

*Barefoot
Shiatsu
Kata*

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Muddy Bottom Press

Barefoot Shiatsu Sequence

~ 1 hour, Back of the Body Massage, Using Your Feet

- *partner face down, feet shoulder width, heels out, weight on outside of knees, arms up by head*

Lower Body

Stand at Left Hip: *Fold hands over lower dan-tian & center yourself
(knees unlocked, low back flat, connect to feet & earth)*

1. Left foot at lumbo-sacral junction – **Rock** whole body with left foot
- 1a. *Slide-step across body to right side* – continue rocking with right foot

Feet:

Step between legs and move to feet – Push heels out (so weight is on outside of knee)

2. *Face away from body* – **Walk on feet** (use heel & lateral edge of foot)
3. *Turn and face body* – **Walk on feet** (use ball & toes)

Right Calf:

***Face outward to the right – Stand across their right foot with your R foot
your weight is on your ball & toes, lever your foot across theirs
(this controls the amount of weight on their foot) (can stand on floor if necessary)***

4. **Brush** *slowly* from knee to heel (3x) (option: brush entire limb from gluteal fold)
5. **Roll/vibrate/jiggle** back and forth across calf
6. **Press** calf from knee to heel **2 ways**:
 - a. **wedge-press:** lever foot into calf from lateral side (ball & toes in contact with floor)
 - b. **arch-press:** straight down (heel gets medial head of gastroc.)
continue pressing on achilles to heel (using lateral edge of foot)
7. **Brush** quickly & **bump** across their heel to finish 3x

Left Calf:

Turn right & around – Stand across Left foot

8. **Repeat** calf sequence: • brush • roll / • wedge press • arch press • brush & bump

Right Knee:

Turn left & around – Pick up partners Right Foot

Place your Left foot on back of their thigh at knee crease from medial side

9. **Pump** leg to stretch knee & ankle 6-8x (use both hands on foot, thumbs toward heel aim their heel toward their sit-bone, on release gently snap/flip foot to relax ankle)

Cup their heel with your left hand, dorsum of foot with your right

11. *Step out with left foot & walk footward – **Traction stretch entire leg** – place foot on floor*

Left Knee:

Spin round & pick up left ankle

12. Repeat 9–11 • pump knee • pull-up ankle • traction leg

Barefoot Shiatsu Sequence

Both Knees: *Spin round & Kneel down – Clamp their knees together with your knees*

13. Knees: **Push heels** toward buttocks (test flexibility, then stretch) (your hands on tibias)
14. Ankles: (slide handhold up to feet) **Cross ankles L & R** (don't let go of their feet, cross your arms)
15. Toes: (slide handhold up to toes) **Stretch toes-ankles-knees** (push feet as far as body allows)

Rock back on your toes & stand up – Open their legs wide (but still rest on outside of knee)
Step between their legs/knees

Thighs:

16. **Horseshoe Press** using R foot (around thighs from R knee to L knee and **return**)
 Horseshoe Press using L foot (around thighs from L knee to R knee and **return**)
 On the return pass of each horseshoe
16a. *Coccyx Pump*
 Rest foot on sacrum, sit back into your rear leg,
 Pump coccyx with your heel (push toward top of head, activate entire spine)
17. **Whole Leg Stretch – Right**
 Pick up their right foot with your R hand and step to left hip with your L foot (grip foot across dorsum)
 Place R foot on sacrum & **Lift leg** by leaning forward (stretch sacro-iliac, hip joint, quads & psoas)
 Step back with R foot between legs and swing your L foot around to opposite side (thigh level)
 walk footward – Traction leg & give a gentle tug then drop their foot to the mat (last 6-12 inches)
18. **Whole Leg Stretch – Left**
 Spin-Round and pick up L foot with L hand
 – L foot steps between knees, R foot to outside of their R hip, L foot up onto sacrum
19. **Wheelbarrow – Both legs**
 Pivot and pick up both feet by the ankles, step between their knees (use your legs to lift)
 Dangle knees back & forth • alternate with lifting up & down • also alternate sides
 • rise on **tiptoes** to stretch lumbo-sacral joint
 • gently bounce & **jiggle**
- Return knees to floor, step back and lay feet down about shoulder width apart*
Place one foot between their knees, step up onto thigh with other foot,
place hands on sacrum and step up onto other thigh with other foot
20. **Stand on Thighs** *(feet should be close to gluteal fold, toes point outward, heels hang off inside of thigh)*
 • stand up • get balanced • **Rock back & forth**
 Think up and light Step off (to right side)

