

ANATOMY TRAINS®

Resilience:
Human Structure
Considered
as a Tensegrity

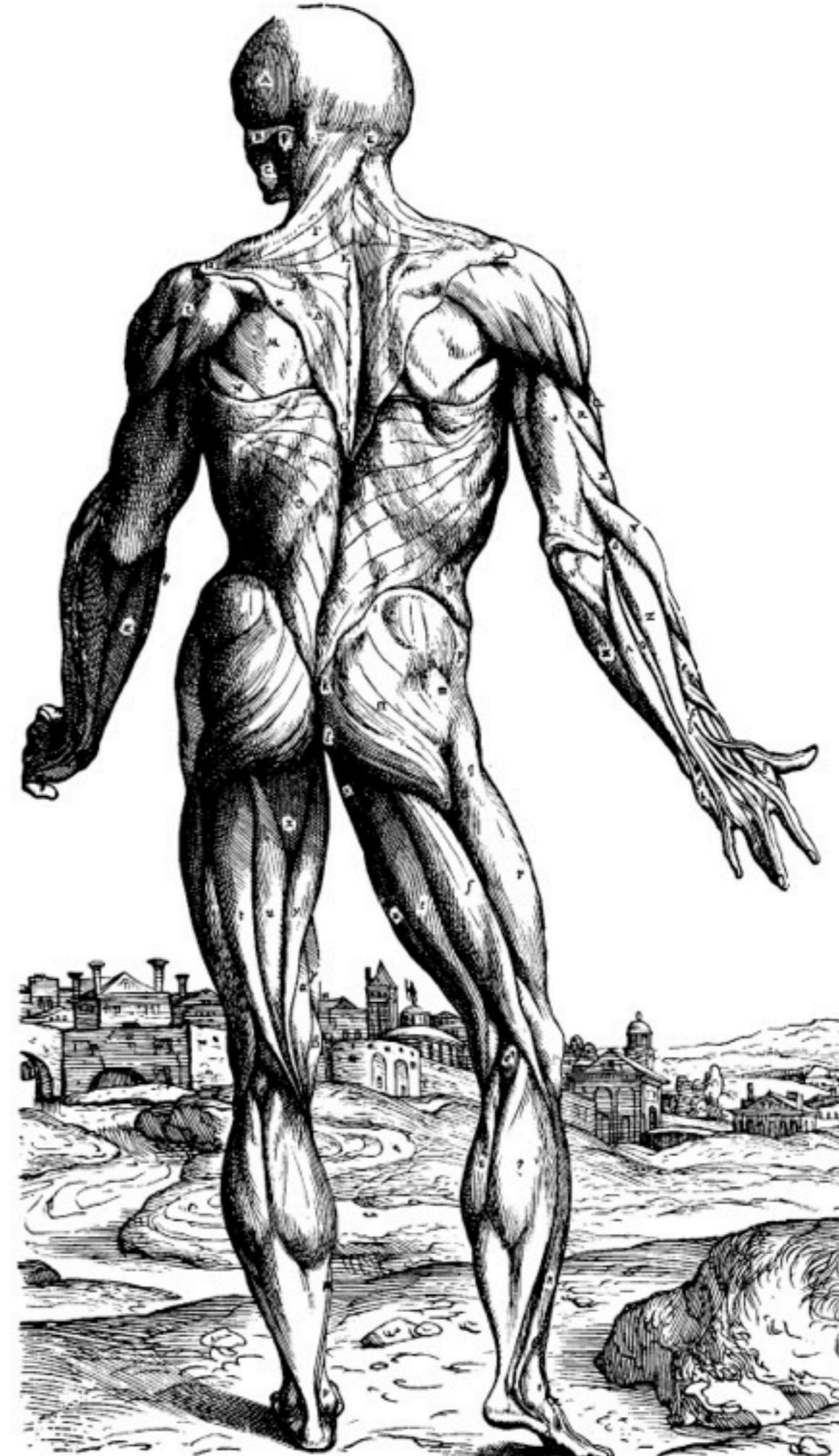
Webinar 1 of 4
by Tom Myers
22 Jan, 2013

