

指 壓

Shiatsu

Short Form

Handbook

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Muddy Bottom Press

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Shiatsu Handbook – Introduction

What is Shiatsu ? (pronounced she-**aht**-soo)

Asian cultures have long been devoted to the art of massage. Bodywork has especially flourished in Japan. Japanese massage includes two prominent styles, Shiatsu and Anma or Amma. Shiatsu means “to press” with the finger/thumb(s). Anma derives from the Chinese word *an-mo* which means “to rub,” and in both China and Japan it is the equivalent of the English word *massage*. Its deeper meaning, however, is to calm with the hands, or to make peaceful by touching. I like to translate it as *“tranquility through touch.”*

Shiatsu is both a general style of bodywork and a specific massage technique. As a style of bodywork it utilizes many techniques, including Anma, and is designed to rejuvenate the body and relax the mind.

Shiatsu, at an advanced level, in conjunction with a traditional diagnosis, may complement or substitute for an acupuncture treatment.

In this sense it is often referred to as *Acu-pressure*, or *Asian Bodywork Therapy (ABT)*.

Shiatsu and Chinese Medicine

Chinese medical philosophy is the quintessential root of holistic medical thinking. It addresses health and disease in the fullest sense, seeking to harmonize the body, mind and spirit internally, and to achieve a balance between the individual and his/her environment externally. Chinese medicine recognizes massage as an important component of a healthy lifestyle, as well as a significant healing modality. Because, as they say, ‘*an ounce of prevention is worth a pound of cure*,’ the health maintenance and disease prevention aspects of Shiatsu can be profound. Here at OSM, and especially in the ***short form series*** of classes we emphasize this; the wellness aspect of the work. For this reason we refer to our work as a ***shiatsu session*** rather than a shiatsu treatment.

About the Shiatsu Program

In the full program students will learn several Shiatsu sequences, a significant amount of Oriental medical theory, and a number of valuable personal care practices such as Dao-Yin (Do-In), Qi-Gong (Ch'i Kung) and Tai-Ji Quan (T'ai Chi Ch'uan).

Shiatsu is learned and practiced much like a martial art, a ballet, or piece of music. The 'form or kata' is like a musical score or a piece choreography. The form means both the sequence or flow of the massage, *and* the proper way of doing it. Done correctly the kata generates a flow of qi within both the recipient and the practitioner. Because of the emphasis on form, this style of shiatsu may be called Kata Shiatsu. Through mindful practice of the kata/form, shiatsu becomes an Art.

Advantages of Shiatsu

Shiatsu offers several significant advantages:

- No oils, lotions or lubricants are used.
- There is no need to remove clothing; clients feel safe.
Because of this modesty and sexual issues rarely occur.
- Because the client is clothed they stay warmer.
- Shiatsu is versatile. It can be practiced anywhere: on the floor, a massage table, or while seated.
- Learning shiatsu broadens a practitioner's repertoire and enhances his/her marketability.
- Collaboration with practitioners of Chinese medicine is greatly facilitated
because you understand their language and approach.
- Shiatsu is relaxing and enjoyable to give as well as to receive.
- The effects of shiatsu are many faceted.

Clients appreciate its depth, without being painful.

They enjoy the profound sense of relaxation, while also feeling alert, refreshed, and invigorated.

Chinese Terms and Concepts

道

Dào (pronounced dow) = a road, path, pathway; way; to show the way; to follow a path
(Tao⁴)

The way the universe Is,
that it is one whole *and* many parts
It is the Way of Nature, and the natural way.

The Dao is the subject of one of the world's great books, titled the Dao De Jing (Tao Te Ching). It is also known, as were many ancient texts, by the name of its author, Lao Zi (Lao Tzu). Chinese philosophy has a definite influence on Chinese medicine, but there is no requirement that one believe anything in particular. What may be important is that one be able to suspend one's disbelief and be open to the explanations that come down to us through this rich and vital tradition. Like studying a foreign language, its not weird, its just different. In many ways medicine is like a foreign language, and as one might expect, anatomy, among other things, will be conceived of and described differently in the East.

