

# Pammachon Wellness



Byzantium (4th century – 1453)

Medical texts from the 4th century A.D. in the Greek-speaking Eastern Roman Empire describe a form of shadow-boxing, characterized by unopposed fist movements performed in a dance-like manner. This practice was recommended to alleviate fatigue and reduce nervousness, with specific references to its benefits for kidney and intestinal ailments. The movements, known as “χειρονομίαι” (cheironomiae), included not only arm motions but also leg movements in the form of kicks. These exercises were deemed suitable for a wide range of individuals, including children, women, the elderly, and those who were ill. In modern times, the International Pammachon Federation has reconstructed eight distinct movements.

Sources:

1. ΚΟΥΖΗΣ Α. Ορειβασίου, Ιατρικαί Συναγωγαί προς Ιουλιανόν. Βασιλικόν Τυπογραφείον, Αθήνα, 1909.
2. AETII AMIDENI: Libri Medicinalis III, Corpus Medicorum Greacorum, 1534.

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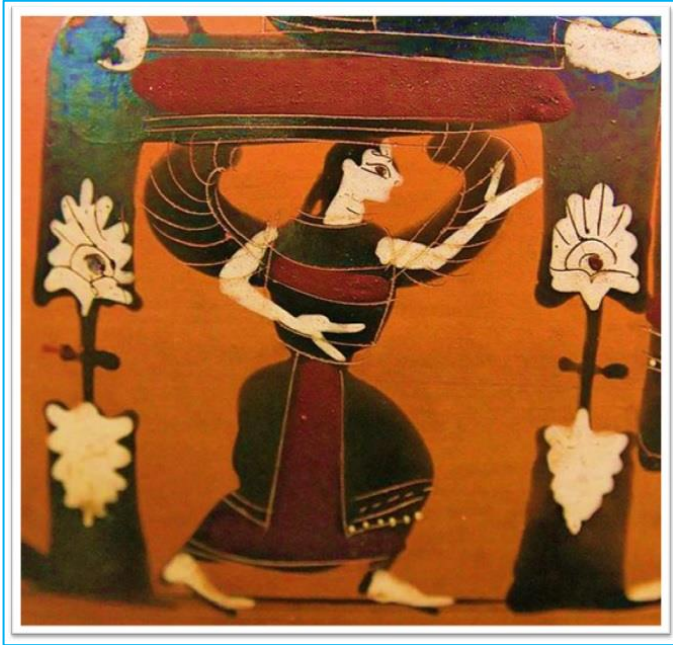
## Foundation:

Eight movements and breathing derived from archaic/ancient ritual dance and combative kinesiology inherent to the thousands of years of Greek history.

*Historical note: Ancient Hellenic figures are typically portrayed in the nude.*

Νοῦς ἐστὶν ὁ διακοσμῶν τε καὶ πάντων αἴτιος.

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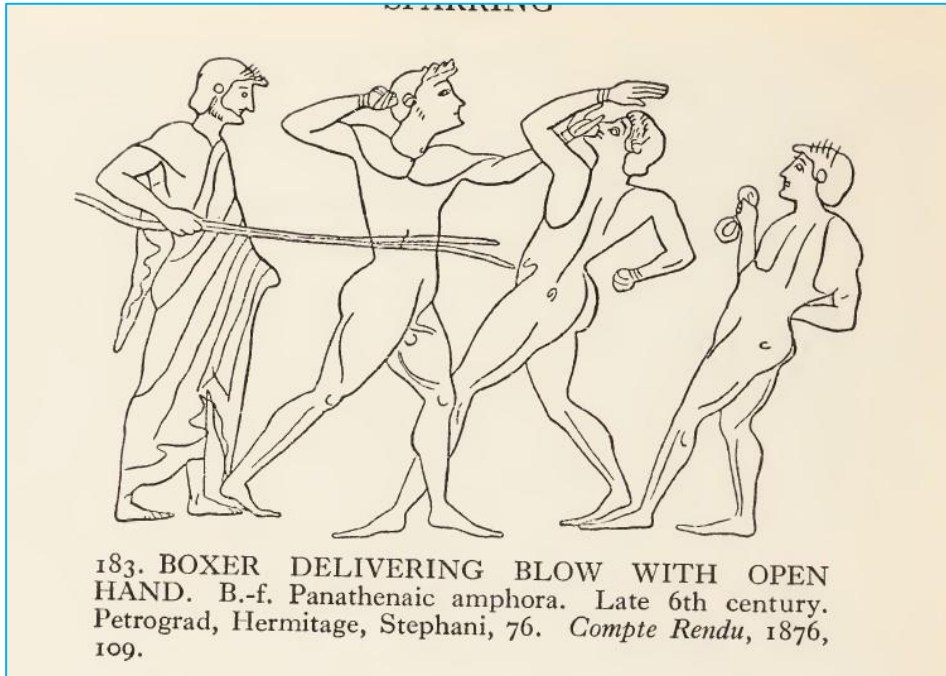


First movement:

Metis.

Metis was the archaic goddess of primal wisdom, the wisdom of the hunt, a quality that combined astuteness with cunning.

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## Second movement:

Internal cut. The same movement may be executed with or without weapons.



