

WEEKEND -BY-WEEKEND OUTLINE

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| WEEKEND 1 | Introduction to course content and student requirements for the unit of study. Introduction to practical techniques to develop awareness on the body. Introduction to practical techniques to develop Hara awareness (Yoga, Breath, etc) The notion of Kyo and Jitsu is revised. Become familiar with the movement (shift) of Ki between Kyo and Jitsu to create balance. Become familiar with the <i>technique</i> (shift) of two handed tonification and sedation to create balance. Development of understanding of the five element theory in relation to the levels of illness with emphasis on functional and structural aspects. Hara diagnosis – general and specific |
| Saturday | |
| Sunday | Review hara diagnosis Introduction to testing on the body and formulation of treatment strategies |
| Assignment | Treatment Body Logs including Hara-diagnosis & develop treatment strategy – 2 per week – total 8 Write up forms provided – 10% |
| WEEKEND 2 | Revision |
| Friday Tutorial | Assessment Task 1 - Quiz |
| Saturday & Sunday | <ol style="list-style-type: none"> 1. Metal - Lung and Large Intestine meridians are examined and treated covering: <ol style="list-style-type: none"> a) Review face and body diagnosis - structural level of illness b) How to feel hara and the meridian - functional level of illness c) How they are specifically followed in a treatment using the routines. d) Use of Masunaga's 'Mother & Child' tonification / sedation to balance Kyo and Jitsu. e) Food and Yoga for the meridian. 2. Earth - Spleen, Pancreas and Stomach are similarly treated 3. Fire – Heart and Small Intestine 4. Fire – Heart constructor and Triple Energizer 5. Water – Kidney and Urinary Bladder 6. Wood- Liver and Gall bladder |
| Assignment | Treatment Body Logs including Hara-diagnosis, develop treatment strategy & include 5 element theory – 2 per week – total 8 Write up forms provided |
| WEEKEND 3 | Revision |
| Friday | Assessment Task 2 - Quiz |
| Tutorial | |
| Saturday | Practical Integration |
| Sunday | Practical Exam |

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.