

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



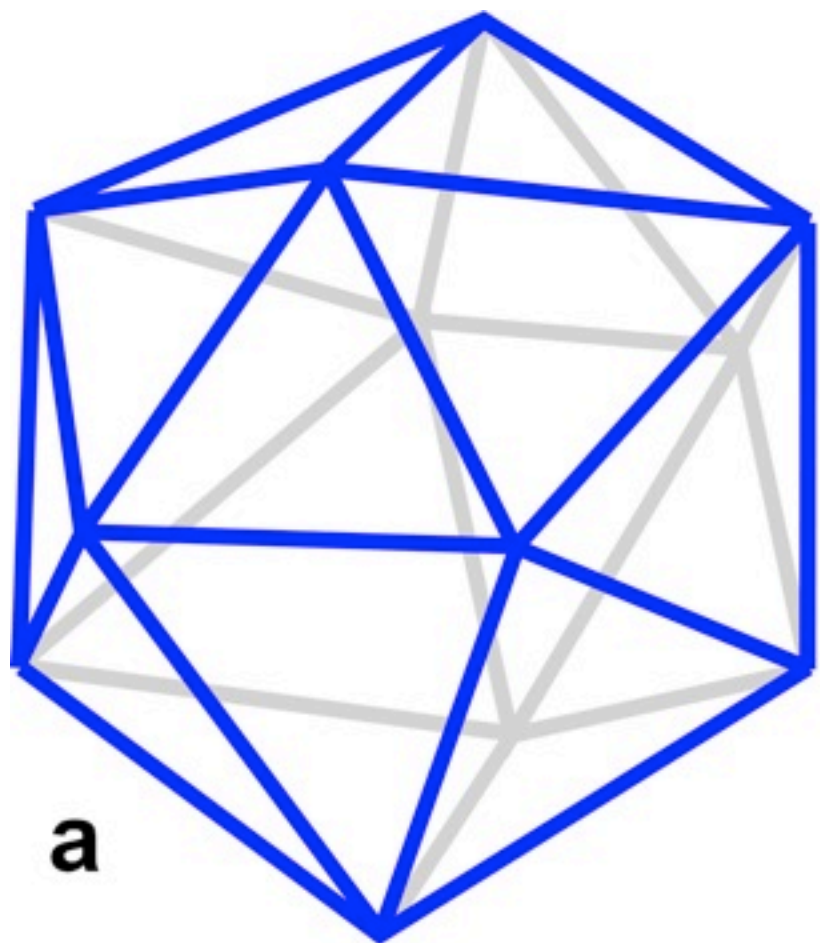
Tensegrity

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

