A term often used within the martial arts is the term 'muscle memory' meaning of course that both the body and mind will react to a self defence situation when attacked in an instinctive way.

Years ago this term was often referred to as an instinctive reflex reaction to a fight or flight situation whereby the defender will instinctively react to a situation with blocks, kicks and counter strikes without thinking about it. But how does this muscle memory work?

People often think that a persons memories are held only within the brain but when you think about all those command impulses that are being sent out from the brain to all parts of the body, including of course the muscles in the body, as a constant stream of instructions so that you can move, breathe and function on many levels then the idea that memories are only held within the brain does not look to be the case.

Command impulses that are constantly being sent around the body are in fact sets of instructions which in turn are also memory impulses that hold those instructions. That being the case if you train in the martial arts then those memory holding command impulses will be very much part of what your mind and muscles will get use to and for want of a better word will 'hold' in storage those memories within the muscles.

Of course this is a very simplified way of looking at things and that certain functions bypass the normal way of doing things but maybe the term 'muscle memory' is an accurate term to a degree after all.

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