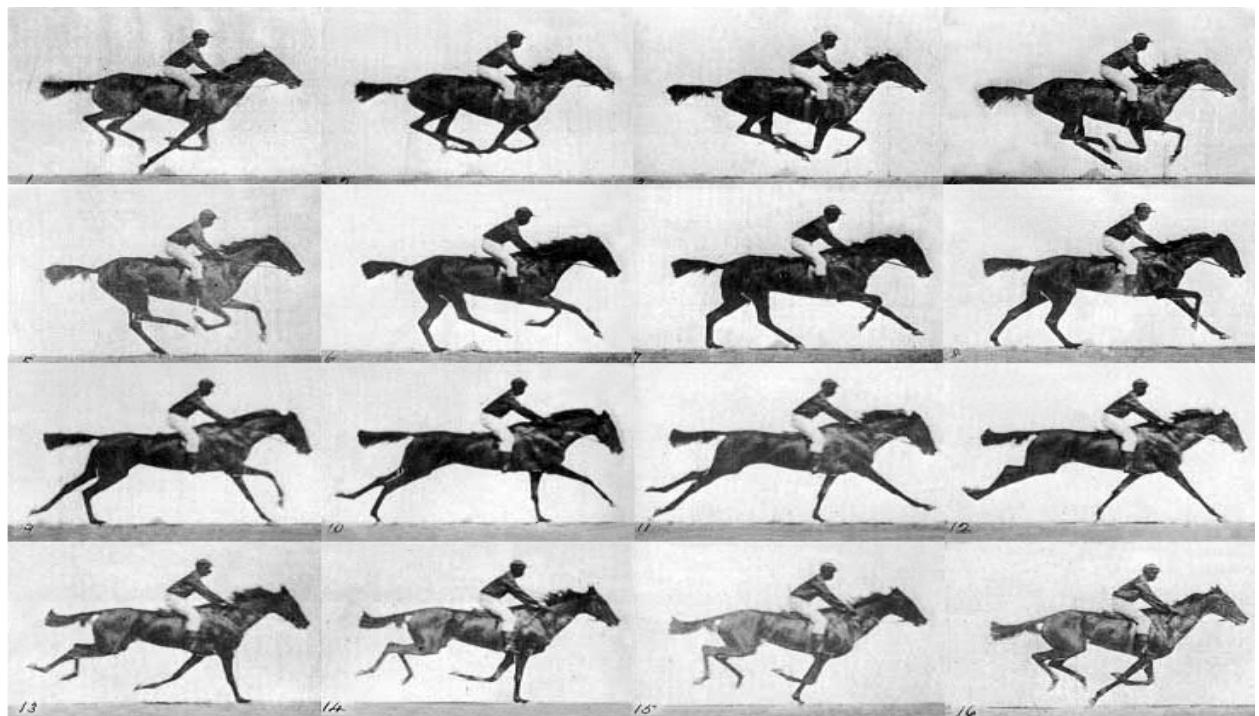
Globoka plast ramenskih mišic (nadaljevanje)

Deltoidna mišica

M. deltoideus

Ta povrhnja mišica daje ramenu značilno zaobljeno obliko. Izrašča v treh delih:





“The Horse in Motion” based on *Animal Locomotion* (1887) by Eadweard Muybridge (1830-1904)
(England)



