

Illogical Association for Learning the 14 TFH Muscles

by Dr. Torry Collinson

The Touch for Health Organization is made up of many types of personalities. Many of them love to do research, which is evidenced by the amount of new data that comes out every year. Some like to use the techniques in their practices (ie, massage therapy, etc.) The one goal shared by most touch for healthers is to teach Touch for Health to others. Also to present it in a way that their students will use the Touch for Health procedures on themselves, their families and friends.

Certainly the most basic and the most helpful technique is the 14 muscle balance taught in Touch for Health I. For the instructors this is so easy to do. But I believe that many of our students never or seldom do one. The reason is because they can't remember the neurovascular points, the neurolymphatic points, meridian, etc. Yes, the book is very helpful and they can look up each muscle as they test them.

This however can become very cumbersome. What if they are at the neighbor's house and didn't bring their book? Shame! Shame! Now the poor neighbor has to struggle though the day without a balance. The only key for helping other people and yourself with the 14 muscle balance is to do it. As long as your students are doing balances they can't fail.

However it goes further than that. The more they help people the more excited they get about Touch for Health. As their excitement grows, so will Touch for Health II and III classes. Your Touch for health I classes will also grow because others will want to help their families and friends just like they received help from your students. The referrals will be greater. I think you get the picture.

When I was learning the 14 muscle balance, I needed a way to remember all the NV, NL skin response and meridians; so I didn't have to refer to my book. I did this by using illogical associations. It is always easier to remember something illogical. Each muscle has a silly story that will remind you where the points are on the body. The story starts with an audioym that

triggers your mind to think and visualize the rest of the story, which in turn immediately tells you where to touch.

An example is the Supraspinatus muscle. The audioym or trigger word is Superstar. The superstar is from Central High School and has a star on the top of his head. He is a starter in wrestling, and his specialty is putting an octopus in an arm hold. From this you know the NV is top of head and the NL is occiput and crease of the arm. Also it is the central meridian.

The 14 stories for the 14 muscles are summarized below. I have tested this many times by telling these stories to people that didn't know anything about Touch for Health. Even though they did not have anything to associate the story with they still remembered the story.

By using the stories as you teach the muscles, this will be enough spaced repetition for the students to remember so they can do a 14 muscle balance without referring to their book.

Muscle Story List

1. Supra Spinatus — Superstar from Central High School
2. Teres Major — Major Terry, a military man with side burns
3. Pectoralis Major Clavicular — a cleaver in the stomach
4. Latissimus Dorsi — Blattimer dors a Russian soldier
5. Subscapularis — some scarey latherios
6. Quadriceps — quadruplets that share a small intestine
7. Peroneus — A parrot with a bladder problem
8. Psoas — Soap bubbles in a kidney shaped pool.
9. Gluteus Medias — 5 sexy butts standing side by side
10. Teres Minor — Major Terry's under aged child
11. Anterior Deltoid — Aunt Delta, a fat aunt
12. Pectoralis Major Sternal — living a stern life
13. Anterior Serratus — Aunt Sara, a very skinny aunt
14. Tensor Fascia lata — a lotta face and a lotta space