



Čínska medicína – 9. časť

Su Jok – mikrosystém ruky a nohy

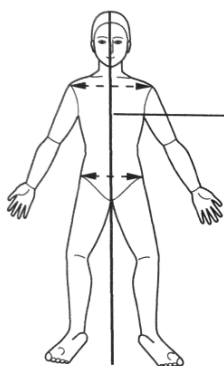
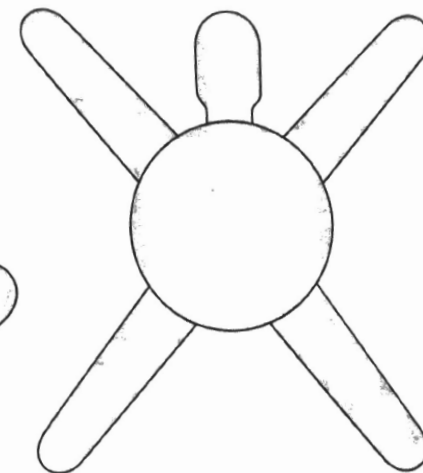
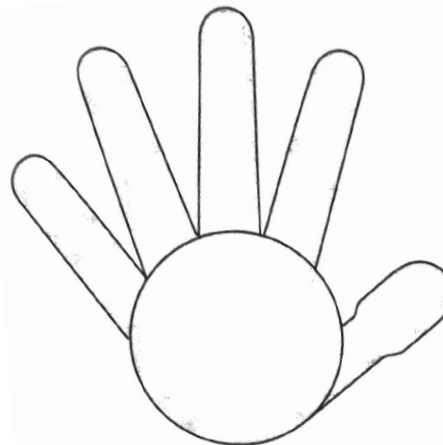
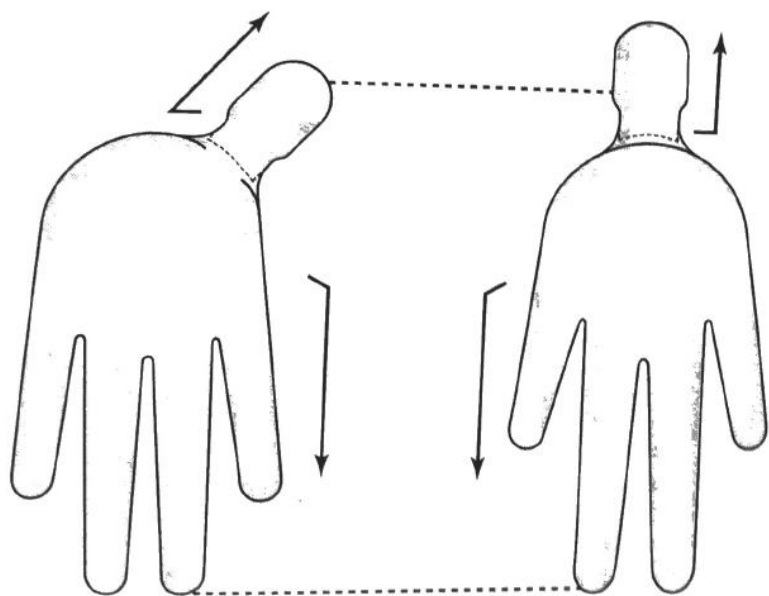


História

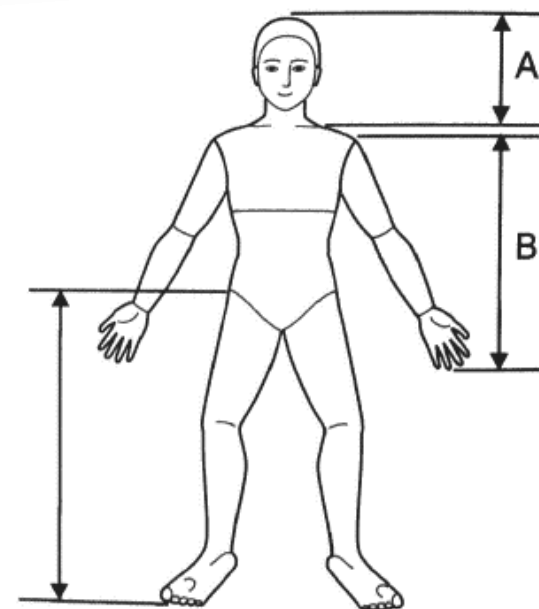
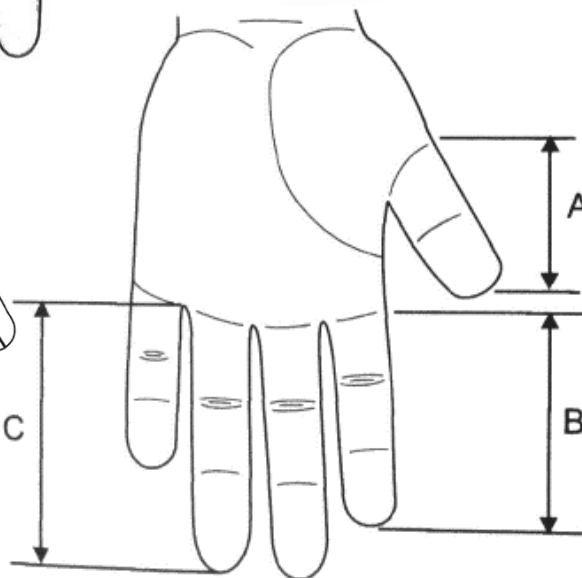
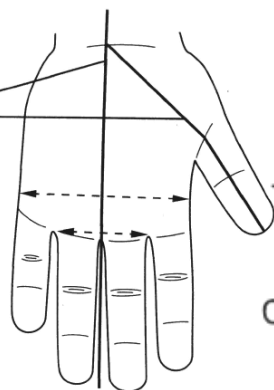
- Su – ruka, Jok – noha
- Kórea – 1988
 - Profesor Park Jae Woo (1942 – 2010)
 - Zjednotenie egyptského, čínskeho a indického systému
 - 2009 – založená medzinárodná asociácia Su Jok - ISA
- 3 systémy podobností
 - Základný
 - Systém hmyz
 - Minisystém
- Aktívne body
- Prenos qi na základe podobnosti



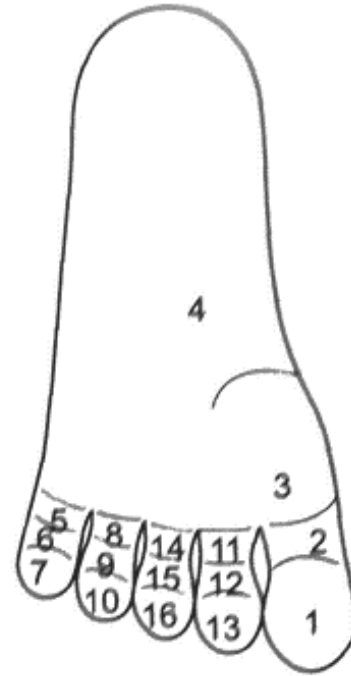
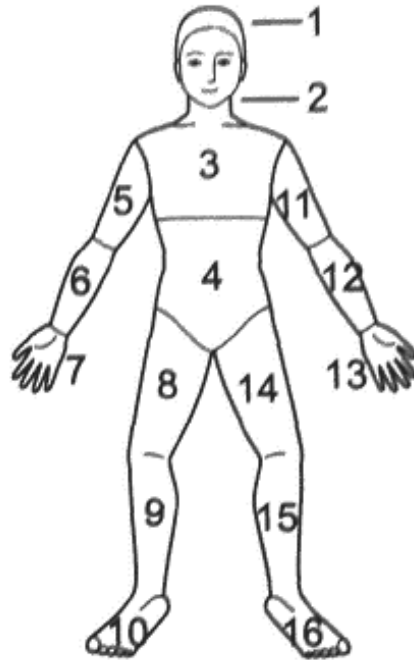
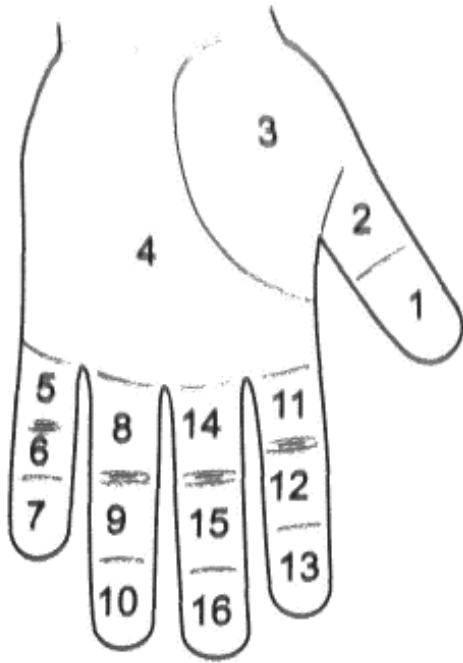
Podobnosti



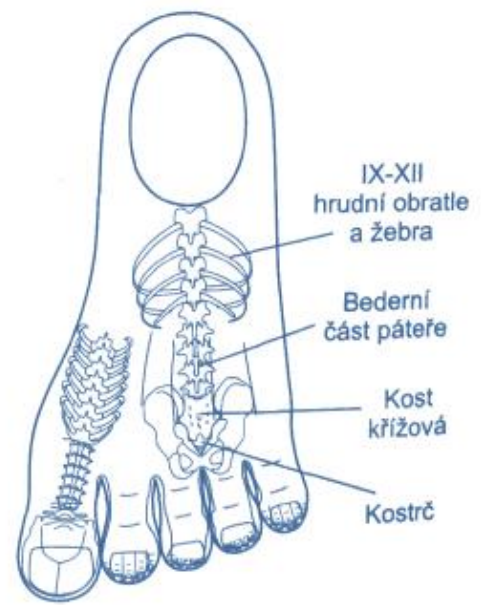
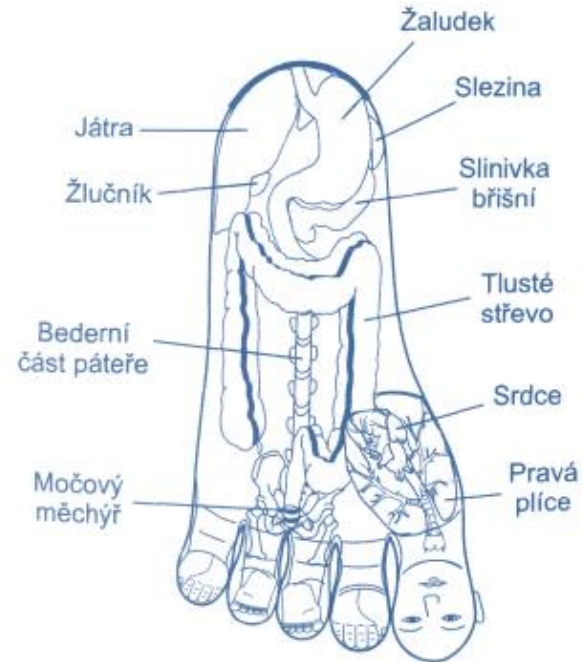
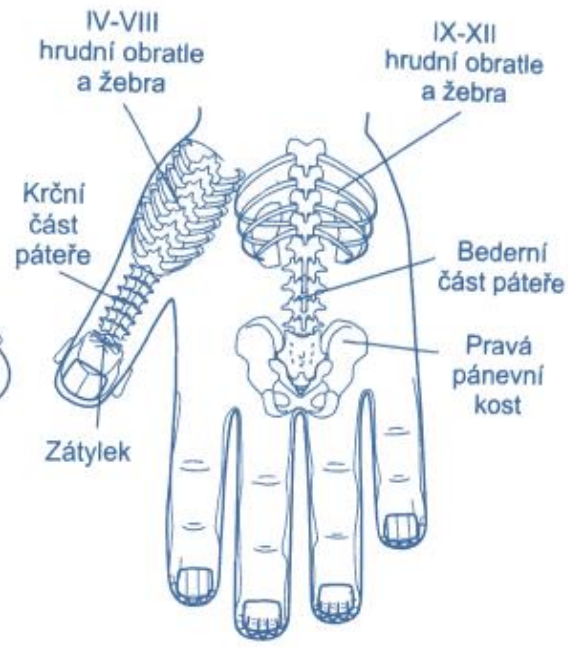
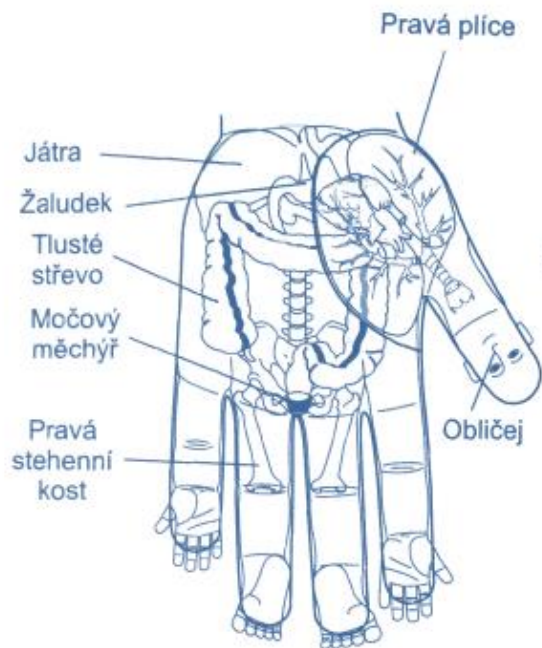
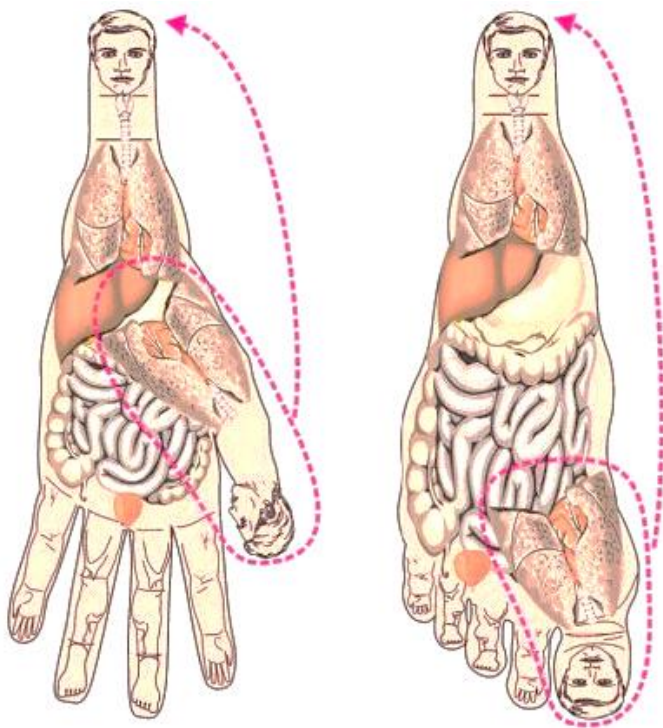
Symetrická
osa



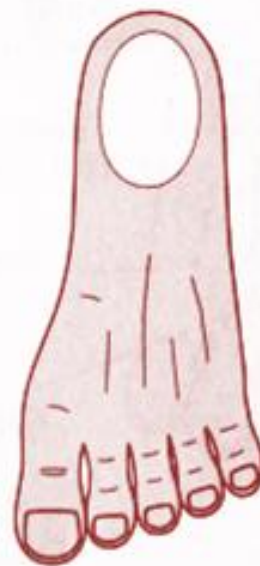
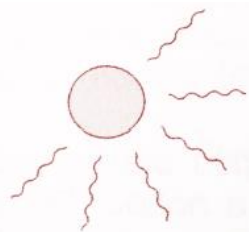
Segmenty



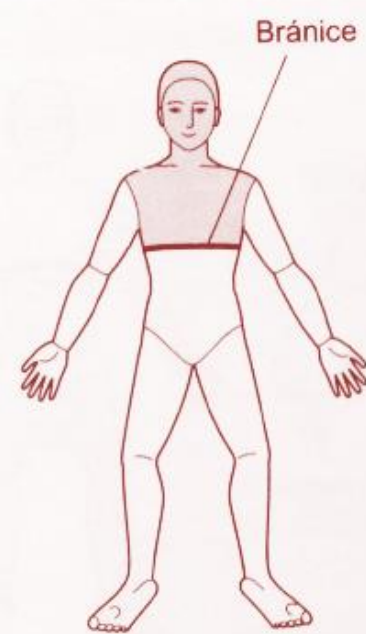
Projekčné zóny



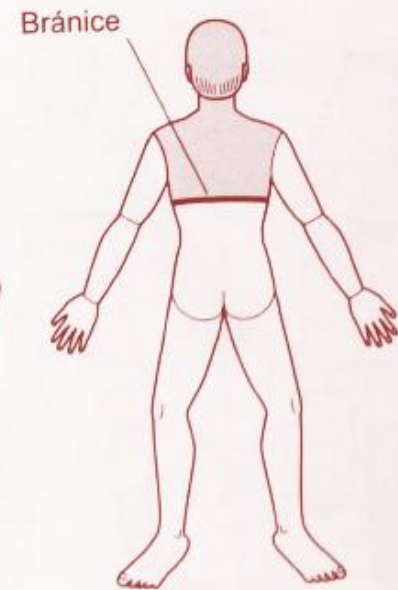
Polarita



Lokalizačná os bránice

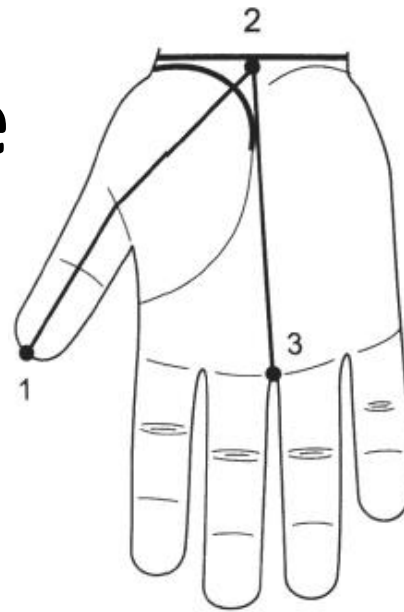


JIN povrch

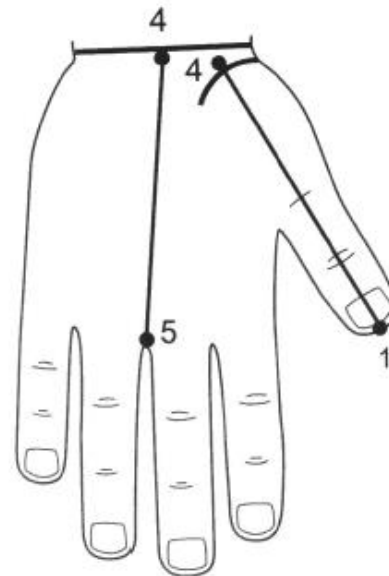
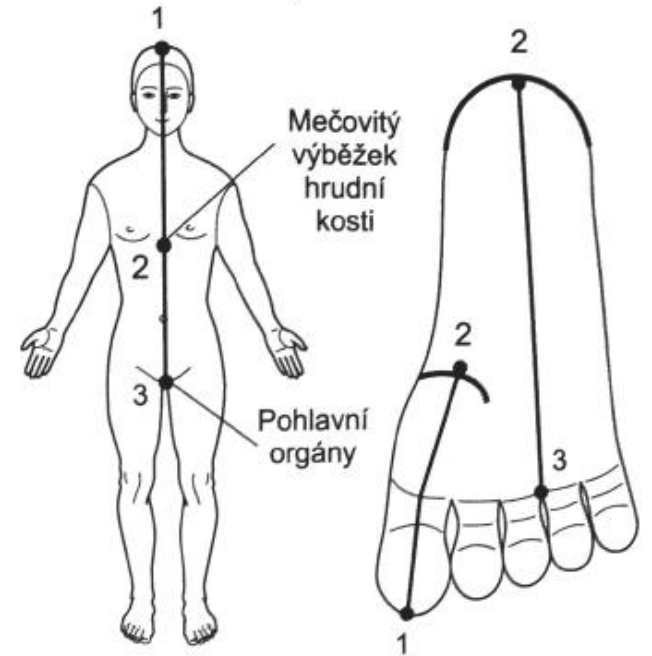


