

# FIRST YEAR CONTENTS

## 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 weight of one's body.

## Working on a futon or mattress:

### Full sequence or kata:

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

## Sotai:

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

Supervised practice sessions at the centre and at volunteering events. Students need to do a minimum of 30 hours of supervised practice during the year.

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Via e-learning

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Anatomy & Physiology

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Delivered by our partners, Essential Training Solutions.  
Go to the following link to see contents and sample lessons.

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<http://www.essential-training.co.uk/training/apdemo06/apdemosept06.html>

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Traditional Chinese Medicine:

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

### TIMETABLE

The next 1<sup>st</sup> year courses will start in November 2016\*. For contact lessons, you can choose from either one Saturday per month from 11.00 to 18.00, one Tuesday per month from 10.00 to 17.00 or three evenings per month on Monday from 19.00 to 21.30.

### 1<sup>ST</sup> YEAR TIMETABLE 2016 – 2017

#### Saturday

NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	JUL
12	10	14	11	11	1	13	10	1	15

#### Tuesday

NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	JUL
15	13	10	14	14	4	17	13	4	18

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## PRICE

The price per year for those starting in 2016 is £480 per term.

(Please note that the last term consists of four months). The price

for each year is £1440 including course materials. There is a

discount of 10% if paying the whole course before the beginning of

the first term (a total of £1296)

\*All timetables are subject to change depending on demand and/or suitability for students.

The price includes the practical classes, the practice sessions in the supervised student clinics and on volunteering days, and course materials.

Apart from attendance to the classes on your chosen days, you may attend classes outside your timetable at no extra cost. These may be counted towards the required practice hours.

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

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