Mountaineering: The Freedom of the Hills

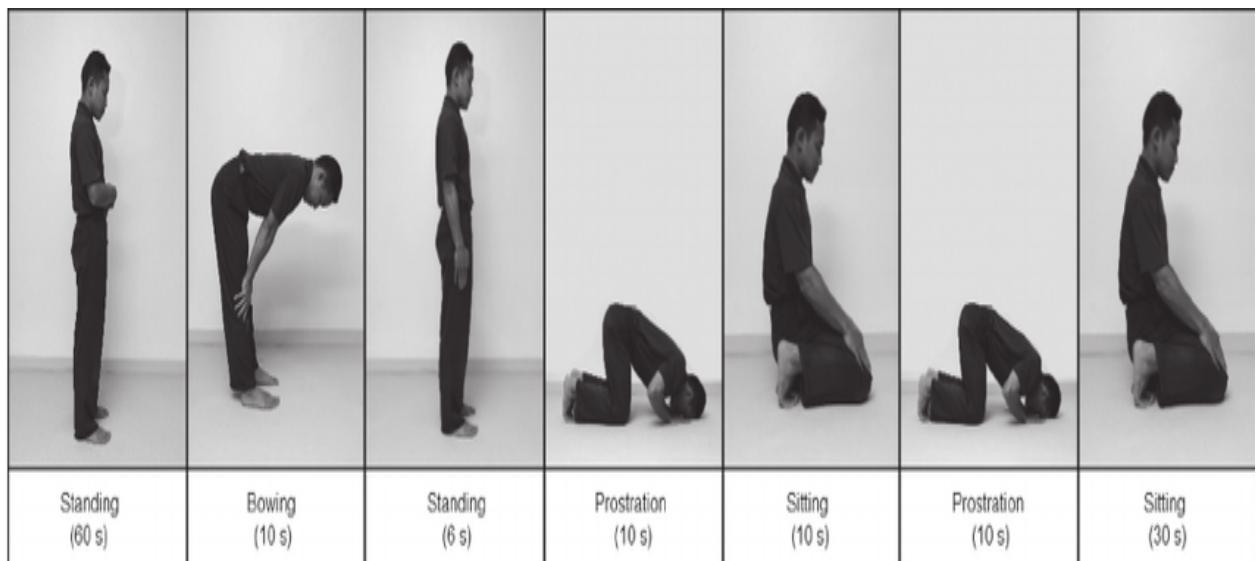


FIG. 1. A portion of the postural typology used in the compilation of data for this paper. Drawings are for the most part based on photographs in the ethnographic literature. Head and arm positions, unless stated otherwise in the accompanying discussion, are not typologically significant. No. 23, for example, could be standing with his left hand on his hip, or resting it on his left shoulder, and his standing posture would be considered the same for present purposes.

