

COURSE DESCRIPTION

This is an introductory course for Anma/Shiatsu massage.

Anma is a manual therapy method using kneading and tapping techniques. It is considered as a Japanese version of Tui-Na.

Shiatsu directly translates as "Finger Pressure". Unlike Anma, it gives deep finger pressure at each point and does not knead or tap.

This course combines two of the major manual therapies in Japan and teaches how to give great comfort to the patients.

LEARNING OBJECTIVES

This is a great way to build "Practitioner's Healing Hands", which requires the knowledge of how to approach one's body via touch, palpation, and receptivity to the body's signals. Understanding and feeling those manifestations is essential to being a good acupuncturist. It is a great way to practice palpatory skills.

This short lecture, hands-on and practical style course is fun and enjoyable to participate in. By the end, participants will be able to give a whole body Anma/Shiatsu massage using proper techniques as well as sensitivity of touch for the client.

COURSE PREREQUISITIES

None

REQUIRED TEXTS

None- Handouts will be provided

RECOMMENDED TEXTS

COURSE REQUIREMENTS

Oral, Written, & Practical- Midterm & Final Examinations

Students will be assessed and graded using standard Emperor's College letter grading. Positive class participation is evaluated as well.

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

SPECIAL NOTES

Policy of the class: No texting, facebooking, surfing the Internet, food or drink (except water) is allowed during the class. No walking in & out of the classroom during the class except in cases of emergency. Please turn off your cell phones.

Professionalism and Full and Prompt Attendance: To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. Professionalism includes full and prompt attendance: Students who miss more than 2 class meetings in a 10-week course will earn an F in that course. Additionally, students who arrive more than 15 minutes to class or leave class before it ends will be marked tardy. Two tardies equal one absence. NOTE: Students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may be referred to the Academic Dean for

professionalism.

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

Lecture – What is “Anma/Shiatsu”? History, classification, and categorization.

Practical - Demonstration of various techniques (Stroking & Kneading) Practice: Leg in supine position

CLASS TWO

Practical - Demonstration of Anma/Shiatsu in sitting position (Shoulder, Neck, and Upper body) and various techniques (Pressure & Kneading) Practice

CLASS THREE

Practical - Demonstration of Anma/Shiatsu in lateral position (Shoulder, Neck, Upper body, and Arms) Practice, Percussion Techniques

CLASS FOUR

Practical - Demonstration of Anma/Shiatsu in lateral position (Mid-back, Low-back) Practice

CLASS FIVE

Practical - Demonstration of Anma/Shiatsu in lateral position (Buttock and Lower leg) Practice

CLASS SIX

Mid-Term Examination

CLASS SEVEN

Practical - Demonstration of Anma/Shiatsu in prone position (Shoulder, Neck, Upper body, and Arms) Practice

CLASS EIGHT

Practical - Demonstration of Anma/Shiatsu in prone position (Mid-back, Low-back) Practice

CLASS NINE

Practical - Demonstration of Anma/Shiatsu in prone position (Buttocks and Lower leg), in supine position (Head and face) Practice - Review

CLASS TEN

Final Examination

CLASS ELEVEN

REFERENCE MATERIAL

FACULTY INFO

Maeda, Atsuki

Please check with instructor during class to get updated contact info.

maedasensei@gmail.com