

# FIRST YEAR CONTENTS

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The first year follows the curriculum of Japanese shiatsu schools.

## 指 校 **Characteristics of Shiatsu:**

- Pressure: palm, finger and thumb pressure.
- Thumbs' position: inverted L, in line, A and V positions.
- Hands' position: triangle, L-shape, butterfly hands.
- Therapist's positions: basic, perpendicular, on our knees, seiza.
- Using the relaxed weight of one's body.

## 指 校 **Working on a futon or mattress:**

Kata:

- Prone position: shoulders, back, gluteus, legs and feet.
- Supine position: arms and legs.

By the end of the year, students will master working the whole body in the prone position and know how to work on arms and legs in the supine position.

## **Sotai:**

- Basic exercises: five basic exercises.
- Therapist's resistance in sotai exercises.
- Articular rotations: deciding the best direction, toes, ankles.

We know that our students' shiatsu is very relaxing and safe. That is why after a few lessons students can give shiatsu in our student clinics and at volunteering events. Students need to do a minimum of 10 hours of supervised practice during the first year.

## **Anatomy & Physiology**

Delivered by City Lit

## **Traditional Chinese Medicine:**

- The five elements.
- Functions of organs according to TCM.
- Basic meridian theory.

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## TIMETABLE

Timetables and prices are decided by City Lit. If you would like more information on the next shiatsu courses offered, please email [health@citylit.ac.uk](mailto:health@citylit.ac.uk)

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