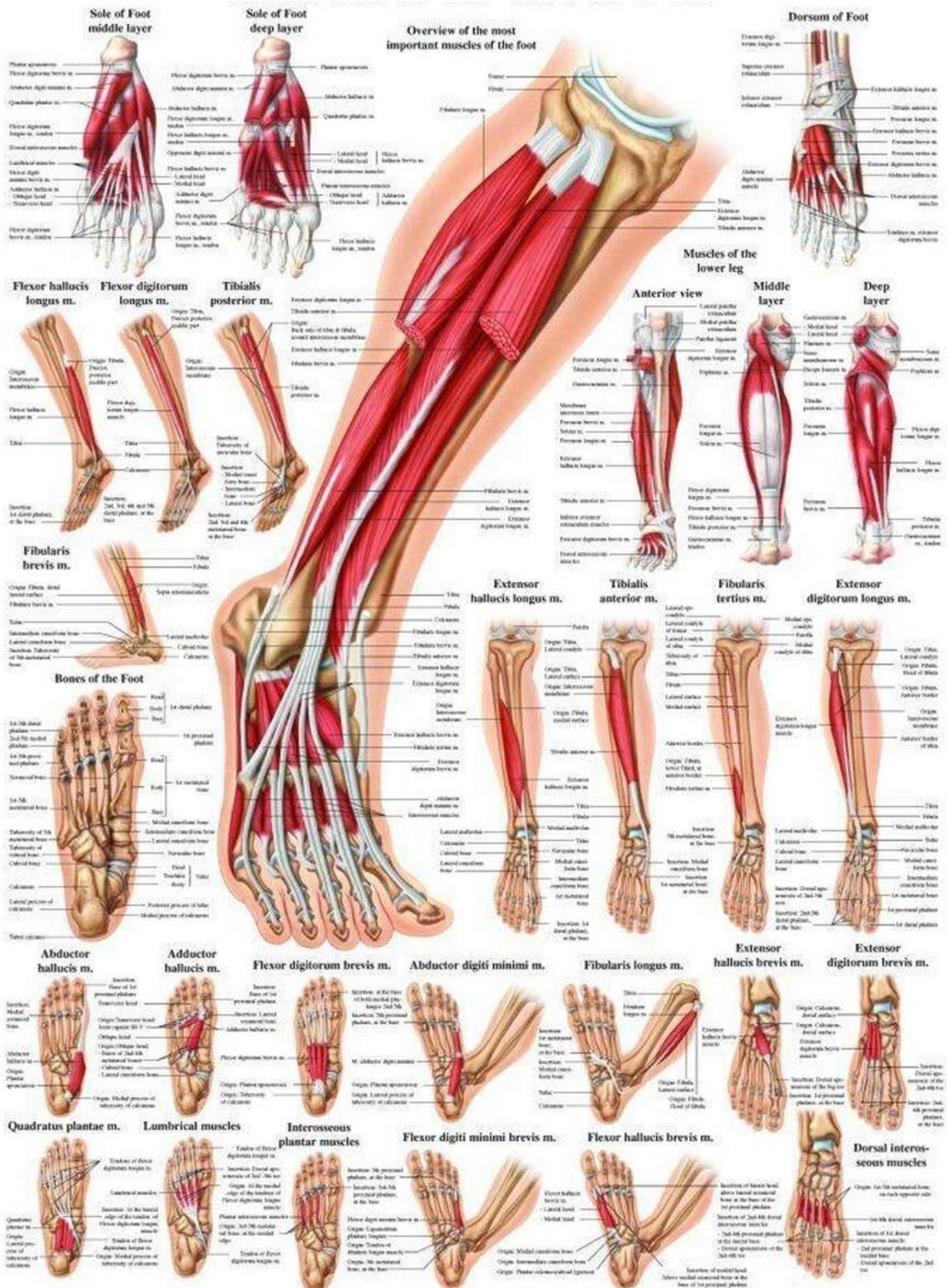
“World Distribution of Certain Postural Habits” (1955) by Gordon Hewes (1917-1977)
 (United States)

BEGINER DEBUTANTS	INTERMEDIATE INTERMEDIAIRE	ADVANCED AVANVES
HUNDRED CENTAINE - CIEN	ALL PREVIOUS EXERCISES + HAMSTRING PULL	ALL PREVIOUS EXERCISES + ROLL - OVER - ENROULEMENTS
SPINE STRETCH ETIEMENT DE LA COLONNE ESTIR DE LA COLUMNA	DOUBLE STRAIGHT LEG STRETCH ETIEMENT DES 2 JAMBES	CORKSCREW TIRE - BOUCHON
ROLL UP REDRESSEMENTS	CRISSCROSS ENTRECROISES	DOUBLE LEG KICK
LEG CIRCLES ROTATION D'UNE JAMBE	OPEN - LEG ROCKER	SWAN DIVE PLONGEON DU CYGNE
ROLLING LIKE A BALL ROULADES	SAW - SCIE	SCISSORS - CISEAUX
LEG CHANGES SINGLE AND DOUBLE	SINGLE - LEG KICK	BICYCLE BICYCLETTE
SIREN SIRENE - SIRENA	NECK PULL REDRESSEMENTS	SHOULDER BRIDGE PONT - PUENTE
CHEST LIFT PREPARATION A LA CENTAINE - CIEN VARIATION: WITH ROTATION	SPINE TWIST TORSION DE LA COLONNE	JACKKNIFE COUTEAU
SIDE KICK EXT.DES JAMBES EN POSITION LATÉRALE EXT.DE PIERNAS EN POSICION LATERAL	TEASER	HIP CIRCLE ROTATION DES HANCHES
SUPINE SPINE TWIST ROT.HANCHES - VARIATION : TWIST	SWIMMING NATATION	LEG PULL FRONT ELEVATION JAMBE EN AVANT
PELVIC CURL - LE PONT - PUENTE	SINGLE LEG STRETCH ETIEMENT D'UNE JAMBE	LEG PULL BACK ELEVATION JAMBE
SIDE LEG LIFT LA TORPILLE	DOUBLE LEG STRETCH ETIEMENT DES 2 JAMBES	KNEELING SIDE KICK COUP DE PIED DE CÔTE
CAT STRETCH CHAT - GATO	FRONT SUPPORT MAINTIEN	SIDE BEND COURBURE LATÉRALE
BASIC BACK EXTENSION	SEAL - SCEAU	BOOMERANG
		CRAB - CRABE
		ROCKING BALANCEMENTS
		CONTROL BALANCE CONTROLE DE L'EQUILIBRE
		PUSH UP POMPES