The two most important concepts to introduce are: Qi and Jing

氣

Qì (pronounced chee) = vital energy Qi permeates the universe, its nature is to flow.
(Ch'i⁴) When the qi is flowing properly within us,
we call it Health.

The general purpose of Shiatsu is to facilitate the flow of qi in the body.
Shiatsu done properly fosters the flow of qi in both the client and the practitioner.
Practiced in this way, shiatsu is like yoga.

經

Jīng = channels (meridians) are like rivers or energy currents within the body.
(Ching¹) Qi circulates within them. They circulate Qi.
There are channels everywhere in the body,

like a watershed or capillaries surrounding every cell. There are 14 primary ones with points. Eleven are connected to and named for organs (though they are slightly different than what westerners mean by them) *a twelfth channel is called:*

Sān Jiāo = translated as three burners, triple burner/warmer/heater, or triple energizer connects the three cavities of the body and the organs within them (thoracic, abdominal, pelvic). These are referred to as the upper, middle and lower burner respectively.

There are also three **Dān Tián** (upper, middle and lower). These are energetic centers of the body. These are located in the lower abdomen, the chest (heart) and the head (third eye). The lower dan tian is considered to be the root or foundation of the body's qi. It is the focus point for centering ourselves, and the center we try to work from when doing Shiatsu. We will consistently talk about focusing your mind and your breath in your lower dan tian.

Shiatsu Handbook – Introduction

Basic Terms & Concepts – Fill in the Blanks

1. Shiatsu is a Japanese word that literally means: _____
 - a. It is both _____ and _____
2. Shiatsu is based on principles of ... _____
3. Some of the fundamental principles of CM include the theories of ...
 - a. • Qi = _____
 - b. • Yin-Yang = _____
 - c. • Wu Xing = _____
4. The 5 archetypal elements in their most common order are: _____
5. Qi circulates through the body in pathways known as ... _____

Most of the channels are named for an organ,

 - a. but there are some we don't recognize like ... _____

There are some organs missing, such as the pancreas, which is part of the Chinese spleen, and the brain, which is part of the Chinese heart & kidney. This should serve to remind us that even when using words we are familiar with, the concept behind them may be quite different.
6. There are 14 primary pathways. All flow on the vertical axis. _____
 - a. _____ are designated _____ are designated _____
 - b. The yin channels *flow upward* from _____ toward _____
 - c. The yang channels *flow downward* from _____ toward _____

Show Chinese anatomical position:

- d. Yin surfaces are: _____ Yang surfaces are: _____
 - e. 2 of the 14 run along the front and back midlines. These are called *vessels*: _____
 - f. 12 are bilateral. These are called ... _____
7. Six of the 12 channels run on the ... _____. The other six are on the _____
- Of the six arm channels *three are yin and three are yang*, the same is true for the leg channels.
- a. The 3 arm yin begin on the ... _____ and end on the ... _____
 - b. The 3 arm yang begin on the ... _____ and end on the ... _____
 - c. The 3 leg yin begin on the ... _____ and end on the ... _____
 - d. The 3 leg yang begin on the ... _____ and end on the ... _____

導引
Dao-Yin
(Do-In)
Guiding the Qi
Self-Massage
Sequence

(Dao is Chinese, and pronounced dow)

(Do is Japanese, and pronounced doe)

In this Dao², the character for the Way/Dao⁴, is on top of, another character meaning a hand, specifically the thumb, which also means 'an inch' and 'to measure'.

This suggests a hand guiding one along the path, and that following the Way is both step by step, and requires assistance.