JANG povrch

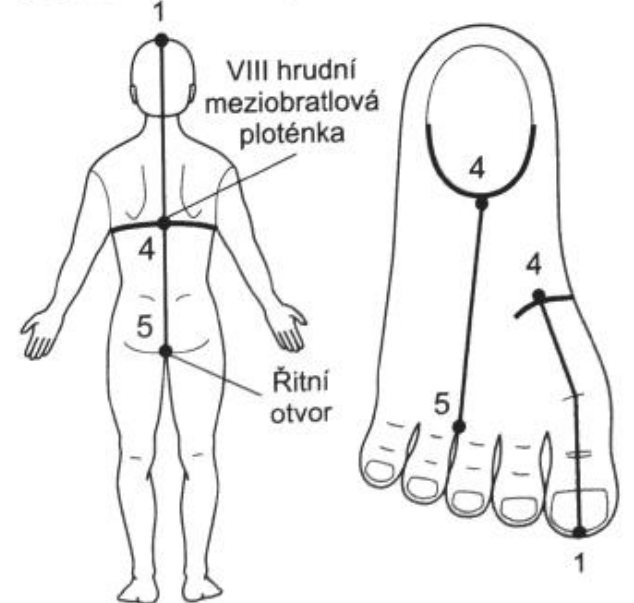
Projekčné línie



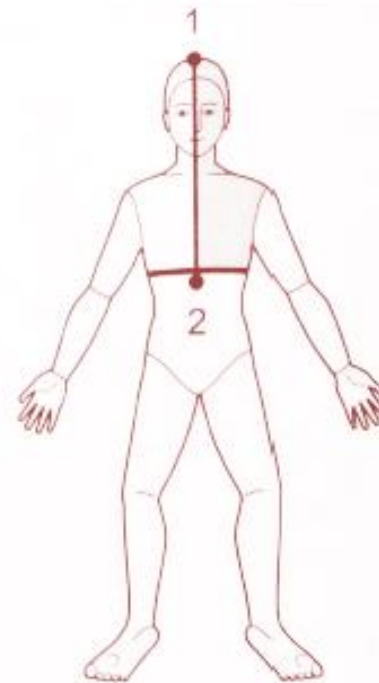
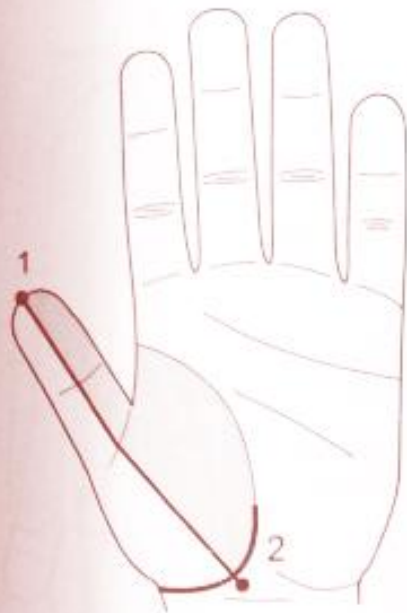
Bod na vrcholku hlavy



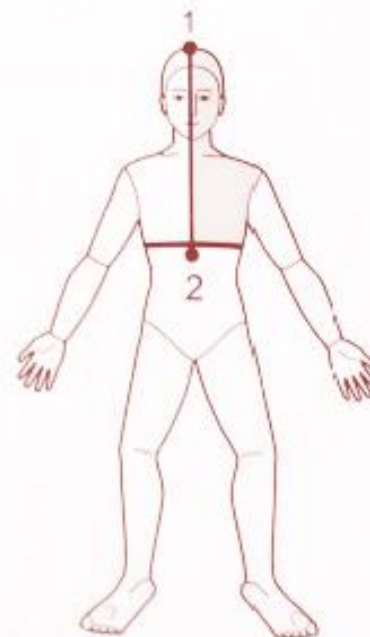
Bod na vrcholku hlavy



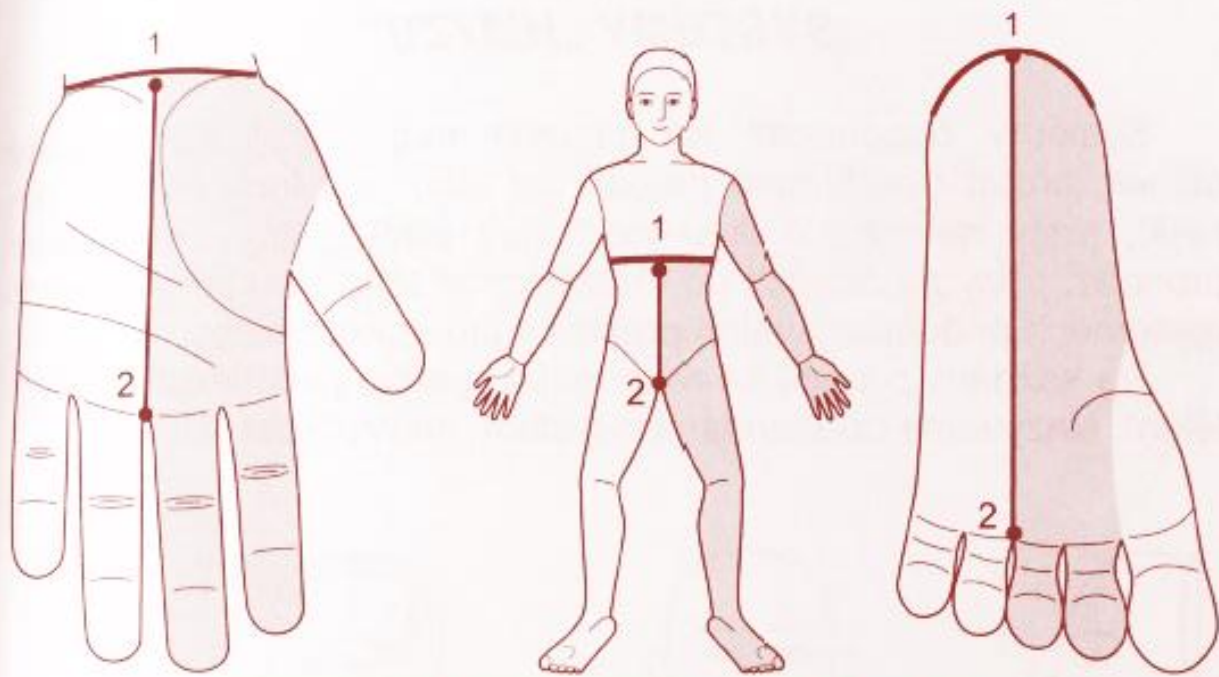
Laterality horná část těla



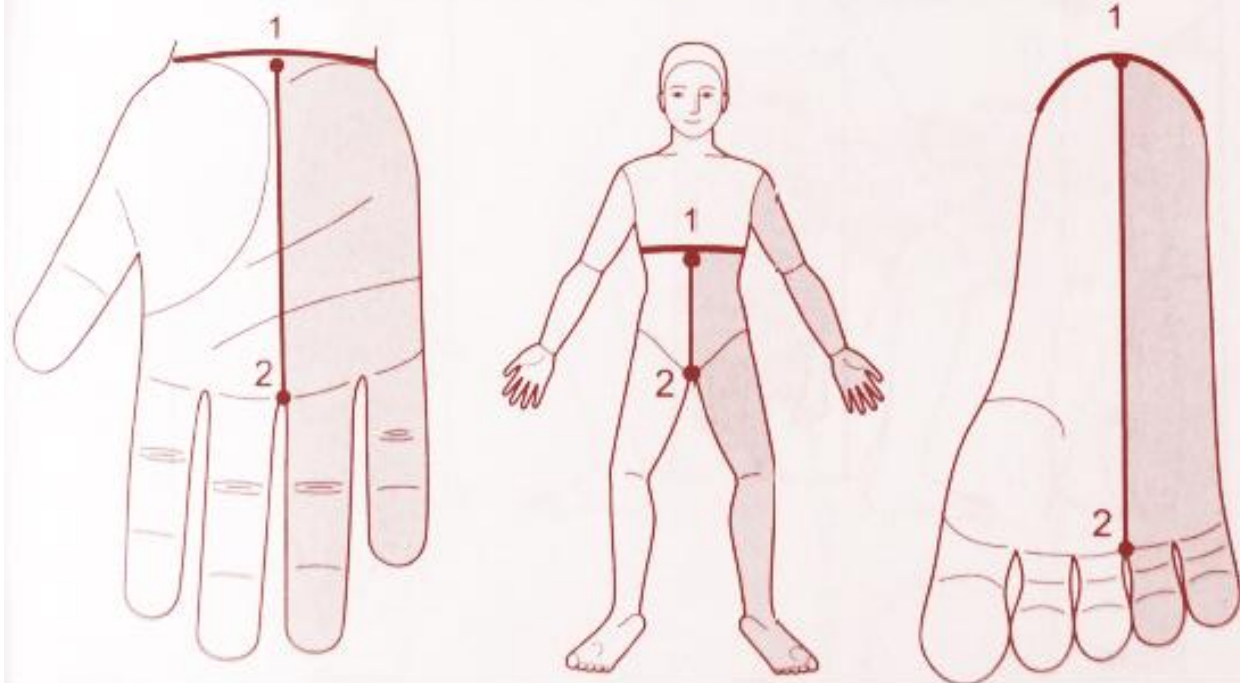
Podobnost pravé a levé poloviny těla na levé dlani a chodidle



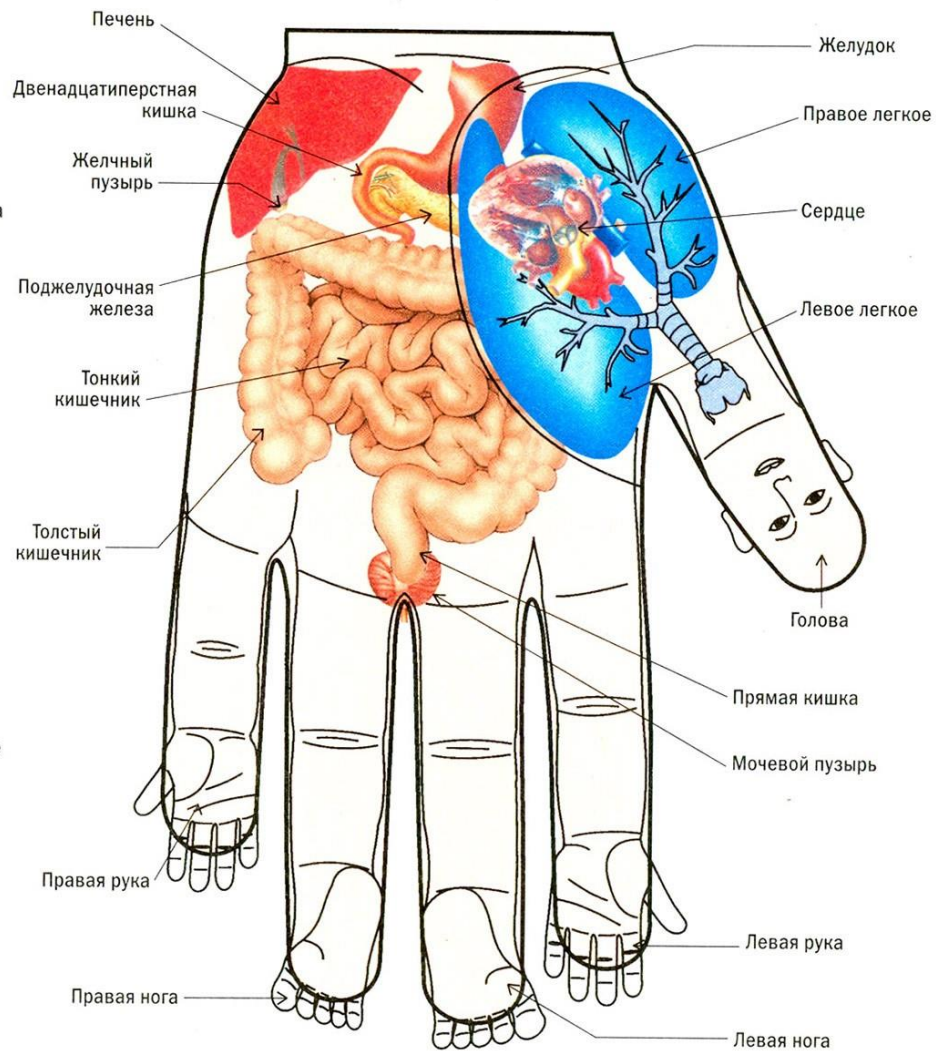
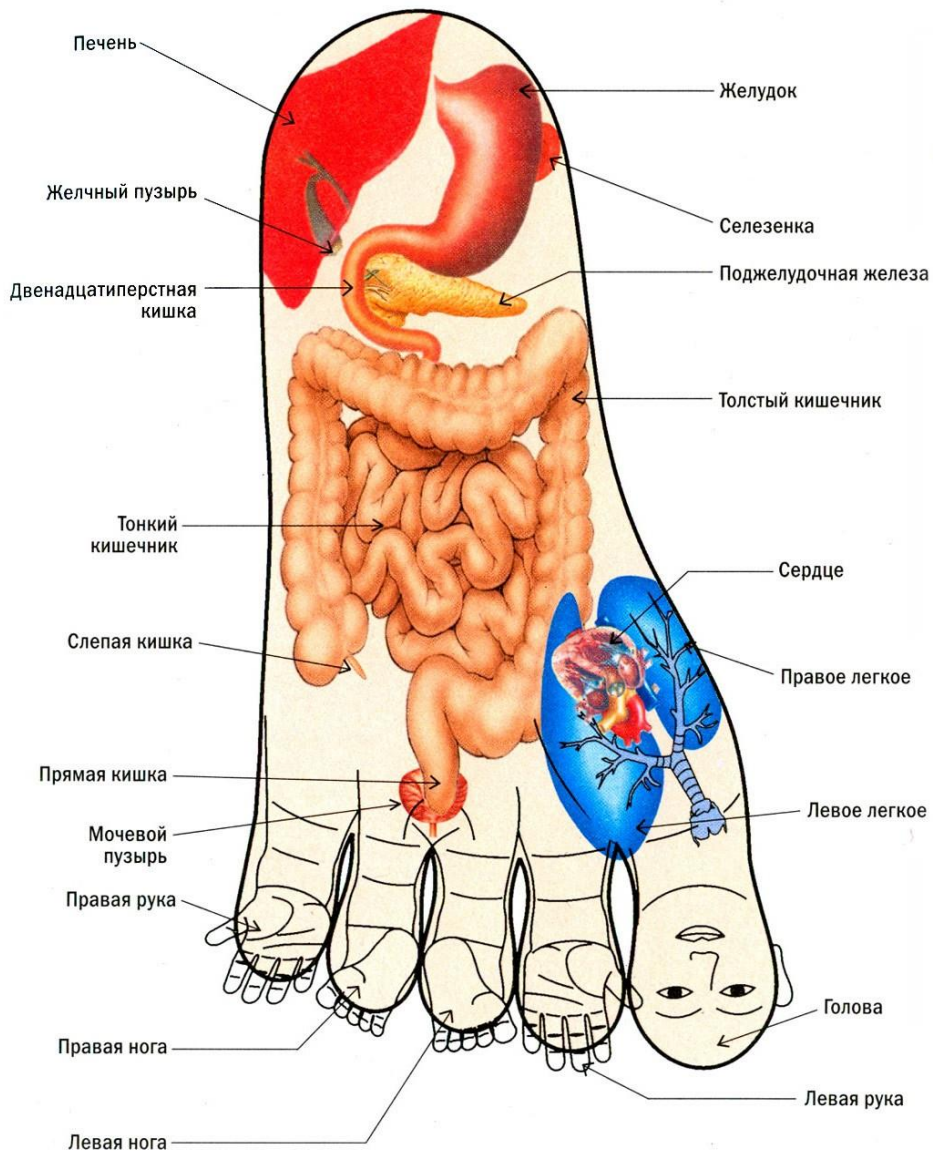
Lateralita dolná časť tela



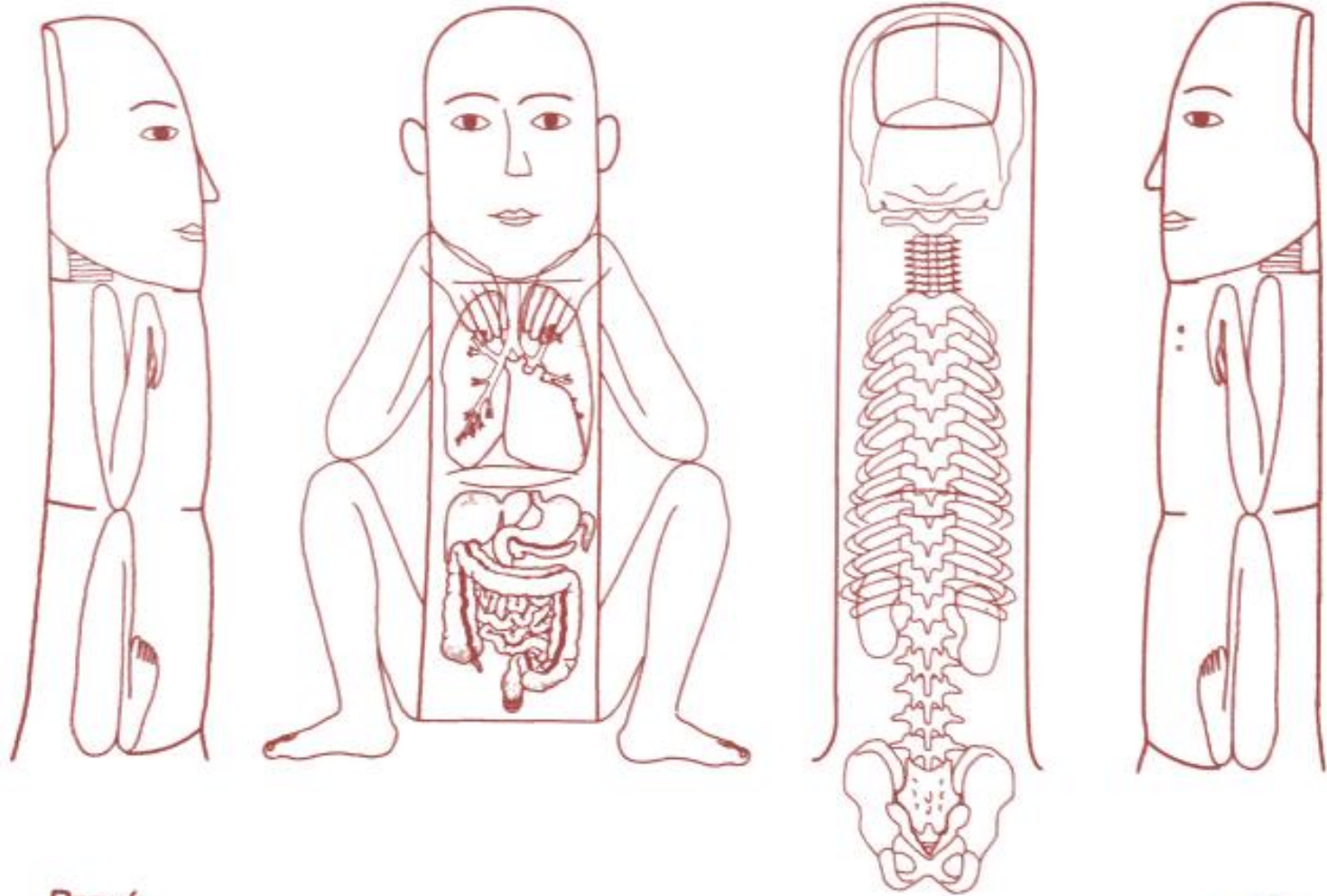
Podobnosť pravej a ľavej polovice tela na ľavej dlani a chodidle