Pilates Exercises (“Matwork”) associated with Joseph Pilates (1883-1967)
(Germany)



Salat (Islamic Prayer)
(Saudi Arabia)



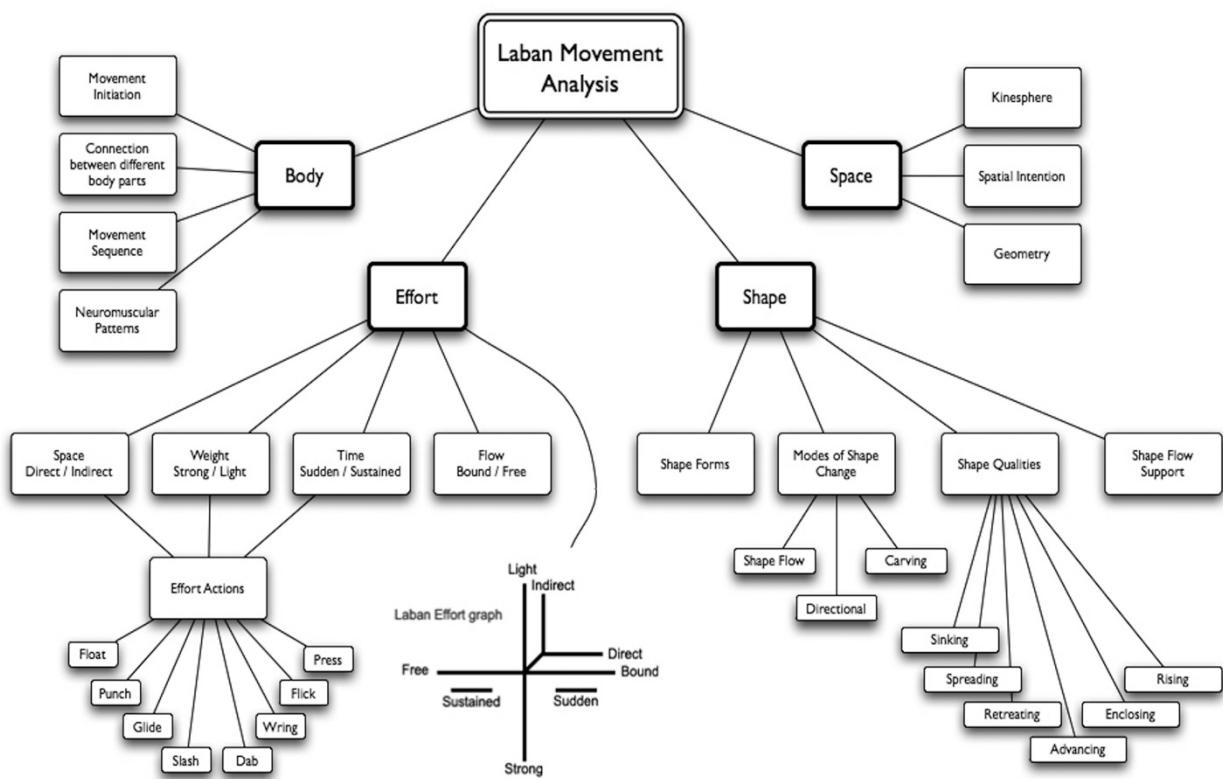
Foot Anatomy



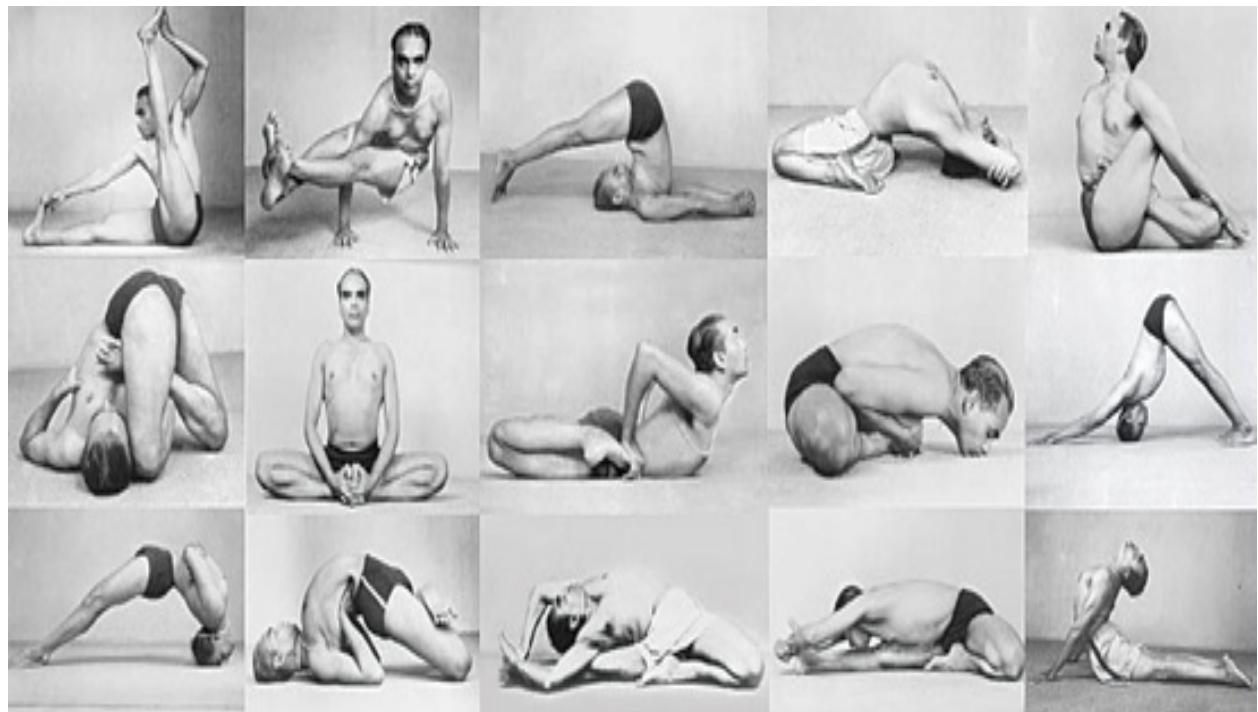
SAWAKI Kōdō 沢木興道 (1880-1965) Practicing Zazen (Zen Meditation)
(Japan)



Alvin Ailey Dance Theater
(United States)



Laban Movement Analysis (LMA) associated with Rudolf von Laban (1879-1958)
 (Austria-Hungary)



B.K.S. Iyengar (1918-2014) Practicing Modern Postural Yoga
(India)



Yáng Chéngfǔ 楊澄甫 (1883-1936) Practicing Yáng-Style Tàijí quán 太極拳
("T'ai Chi"; Great Ultimate/Yin-Yang Boxing)
(China)