Tension vs Compression

- Hanging and Bracing

The Fibrous Body The Fascial Web

- the body's
metamembrane

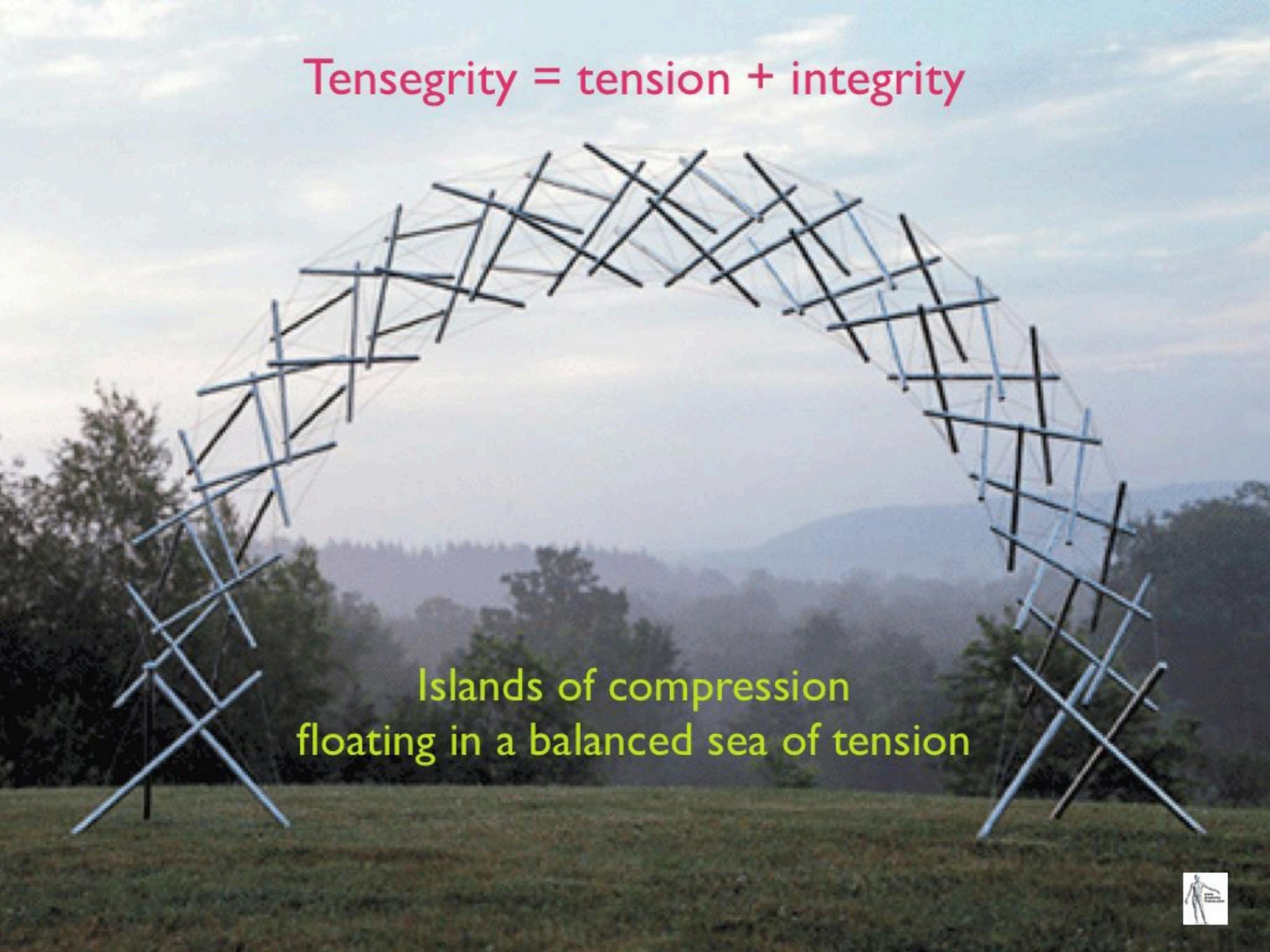


Whether you know it or not,
you are looking for:

“Coordinated Fascial
Tensegrity”

- Stu McGill

Tensegrity = tension + integrity



Islands of compression
floating in a balanced sea of tension



Tensegrity:

- structures where the integrity rests on the balance among the tension members
- characterized by continuous tension, and isolated compression - just like our body
- tensegrity structures respond as a whole, distributing strain evenly throughout
- Ergo, the body is a strain distribution machine, not a strain focusing machine



