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Michael Buhr, B.A., M.A., began his internal martial arts studies in 1983 with Tai-chi Chuan forms, push hands, and

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sparring. Later, he began practicing zhan zhuang and other Wujifa exercises to develop the physical quality of "internal strength". "Secrets of the Pelvis for Martial Arts" is his first book.

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About the Author Michael Buhr, B.A., M.A., began his internal martial arts studies in 1983 with Tai-chi Chuan forms, push hands, and sparring. Later, he began practicing zhan zhuang and other Wujifa exercises to develop the physical quality of "internal strength". "Secrets of the Pelvis for Martial Arts" is his first book.

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The pelvis, as well as our entire body, needs to have as close to symmetrical

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muscle flexibility, strength and length as possible. Asymmetries in muscle strength, length and endurance with agonists and antagonists can eventually create dysfunction in movement and alignment patterns.

## **Unlocking Secrets of the Pelvis (Pt. 1)**

Having strong pelvic floor muscles gives you proper control over our bladder and bowels, but that's not their only role. Strong pelvic floor muscles also improve sexual performance and orgasm, help stabilize the hip joints, and act as a lymphatic pump for the pelvis. You get the picture: They're important.

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PRI, Op Cit, p.p. 18-20. Part 3 of "Unlocking Secrets of the Pelvis" will

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explore several tests to determine the position of the inominate bones in relation to the femurs; and how breathing affects not only the entire kinetic chain, but the autonomic nervous system as well.

## **Unlocking Secrets of the Pelvis (Pt. 2)**

Secrets of the Pelvis for Martial Arts: A Practical Guide for Improving Your Wujifa, Taiji, Xingyi, Bagua and Everyday Life by Michael J. Buhr, Paperback | Barnes & Noble®. Many martial arts and qigong practices speak of the need to move from the center, to 'round the crotch', to open the Huiyin point, and to relax the waist.

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Option If you don't want to smoke, vape, or eat edibles, topical cannabis cream can be a great alternative for relieving your pelvic pain. Types of topicals include lotions, balms, or oils that absorb directly into the skin. It's non-addictive, powerful, and all-natural stuff.

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Secret #2: Pelvic Floor Muscles are Affected by your Posture. Nothing in your body works in isolation. Meaning if you're holding your body in a totally wonky position, you affect the tension in your other muscles. Pregnant women tend to adopt a hyperlordotic posture (big arch in your low back).

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