Мапа základný systém



Projekcia systém Hmyz



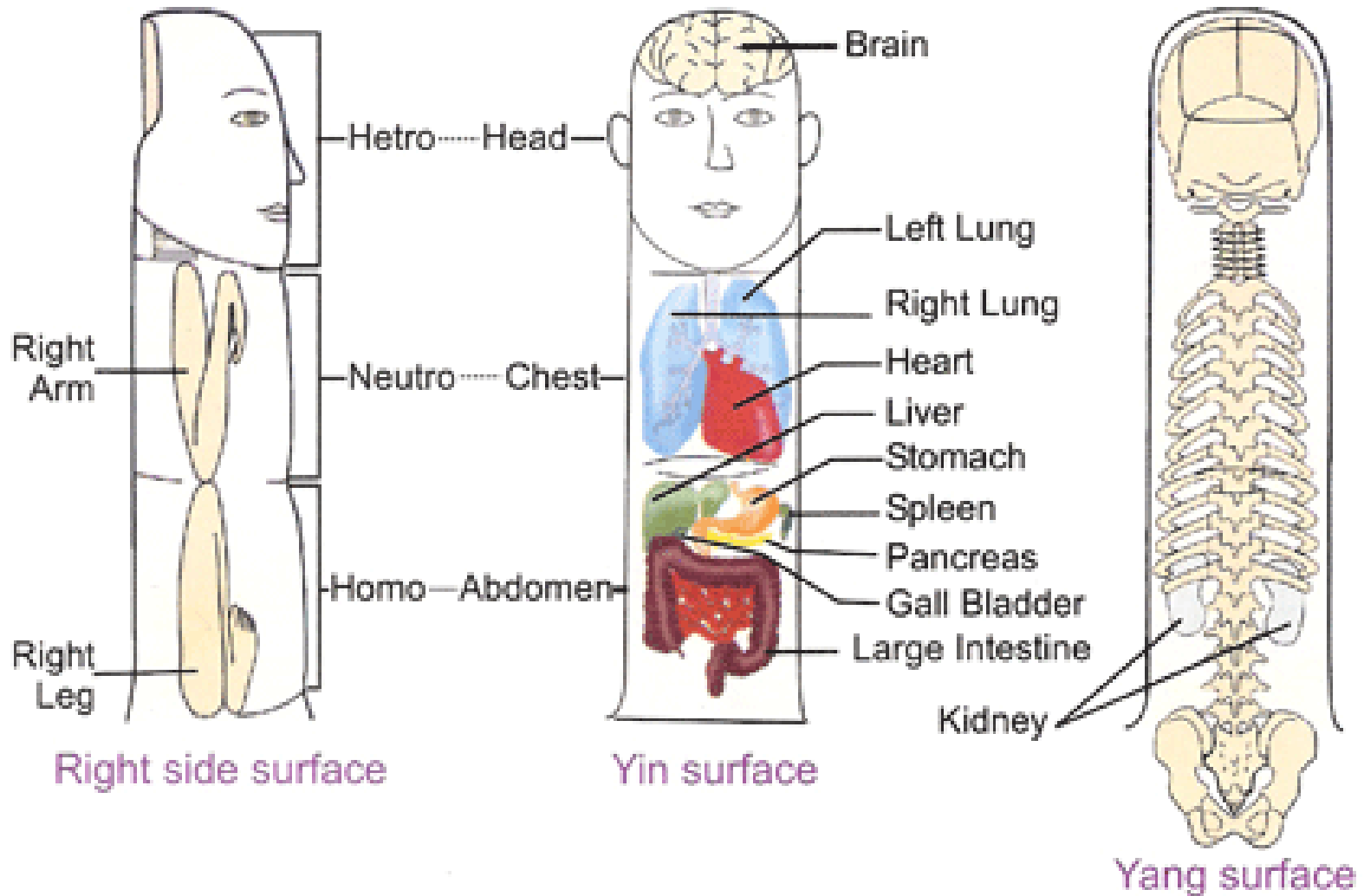
Pravá
boční
strana

JIN
povrch

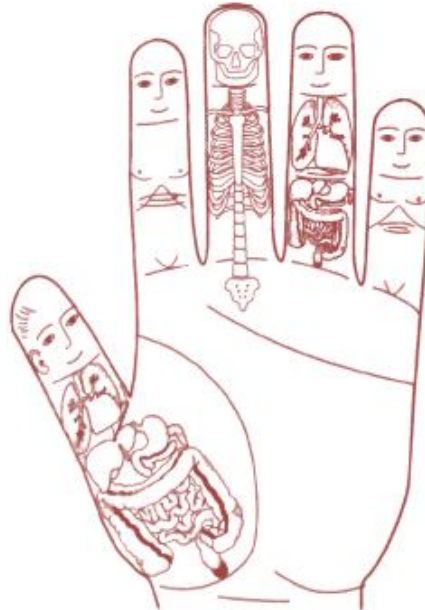
JANG
povrch

Levá
boční
strana

Tri úrovne hmyzu



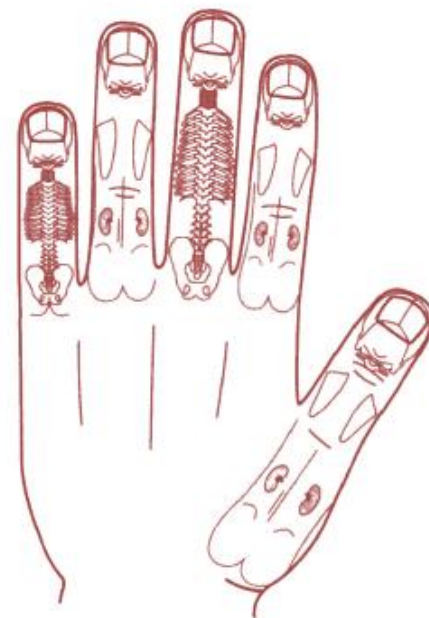
Hmyz končatiny



JIN povrch na dlani

Hlava
Hrudník

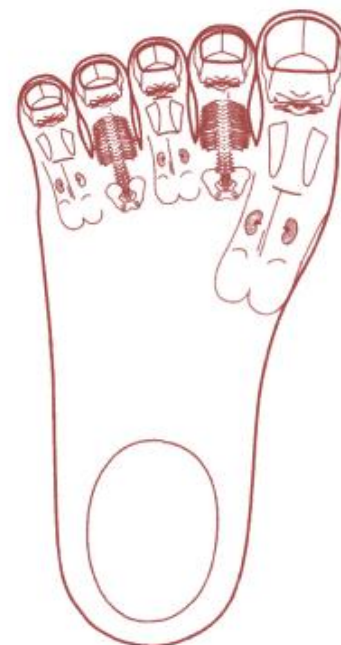
Dutina
břišní



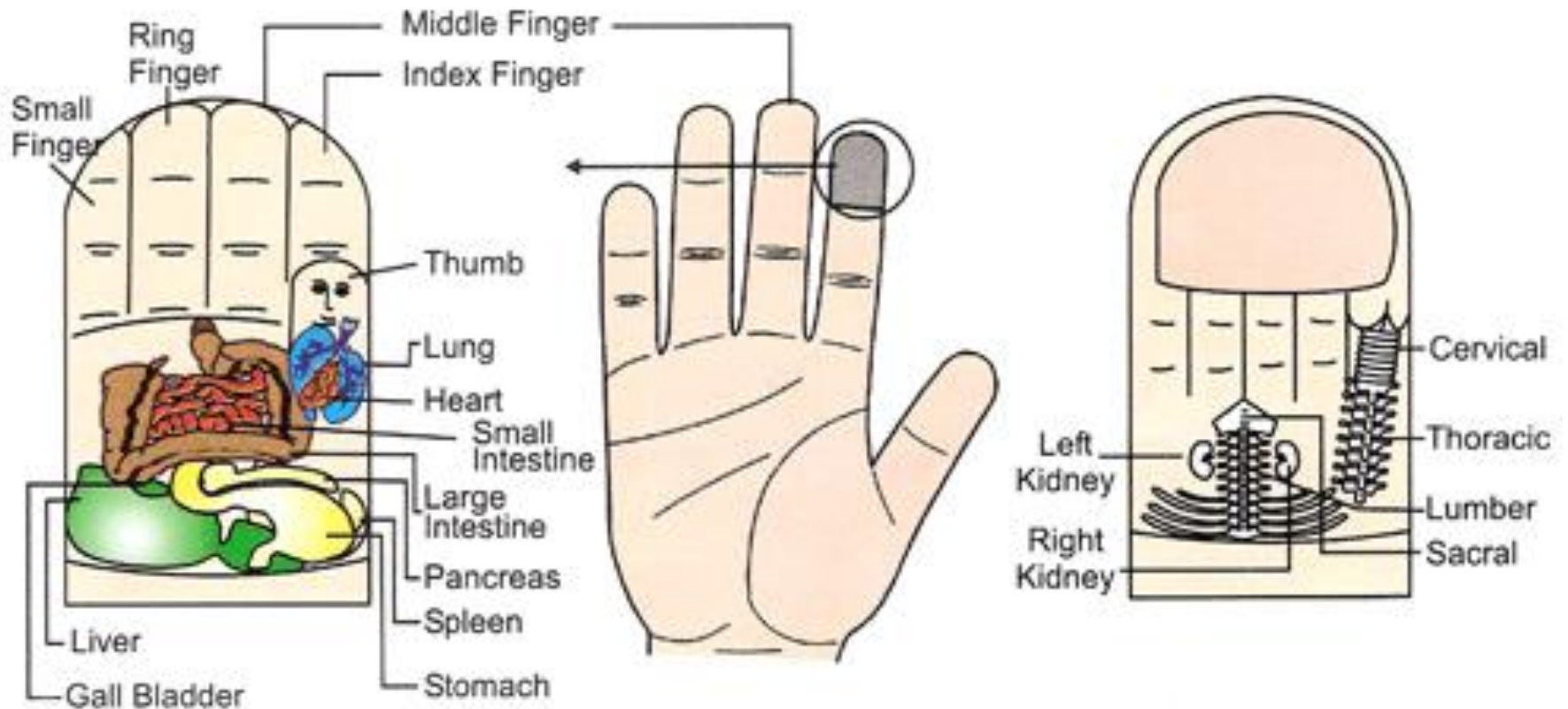
JANG povrch na dlani



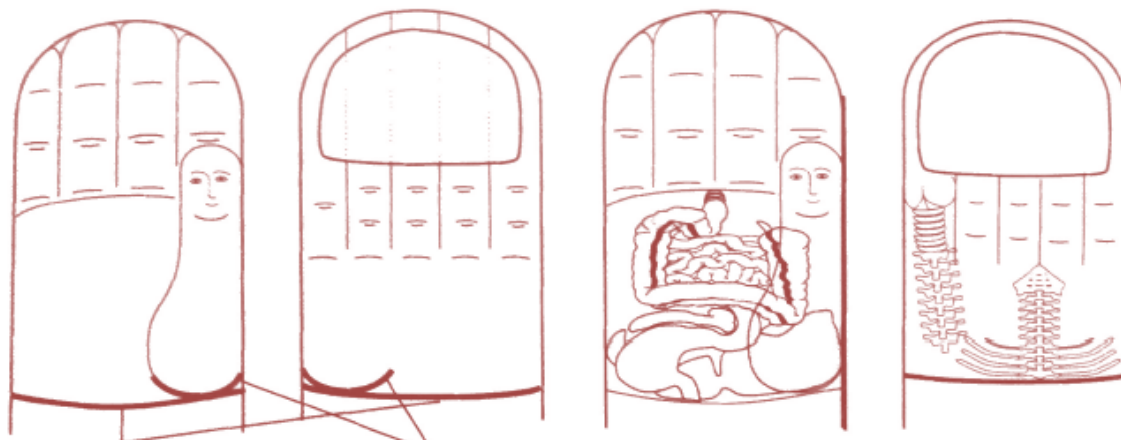
Hetero
Neuro
Homo



Minisystém



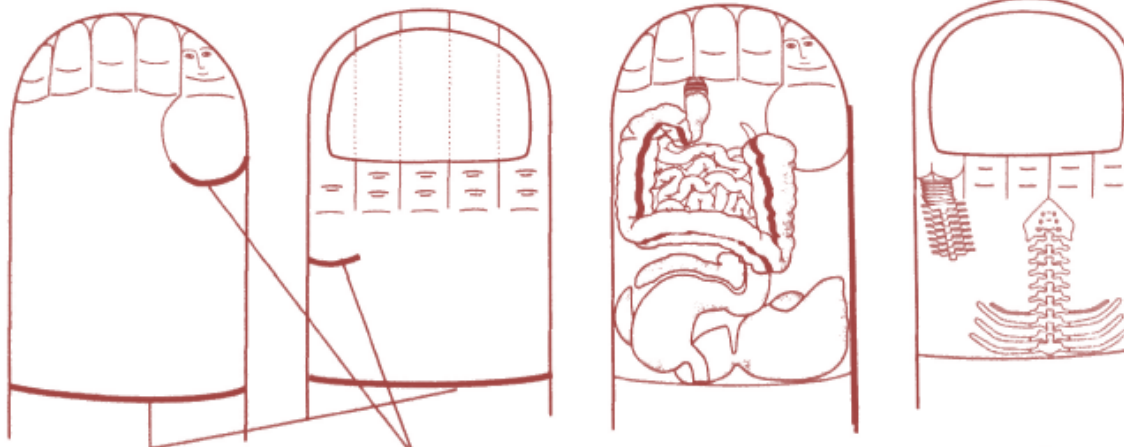
Minisystém detaily



Spodní čára
bránice

Horní čára
bránice

Koncový článek 1., 2. a 5.prstu