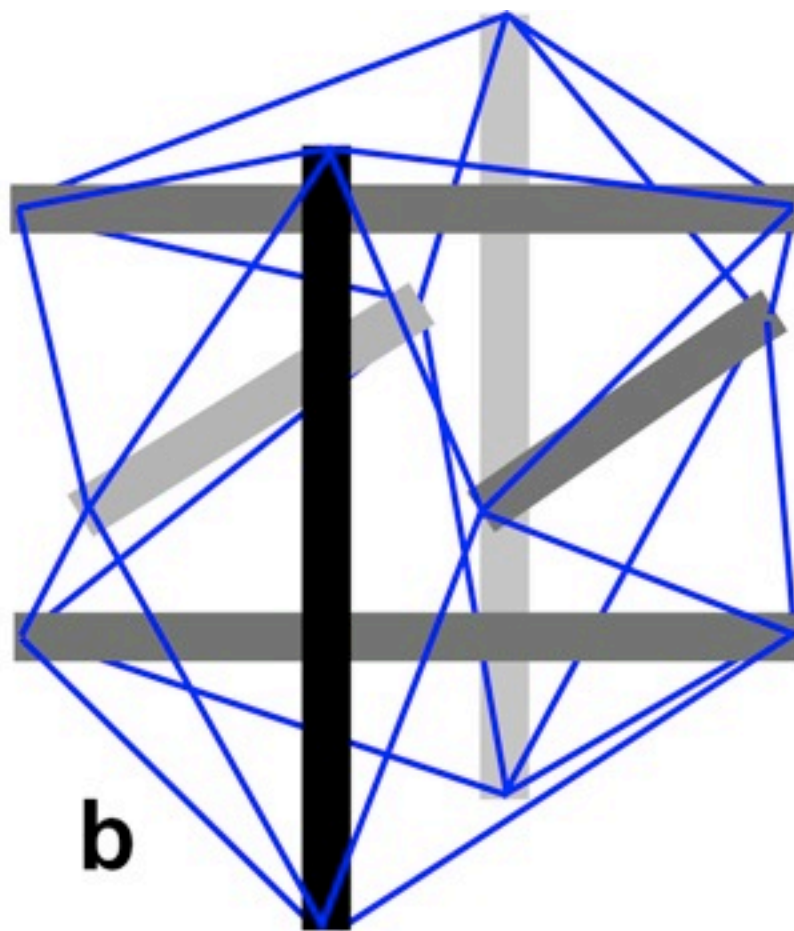




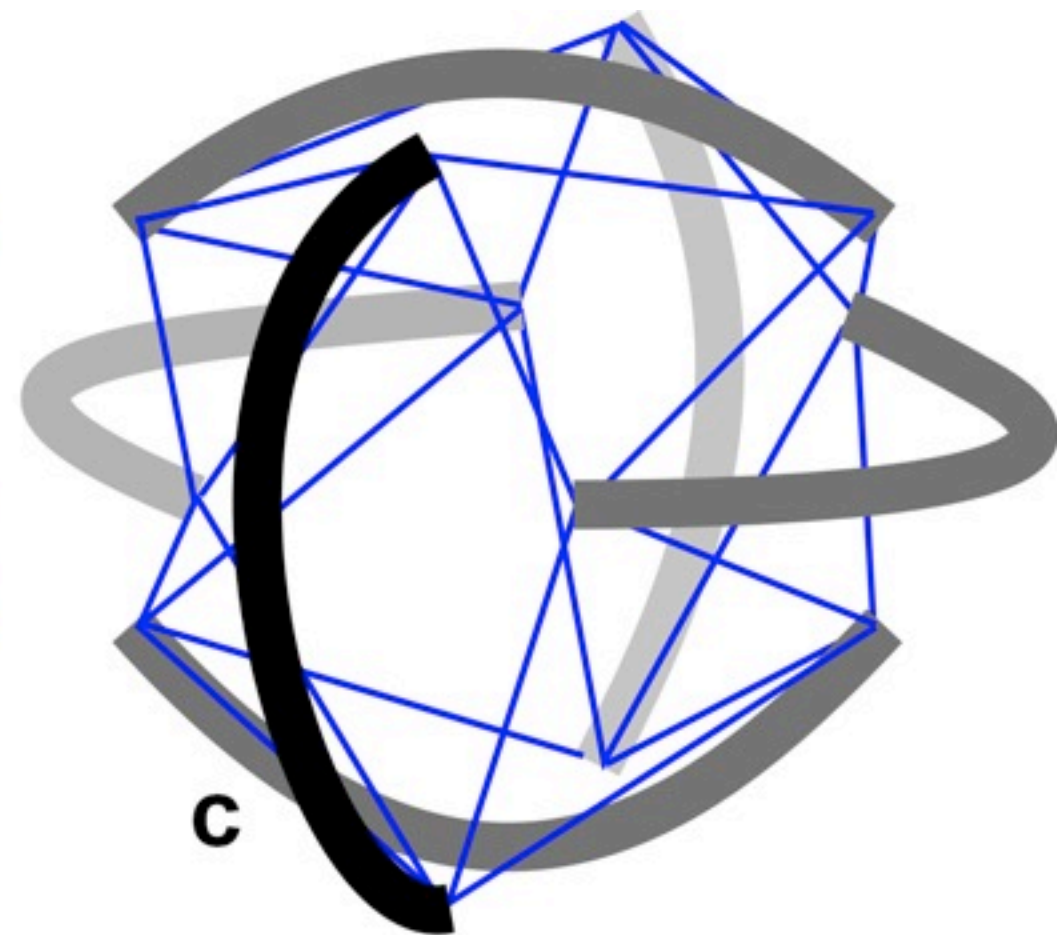
Don't forget
the 'unitard'
of the fascia
profundis