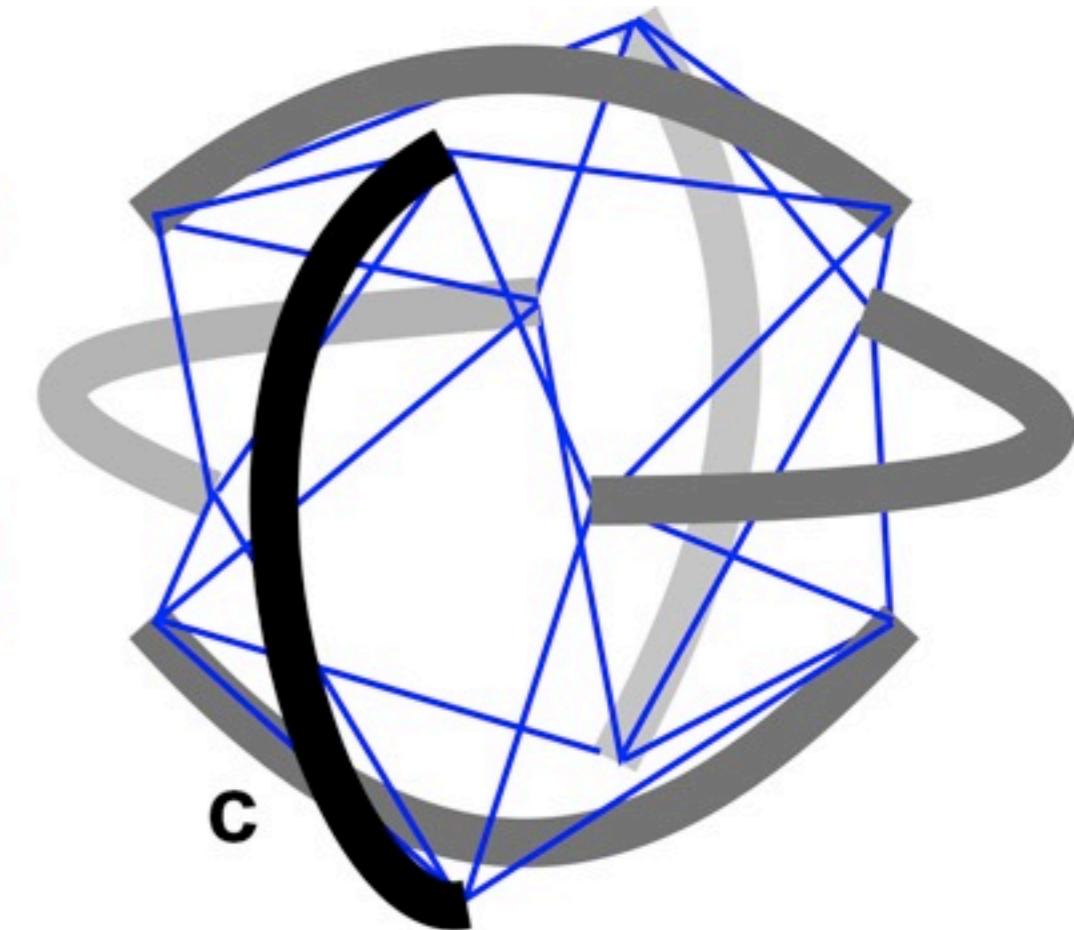
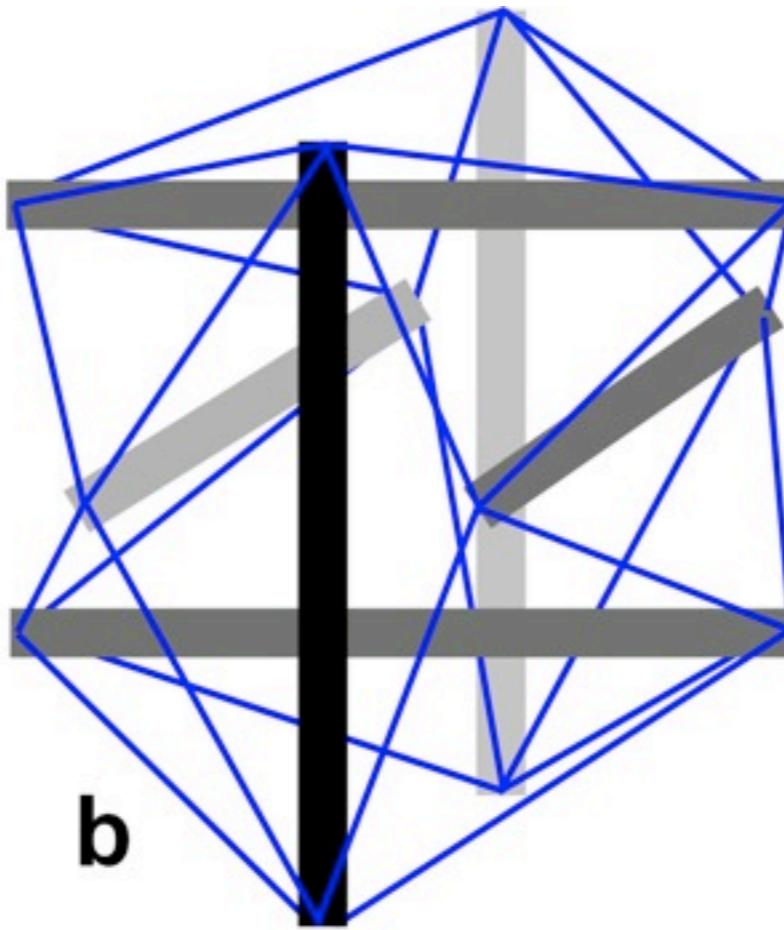
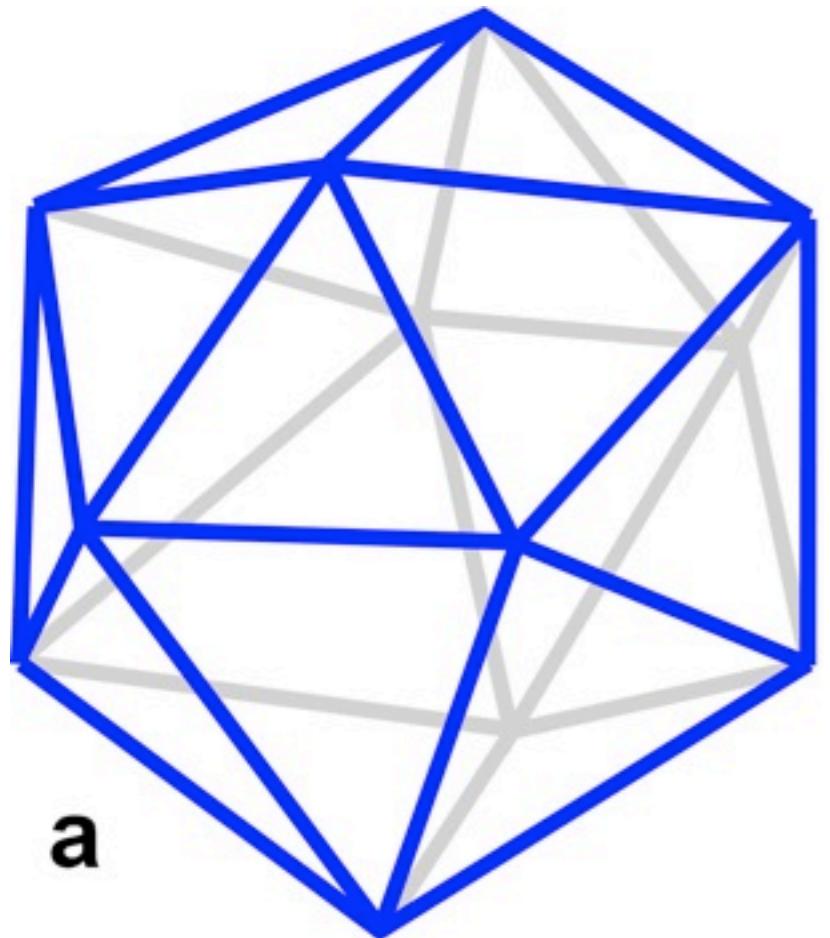
Tensegrity

The body is designed at multiple hierarchies to distribute strain not focus it.





