

*Shiatsu*

Short Form Kata

*Quick*

*Reference*

*Back & Front*



## SHIATSU – Short Form

### Bladder Channel

*L knee on table, swing R foot across torso, toes in armpit, L foot up to Straddle Torso  
Have partner turn their head, even their shoulders, and smooth shirt*

33. Palm press down back • Body toss back up  
*position thumbs midway between spine & scapula – about T3 level, and over intercostal space*
34. Shiatsu thumb-presses: crest of erectors (inner BL line to bottom of sacrum)
35. Thumb-press sacral foramen
36. Palm press alongside sacrum

*Dismount on partner's L side (same side you got up from)*

37. **Percussion Sequence**
  - a. Cupped hands (up R, down L)
  - b. Crane-beaks (up R, down L)
  - c. Rain-drops (up L, down R)
  - d. Duck-quacks (up R, down L)
  - e. Hitch-hiker
  - f. Air-pillows (small circle up, wide circle down)

### Sacrum, Buttocks

38. Thumb press & rock sacrum
39. Thumb press & rock 4 lines laterally
40. Thumb press & rock GB channel

### Thigh

41. Duckbill Squeeze & Lift & Rock hamstrings
42. Press hamstrings: a. palm over palm b. fist c. forearm

### Calf & Foot

43. Duckbill Squeeze & Lift & Rock calf
44. Butterfly press calf
45. Thumb press gastroc (medial & lateral lines)
46. Thumb press gastroc (between bellies, thumb on top of thumb)
47. Thumb press 5 lines on sole of foot
48. Palm & Fist press feet (both feet simultaneously) 3x

*Step to R side*

49. Repeat entire leg sequence on R leg (start at waist with brief rock, colon & **iliac rock**)

### At Foot

50. Palm & fist press feet 3x 3rd pass Pinch lateral edges of feet to little toe
51. Thumb press each toe (both feet simultaneously)
52. Palm & fist press feet 3x 3rd pass Thumb Press 'Bubbling Spring' (Kd-1)
53. *slowly release* Thumbs gently cover points

### Turtle Position

54. Slide fingers up & down spine b. knead neck (L) c. massage occiput d. knead neck (R)
55. have them Sit up and open their eyes • discuss experience, get feedback  
• suggest they drink plenty of water over next 24 hrs

**SHIATSU – Short From  
Front of the Body**

**ANTERIOR LEGS**

*Stand below partners feet – Grasp tops of feet*

1. Traction & Shake legs
2. Push feet in & out to loosen hips (windshield wipers)
3. Place pillow/bolster under knees  
*Step to your L (their R)*
4. Straighten arms • fold their hands on lower chest • Flatten low back  
• Drape upper body if desired

**Thigh**

*Face R knee – patella in R palm*

5. Rock leg
6. Slow Duckbill Squeeze & Lift quadriceps 3x
7. Fist press thigh (hip to knee) 3x

**Knee**

8. Thumb press around patella 3 concentric circles

**Lower Leg**

*R knee on table, below malleolus – L hand holds their knee*

9. Thumb press ST channel (3 lines) from knee to ankle (press with your R thumb)  
*Remove R knee from table and step way back – push their leg away to expose fibula*
10. (4th line) Press GB channel from head of fibula to sinus tarsi

**Ankle**

*R foot steps up below foot of table*

*– Lift their foot w/ R hand place your L knee on table, fit achilles over L thigh*

11. Clamp ankle & Rotate foot (rotate in both directions, end with strong dorsiflexion's)

*Slide pant leg up to knee*

**Inside Leg**

12. Four-finger press 3 yin channels (start behind medial malleolus end at medial condyle)
13. Smooth & Warm (quick sliding motion with finger pads)

*Step to foot of Table*

**Foot**

14. Spread dorsum of foot • Arch bottom of foot • Alternate Spreading & Arching
15. Thumb Slides (between metatarsals) 3x (outer pair, inner pair)  
*Low horse stance*
16. Vibrate toes & MP joints  
*Stand up*
17. Squeeze & Press each toe 3 lines on each toe (lateral to medial ~ 5 presses per line)
18. bilaterally Thumb press medial arches 2x • hook thumbs into Sp-3 press & rotate to finish

*Step to your R, (their L Leg)*

19. Repeat steps #5-18 on L leg *Reverse all L/R instructions*  
• Drape Legs if desired

## *SHIATSU – Short Form*

### **ARMS – Shoulder/Elbow/Wrist**

*Step R & take L hand from abdomen*

20. Traction shoulder & Shake arm
21. Pump & Circle forearm (pump with R hand, press cubital fold with L (rotation will be CL))
22. *Slide L hand up to palm* • Flex & Extend wrist
23. *Squeeze wrist with R hand* • Rotate hand

