

# 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.

### **Body analysis:**

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

**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.

**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 Chinese Medicine:**

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

## FAST TRACK TIMETABLE 2019

The next fast track course starts in January 2019. Contact lessons take place on at least one Saturday per month. The second Saturday on the table below is attended by all students. Students can choose to attend another Saturday per month or weekly lessons on Monday evenings from 19.30 to 21.30.

SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN
21	12	8	7	11	1	7	4	8	6
28	19	15	14	18	8	21	25	15	13

### PRICE

The price for those beginning the course in 2019 is £820 per term. Early-bird price for first term £710 when paid before the 5<sup>th</sup> of September 2019.

Please note that the last term consists of four months. The price for the whole fast track year is £2460 including course materials. There is a discount of 13% if paying the whole course before the beginning of the first term (a total of £2140, cannot be combined with early-bird discount).

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

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

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