a



b



c

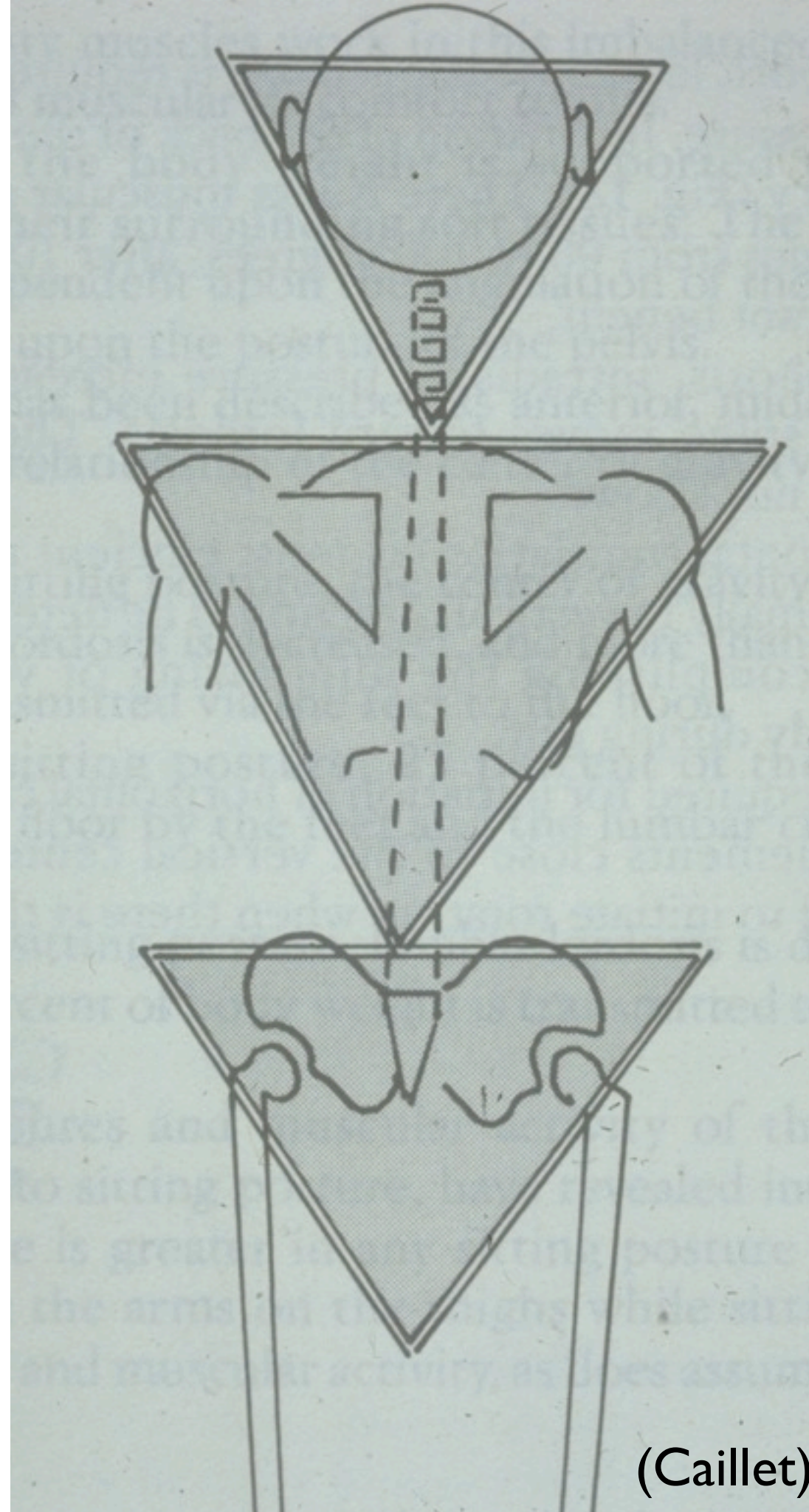
A) Icosahedron

B) A tensegrity icosahedral 'skeleton'