Shiatsu Handbook – Dao-Yin Sequence

BREATHE naturally and fully throughout

Warm Up

- Rub hands on thighs
- Rub circles around knees (both directions)
- Pause and hold knees allowing warmth to penetrate deep into the joints

Basic Qi-Gong Meditation

- Fold hands over lower abdomen (dan-tian = cinnabar/elixir field)
- Relax and breathe with your belly
- Sink your mind (thoughts/consciousness/intention) into your lower dan-tian
with mind & breath in lower dan-tian spend from 2 to 20 minutes in repose
focus on your belly and breathing until calm & centered (micro then macro orbit)
(relaxed but alert – present & grounded – connected to your body, not spaced out)

Activate Qi

- Slowly remove hands from abdomen and let them drift out to your sides
- Gently shake hands to loosen joints and activate qi
Circulate your qi throughout your body (core to periphery), esp. into the hands
- Pause, Feel your hands, then Look at your hands

Neck and Head

- Tap back of neck with loose fists – occiput to C₇ (teeth should click)
- Tap head with open hands (*back to top to sides to back*)
- Box ears with cupped hands
- Shampoo scalp with fingertips
- Rest forehead on fingertips and turn head back & forth, massaging from temple to temple
- Slide fingertips to temples and massage – continue rubbing side of head back to ears

Ears

- Stretch ears (up, back, down, out & around)
- Massage rim of ears – apex to lobe and return
- Rub back of ears with fingertips
- Pinch tragus between thumb and forefinger
- Run finger around grooves inside of ear – withdraw
- Friction Rub, in front of & behind ear simultaneously

Jaw

- Thumb slide, then walk under jaw to chin
- One thumb massages root of tongue
- Tap chin, follow mandible laterally, then up to TMJ – retrace back to chin
- Continue tapping, move up to lower gum and tap roots of the teeth to TMJ and back
- Circle the mouth and continue on upper jaw to TMJ and back

Face

- Tap from nostrils to TMJ (under cheekbones)
- Tap nose (jct of bone & cartilage) out to ears, on cheekbones
- Pat nose, then face with open hands

Shiatsu Handbook – Dao-Yin Sequence

Eyes

- Circle eyes – press with thumbs on supra-orbital ridge, fingers on infra-orbital ridge
- Press gently around eyeballs (space between orbit & eyeball) with index finger
- 3-finger press & release 3 times over eyeballs
- Palm eyes – no pressure, (full breaths, breathe away fatigue)
- Wash down face 3x, forehead to jaw to clavicle (drain tension from eyes, face, jaw, voice & airway)

Face & Throat

- Stretch chin to sky – straight up, side to side – stretch jaw too
- Head rolls – 3x in each direction – end with head hanging (chin to chest)

Trapezius

- Fingertips on nape, pull laterally across fibers of trapezius (from occiput to C7)
- Reach back between scapula's and pull forward across traps into supraclavicular fossa
- Pinch SCM's L & R
- Support one elbow & tap trapezius with loose fist from shoulder joint to occiput
- return to seiza position and continue on other shoulder

Arms

- Tap with a loose fist, the yin surface of one arm from chest to fingertips
return along the yang surface from fingers back to shoulder
- Repeat 2 more times on the same arm following the same pattern

Specifically follow each channel like so:

| | |
|--|---|
| out along the Lung channel | Lu follows the anterior-radial aspect of the arm to thumb |
| return on the Large Intestine channel | LI follows the posterior-radial aspect of the arm from forefinger |
| out with the Pericardium channel | Pc follows the anterior-medial aspect of the arm to middle f. |
| back along the Triple Burner channel | TB follows the posterior-medial aspect of the arm from ring f. |
| out with the Heart channel | Ht follows the anterior-ulnar aspect of the arm to little f. |
| back on the Small Intestine channel | SI follows the posterior-ulnar aspect of the arm from little f. |

- Finish by brushing the arm with an open hand (smoothing out, with breathing) 3x
- Pause after the first arm and Compare left and right arms
- Repeat the whole sequence on the other arm

Chest

- Tap 3 areas of chest (upper, mid [sternum] & lower), allow vocal sounds and breathe deeply
- Drape arm over head – Tap side from 11th rib to armpit – repeat on other side
- Stroke sternum with fingertips (Ren Mai/Conception Vessel)
- Stroke both sides of sternum (Kidney channel)
- Hold breath and Stroke subcostal arch from xiphoid to bottom of ribcage (Lr reflex area)
- return to midline – Stroke from xiphoid to umbilicus