Troy, 2004,  
Brad Pitt



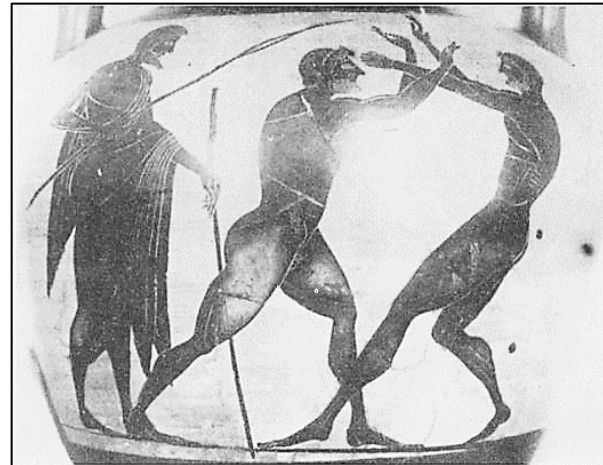


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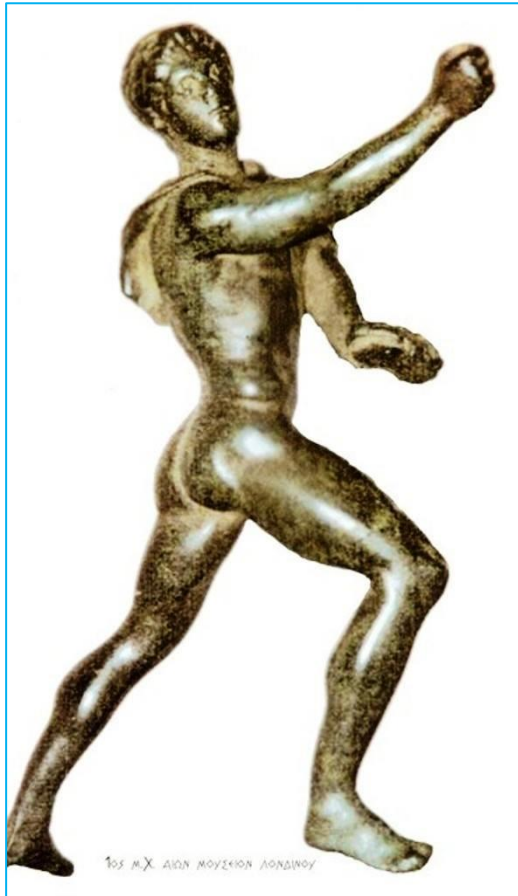


Third movement:

External cut.

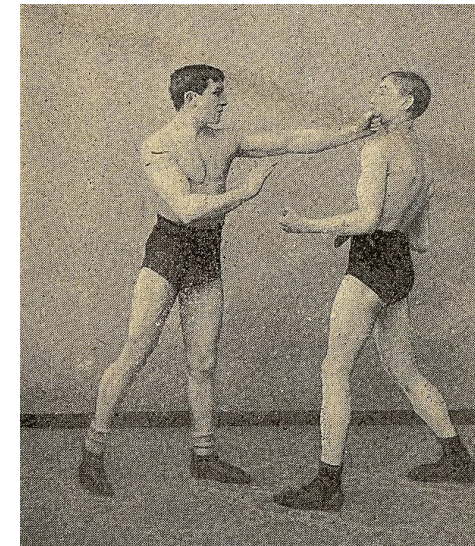


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Fourth movement:

Punch.



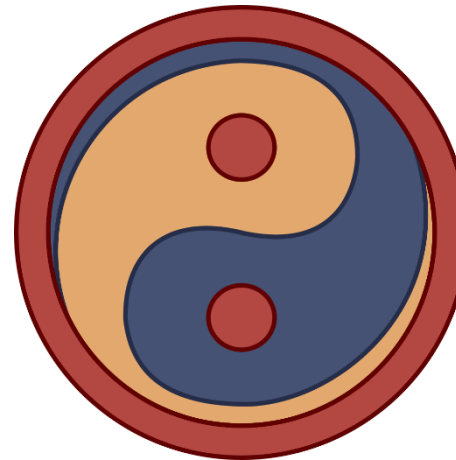


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Fifth movement:

Swirling\_Fish.



*Coat of arms of the bodies "Armigeri defensores seniores" from the "Book of Axioms" of early Byzantium (430 AD). Note: this predates the modern yin-yang symbol by about 600 years!*

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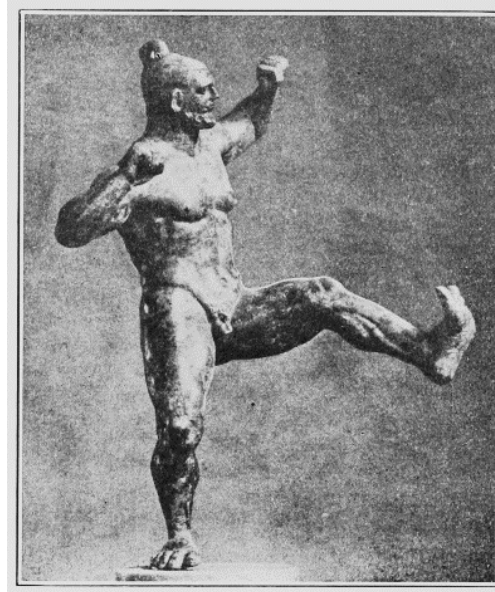
Sixth movement:

The Swan.





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Seventh movement:

The Star.



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Eighth movement:

The Oak.

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*Legal disclaimer: Pammachon is a physical practice that requires flexibility and balance. Please consult with a healthcare professional before starting any new fitness programs, including Pammachon. If you have any injuries, health conditions, or other physical limitations, it is important to inform your certified instructor before participating in a Pammachon class.*

*The information provided on this website is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare professionals with any questions you may have regarding a medical condition.*