

# FAST TRACK CONTENTS

The fast track consists of doing the 1st and 2nd courses in one year. Following the curriculum of Japanese shiatsu schools, we learn a complete kata from head to toes.

## Characteristics of Heisei Shiatsu:

- Pressure: palm, finger and thumb pressure. When to use elbows.
- Thumbs' position: inverted L, in line, A position, V position
- Hands' position: triangle, L-shape, butterfly hands.
- Therapist's positions: basic position, perpendicular, seiza.
- The correct use of the weight of one's body: how to acquire a deep painless pressure
- Heisei Shiatsu and the no-pain principle.

## Working on a futon or mattress:

Kata:

- Prone position: shoulders, back, gluteus, legs and feet.
- Supine position: legs, feet, abdomen, neck, head and face.

## Other katas:

- Full lateral sequence or kata.
- Lateral kata for pregnancy.

## Working on a low massage table:

- All katas on the shiatsu massage table

## Sotai:

- Basic and advanced exercises.
- Articular rotations: toes, ankles, hips, shoulders.
- Treating patients with sotai

## Body analysis:

- Observing muscular, skeletal or postural imbalance in the body.
- How to feel kyo 虚 (deficiency) and jitsu 実(excess).
- How to adapt our pressure to find balance in the muscular and nervous systems.

### **Treatments:**

- Treatment protocol.
- Client consultation/health history.

### **Case studies:**

- How to write case studies and prepare the professional portfolio.

After the first three months students can give shiatsu in our student clinics and at volunteering events. Attendance at these events is not compulsory, but students need to do a minimum of 20 hours of supervised practice for the fast track programme.

### **Via e-learning**

**Anatomy, physiology and pathology for shiatsu**  
**Traditional Chinese Medicine revision**

## **FAST TRACK TIMETABLE 2023/24**

We do not have dates yet for the next fast track shiatsu and sotai course

### **FEES**

The price for the whole year is £2430 plus a small charge for supervision on student clinic days. The amount for student clinic days depends on number of patients and/or students. It is usually between £10 and £20 per day. We expect to have between 4 and 9 student clinic days.

Students need to make a deposit of £810 per term payable in advance. There is a discount of £150 when paying the whole year's fee in advance. To reserve your place we will ask for a deposit of £100.

To book a place please click on [booking](#)