Abdomen

- Tap around abdomen (follow direction of colon), then smooth out
- Hands at sides/waist, massage abdomen with fingertips – (middle then lower burner)

Shiatsu Handbook – Dao-Yin Sequence

Lumbar

- Thumbs, reach around to back and massage kidneys
- Thumb circles down through lumbar region to iliac crest
- Thumb press 4 horizontal rows of points, from sacral foramen, laterally to sides
- Tap kidneys & low back – continue tapping down to sit bones, then around gluts
- Stroke sacrum with knuckles (midline, sacral foramen, edge of sacrum, mid-gluts) 2x
- Tap knuckles in gluteal hollow (GB-30)
- Turn fists over & Tap (TFL's) tensor fasciae latae
- Slide down ilio-tibial tract (IT band/GB channel) to knee
- Sit down and extend legs

Legs

- Loosen legs & knees, then 'windshield wipers' to loosen hips & groin, repeat
- Tap with a loose fist, the yang surfaces of one leg from hip to toes
return along the yin surface from toes to inguinal groove.
- Repeat 2 more times on the same leg following the same pattern

Specifically follow each channel like so:

out along the **Stomach** channel

ST follows the anterior-lateral aspect of the leg to 2nd toe

return following the **Spleen** channel

Sp follows the medial-anterior* aspect of the leg from big toe

out along the **Gall Bladder** channel

GB follows the lateral aspect of the leg to 4th toe

back along the **Liver** channel

Lr follows the medial-middle* aspect of the leg from big toe

out on the **Bladder** channel

BL follows the posterior aspect of the leg to little toe

in along the **Kidney** channel

Kd follows the medial-posterior aspect of the leg from little toe

- Finish by brushing the leg with an open hand (smoothing out) 3x
- Pause after the first leg and Compare left and right legs
- Repeat the whole sequence on the other leg

Feet

- Pick up one leg, shake ankle – place foot on thigh
- Massage toes all at once, then each toe individually
- Claw press line at base of toes
- Thumb walk back & forth (zig-zag) across ball of foot
- Double thumb press 5 lines on arch (from ball to heel)
- Pinch lateral edge of foot
- Claw press heel, then squeeze achilles tendon (from heel to above ankle)
- Wring out whole foot
- Pause and Compare left and right feet
- Repeat on other foot

Feet Together

- Flex & extend ankles and toes
- Rotate ankles 3x in each direction
- Stamp feet against floor (elephant stomp)

Sit Cross Legged

- Go inside, survey entire body

Intro to Eastern Anatomy

Body Surfaces & Directions

| | |
|------------------------------|-------------------------------|
| Yīn | Yáng |
| 陰 | 陽 |
| <i>shady side</i> | <i>sunny side</i> |
| anterior (ventral) | posterior (dorsal) |
| inferior (caudal) | superior (cephalad) |
| interior | exterior |
| medial | lateral |
| proximal | distal |
| right | left |

Shiatsu Handbook – Eastern Anatomy

Beginning and Ending Points on the Hands

Trace an outline of your left hand:

Label beginning and ending points

Shiatsu Handbook – Eastern Anatomy

Beginning and Ending Points on the Feet

Trace an outline of your left foot:

Label beginning and ending points

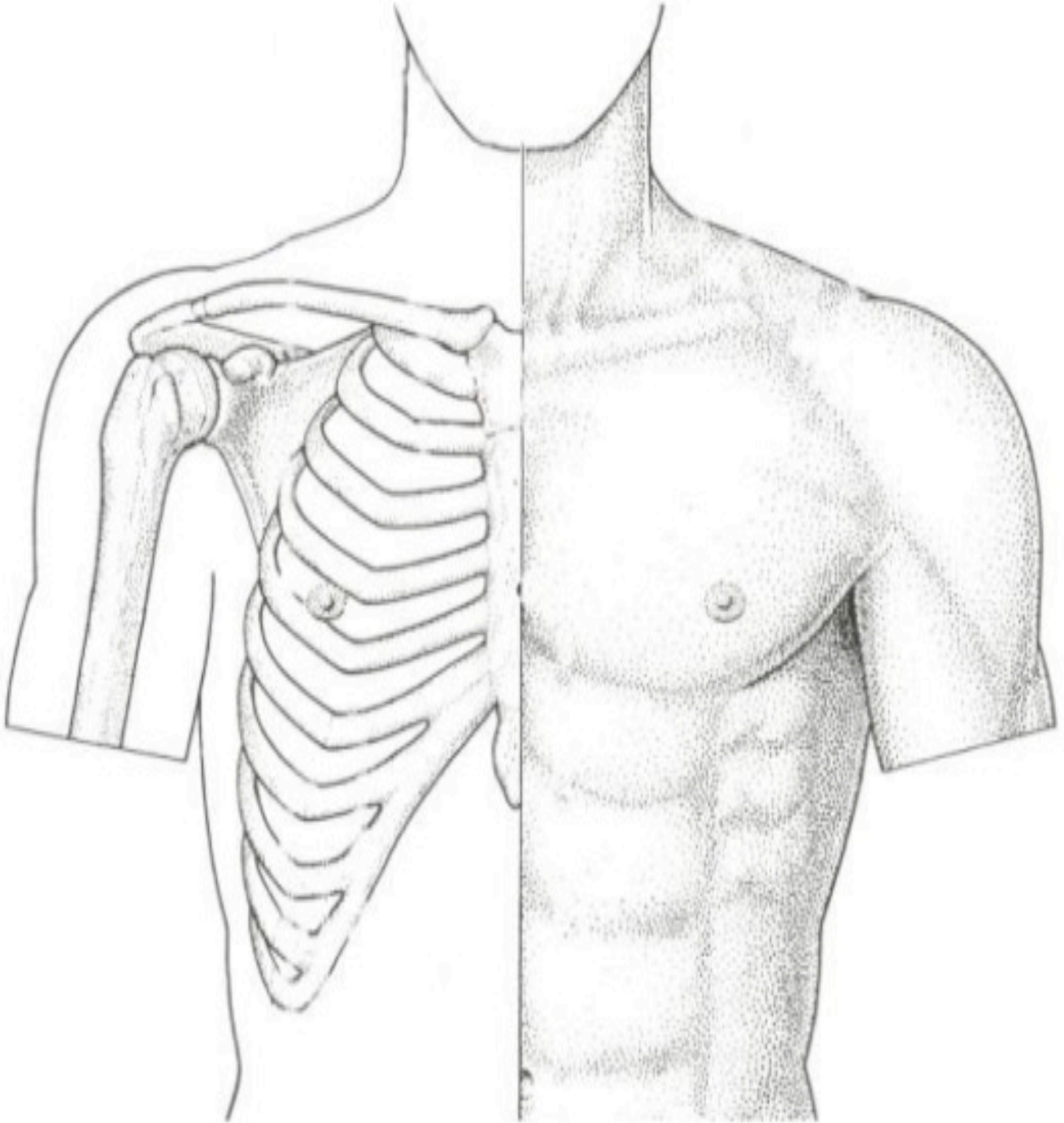
Beginning and Ending Points on the Face

Label beginning and ending points on the face



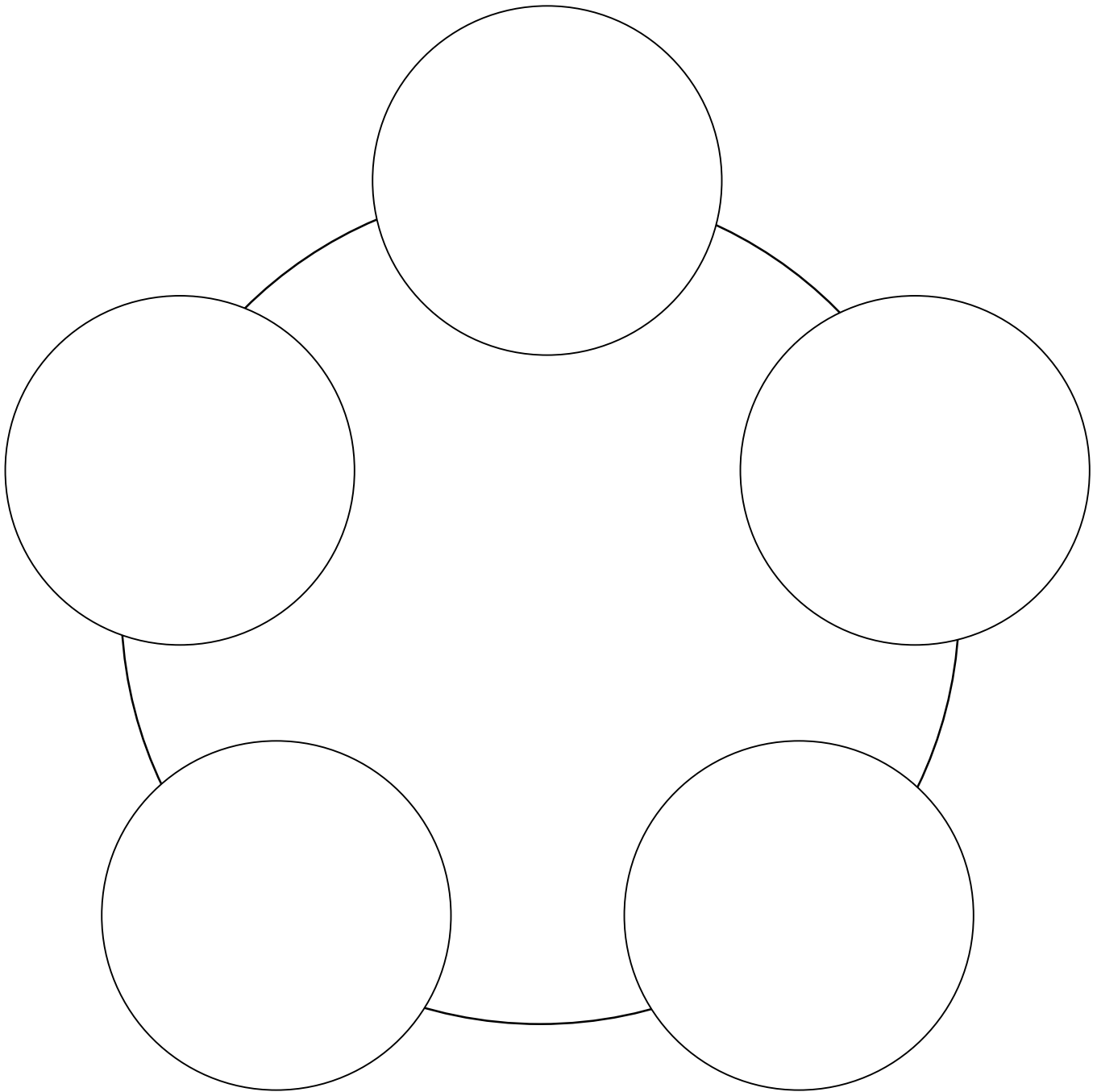