rukou a nohou

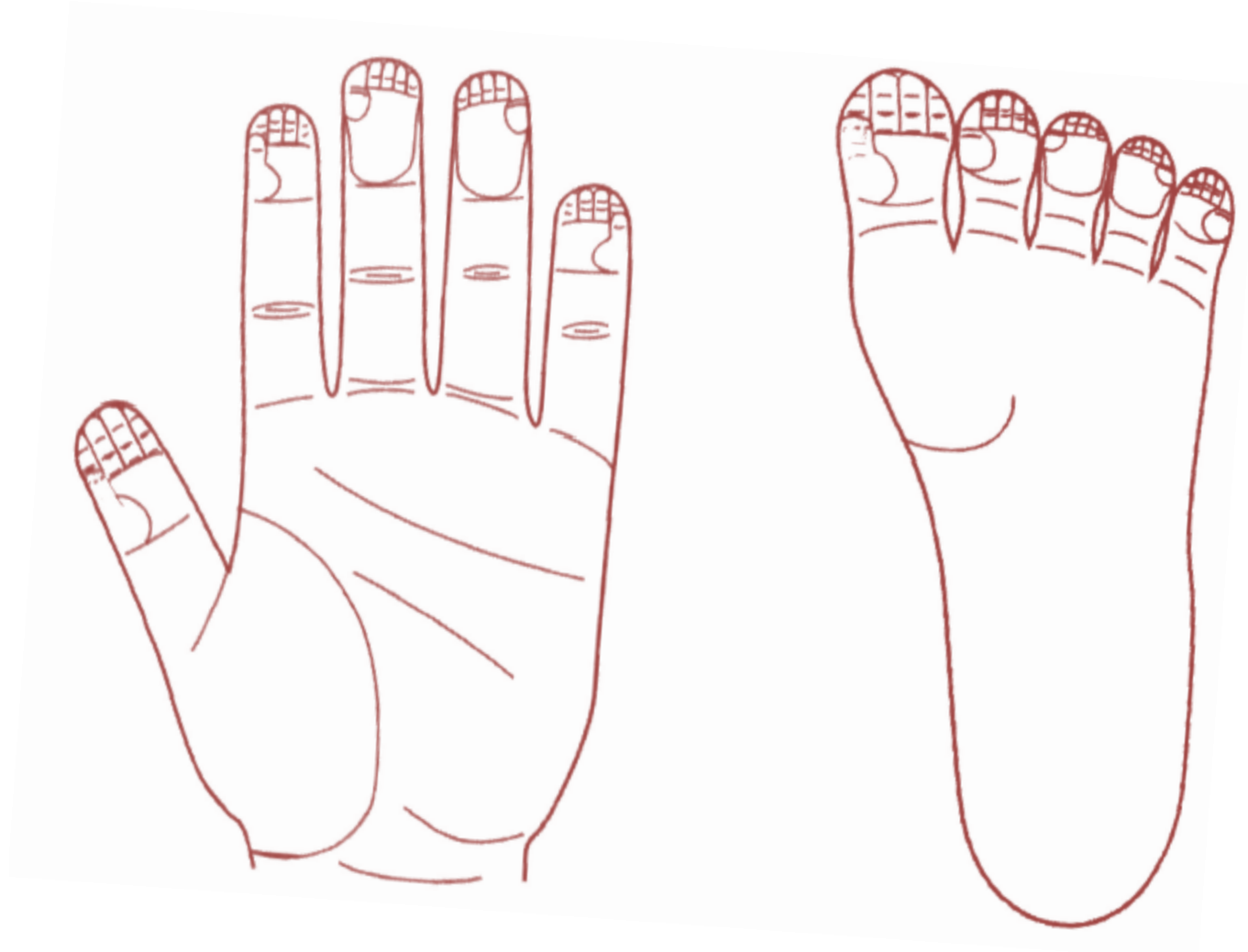


Spodní čára
bránice

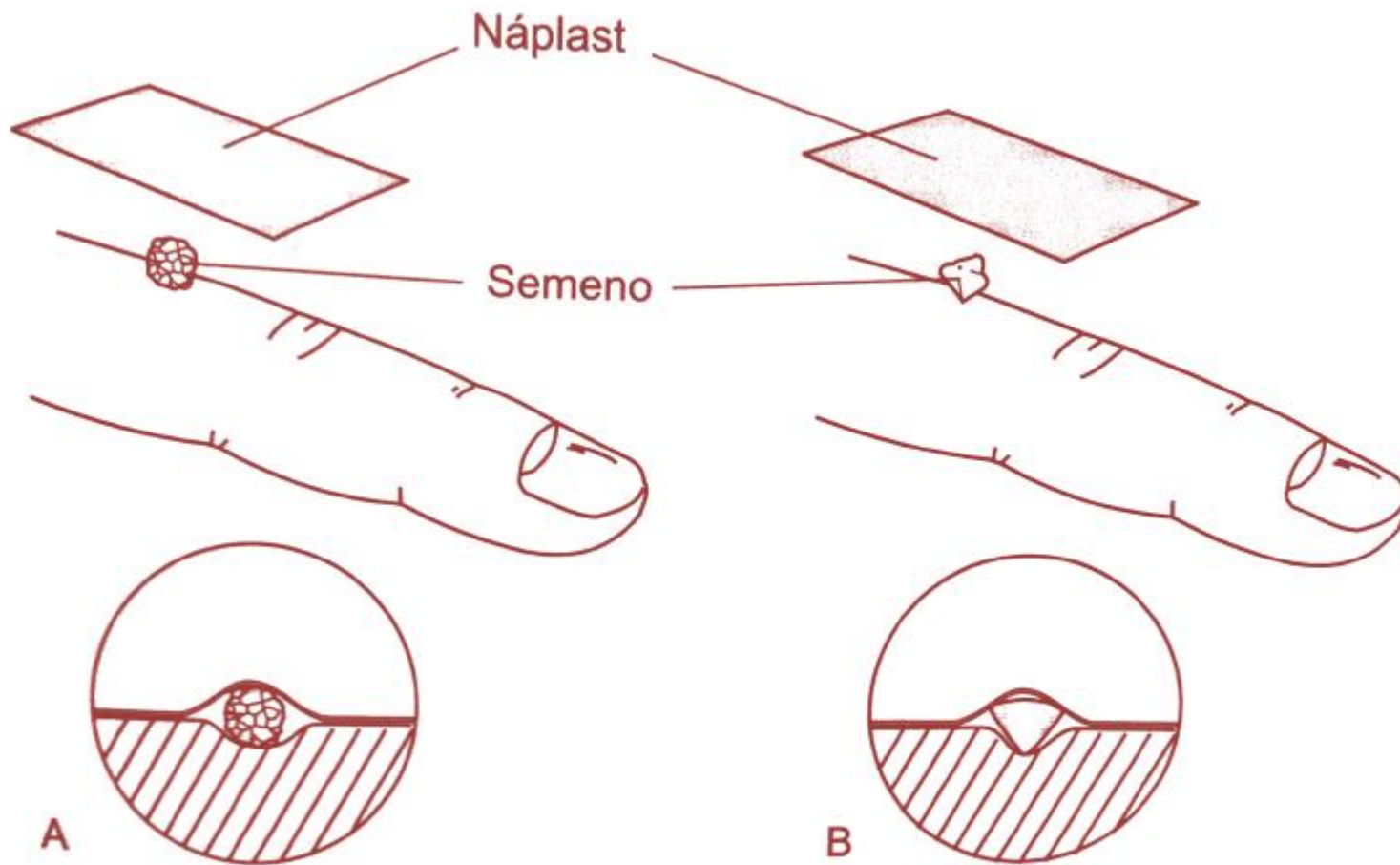
Horní čára
bránice

Koncový článek 3. a 4.prstu
rukou a nohou

Minisystém ruky a nohy



Aktivácia bodu



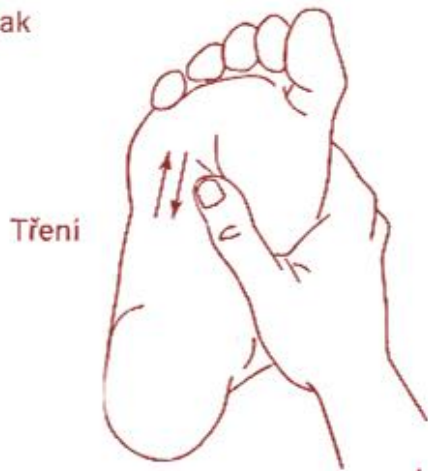
Masážne techniky



Přerušovaný tlak



Štipání



Tření

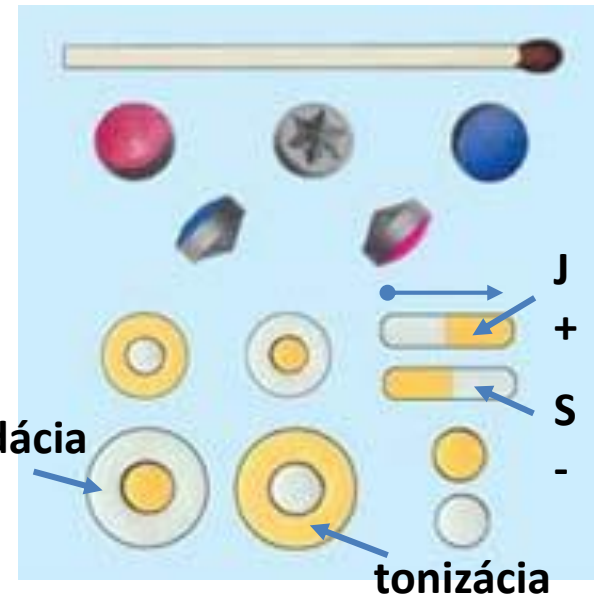
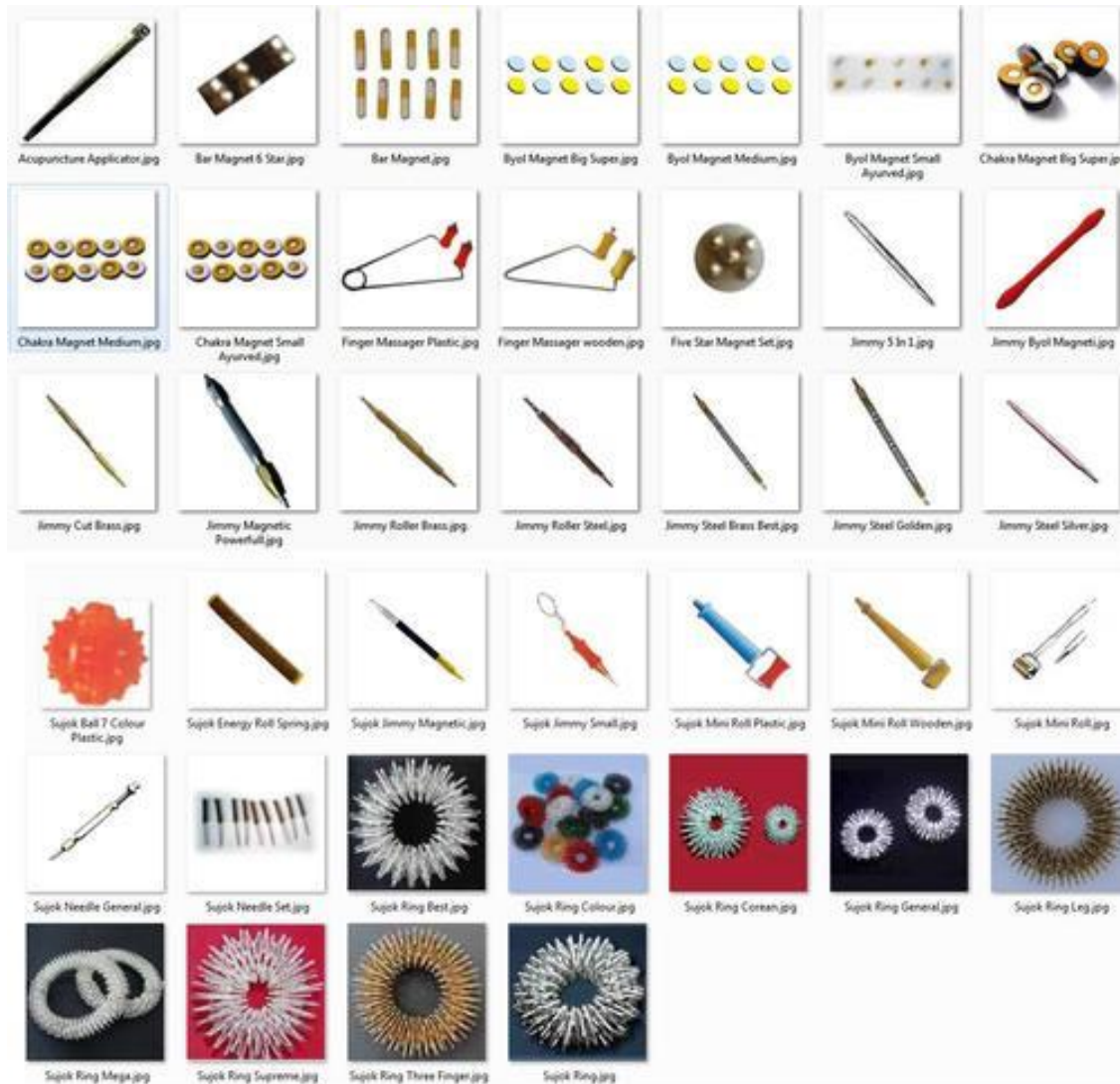


Lineární masáž

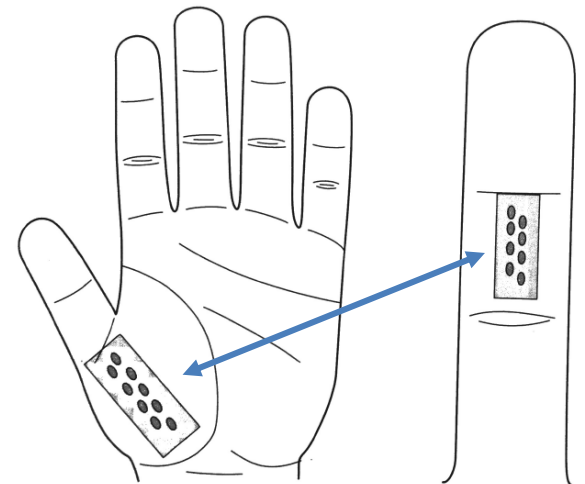
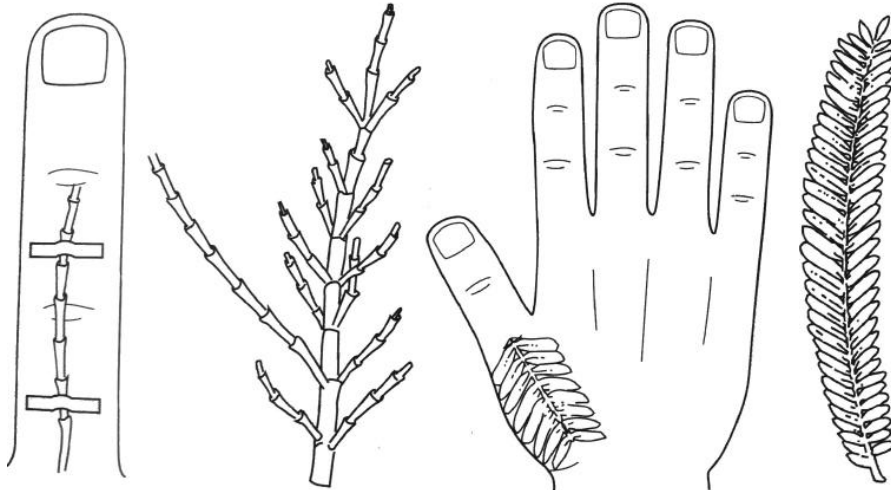
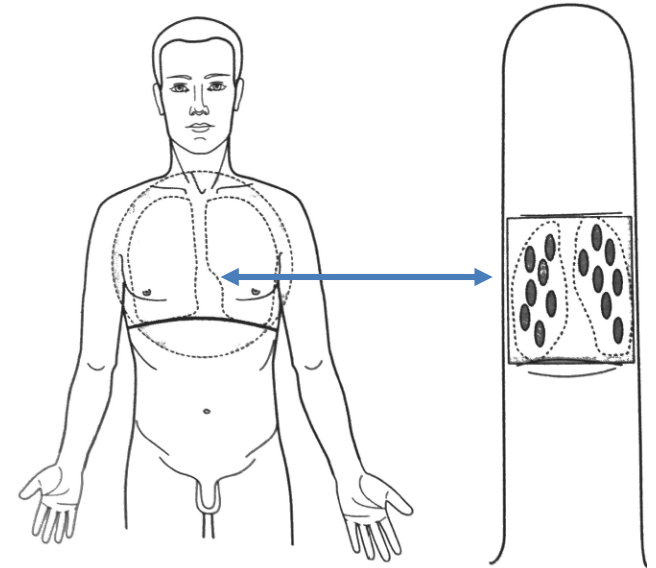
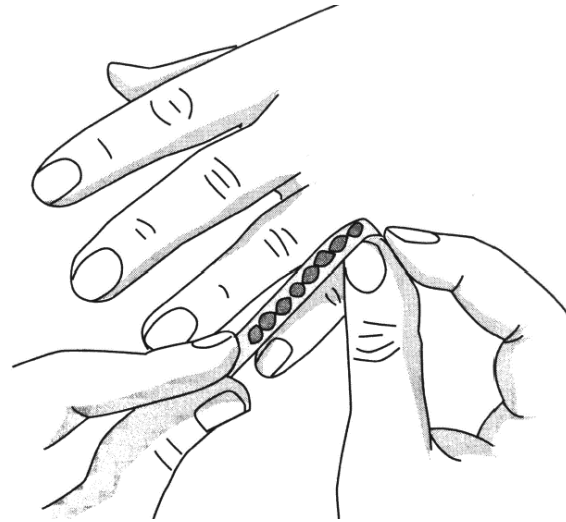
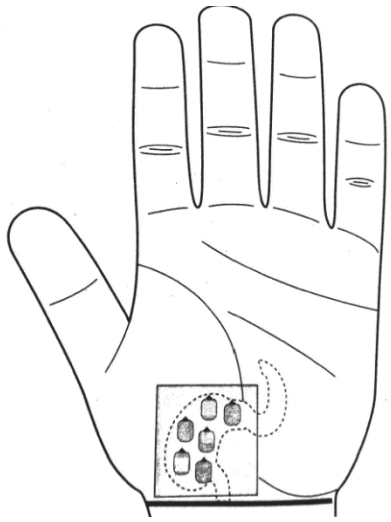