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

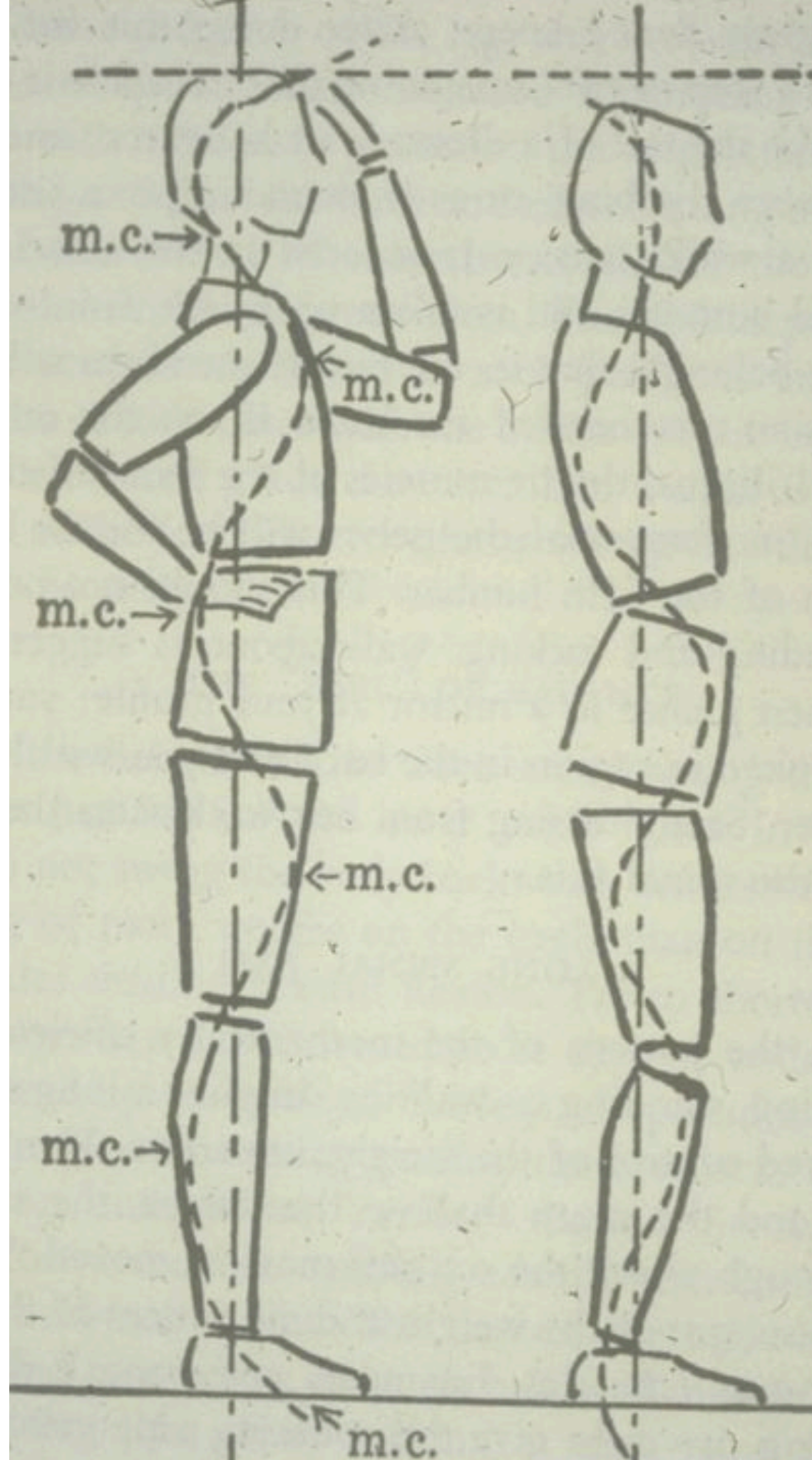
Tension-Dependent Systems in the Body

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.

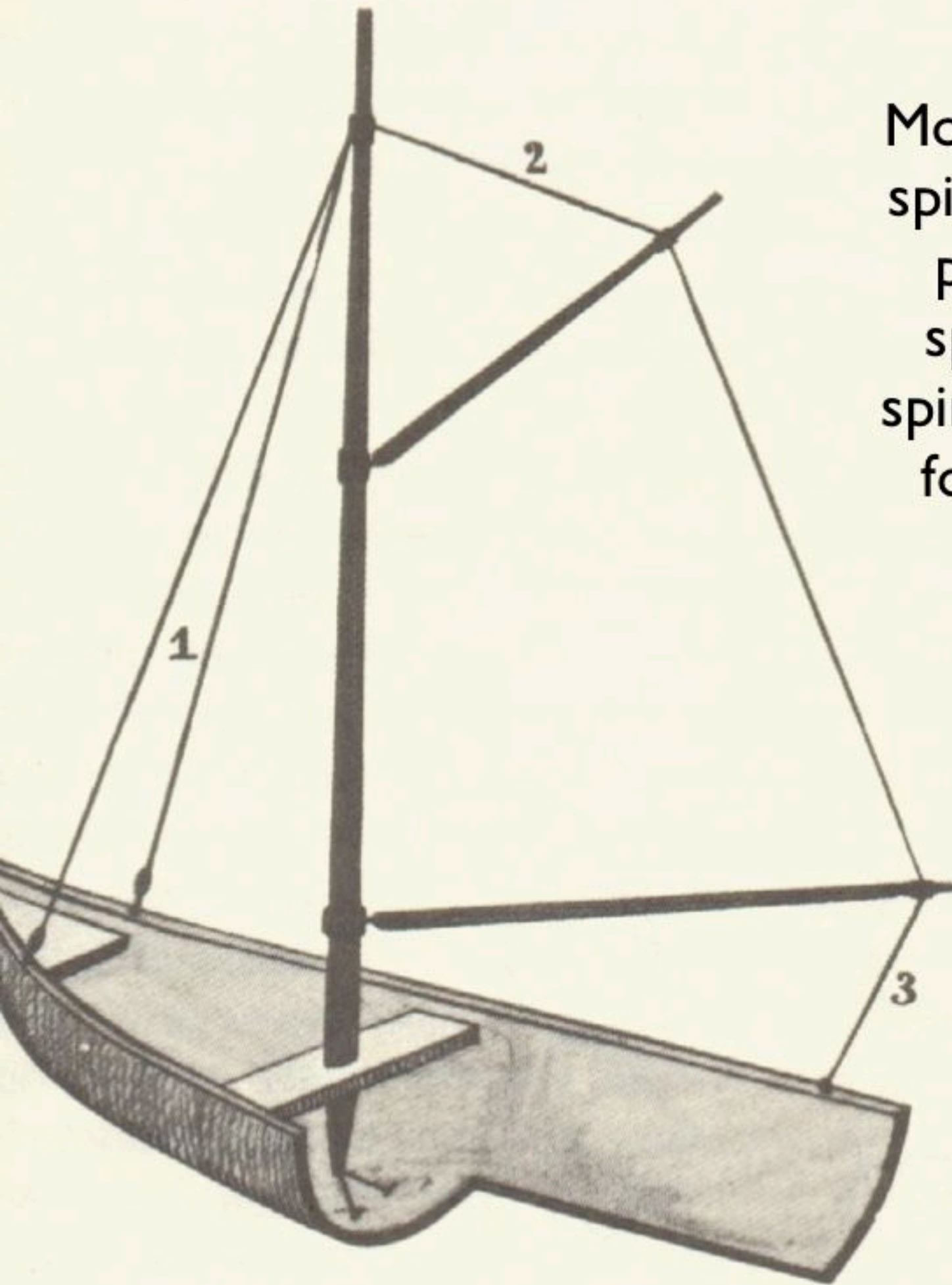


But if that were so, wouldn't L5 have to be bigger than it is?