**Don't forget
the 'unitard'
of the fascia
profundis**



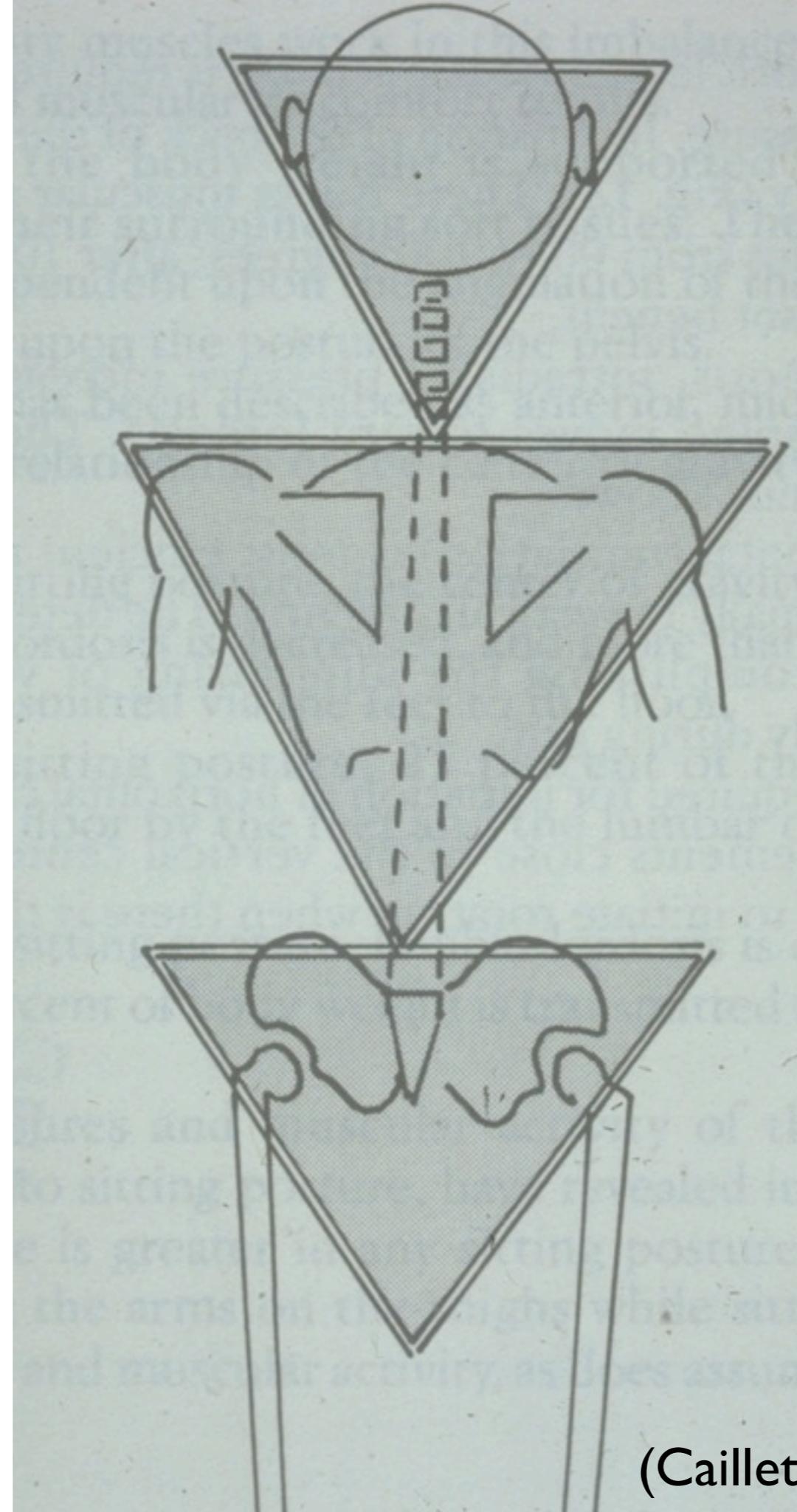
A) Icosahedron

B) A tensegrity icosahedral 'skeleton'

C) Bending the struts to make a kind of 'skull'

Tension-Dependent Systems in the Body

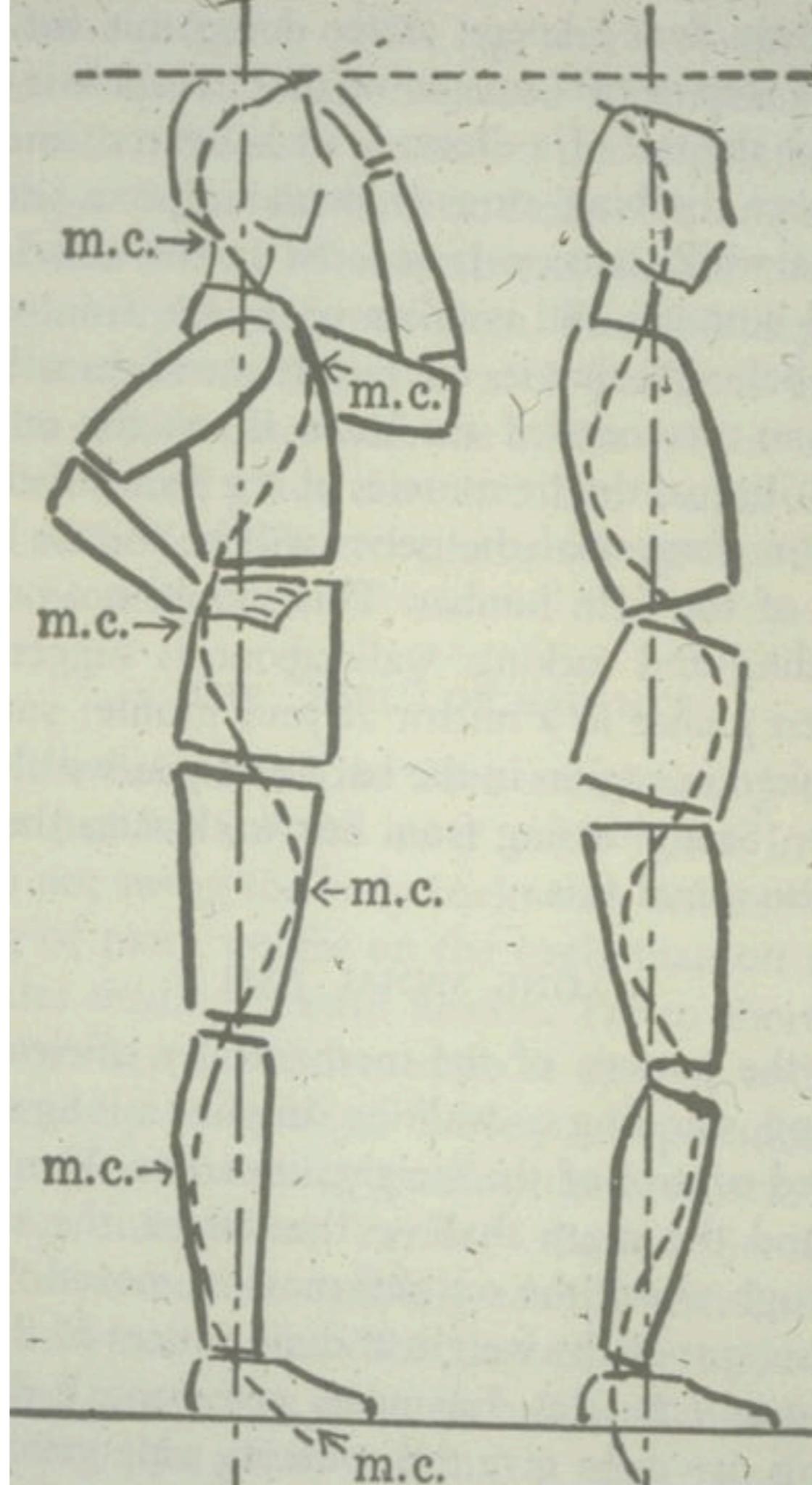
The weight
of the head
resting on the
chest - on down
to where the
weight of the
whole body
rests on the
poor feet -
always modeled
as a continuous
compression
structure.