Beginning and Ending Points on the Torso

Label beginning and ending points on the torso

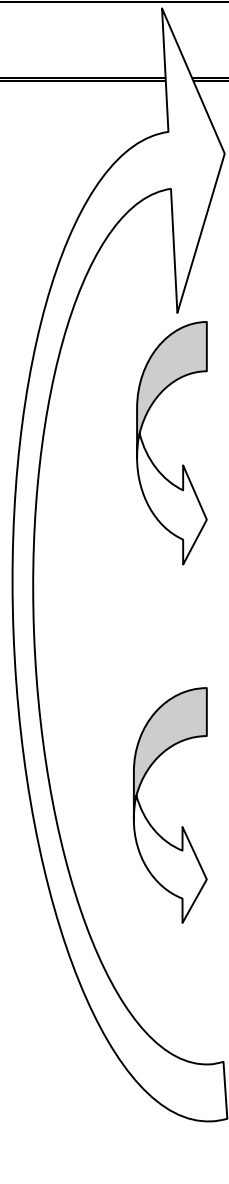
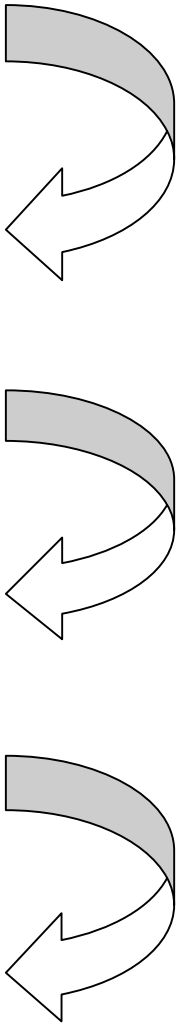