Kruhová masáž

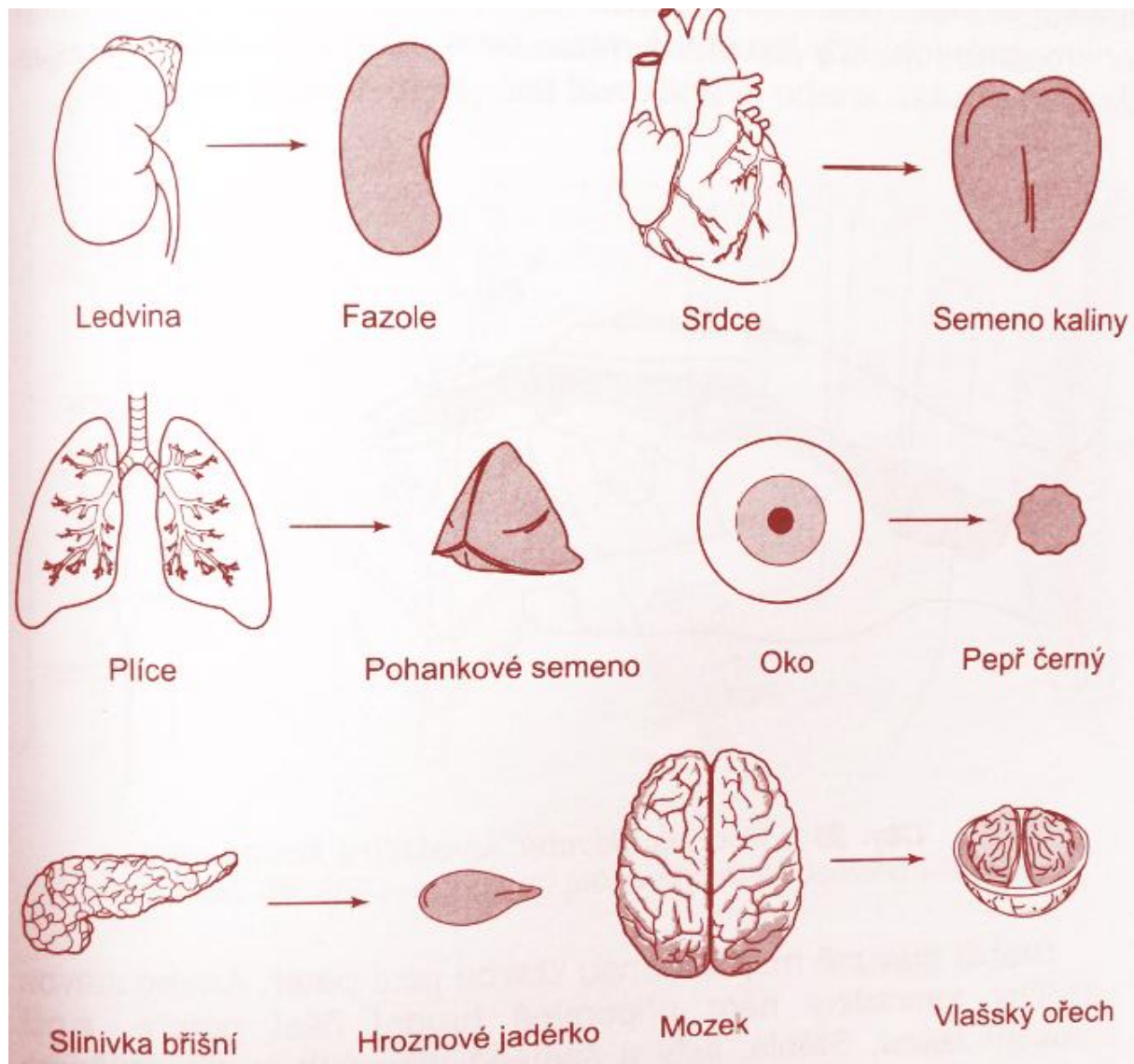
Pomôcky pre Su Jok



Príklady aplikácie



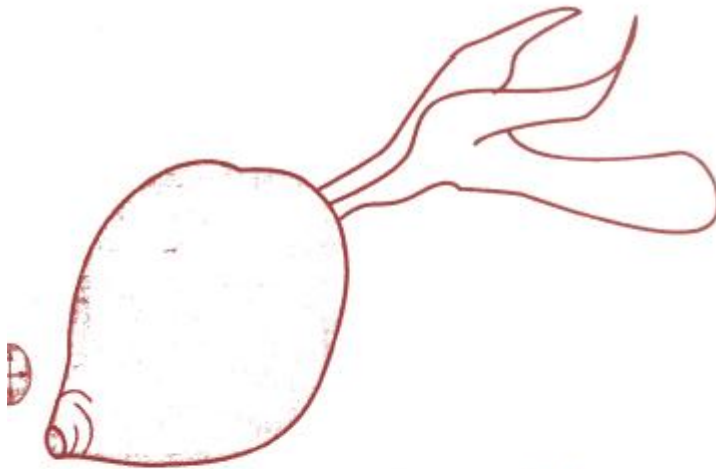
Semiačka podľa podobnosti



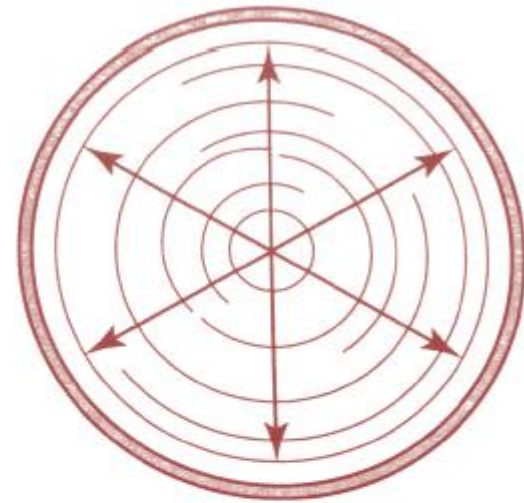
Prevládajúci smer toku energie



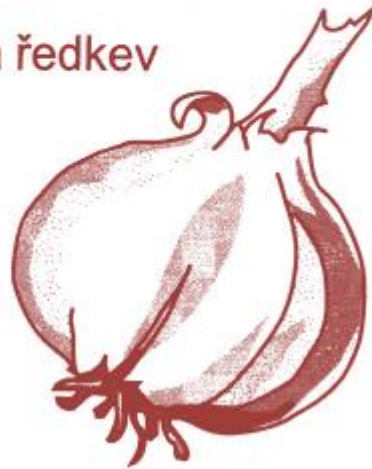
Tok energie podľa rezu



Seřiznutá ředkev



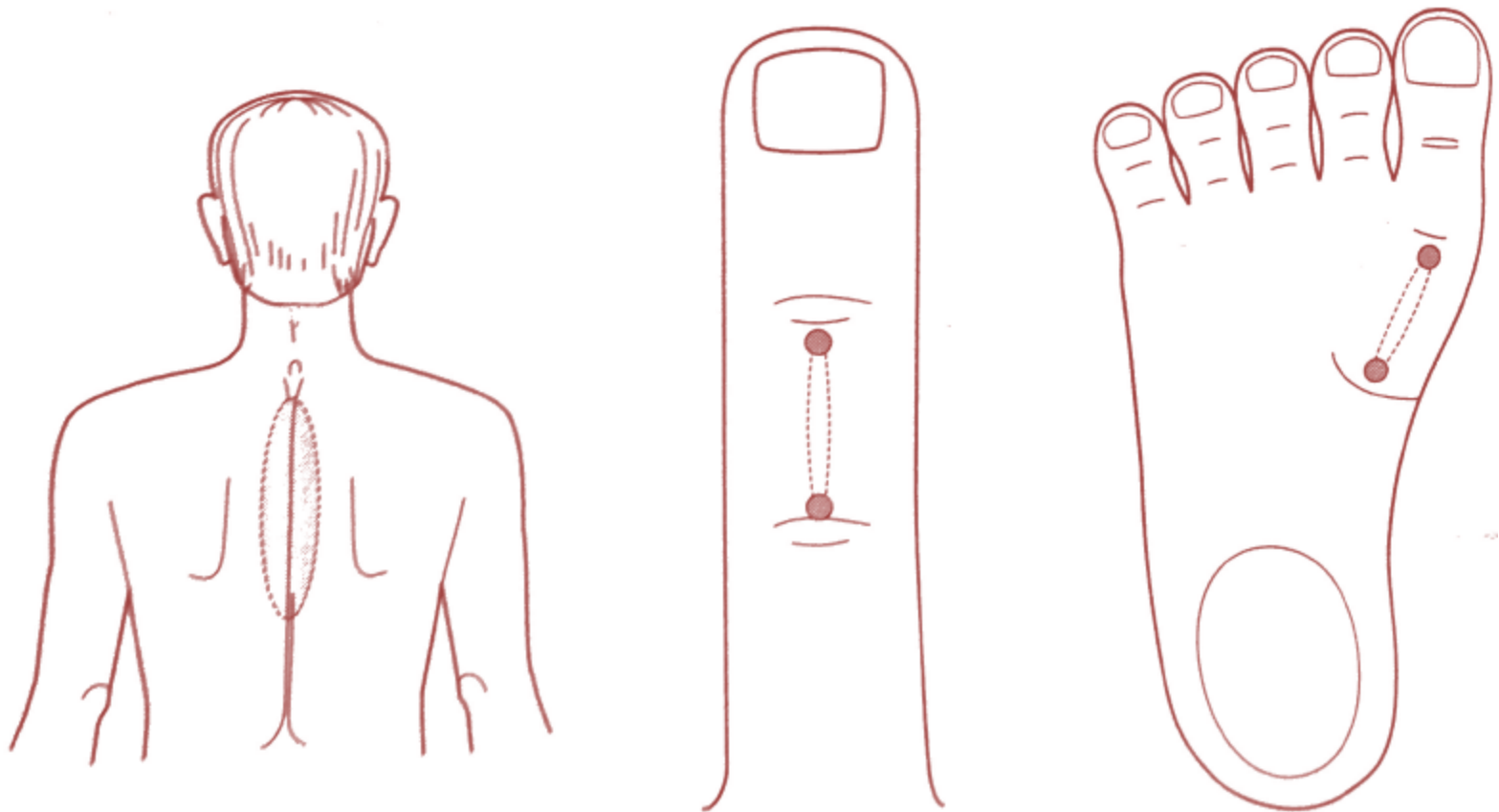
Řez větvíčkou



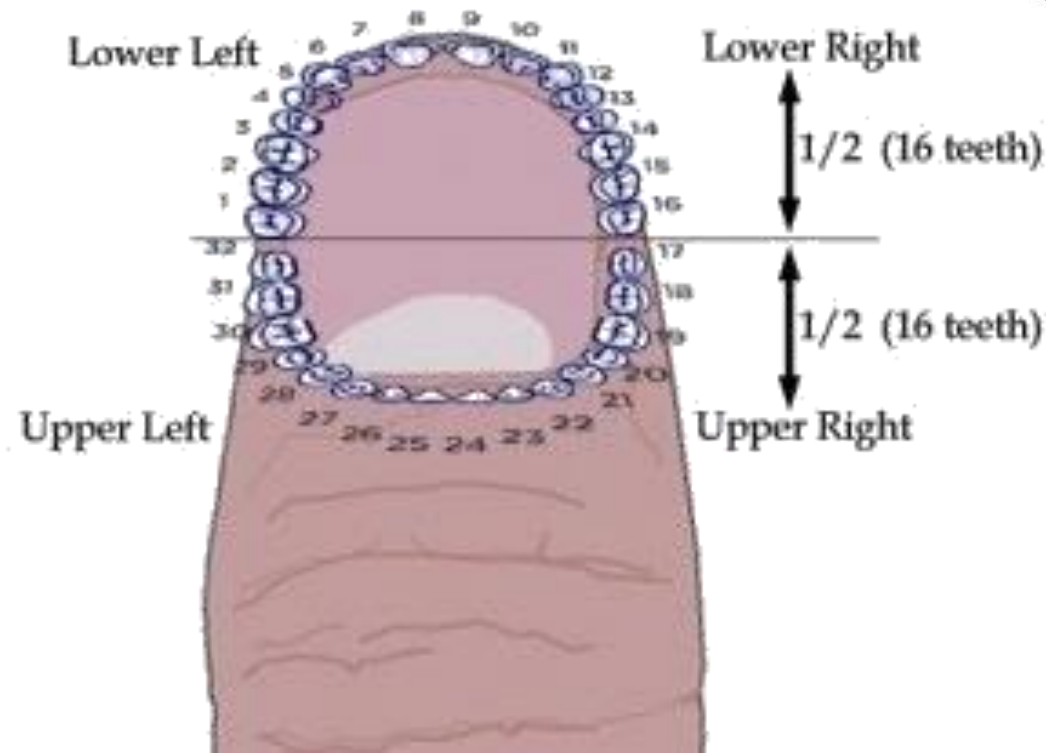
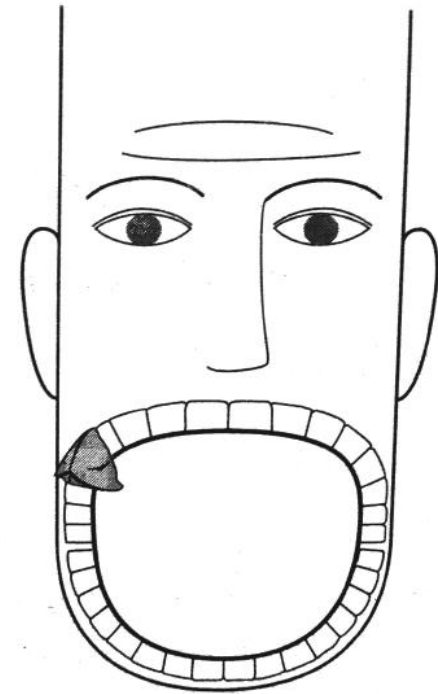
Řez česnekem



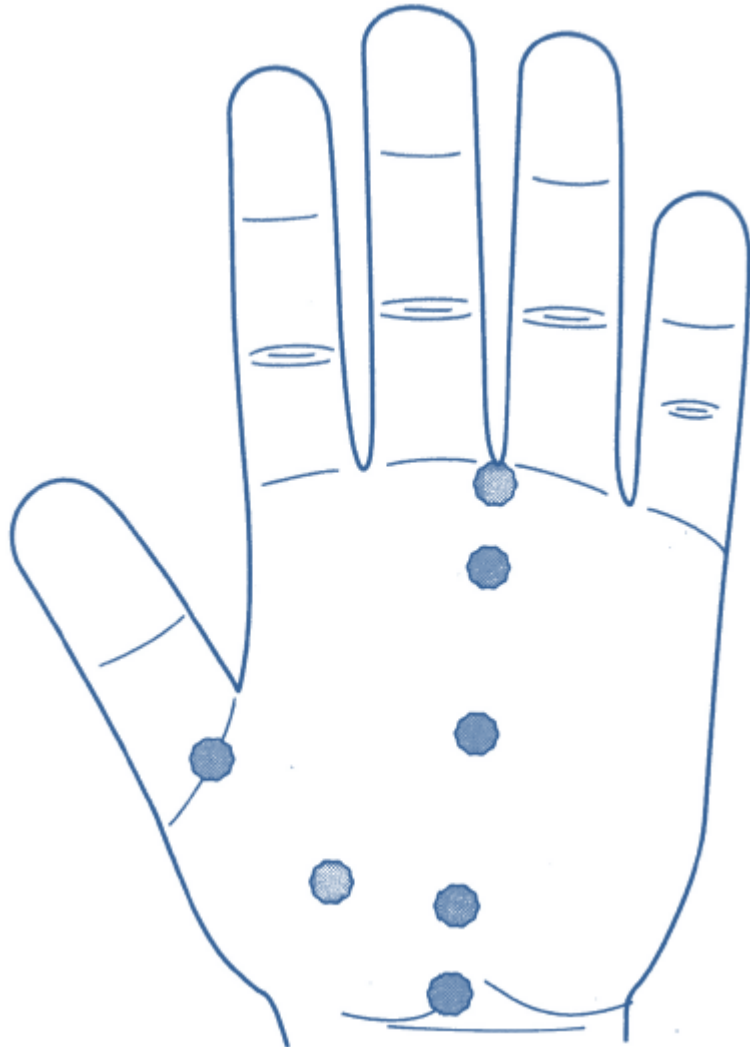
Liečenie na dvoch bodoch



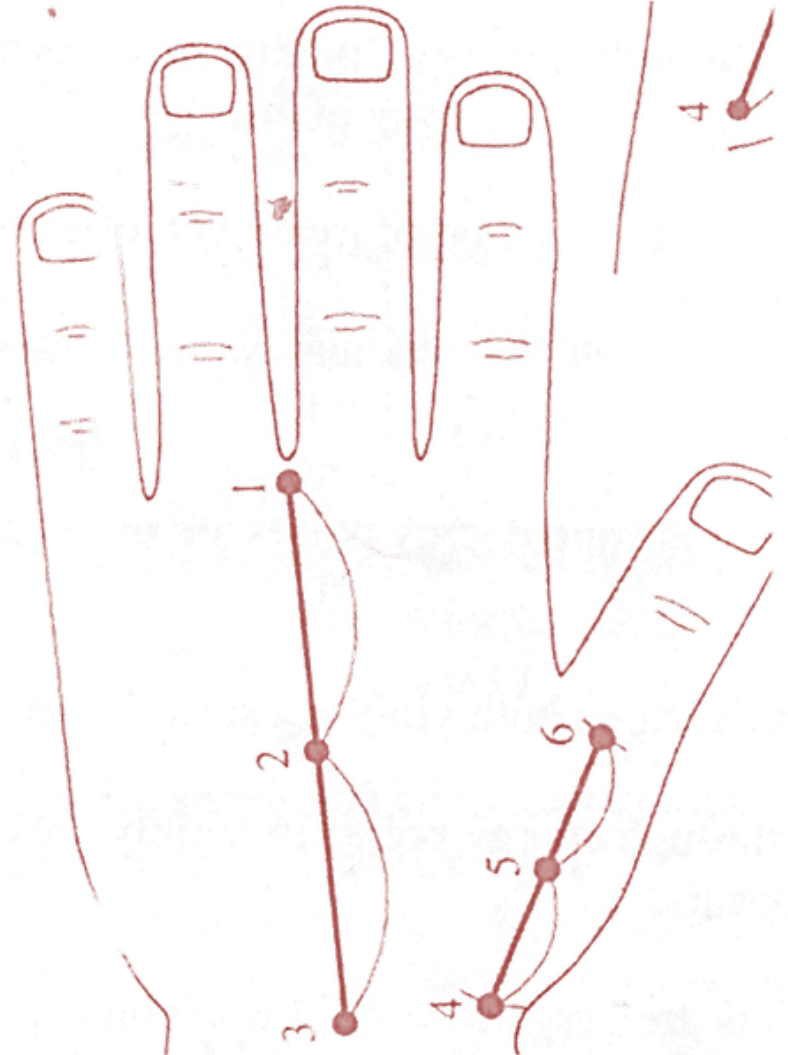
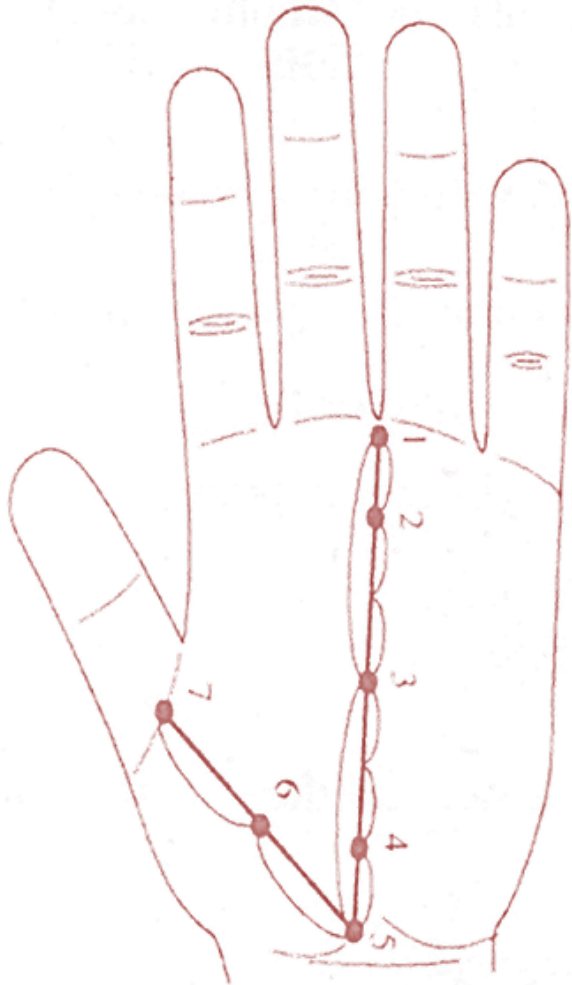
Čeľusť a zuby



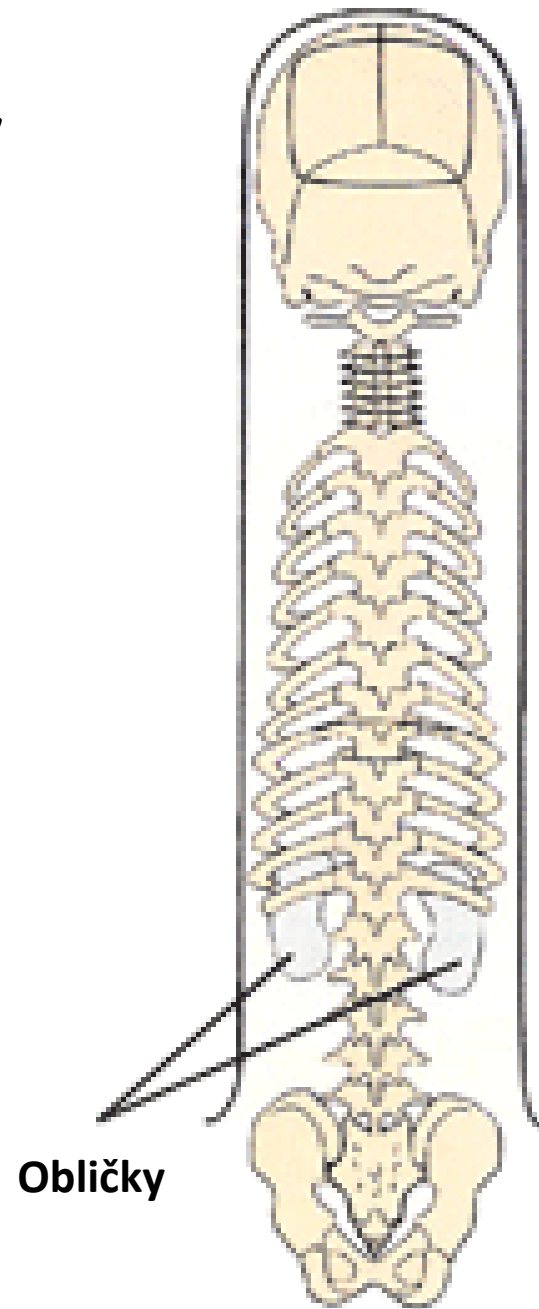
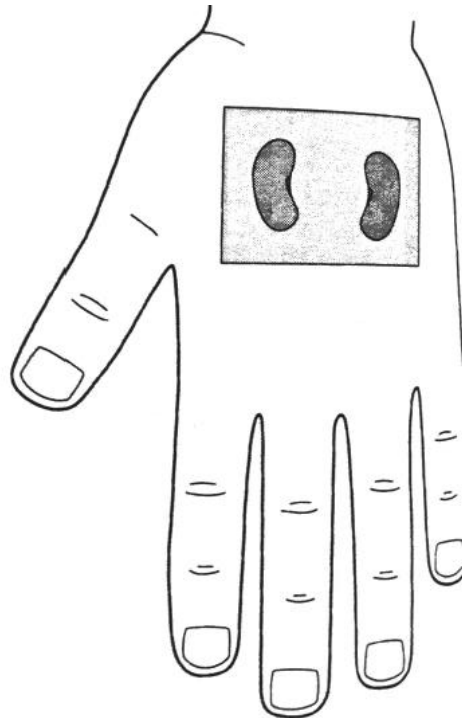
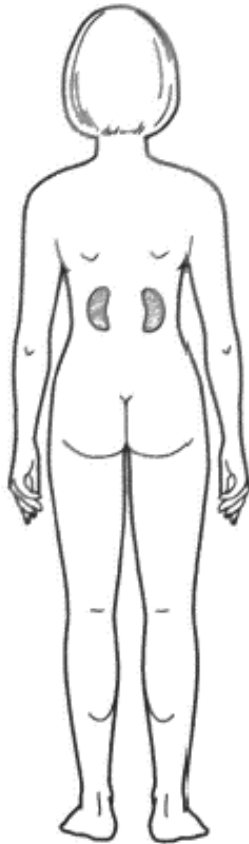
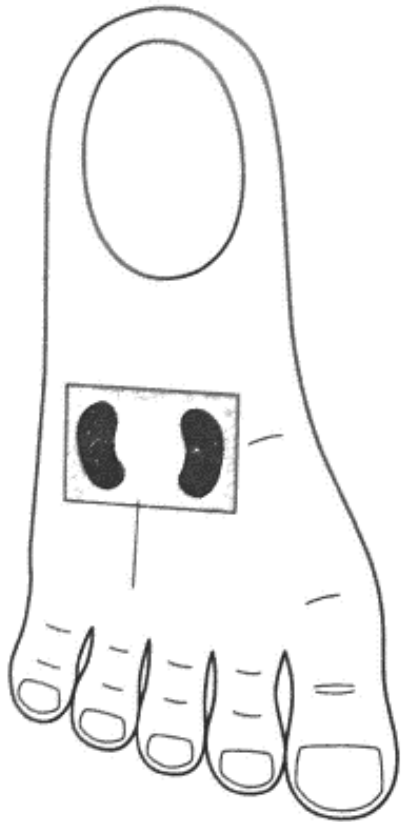
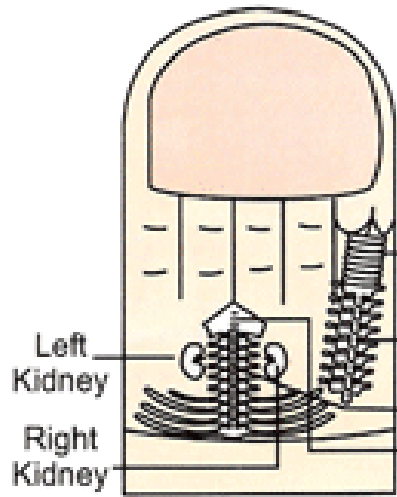
Celková tonizácia organizmu



