FAST TRACK CONTENTS

The fast track to obtaining the professional diploma consists of doing the 1st and 2nd courses in one year. Unfortunately, it is not possible to offer the fast track programme for the 2015/16 academic year.

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, 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, feet, stretching.
  - Supine position: arms, legs, abdomen, neck, head and face.

Working on a massage table:

- Type of table. Advantages of working on a table.
- Therapist positions.
- Full sequence on a table.
- Lateral sequence (for pregnant women and some back problems)

Working on a special massage chair:

- Therapist's positions.
- Seated onsite sequence.

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Sotai:

Basic and advanced exercises.
Therapist's resistance in sotai exercises.
Articular rotations: deciding the best direction, toes, ankles, hips, knees, wrists, shoulders and fingers.

Body analysis:

Observing muscular, skeletal or postural imbalance in the body.
How to feel kyo 虚 (emptiness or deficiency) and jitsu 実(excess)with our touch.
How to adapt our pressure to balance the body.

Treatments:

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

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

(Optional) Supervised practice sessions at our student clinic, open days. Charity work (pregnancy, disabled, etc.)

Via e-learning

Anatomy and physiology. Pathology
Delivered by our partners, Essential Training Solutions.
Go to the following link to see contents and sample lessons.
http://www.essential-training.co.uk/training/apdemo06/apdemosept06.html

TCM:

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

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FAST TRACK TIMETABLE* 2015 – 2016

Unfortunately, we can't offer the fast track programme for the 2015/16 academic year.

SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUNE
-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-

PRICE

The price for those beginning the course in is £ .

The price for the whole year is £ including course materials.

There is a discount of 5% if paying the whole course before the beginning of the first term (a total of £)

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

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