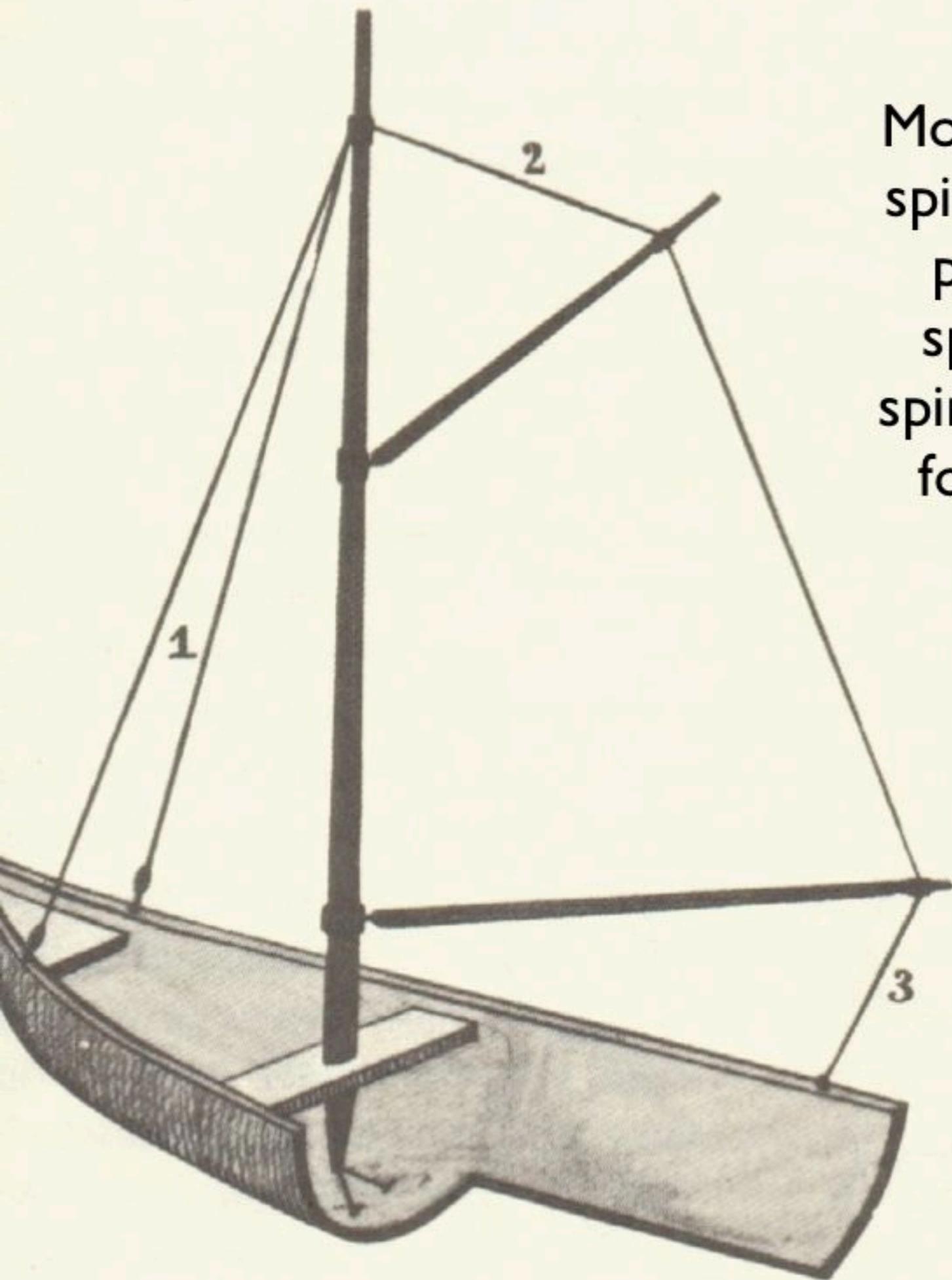
But if that
were so,
wouldn't
L5 have
to be bigger
than it is?

(Caillet)

