

# FAST TRACK CONTENTS

The fast track to obtaining the professional certificate consists of doing the 1<sup>st</sup> and 2<sup>nd</sup> courses in one year.

Following the curriculum of Japanese shiatsu schools, we learn a complete kata from head to toes and the treatment of health conditions.

## PROGRAMME

### **Characteristics of Shiatsu:**

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

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

Full sequence or kata:

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

### **New katas:**

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

### **Sotai:**

- Basic and advanced exercises.
- Therapist's resistance in sotai exercises.
- Articular rotations: toes, ankles, hips.

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## プロ Body analysis:

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

## プロ Treatments:

- 圧 Treatment protocol.
- 学 Client consultation/health history.
- 校 Structured, step-by-step treatments with shiatsu and sotai for musculoskeletal problems, pregnancy and digestive problems, etc.

Case studies: how to write case studies and prepare the professional portfolio.

We know that our students' shiatsu is very relaxing and safe. That is why after three months students can give shiatsu in our student clinics and at volunteering events. Students need to do a minimum of 20 hours of supervised practice for the fast track programme.

## **Anatomy and physiology.**

Delivered by City Lit

## **Traditional Chinese Medicine:**

- The five elements.
- Functions of organs according to TCM.
- Working on meridians.

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## FAST TRACK 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)

Prices include the practical classes, the practice sessions in the supervised student clinics and on volunteering days, and course materials

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