

# FIRST YEAR CONTENTS

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The first year follows the curriculum of Japanese shiatsu schools.

## 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 relaxed weight of one's body.

## Working on a futon or mattress:

Kata:

- Prone position: shoulders, back, gluteus, legs and feet.
- Supine position: arms and legs.

By the end of the year, students will master working the whole body in the prone position and know how to work on arms and legs in the supine position.

## Sotai:

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

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 10 hours of supervised practice during the first year.

## Via e-learning

### Anatomy & 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>

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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 September 2019. Contact lessons take place either one Saturday per month from 10.00 to 17.00 or Thursday evenings from 19.30 to 21.30.

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.

### **1<sup>ST</sup> YEAR TIMETABLE 2019/20**

Saturday

SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN
21	12	8	7	11	1	7	4	8	6

### **PRICE**

The price per year for those starting in 2019 is £480 per term. Early-bird price for first term £390 when paid before 5<sup>th</sup> September 2019.

Please note that the last term consists of four months. The full price for each year is £1440 including course materials. There is a discount of 12.5% if paying the whole course before the beginning of the first term (a total of £1260, cannot be combined with early-bird discount)

There are no hidden extra costs. No fourth year, foundation course, or compulsory residential courses. The price stays the same each year. All activities after graduation are voluntary.

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