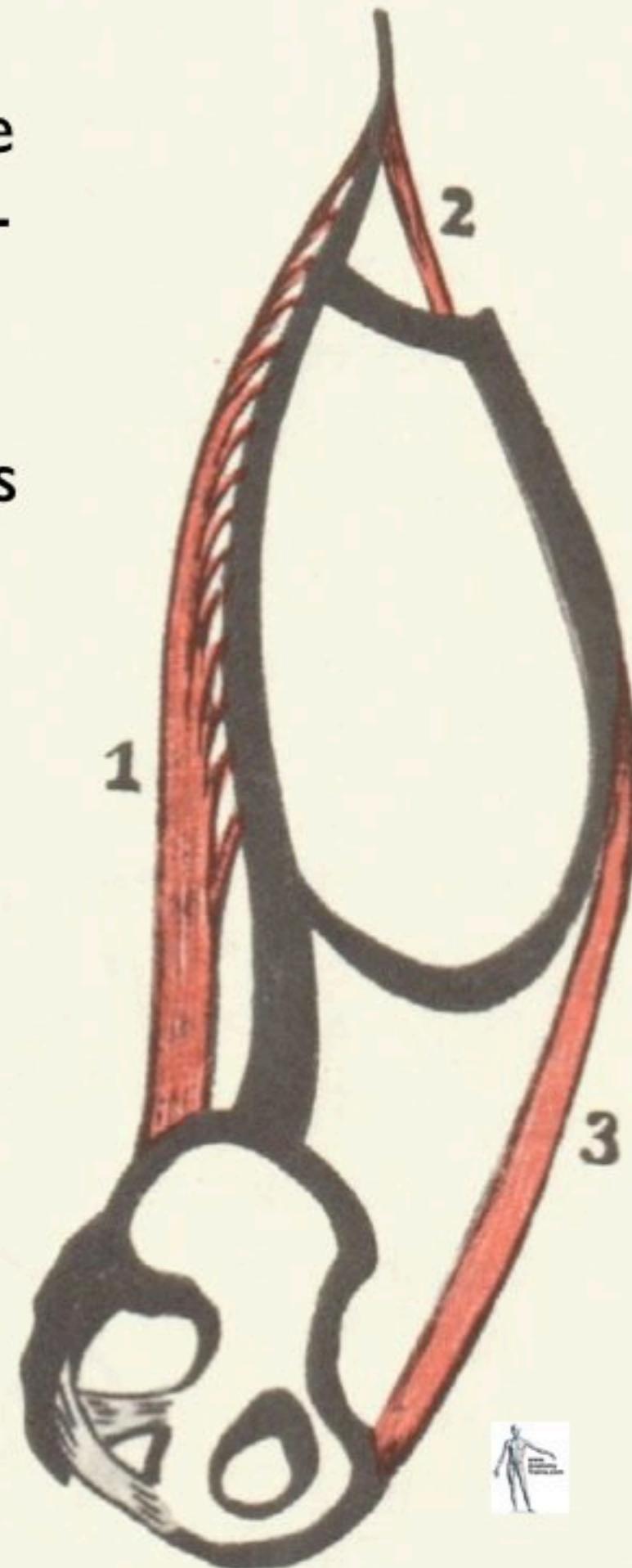
Like Rolf,
Todd also
assumed
that the body
was a series
of blocks,
but because
of the high
COG and the
small base of
support, they
needed muscle
centers for
counter-balance.



And if the body
was out of
balance, the
muscles would
need extra
tension in the
shins, hammies,
groin, back, jaw,
etc. - sound
familiar?

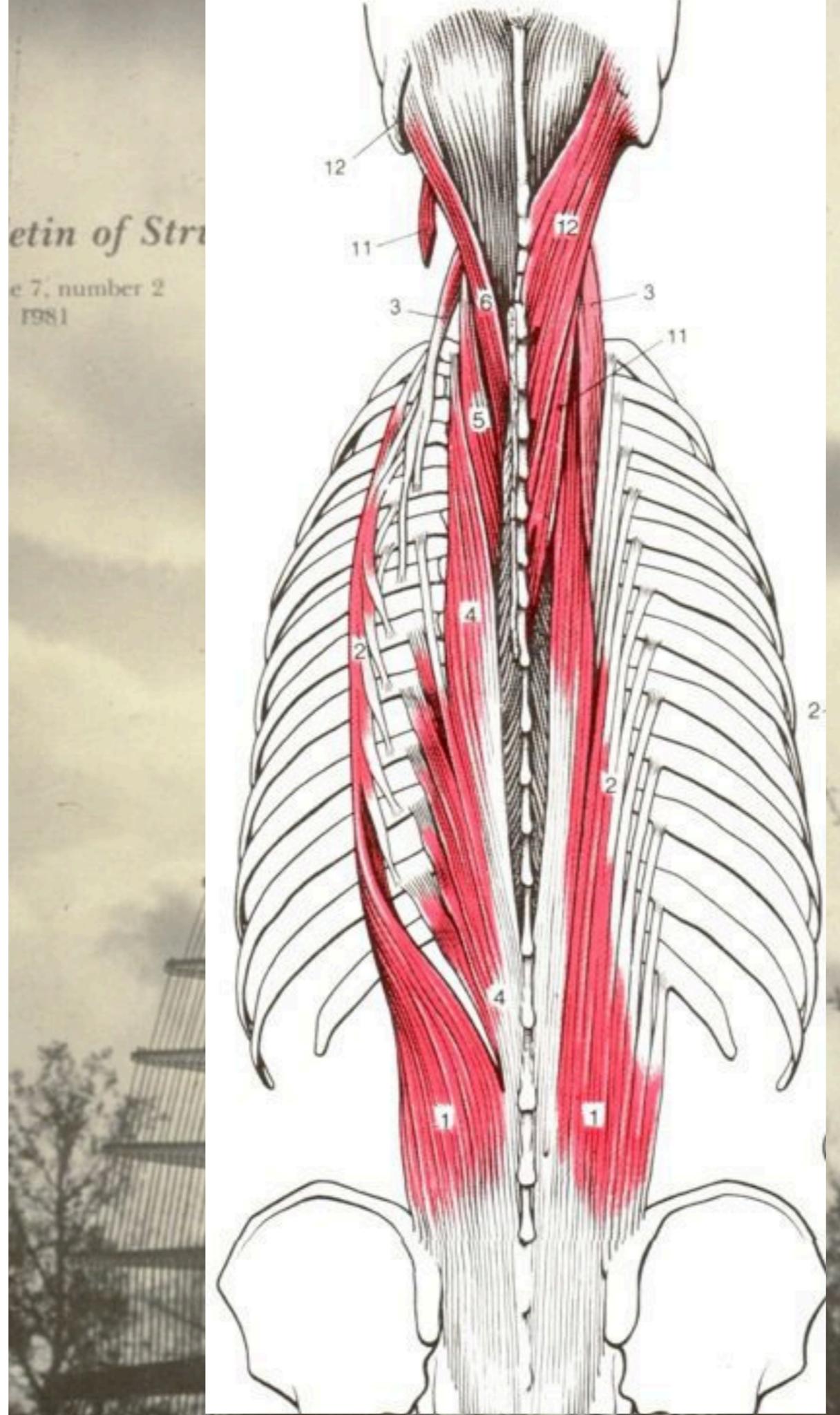


Moliere saw the spine as a boat -
pelvis as hull
spine as mast
spinal muscles as
forestays, etc.