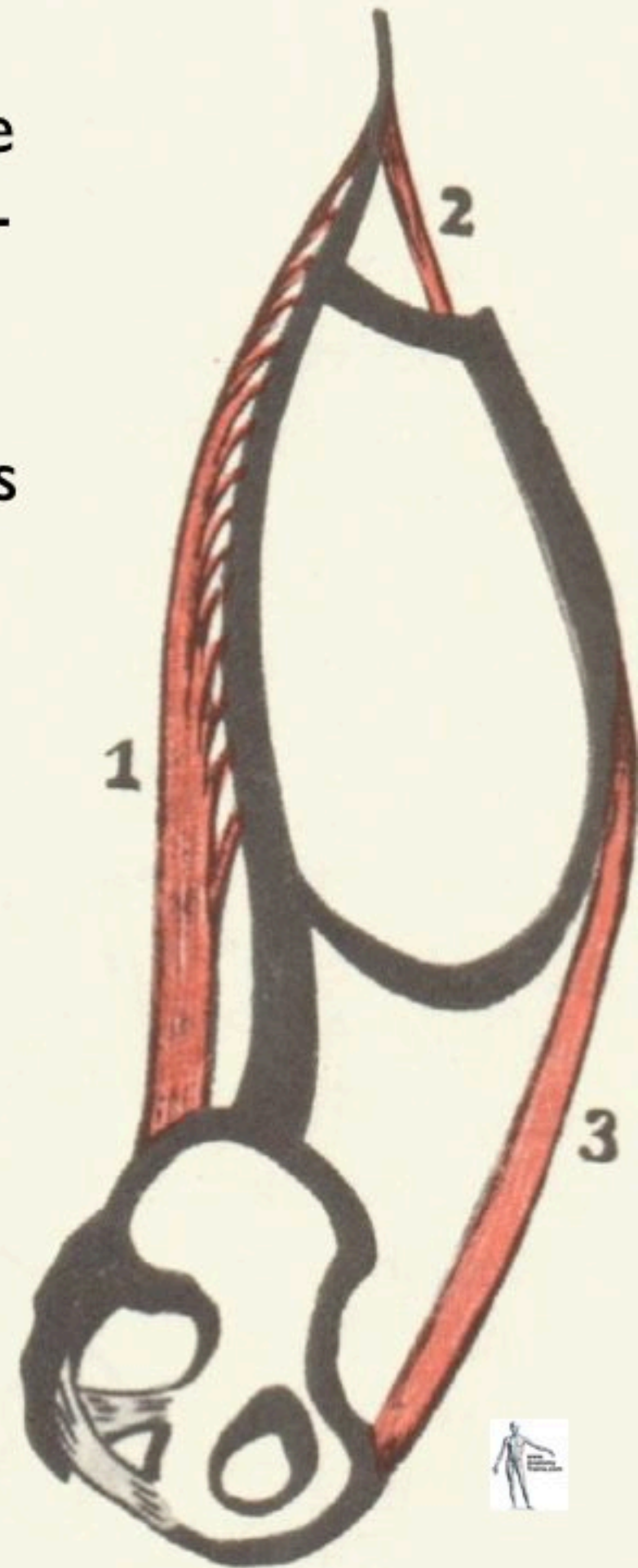
Like Rolf, Todd also assumed that the body was a series of blocks, but because of the high COG and the small base of support, they needed muscle centers for counter-balance.