### **Hand & Fingers**

24. Spread dorsum of hand 3x • Arch palm 3x • Alternate spreading & arching 3x
25. Thumb Slides (between metacarpals) 3x
26. Squeeze & press each finger 3x each  
*Clamp wrist securely using both hands while arm is on table –  
step to shoulder level lifting arm in the process – dangle to relax*
27. Progressive Arm Stretch 3x (shoulder-scapula-spine)

*Quickly step to position above head and **Even the shoulders***

28. Press shoulders toward feet • then toward table

*Slide fingers under shoulders*

29. Fingers massage upper back and rhomboids
30. Massage anterior edge of traps with thumbs • end with firm squeeze on scalenes
31. Slide up neck to occiput and gently straighten head & neck

*Transition to R arm*

32. Repeat arm sequence (#20-27) (reverse all L/R, CL & CCL instructions)

*Straighten shoulders at end of #27 by pulling down on wrists*

*Place arms at sides (space between arms and torso) – Stand facing abdomen*

## SHIATSU – Short Form

### ABDOMEN

*Place your hands on belly—make contact—reconnect with breath*

33. Rock abdomen                      • Rectus rock (work up & down 2x)
34. Cat paws                            (random presses around abd)
35. Skin lift & dangle                9 places around abdomen  
*Turn leftward till backs of thighs are against table; R hand pivots to right ASIS*
36. Palm Press abdomen            8 positions following colon            (use heel of palm, press with exhales)
37. Diamond presses                up midline (CV) from pubis to xiphoid

### Chest (from below)

38. 3 Finger Press & Rotate up sternum            (up CV, using R hand)
39. Hook middle finger over sternal notch            gently Pull down (CV-22)  
*Spread fingers to Kd-27's - press & rotate*
40. Press & rotate down Kidney channel points from 1st to 5th ICS

### Costal Margin, Back & Sides

41. Thumb walk costal arch            3x
42. Press bilaterally around sides to low back (under 12th rib)
43. Massage low back & kidneys with fingertips
44. *Reach forward with thumbs to abdomen*            • Thumb circles at mid rectus (level with umbilicus)  
*Move hands to sides*
45. Bilaterally compress & churn ribcage
46. Pat Spleen & Liver areas
47. Tap up & down sternum            finish between breasts at CV-17

### CHEST (from above)

*pivot on CV-17 as you step to position above head – thumbs slide to Lu-1*

48. Thumb press & rotate Lu 1 & 2
49. Palm press chest            3 positions, 3x            • Squeeze back up sides to axilla
50. *Slide your hands down inside of arms*            • Fold hands over abdomen  
*Slide your hands up outside of arms*            • Even shoulders
51. Push down toward feet            • Push down toward table
52. Massage upper back with fingers            • Massage traps then Squeeze scalenes with thumbs
53. Thumb circles up sides of neck to occiput  
Finger circles up sides and back of neck

### NECK & HEAD

54. *Slide one hand under neck*            • Squeeze neck (stretch skin across throat)  
*Slide other hand under neck – form bridge*
55. Arch & Straighten neck            • 3 positions    first slow, then wavelike
56. Drag hands up back of head            • Smooth & straighten hair (drape long hair over end of table)

## ***SHIATSU – Short From***

### **Ears**

- 57. Stretch & massage ears (use thenar eminence)
- 58. Massage earlobe, then up helix • back down anti-helix with wiping motion
- 59. Rub back of ears (hold antihelix with thumb)
- 60. Pinch tragus • then explore inside ear with [index] finger (looping)
- 61. Two-finger churn (forefinger in front, others fingers behind ear)

*Transition to TMJ*

### **Jaw**

- 62. Fingertips massage TMJ • then follow masseter to mandible & forward to chin
- 63. Thumb circles back along jaw to angle of masseter insertion (support jaw w/ fingers)
- 64. Finger walk underneath jaw back to chin
- 65. Massage root of tongue with one finger  
*Thumb press horizontal rows of points (from midline laterally across face to ear)*
- 66. Chin • mandible line to earlobe
- 67. Mento-labial groove (CV-24) • lower gum line
- 68. Philtrum (GV-26-27-28) • upper gum line

### **Cheeks**

- 69. Beside nostrils (LI-20) • inferior maxillary line
- 70. Side of nose (jct of bone & cartilage) • cheekbone line (SI-19)

### **Eyes & Forehead**

- 71. Bridge of nose from below • infra-orbital ridge line
- 72. Bridge of nose from above • supra-orbital ridge line
- 73. Press point between eyebrows • eyebrow line
- 74. Forehead • 3 forehead lines

### **Scalp**

- 75. Comb fingers through hair  
*Kneel Down – Fingertips to occiput*
- 76. Massage occiput with fingertips
- 77. Occipital Rock end with traction

### **Head**

*Reach thumbs around to top of head*

- 78. Cover & Hold GV-20 (Bai Hui) • listen / feel / sense focus on Bai Hui, lower dan tian, & Bubbling Spring  
• energetically disconnect • physically disconnect
- Sit near partner until they open their eyes • discuss experience
- Suggest they drink plenty of water over next 24 hrs