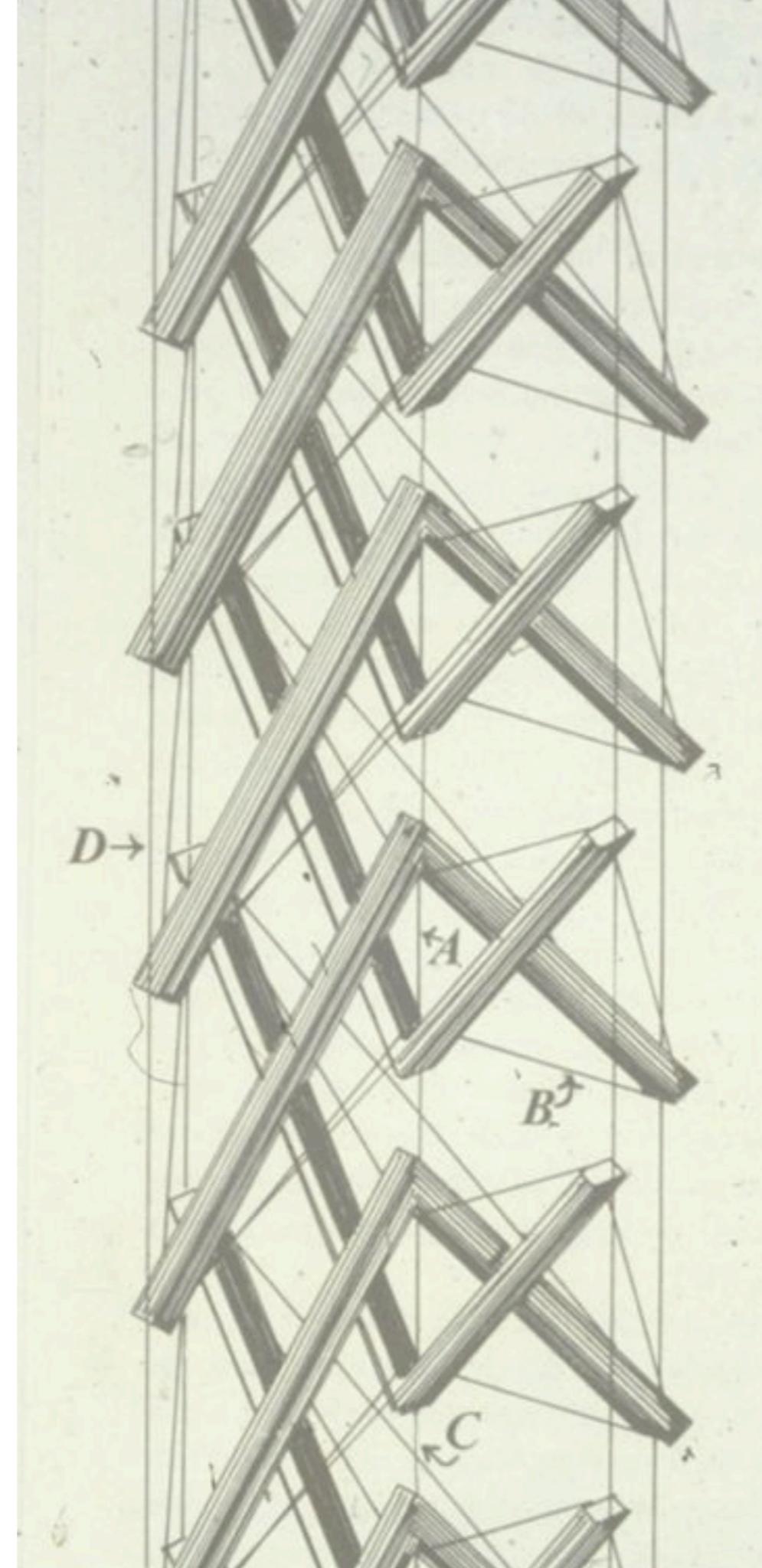
Frei Otto
found a way
to make a
flexible 'spine'.

This
adjustable tent
pole is about
12 meters
high.



Notice how it
is even more
dependent on
the tension
members than
the sailboat -
cut the strings
and it would
fall.

You can reach the ultimate in tension dependence when the 'struts' are completely independent of each other - balanced in the tensional network.

