

FAST TRACK CONTENTS

The fast track to obtaining the professional diploma 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 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.

Working on a massage table:

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

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ブ Working on a special massage chair:

- Therapist's positions.
- Seated onsite sequence.

指 Sotai:

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

学 Body analysis:

校 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, 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.

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Via e-learning

Anatomy and physiology.

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>

Traditional Chines Medicine:

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

FAST TRACK TIMETABLE 2018

The next fast track course starts in January 2018. For contact lessons together with first year students, you can choose from either one Saturday per month from 10.00 to 17.00 or weekly on Monday evenings from 19.30 to 21.30, starting on Monday the 15th of January.

For the more advanced contact lessons, you need to attend one Saturday per month on the following dates:

JAN	FEB	MAR	MAR	APR	APR	MAY	JUN	JUN	JUL
20	17	3	24	14	28	19	9	23	7

PRICE

The price for those beginning the course in 2018 is £820 per term. (Please note that the last term consists of four months). The price for the whole fast track year is £2460 including course materials.

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There is a discount of 10% if paying the whole course before the beginning of the first term (a total of £2214).

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There are no hidden extra costs like a foundation course, or compulsory residential courses.

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

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

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