Barefoot Shiatsu Sequence

Upper Body

Lumbar: (R then L)

Facing right hip: Kneel down – hands on mid-back & sacrum

21. **Knee Press** R lumbar area with your right knee (very gently at first, ask about pressure)
continue **press from spine to side** (3-5 presses, 3 passes, finish by sliding between ribs & ilium to floor)
- 21a. crawl over body to L side and **repeat Knee presses using your L knee**

Left Torso:

22. **Foot in the Armpit Stretch** *Sit alongside their left thigh facing headward*
Grasp their arm & hand – Place your right foot in their armpit with your knee slightly bent
Turn your foot so their upper arm fits the curve your arch • slight traction on arm

Hold the arm traction while **slowly straightening your leg** (lateral edge of foot pushes into axilla)
Relax pressure by **slowly raising your knee** (keep traction on arm without actually pulling)
(as foot releases from armpit release wrist and lay hand on mat)

Stand up – Slide their left arm away from their torso with your foot (create 90° angle with torso)
stand on left foot (midway between arm and torso)

23. **Fan Press & Rock gluts** with your right foot (use ball along edge of sacrum)
b. continue with **heel in gluteal hollow** (GB-30)
24. **V-Press** torso (alternate heel & ball as pivots) from gluts to armpit 3x (up-down-up) (using R foot)
(can switch feet if get tired or to get better angle) (care around floating ribs)

Left Arm: *make sure hand is on mat and their palm is up (roll arm over by pushing at elbow)*

25. *Stand across fingertips with L foot* **Brush** from axilla to hand slowly with R foot
option: Roll & vibrate out/down arm
26. **Wedge-press L Arm** (ventral surface, yin channels) with R foot (elbow can be bent if necessary)
a. upper arm: shoulder to elbow
a. rest heel on floor – press with arch then ball, then ball & toes 3x (don't trap triceps)
option: can also wedge press from upper side – catch triceps with heel and twist headward
b. forearm: elbow to wrist 3x arch, ball, ball & toes
c. hand: wrist to fingers fan-press
27. *Step around to fingertips; walk on hand with both feet,*
spread palm & press points with toes,
then walk backward off the fingertips include their thumb

Drag arm further headward (past shoulder level)
then Roll arm over by pushing at wrist so palm is down Uncurl fingers and flatten their hand

28. *Facing footward: If their arm is mostly bare you can brush up the length of the arm to begin*
a. hand: fingers to wrist (fan-press)
Wedge-press L Arm (dorsal surface, yang channels)
b. forearm: wrist to elbow 3x first arch then ball, 3rd pass repeat one
c. upper arm: elbow to shoulder 3x first arch then ball, 3rd pass repeat one

Barefoot Shiatsu Sequence

Left Neck & Shoulder:

Turn around and face away from body – their head needs to be facing Right

29. **Heel press** posterior trapezius with R foot (neck-shoulder jct. laterally to V, follow supraspinatus)

Turn back around and kneel down

30. **Knee press** upper back with L knee (mid scapula to shoulder) (place your hands on their scaps)

Sit down facing shoulder – push their L arm down by their side with your R foot

31. **Foot Press across top of shoulder** with L foot (R foot cradles upper arm)
 use: a. arch (arch & heel) b. lat edge c. ball d. toes
 (turn foot sideways (toes to neck))

32. *sit facing neck R foot works shoulder to occiput* (L foot cradles & holds head)
 use: a. arch b. lat edge c. ball & toes
 (turn foot sideways (toes to shoulder) to use big toe, but can also try pressing straight into neck with big toe tip)