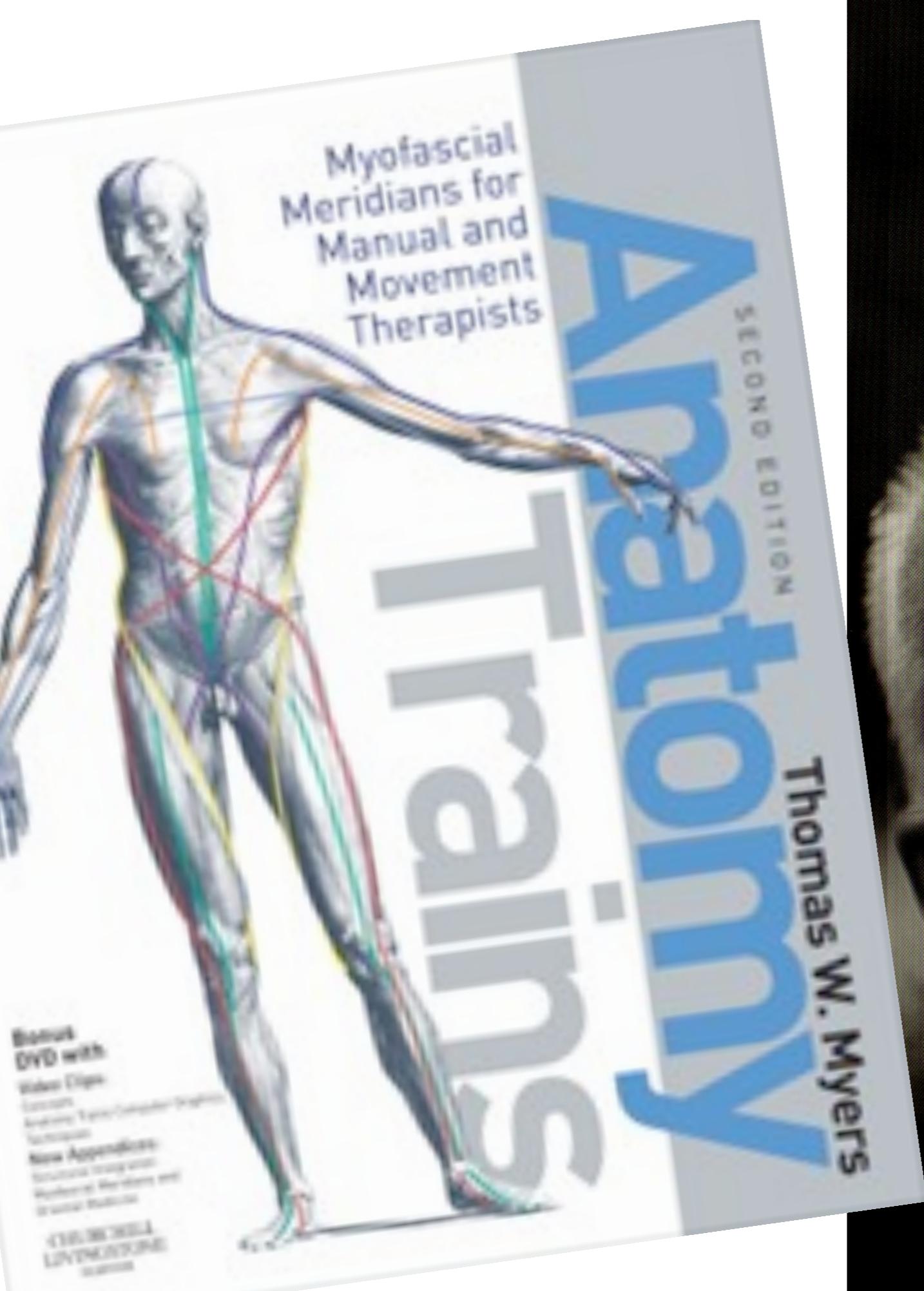


Ultimately, every structure in the universe is a 'tensegrity', but the body is a 'coordinated fascial tensegrity' - on both the macro and the cellular level.

1ST TIME IN US:
**Personal trainers, Athletic rehab folks, Physiotherapists, Pilates teachers,
Yoga teachers, Bodyworkers, and Somatic educators of all stripes**

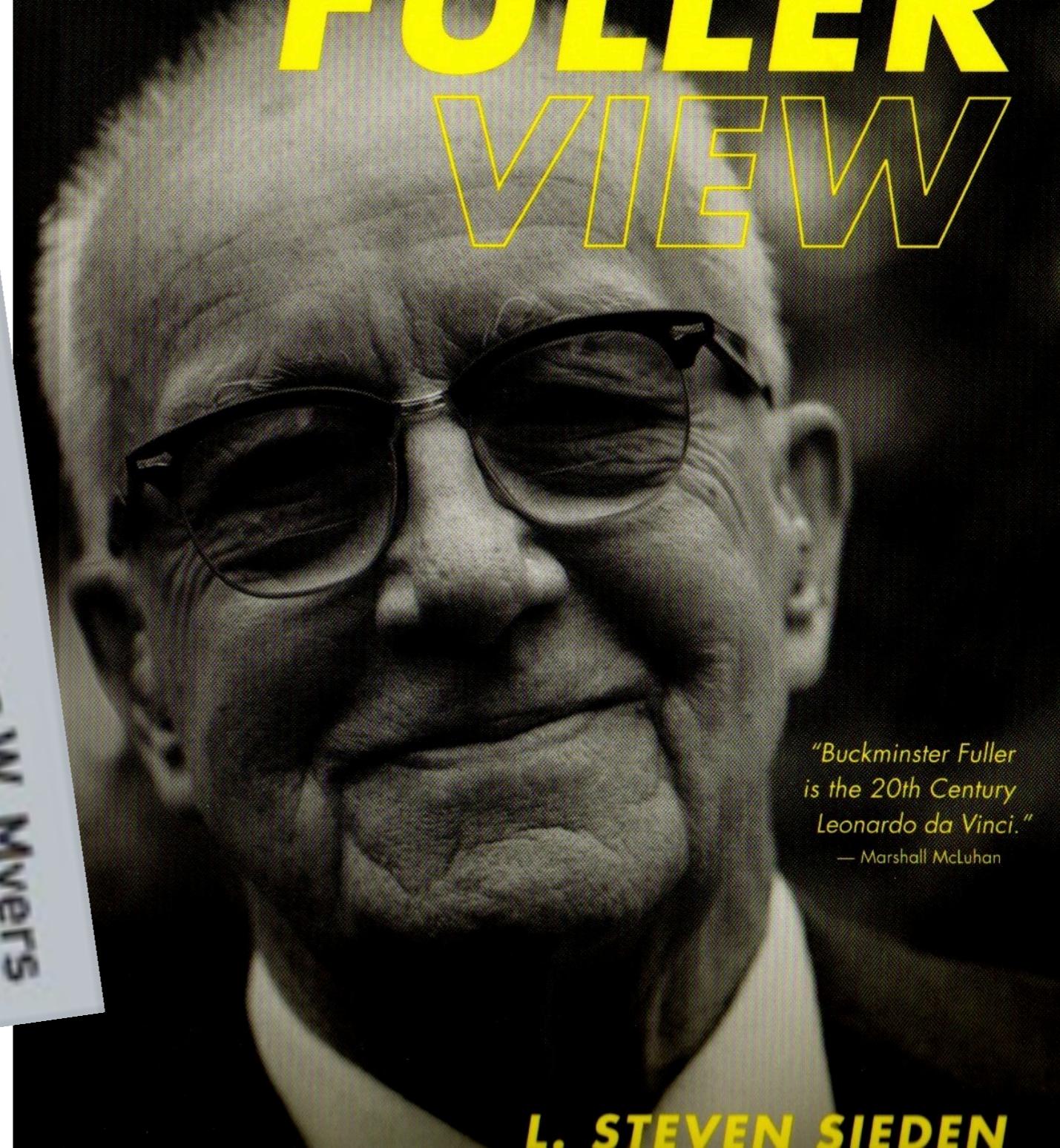


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Buckminster Fuller's
Vision of Hope and
Abundance
for All

A **FULLER** VIEW



L. STEVEN SIEDEN