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

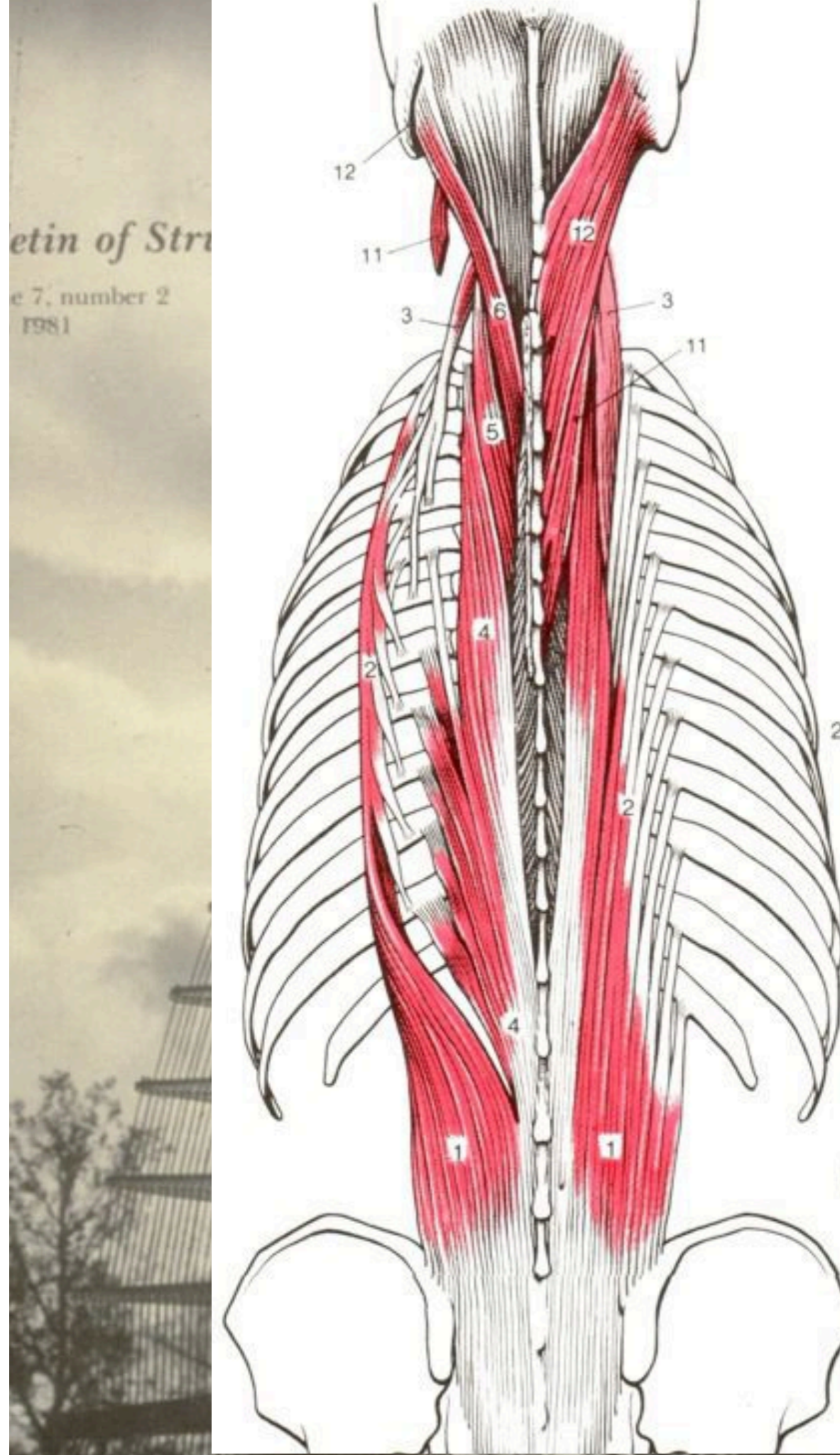


Molliere saw the
spine as a boat -
pelvis as hull
spine as mast
spinal muscles as
forestays, etc.



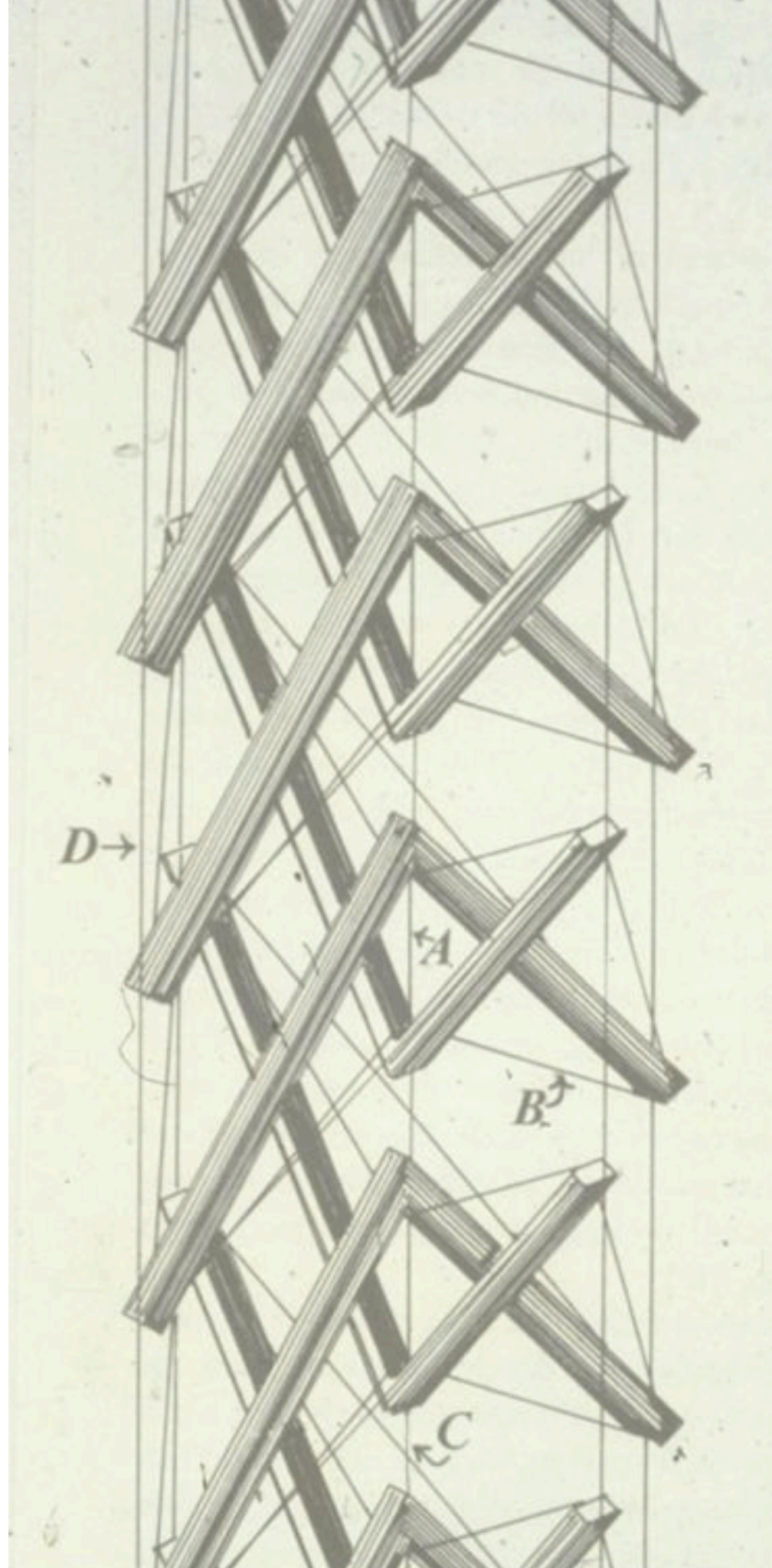
Frei Otto
found a way
to make a
flexible 'spine'.