Head:

33. **Monkey feet:** cradle & press around head with both feet (walking leftward on your hands) when directly overhead (option: rub head & hair) release and have them turn their head ***Continue Monkey feet on L side of head*** (finish up facing the back of their head & rub with arches) *push their arm down by their side*

Right Neck & Shoulder:

- | | | | | |
|-----|--|-------------|--------------|----------|
| 34. | Repeat Neck presses | (on R side) | (use L foot) | sitting |
| 35. | Repeat Shoulder presses | (on R side) | (use R foot) | sitting |
| 36. | Repeat Knee press on upper back | (on R side) | (use R knee) | kneeling |
| 37. | Repeat Heel press on trapezius | (on R side) | (use L heel) | standing |

Drag arm away from side – stand on head side of arm facing footward (don't need to stand on fingers)

Right Arm:

38. **Wedge-press Arm** (yang surfaces) *from hand to shoulder*
 39. **Wedge-press Arm** (yin surfaces) *from shoulder to hand*
 40. **Brush Arm**
 option: **Roll & Vibrate** entire arm with L foot (R foot on fingertips) (palm is up)

Stand on R foot between arm and torso (use L foot)

Right Torso:

41. **Fan Press & Rock gluts** b. just fan press c. return to rocking & heel press glut hollow
42. **V-Press torso** 3 passes from axillary fold to gluts (can alternate feet)
- Sit back down* (*grab their hand with yours as you sit down*)
43. **Foot in Armpit Stretch** (remember to keep your heel on the floor and cradle their arm with your arch)
- option: repeat lumbar press with knee (both sides)
- Stand back up facing their waist*
44. **whole body Rock, this time with your foot on their low back**

Barefoot Shiatsu Sequence

Back: (alternate sides i.e. do each move from both sides)

- | | | | |
|-----|---|--|---|
| 45. | Stand on R side, Step to L side, | L foot on sacrum R foot on sacrum | – Brush down spine w/ L foot 3x – Brush down spine w/ R foot 3x |
| 46. | Step back to R side, Switch to L side, | L foot on sacrum R foot on sacrum | – Ball Press up & down spine w/ L foot (fit spinous processes between first and second toes) – Ball Press up & down spine w/ R foot (option: jiggle back down) |
| 47. | Step back to R side, pivot big toe about one toe-width to crest of erectors Switch to L side, as above | L foot on sacrum R foot on sacrum | – Toe Press up Jia-ji pts on their L side w/ L foot – Toe Press down Bladder points (place hands on knee and lean your weight into it) – Toe Press up Jia-ji pts on their R w/ R foot – Toe Press down Bladder points – pivot and work points along the SI joint |
| 48. | Stay on L side Switch to R side | | – Brush down R side w/ R foot 3x – Brush down L side w/ L foot 3x (brush all 3 columns of points: jia-ji, inner & outer BL) |

Finish with **broad sweeps** that cover the whole side (i.e. turn toes out L & R to cover whole side)

* **Walking on Back option** can go here (see next page)

49. Turn and face torso – **this time place your foot across their sacrum**
whole body Rock

Step between legs and then onto feet

Feet:

50. **Walk on feet** (facing away)
Turn around
51. **Walk on feet** (facing headward)
52. **Toe Press Bubbling Spring points** (Kd-1)
53. **Stand quietly on feet** (Bubbling Spring to Bubbling Spring)
 hands folded over lower Dan Tian

Barefoot Shiatsu Sequence

Walking on Backs

*** Use only with the following precautions:**

- **Make sure floor is well padded, but not unstable**
- **Work with someone your own size or larger**
- **Don't stand on anyone smaller than yourself weightwise**
- **Do Not do this technique on people with back problems, extremely stiff or tight**
- **Do Not do this technique on people with osteoporosis (elderly or menopausal women)**
- **Check with recipient before you begin and get their permission.**

