



# Nature Care College

## Shiatsu 1 Plus Tutorials

<b>DESCRIPTION</b>	This unit of study will demonstrate the philosophy and basic techniques for performing a classical Shiatsu massage. You will gain an understanding of the Hara, postural maintenance and the fundamental Shiatsu sequences.
<b>DURATION</b>	27 hours – 24 hours of lectures plus (1 x 3 hour tutorial)
<b>LEARNING OUTCOMES</b>	By the conclusion of the module, students should be able to: <ol style="list-style-type: none"> <li>1. Competently perform any of the demonstrated sequences covered in the course at a basic level of skill for family and friends only.</li> <li>2. Competently demonstrate understanding of the concept of working from the Hara.</li> <li>3. Competently demonstrate understanding of appropriate posture throughout each sequence.</li> <li>4. Understand the importance of Communication, Empathy and Sensitivity to the practise of Shiatsu.</li> </ol>
<b>TEACHING METHOD</b>	Practical demonstration Lectures Group work.
<b>ASSESSMENT</b>	Practical Exam 100% <b>Pass mark: Pass / Fail only – No grade available.</b>
<b>COMPETENCIES PARTIAL COMPLETION</b>	Successful completion of this Unit of Study is in partial completion of the following Health Training Package HLT07 Units of Competency: HLTSHU508B – work within a Shiatsu framework
<b>ATTENDANCE</b>	90% minimum
<b>PRE-REQUISITES</b>	Nil.
<b>CO-REQUISITES</b>	Nil.
<b>MATERIALS REQUIRED</b>	Notebook, pen, comfortable clothing.
<b>TEXTBOOKS</b>	<b>Compulsory:</b>

**Recommended Reading / References:**

Jarmey C, 1992. *Shiatsu The Complete Guide*. Thorsons.

Jarmey C, 1991. *Shiatsu The Complete Guide*. Thorsons.

Kaptchuk T, 1998. *Chinese Medicine - The Web That Has No Weaver*. 11<sup>th</sup> ed. Random House, UK.

Lundberg P, 1992. *The Book of Shiatsu*. Gaia Books, London, UK.

Sergel D, 1990. *Zen Shiatsu and Macrobiotics*. Tokyo, Japan.

Connelly D, 1979. *Traditional Acupuncture: The Law of Five Elements*. Traditional Acupuncture Inc, Columbia, USA

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**WEEK-BY-WEEK OUTLINE**

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<b>WEEK 1</b>	Fundamental Principles (outlined below). Introduction to the Sequences. Introduction to the Back Sequence.
<b>WEEK 2</b>	Back Sequence in prone position.
<b>WEEK 3</b>	Back Sequence in prone position.
<b>WEEK 4</b>	Upper back, arms and scapular in prone position
<b>WEEK 5</b>	Neck and neck stretches, head and face.
<b>WEEK 6</b>	Consolidation of course content covered thus far.
<b>WEEK 7 &amp; 8</b>	Side sequence.
<b>WEEK 9</b>	Barefoot Techniques.
<b>WEEK 10</b>	Revision of course content.
<b>WEEK 11 &amp; 12</b>	<b>Exam</b>
<b>Tutorial 1</b>	<b>Revision of Sequences</b>
<b>Tutorial 2</b>	<b>Revision of Sequences</b>

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## **FUNDAMENTAL PRINCIPLES**

The Origins and History of Shiatsu.

What is Shiatsu:

Ki, Meridian Pathways, Communication

Application of Shiatsu:

Hands, Fingers, Flat of the Elbow, Knees, Feet

Techniques for Shiatsu:

Pressure through body weight/leaning

Introduction to Hara awareness

Introduction to breath awareness

Developing an intuitive & intellectual feel for the Ki

Intro to Basic TCM philosophy:

Yin & Yang

Intro to Japanese philosophy:Kyo & Jitsu

How is Shiatsu different to any other form of massage

The format of Shiatsu:

Futon, Yakata ,a harmonious environment

The above principles are covered in depth in Week 1 and thereafter each week to ensure a thorough understanding. *All classes begin with some simple yoga stretches.*

**Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.**