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.



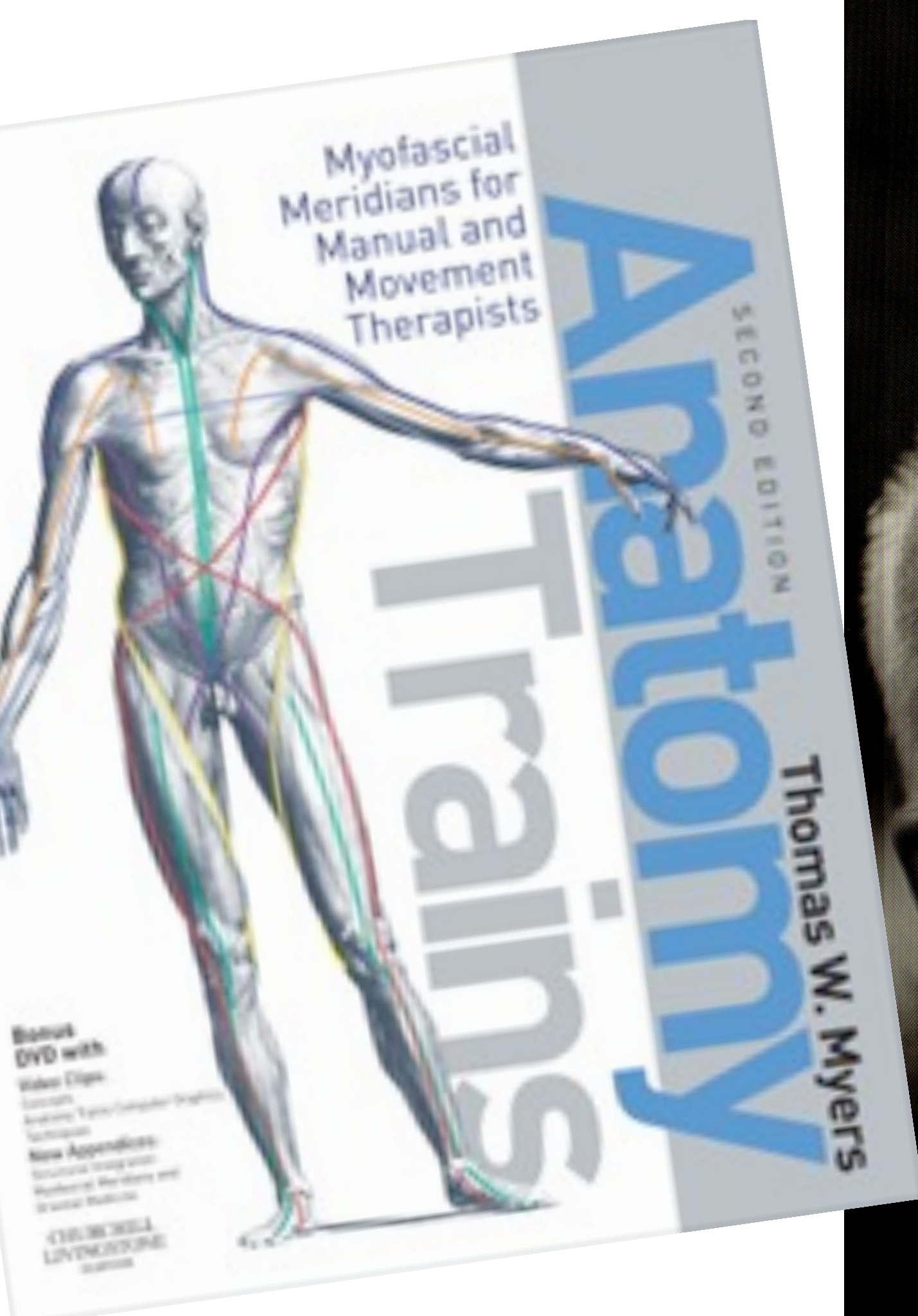
Ultimately, every structure in the universe is a 'tensegrity', but the body is a 'coordinated fascial tensegrity' - on both the macro and the cellular level.