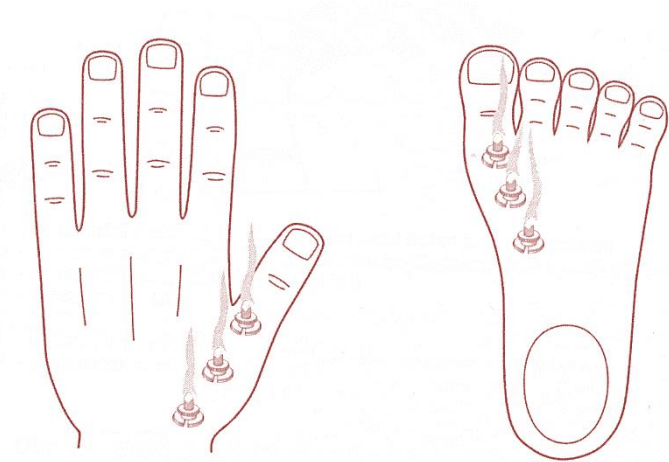
Vitálne body



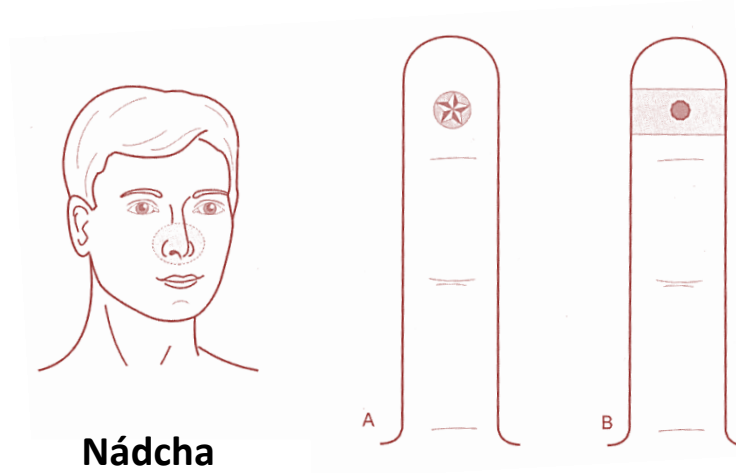
Obličky - zóny



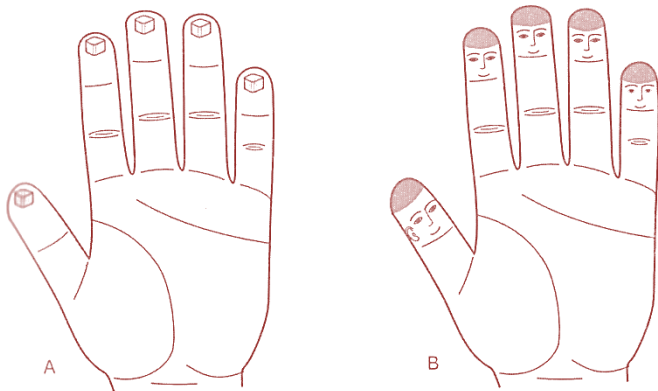
Prechladnutie



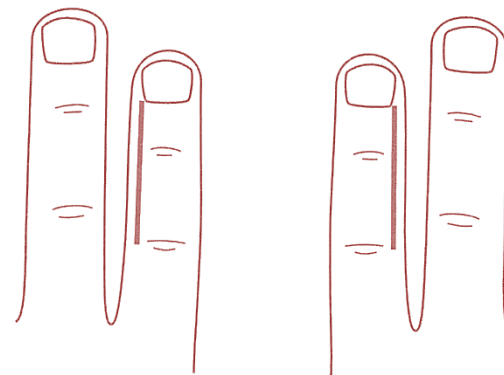
Prehriatie organizmu



Nádcha

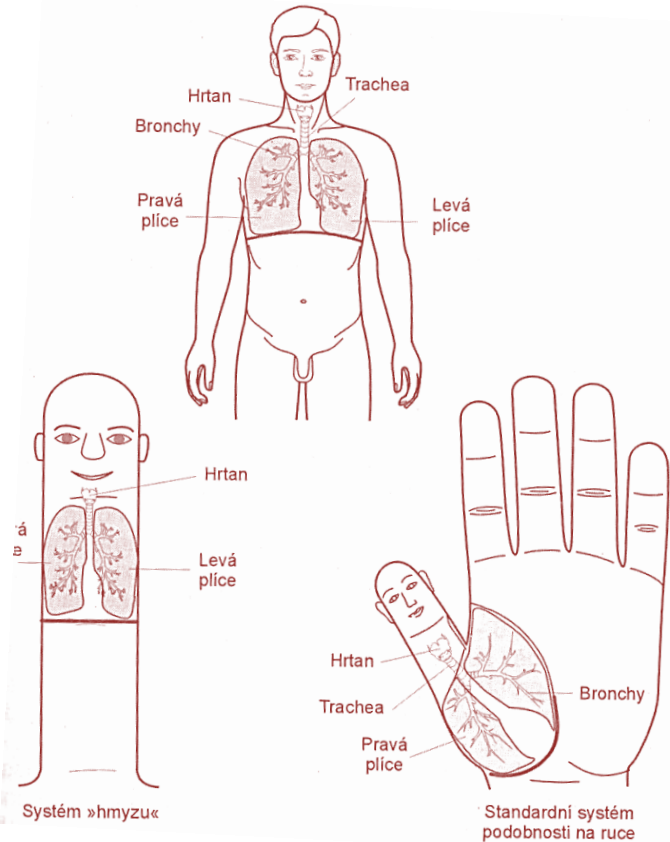


Zníženie teploty



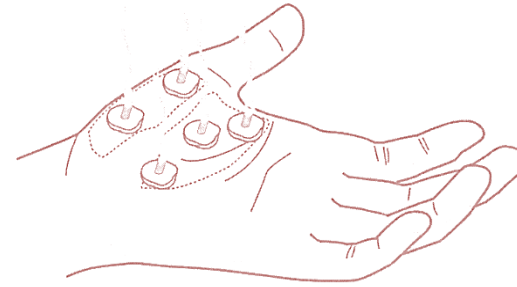
Zníženie teploty – čierna čiara

Kašeľ

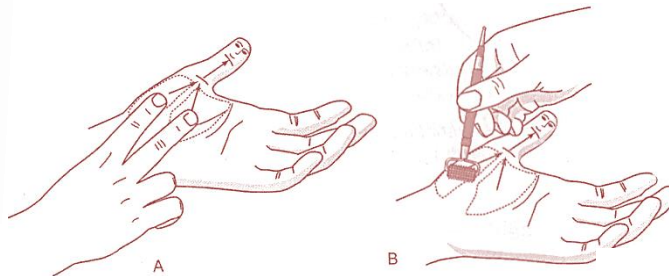


Systém »hmyzu«

Standardní systém podobnosti na ruce



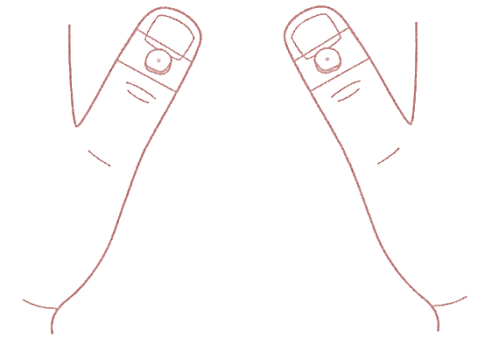
Prehrievanie na cesnaku pri suchom kašli



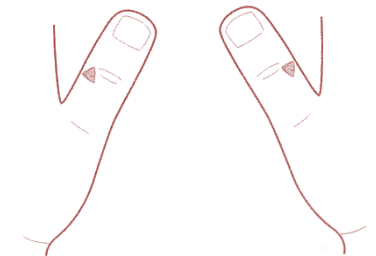
Masáž na vykašliavanie



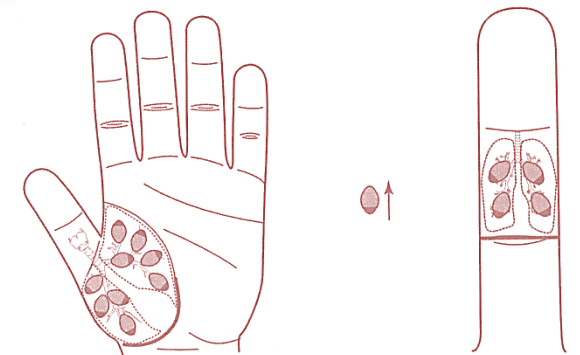
Obklad z horčice



Cesnak pri suchom záchvatovom kašli na predĺženej mieche

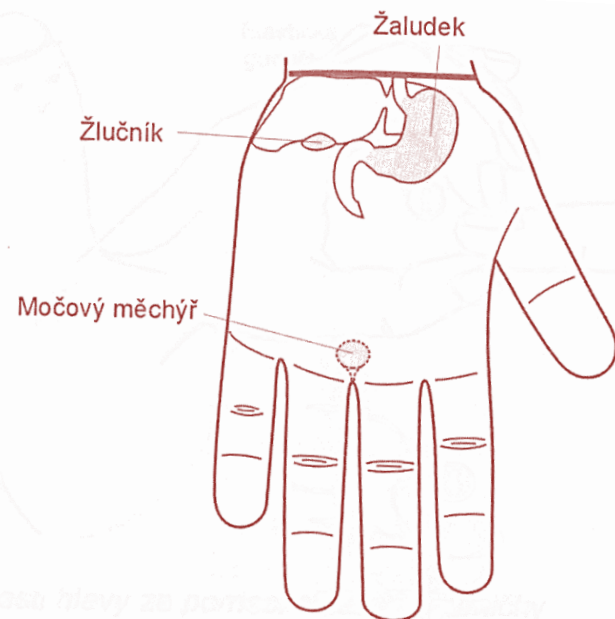
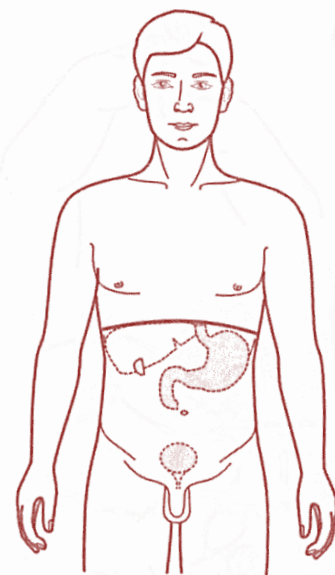
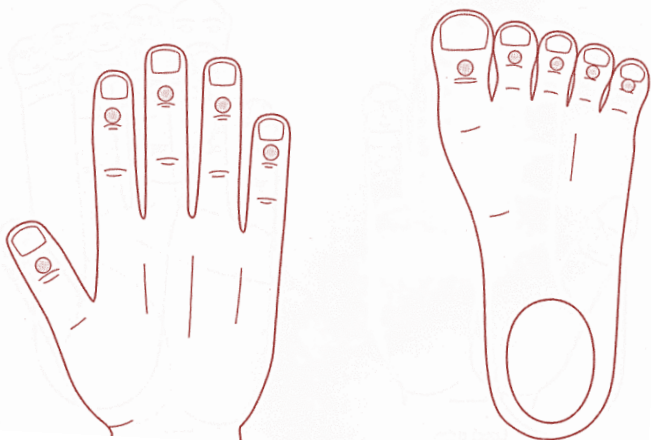
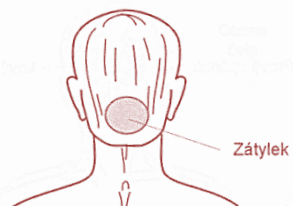
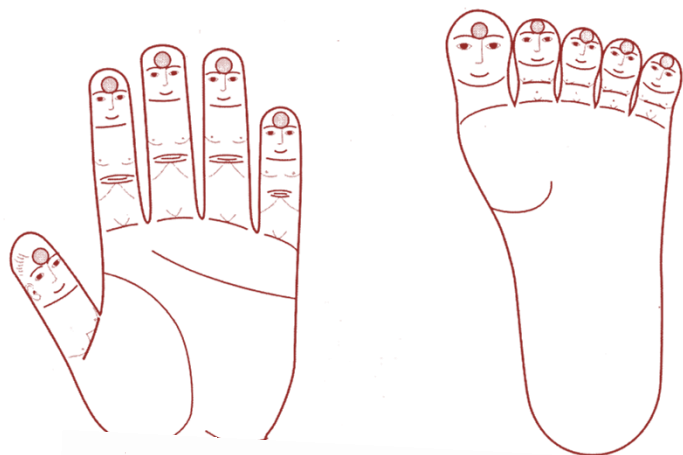
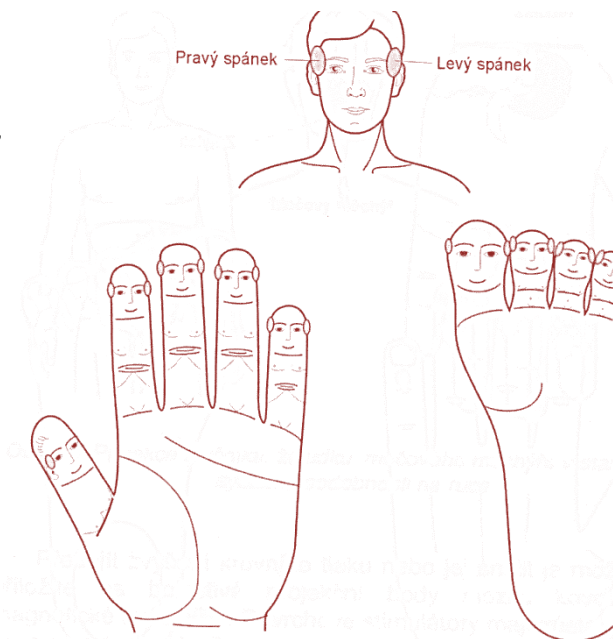
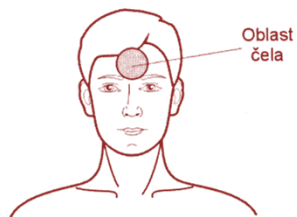


Pohánka na tlmenie kašľa

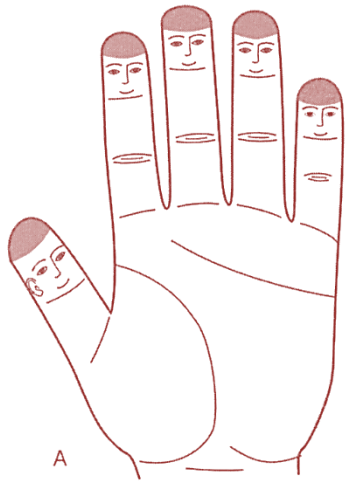


Uvoľnenie hlienov

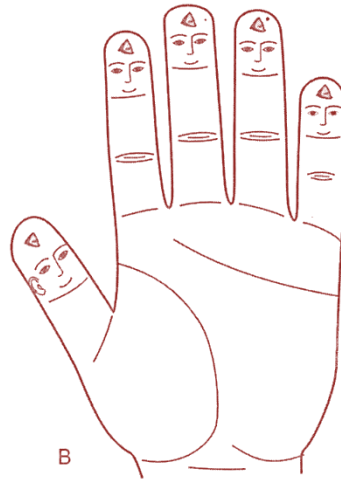
Bolesti hlavy



Krvný tlak a spánok

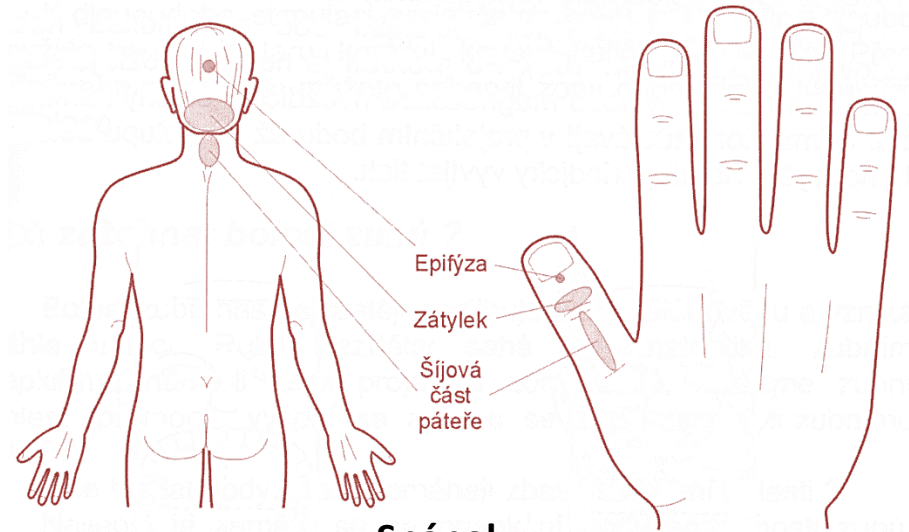


A

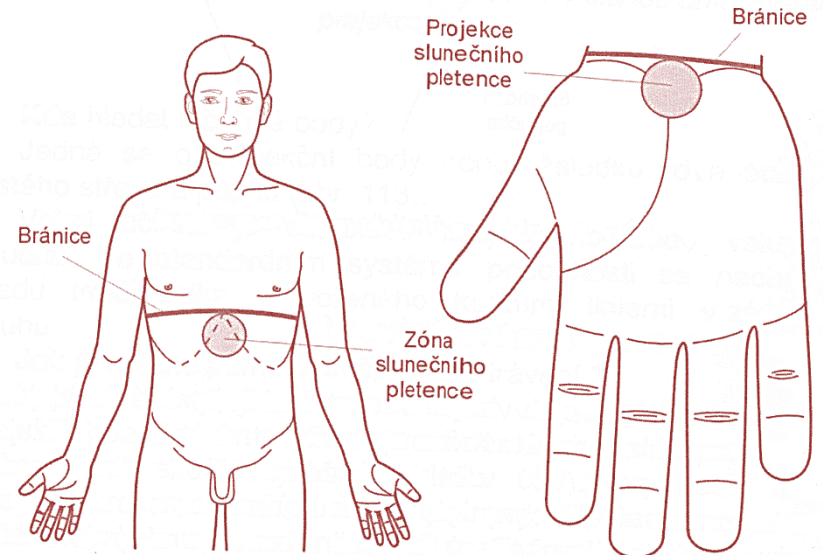
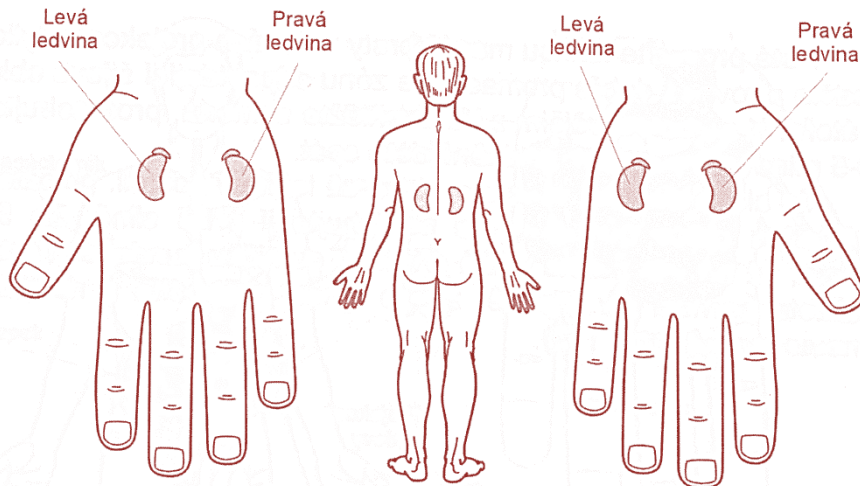


B

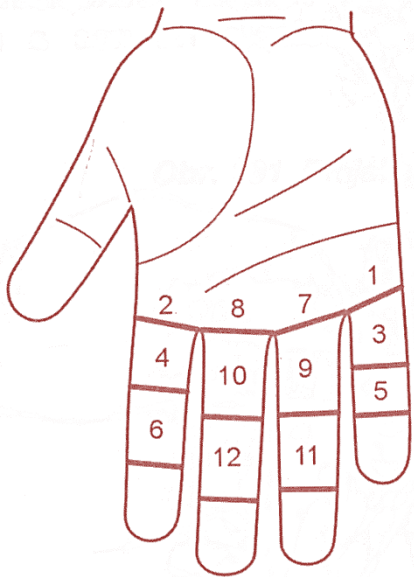
Zníženie krvného tlaku



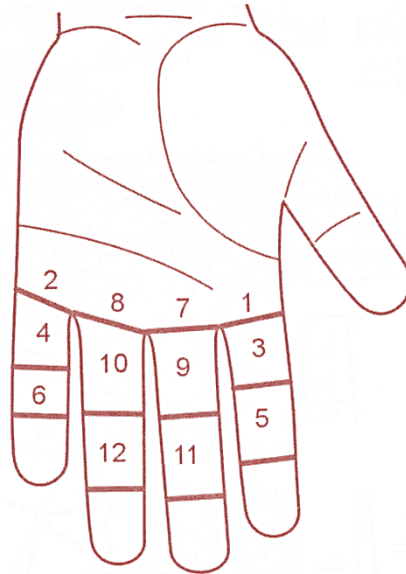
Spánok



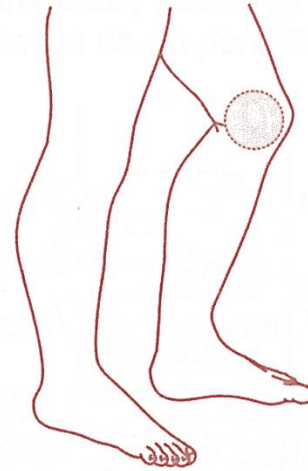
Bolesti klíbov



- 1 - levý ramenní kloub
- 2 - pravý ramenní kloub
- 3 - levý loketní kloub
- 4 - pravý loketní kloub
- 5 - levý zápěstní kloub
- 6 - pravý zápěstní kloub