5 Elements (circle diagram)

Write in the phase-element, season, color, organ, & emotion for each.



Cycle of Energy through the Channels
The sequence and time of maximum qi flow in each channel

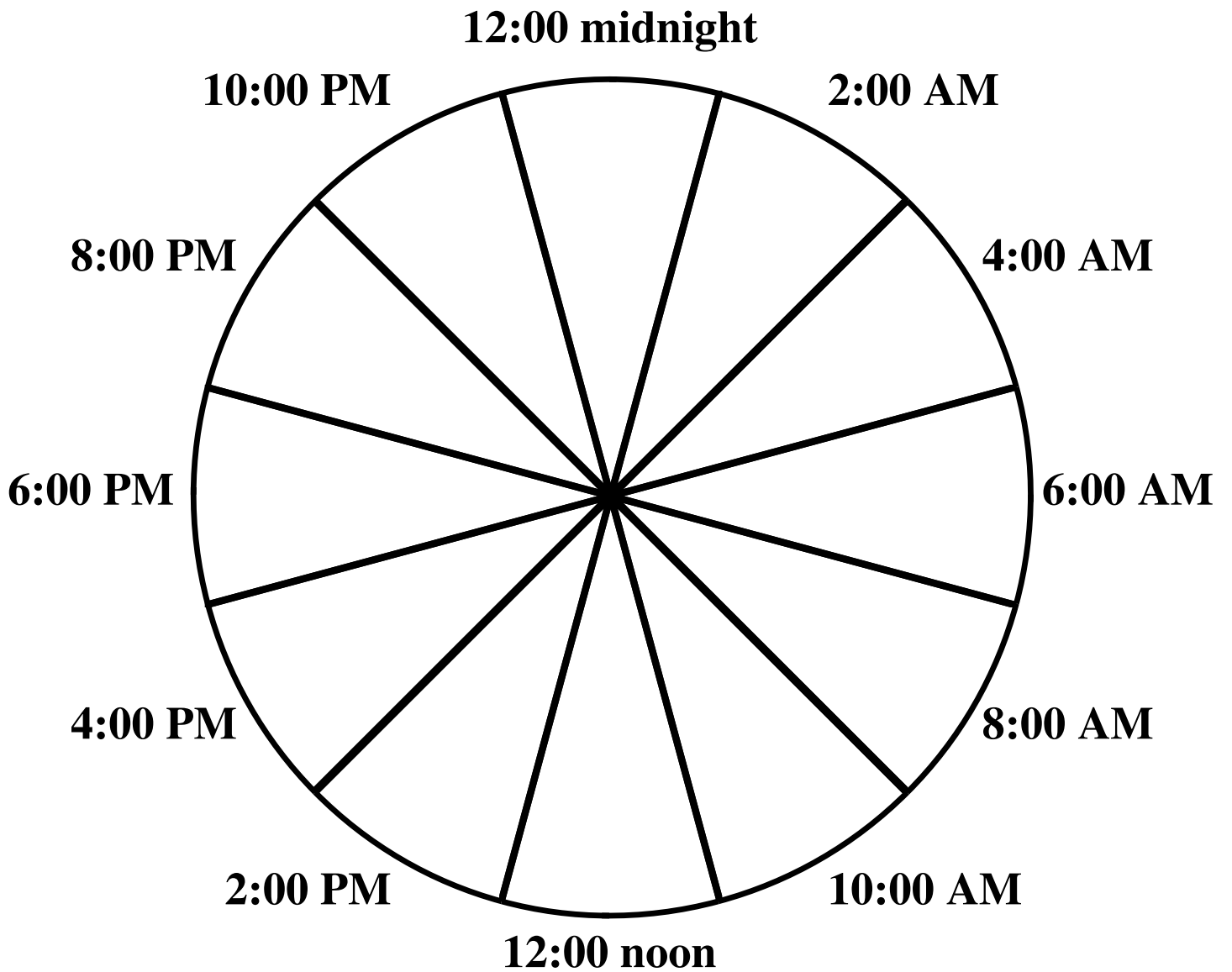
| | 6 YIN | Circulation of Qi | 6 YANG | |
|--|--------------------------------|----------------------|--------------------------------|--|
|  | Lu 3-5 am (0400) | → | LI 5-7 am (0600) |  |
| | Sp 9-11 am (1000) | ← | ST 7-9 am (0800) | |
| | Ht 11-1 pm (1200) | → | SI 1-3 pm (1400) | |
| | Kd 5-7 pm (1800) | ← | BL 3-5 pm (1600) | |
| | Pc 7-9 pm (2000) | → | TB 9-11 pm (2200) | |
| | Lr 1-3 am (0200) | ← | GB 11-1 am (2400) | |