Stand on sacrum facing laterally and get balanced

Can use a chair with high back, wall, coat-rack, or ceiling to help with balance, but don't bend your torso
Don't get dependent on these however. Ideal might be to install a bar overhead that you can hold onto.
in class practice in fours, partners on either side place your hand(s) on their shoulders as needed

- Work up & down spine using the lateral edge of your foot. Work with their breathing!
- Work up & down one side of the back using ball and toes (toes point toward head)
- Think up and light to step off
- Turn and step up again facing the opposite direction with other foot
- Repeat maneuvers and alight

Miscellaneous Extra Stretches

- | | |
|---------------------------------|--|
| • foot in armpit stretch | (front version) |
| • side-lying lumbar stretch | foot & arm in each hand, feet work low back & SI joint |
| • seiza shoulder girdle stretch | they lace their fingers behind head, you stand behind and support spine with side of leg, clasp their elbows and gently pull up and back to open chest and axilla kneel behind and press across shoulders with forearms bilaterally |
| • lumbar twist (seated) | their legs in full extension, place your foot inside thigh with other knee at sacrum cradle their arms with your hands cupping their anterior shoulders, then twist |
| • upside down turtle | sit on their legs/knees to open low back |
| • spine roll | carry feet overhead & roll back up & down then swing side to side |
| • standing back adjustment | their hands hold their deltoids with their elbows interlocked you clasp their elbows, hug and lift on exhalation |
| • back pullover stretch | facing each other, grasp outside of wrists, spin round back to back, slide your butt below theirs, then roll forward, levering them onto your back DO NOT PULL THEM OVER BY THEIR ELBOWS |

Barefoot Shiatsu Sequence

Quick Reference

Legs & Feet

- Body Rock (place foot at lumbo-sacral jct.) (L side, then R)
- Walk on feet (both directions)
- **Calf sequence:** slow brush 3x – rock – lateral press, center&medial press, quick brush & bump (R leg, then L)
- Knee & ankle pump (R side, then L)
- Lower leg & knee stretch (clamp knees together & stretch knees/ankles/toes) (bilateral)
- Horseshoe press (with coccyx pump)
- Whole leg stretch (R then L) – traction and lay down/drop
- Wheelbarrow stretch (bilateral)
- Stand on thighs (alight on R)

Left Side & Arm

- Lumbar knee press (R then L)
- Foot in armpit stretch (R foot)
- Fan press & rock buttocks, then heel press & rock gluteal hollow (GB-30) (R foot)
- V-press torso
- **Arm sequence:** Wedge-presses (R foot) (arch – ball – ball & toes)
 - (yin side – shoulder to hand) (shoulder to elbow, elbow to wrist, wrist to hand)
 - (yang side – hand to shoulder) (fingers to wrist, wrist to elbow, elbow to shoulder)
- Heel press upper back (supraspinatus) (R heel)
- Knee press upper back (L knee)
- Seated foot presses across shoulder (L foot)
 - up neck to occiput (R foot)
- Monkey feet on head (R then L)