1ST TIME IN US:

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Yoga teachers, Bodyworkers, and Somatic educators of all stripes**

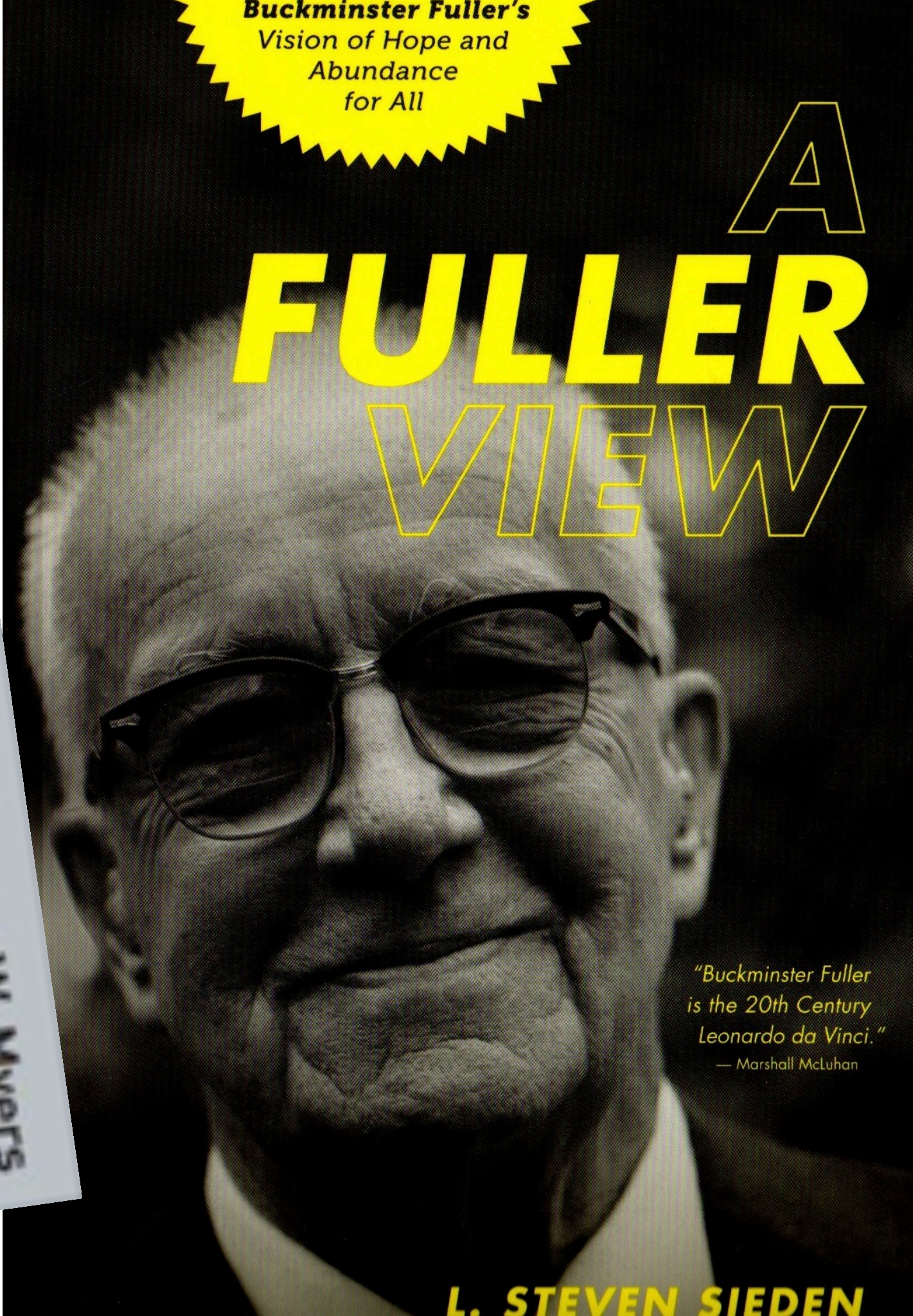


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*"Buckminster Fuller
is the 20th Century
Leonardo da Vinci."*
— Marshall McLuhan

L. STEVEN SIEDEN