- 7 - levý kyčelní kloub
- 8 - pravý kyčelní kloub
- 9 - levý kolenní kloub
- 10 - pravý kolenní kloub
- 11 - levý hlezenní kloub
- 12 - pravý hlezenní kloub

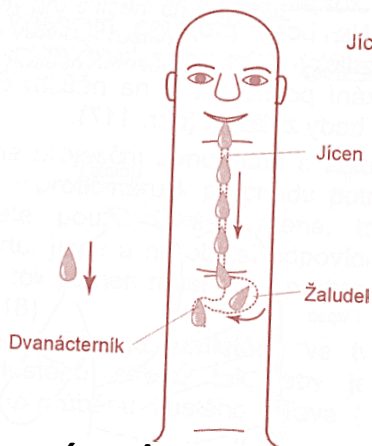
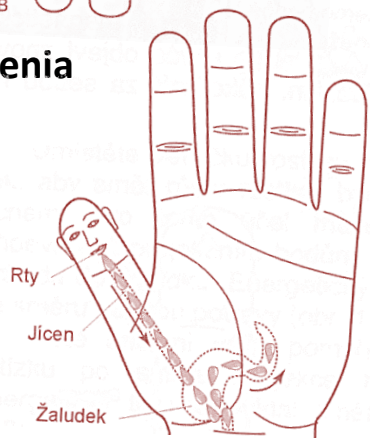


Levý
kolenní
kloub

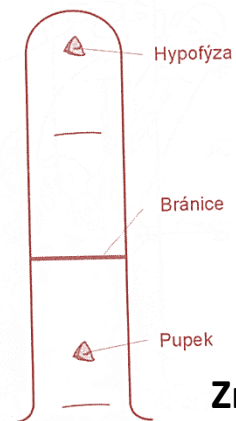
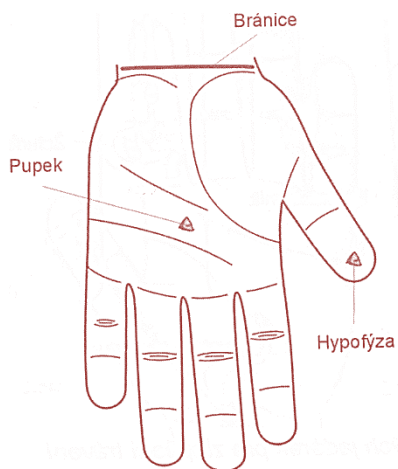
Trávenie



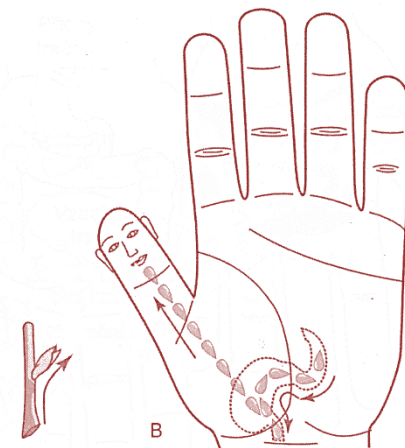
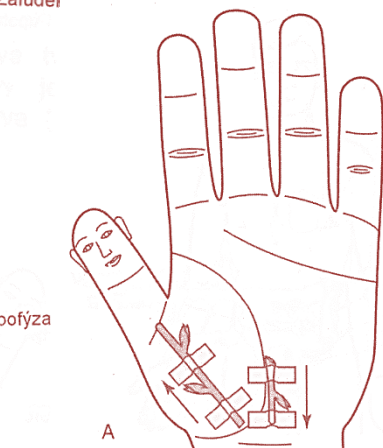
Podpora trávenia



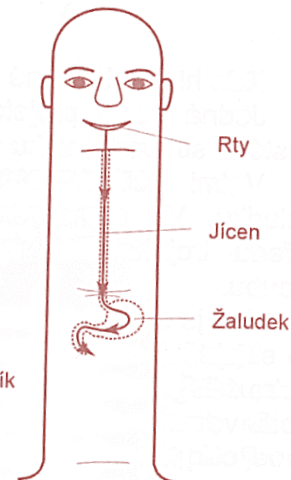
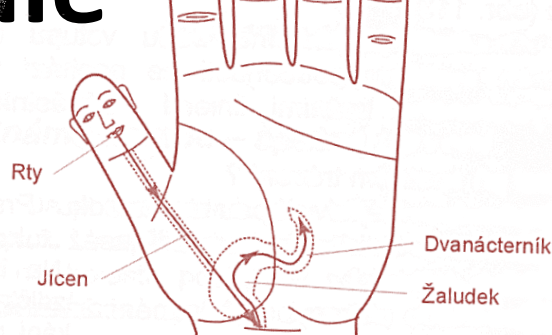
Zlepšenie trávenia



Zníženie chuti do jedla



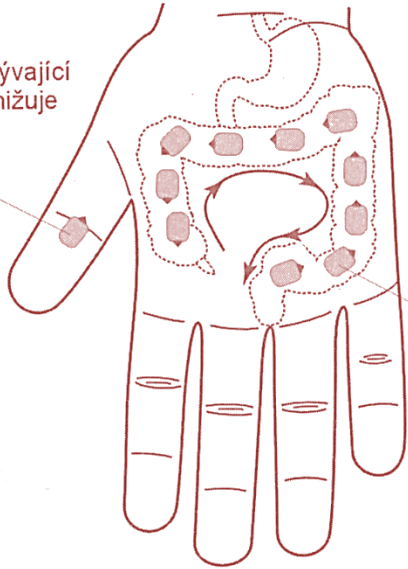
Zníženie chuti do jedla



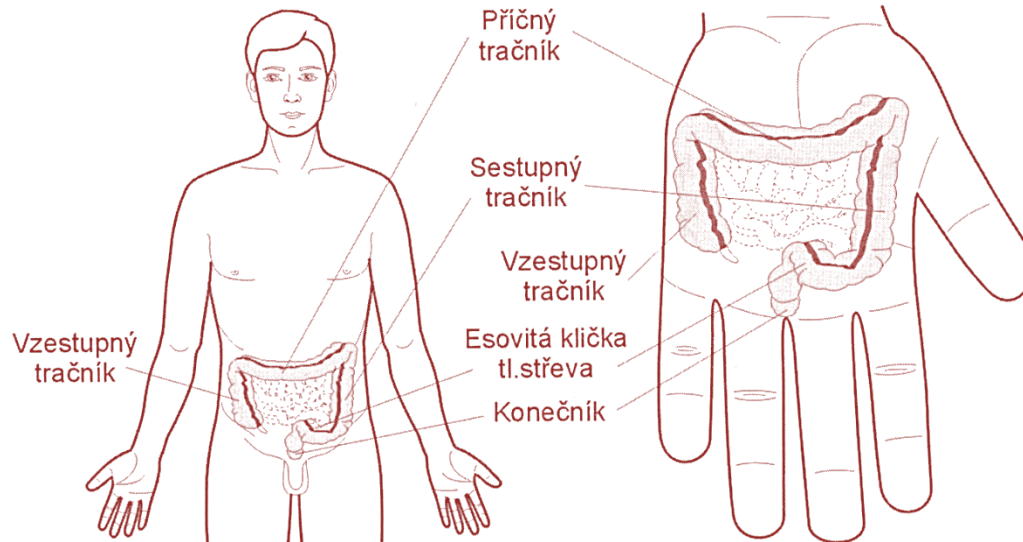
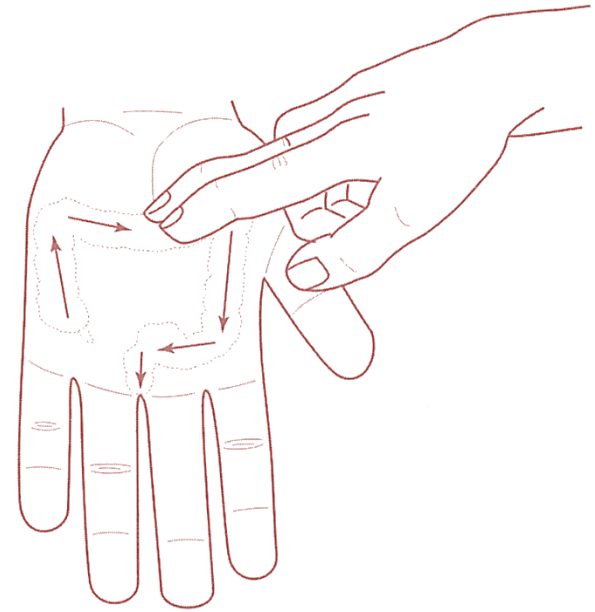
Zvracanie

Zápcha

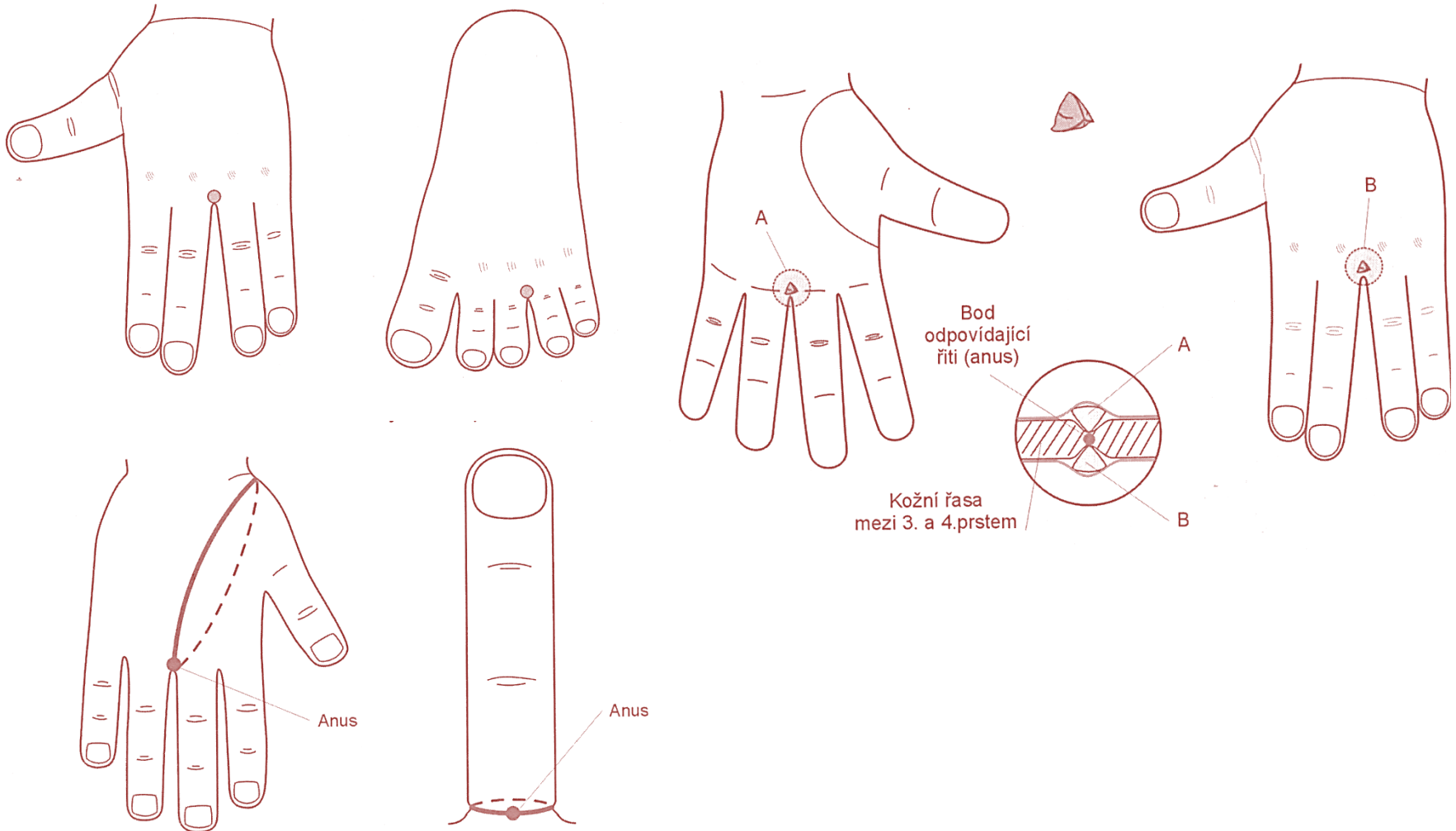
Semeno pokrývající projekci rtu snižuje chuť k jídlu



Semena odpovídající průběhu tlustého střeva

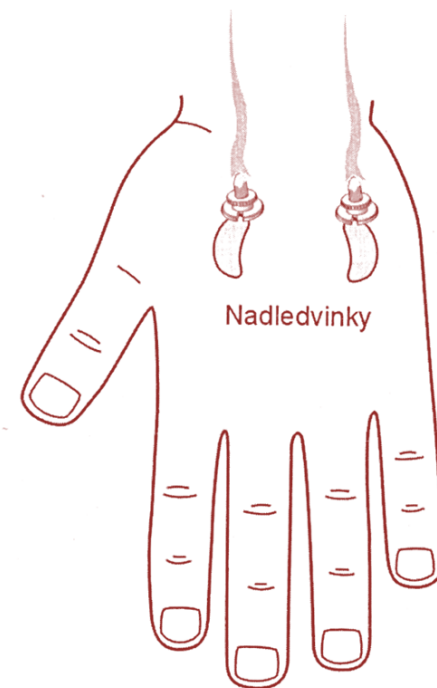
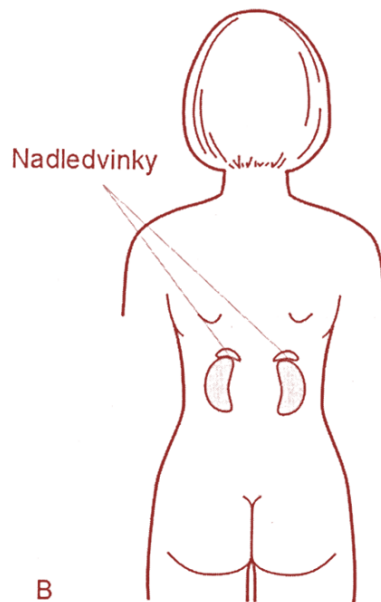
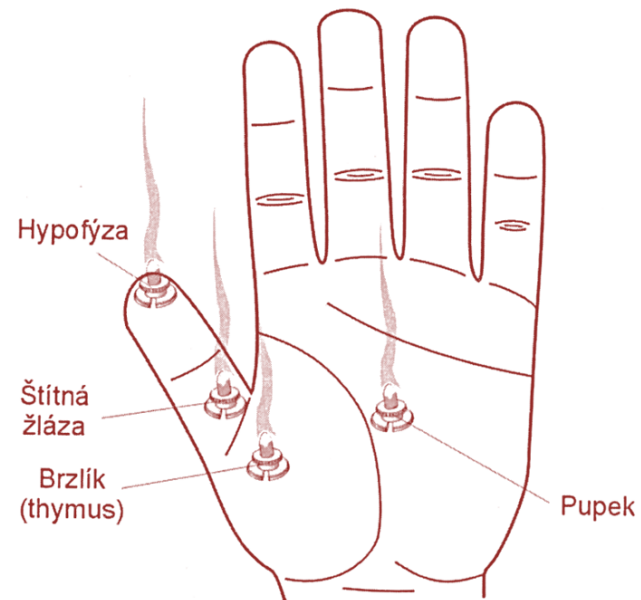
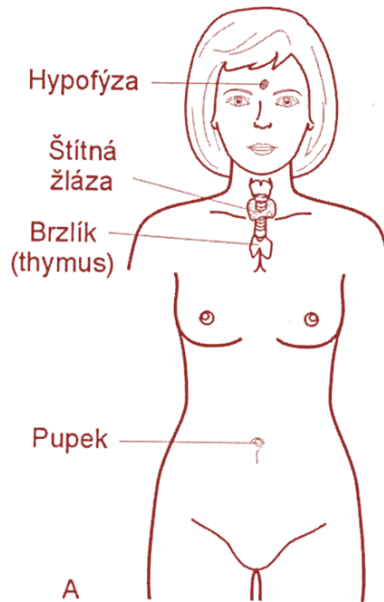
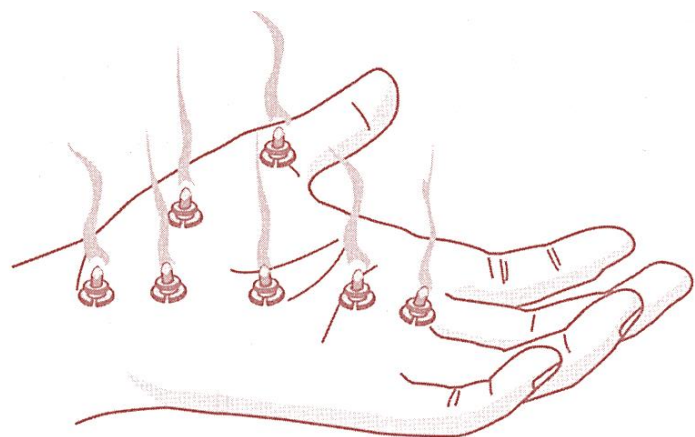