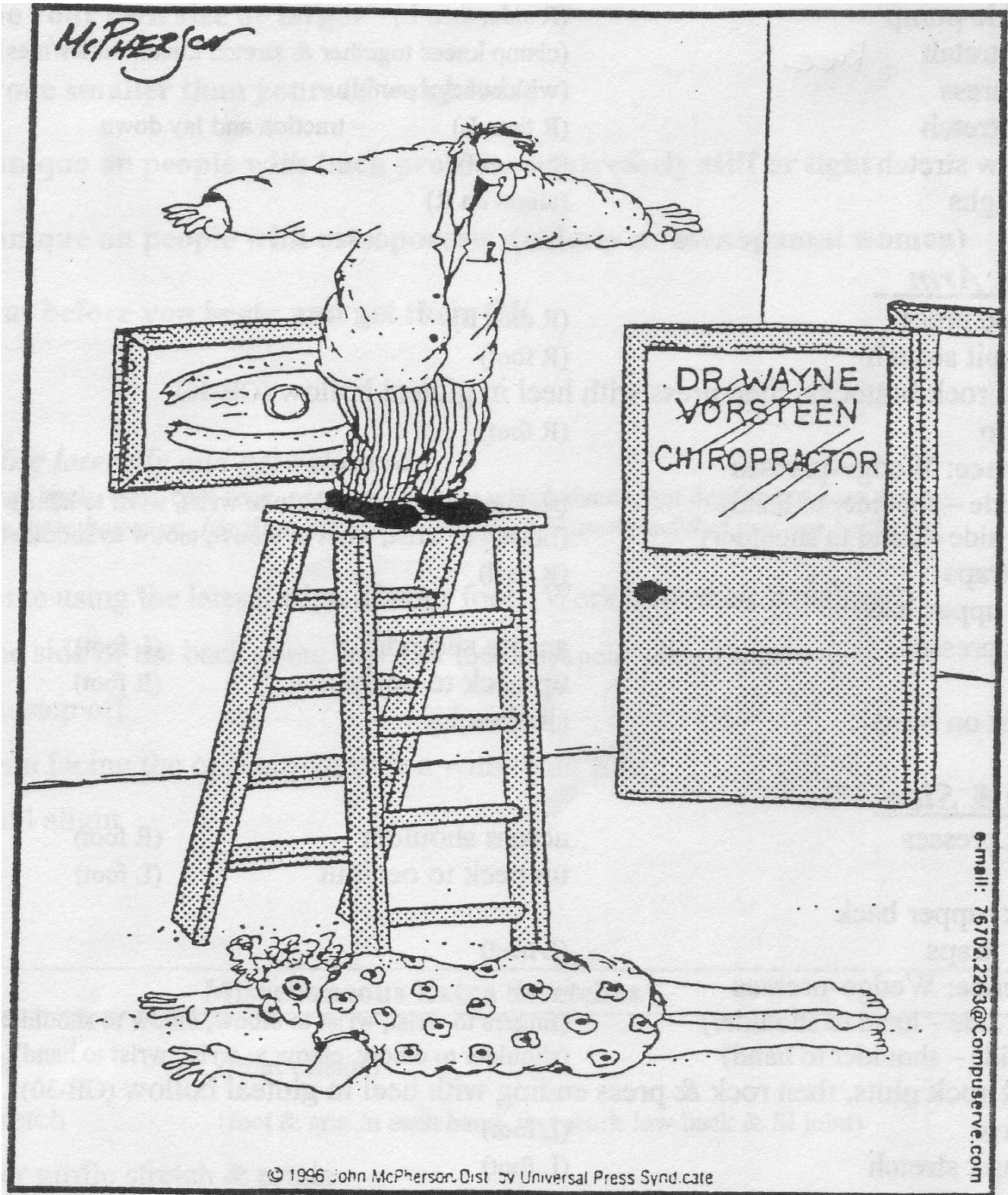
Right Arm & Side

- Seated foot presses across shoulder (R foot)
 - up neck to occiput (L foot)
- Knee press: upper back (R knee)
- Heel press: upper back (supraspinatus) (L heel)
- **Arm sequence:** Wedge-presses (L foot) (arch – ball – ball & toes)
 - (yang side – hand to shoulder) (fingers to wrist, wrist to elbow, elbow to shoulder)
 - (yin side – shoulder to hand) (shoulder to elbow, elbow to wrist, wrist to hand)
- Fan press & rock gluts, then rock & press with heel in gluteal hollow (GB-30)
- V-press: torso
- Foot in armpit stretch (L foot)

Back & Spine

- Brush down spine from both sides
- Ball press up & down spine (GV/Du-mai) from both sides 2nd time hands on knees for extra weight
- Toe press up jia-ji & down BL points from both sides
- Brush down 3 lines on back from both sides
- Lumbo-Sacral Rock from both sides
- Walk on feet both directions
- Stand on Bubbling Spring

Barefoot Shiatsu Sequence



"I need to have you just relax and trust me on this, Mrs. Hostrander."