Hemoroidy

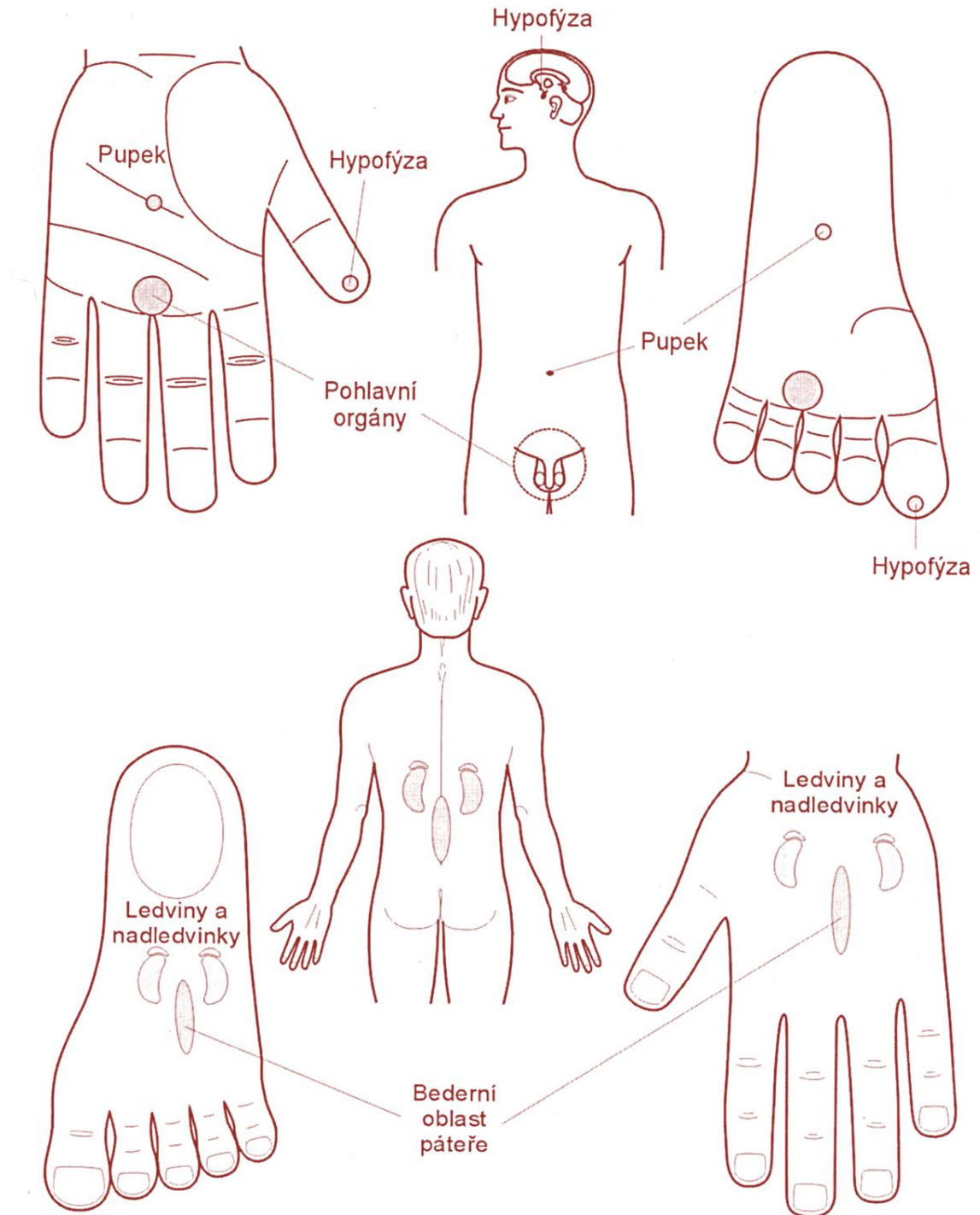


Gumička pri krváčajúcich hemoroidoch

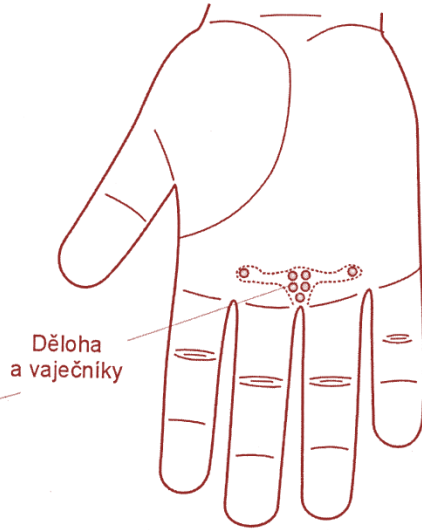
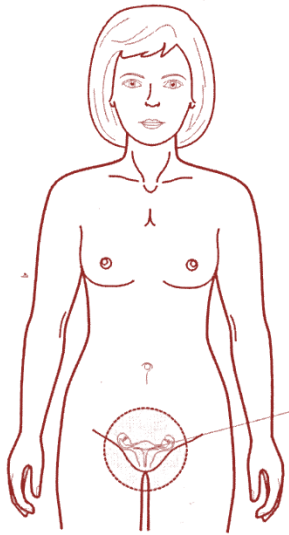
Únava a vyčerpanost



Impotencia

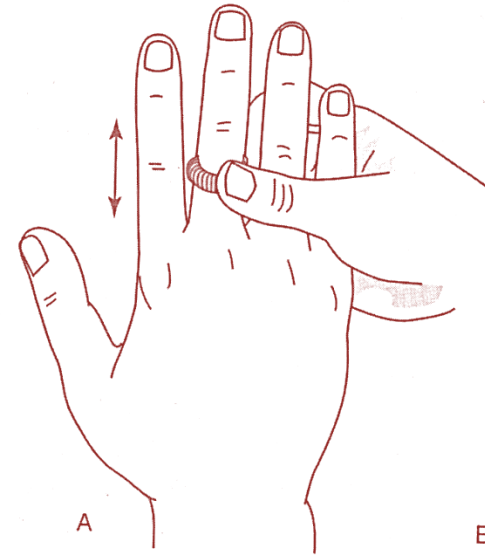
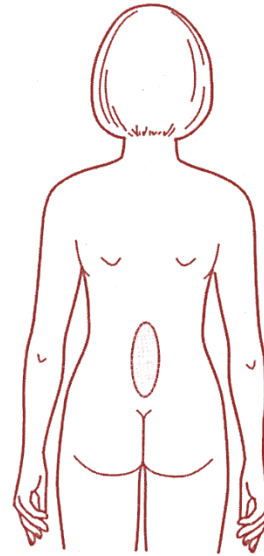


Menštruačné bolesti

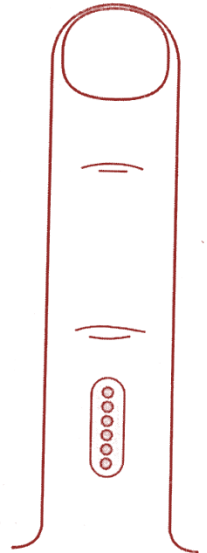


Děloha
a vaječníky

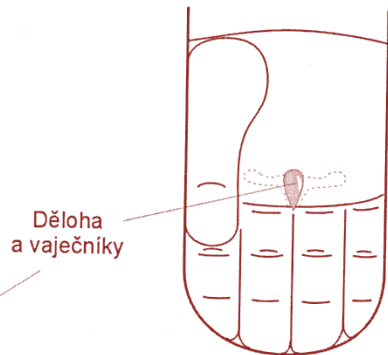
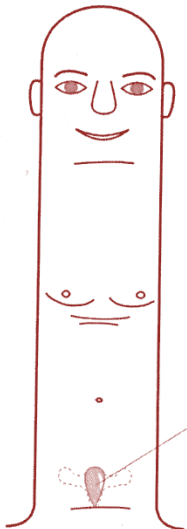
Standardní systém
podobnosti na ruce



A



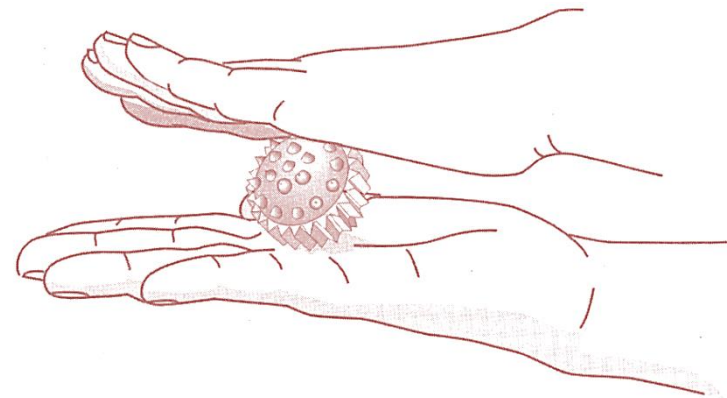
B



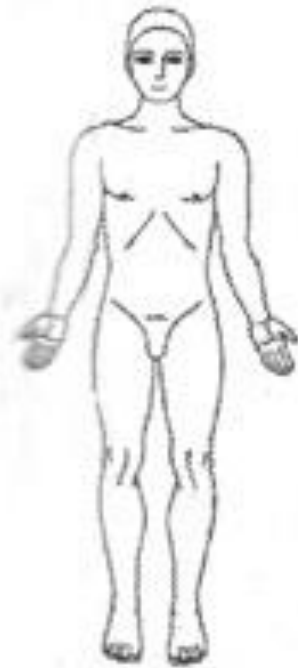
Děloha
a vaječníky

Mini-systém
podobnosti

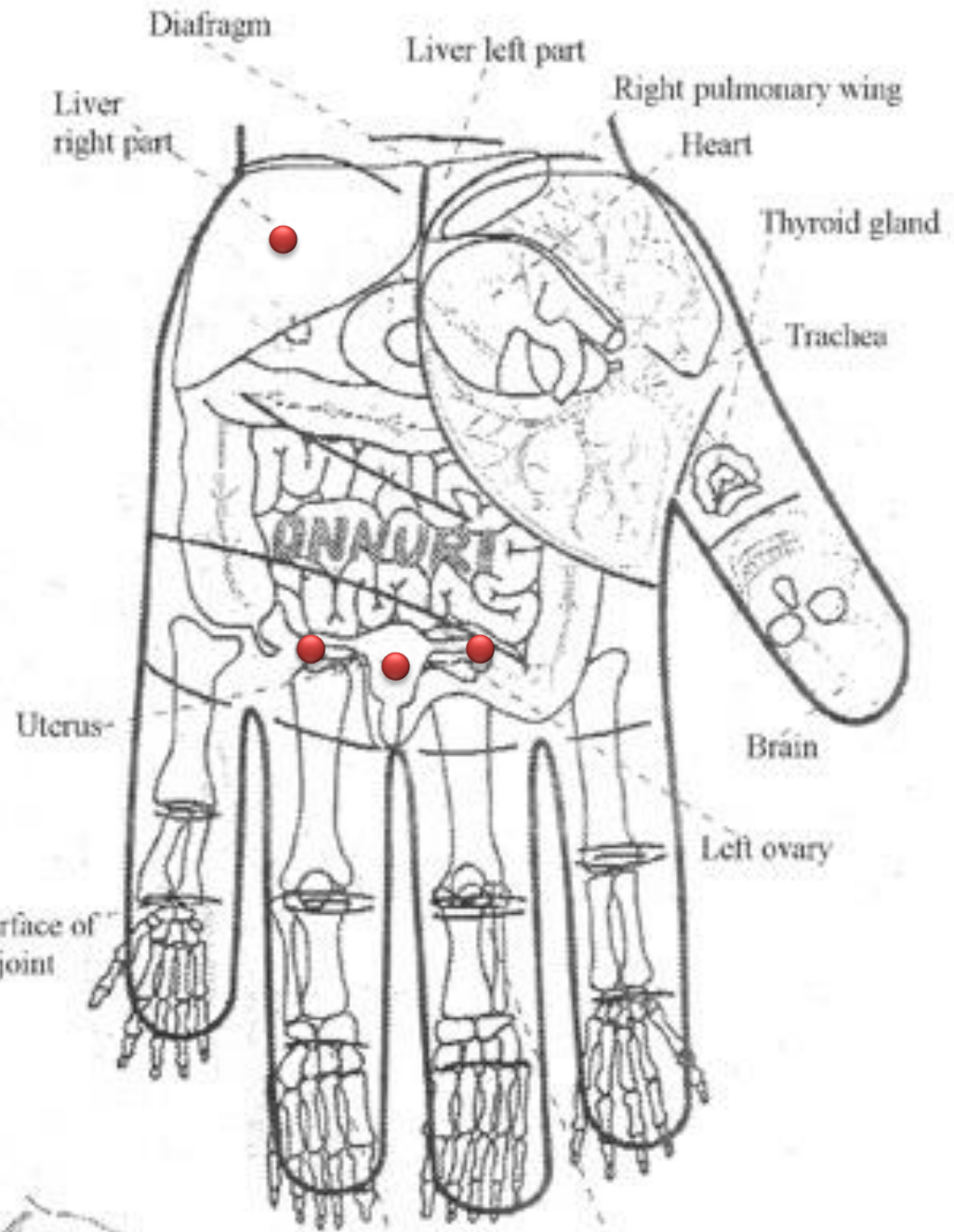
Systém »hmyzu«



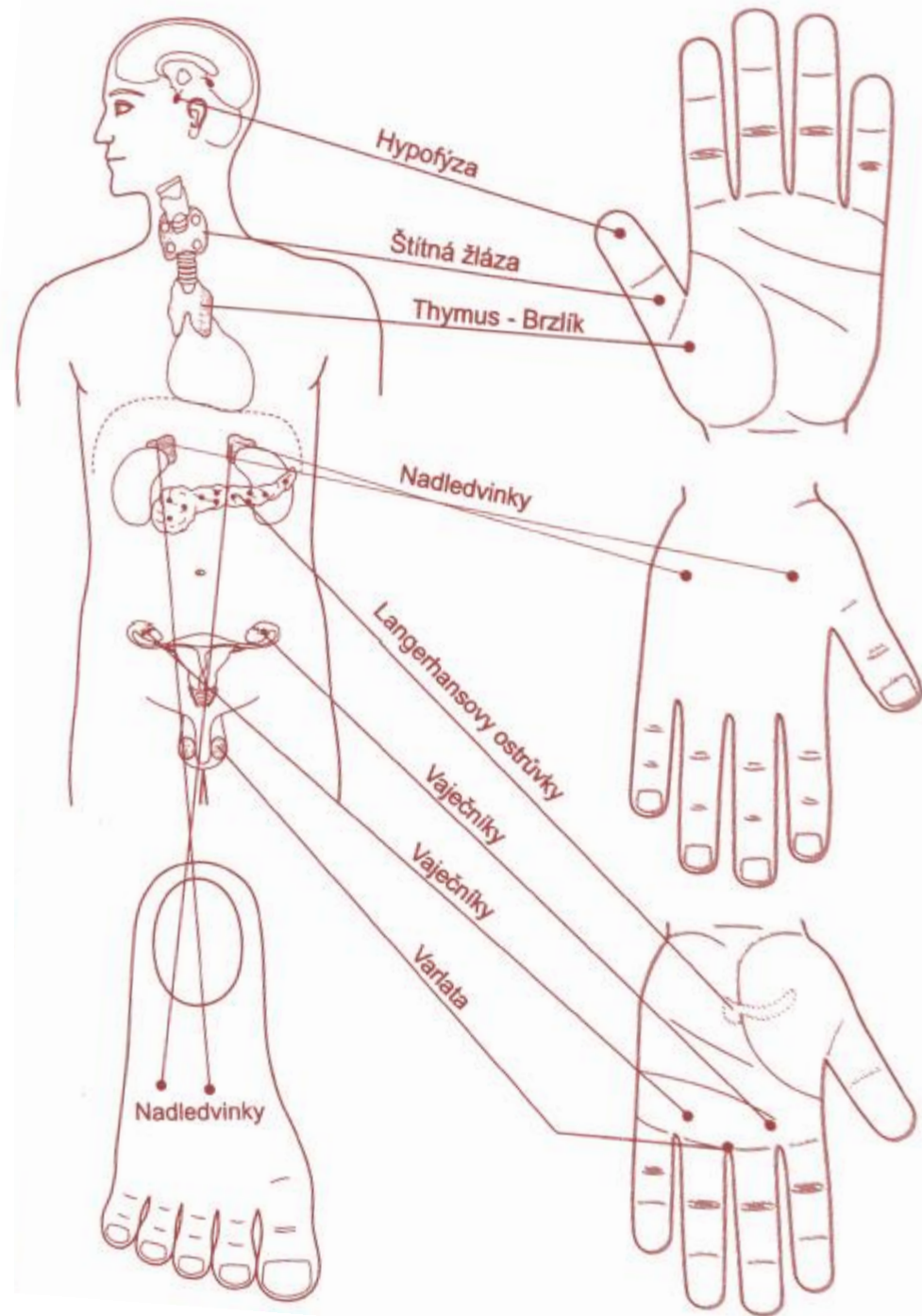
Gynekologické ťažkosti



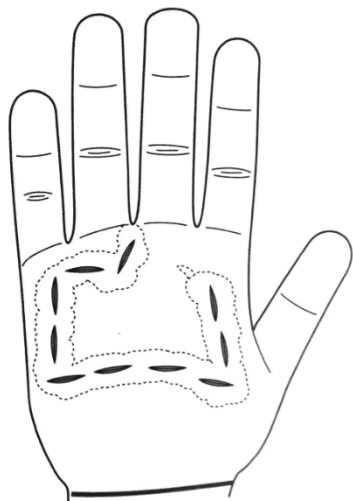
The interior surface of
the right hand joint



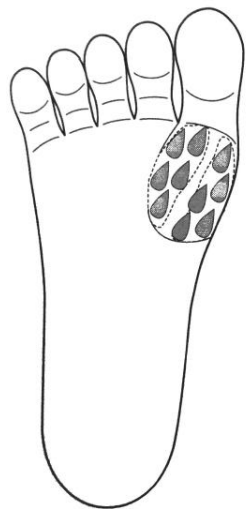
Hormonálny systém



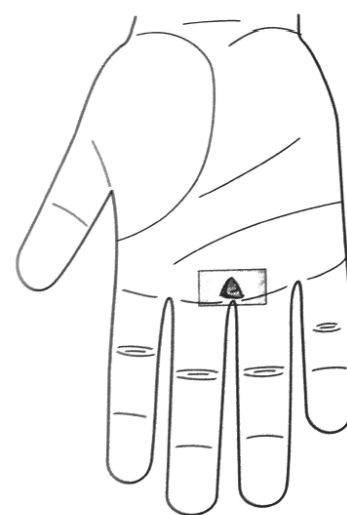
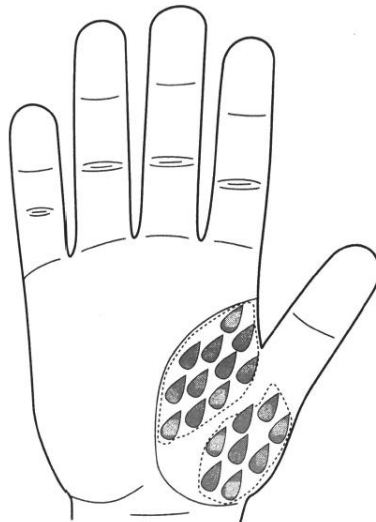
Príklady



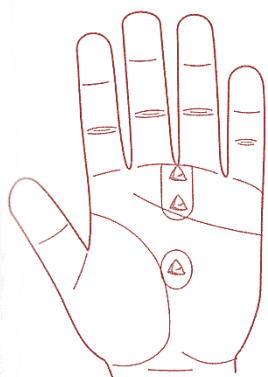
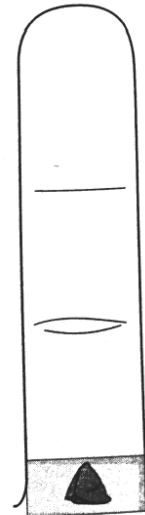
zápchy



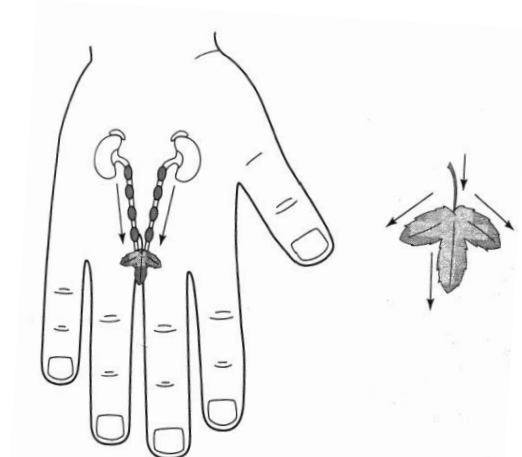
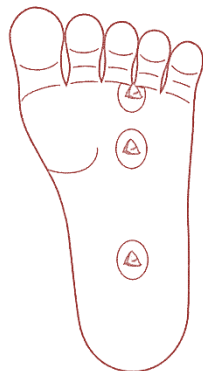
Zápalové patológie pľúc



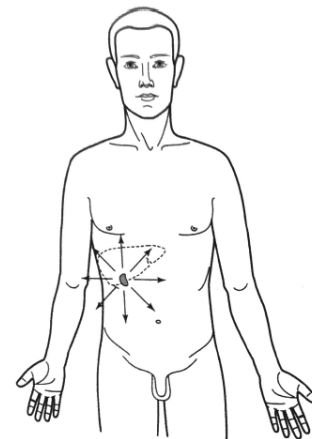
Zápaly mechúra



Zápal vaječníkov



Obličková kolika



Žlčníková kolika