* I refer to the time of maximum flow as ***high tide*** in the channel.

Notice the ancient Chinese double-hour, when mapped onto the western clock, always goes from odd number to odd number
 The number in parentheses is military time, and emphasizes the midpoint of the two hour time frame, (therefore is even).

Clock Pairs

Label and color



Shiatsu Handbook – Eastern Anatomy

Organ Functions

(the function column is blank – students fill in blanks from lecture/discussion)

| Organ | Function |
|------------------------|-----------------|
| Lung | |
| Heart | |
| Pericardium | |
| Spleen | |
| Liver | |
| Kidney | |
| Stomach | |
| Small Intestine | |
| Large Intestine | |
| Bladder | |
| Gall Bladder | |
| Triple Burner | |

Shiatsu Handbook – Eastern Anatomy

Students fill in the blanks from lecture/discussion

| 1. 5 Elements | Wood | Fire | Earth/Soil | Metal | Water |
|--------------------------------------|-------------|-------------|-------------------|--------------|--------------|
| 2. 5 Seasons | | | | | |
| 3. Seasonal Energy | | | | | |
| 4. 5 Colors | | | | | |
| 5. 5 Flavors | | | | | |
| 6. 5 Viscera (yin organs) | | | | | |
| 7. Time of Day | | | | | |
| 8. Major Functions: | | | | | |
| 9. Sense Organs | | | | | |
| 10. 5 Senses | | | | | |
| 11. 5 Emotions | | | | | |
| 12. 5 Bowels (yang organs) | | | | | |
| 13. Time of Day | | | | | |
| 14. Major Functions: | | | | | |

- The Ministerial Fire pair, Pc & TB are understood to be included under Fire.
- Pc = 7–9 pm followed by TB from 9–11 pm.

Division Pairs – Sub-divisions of Yin & Yang

| | 6 ARM/Hand 手 Shǒu | Six Divisions (liu jing = lit. 6 channels) | 6 LEG/Foot 足 Zú |
|------------------------|-------------------------|--|-----------------------|
| 3 Yang Divisions | SI | Tai-Yang | BL |
| | TB | Shao-Yang | GB |
| | LI | Yang-Ming | ST |
| 3 Yin Divisions | Lu | Tai-Yin | Sp |
| | Ht | Shao-Yin | Kd |
| | Pc | Jue-Yin | Lr |

太 • Tàì = very or **Greater** (yin or yang)

少 • Shǎo = diminished or **Lesser** (yin or yang) shào = young(er)

明 • Míng = **Bright** yang (yang flaring up)

厥 • Jué = diminished to the point of disappearing (shrinking or **Faint** yin)
(sometimes translated as Absolute, Terminal, or End of yin)

1. Channel Names:
(4 parts)

example:
translation:

Limb
(arm or leg)
(lit. hand or foot)
Shou
arm/hand

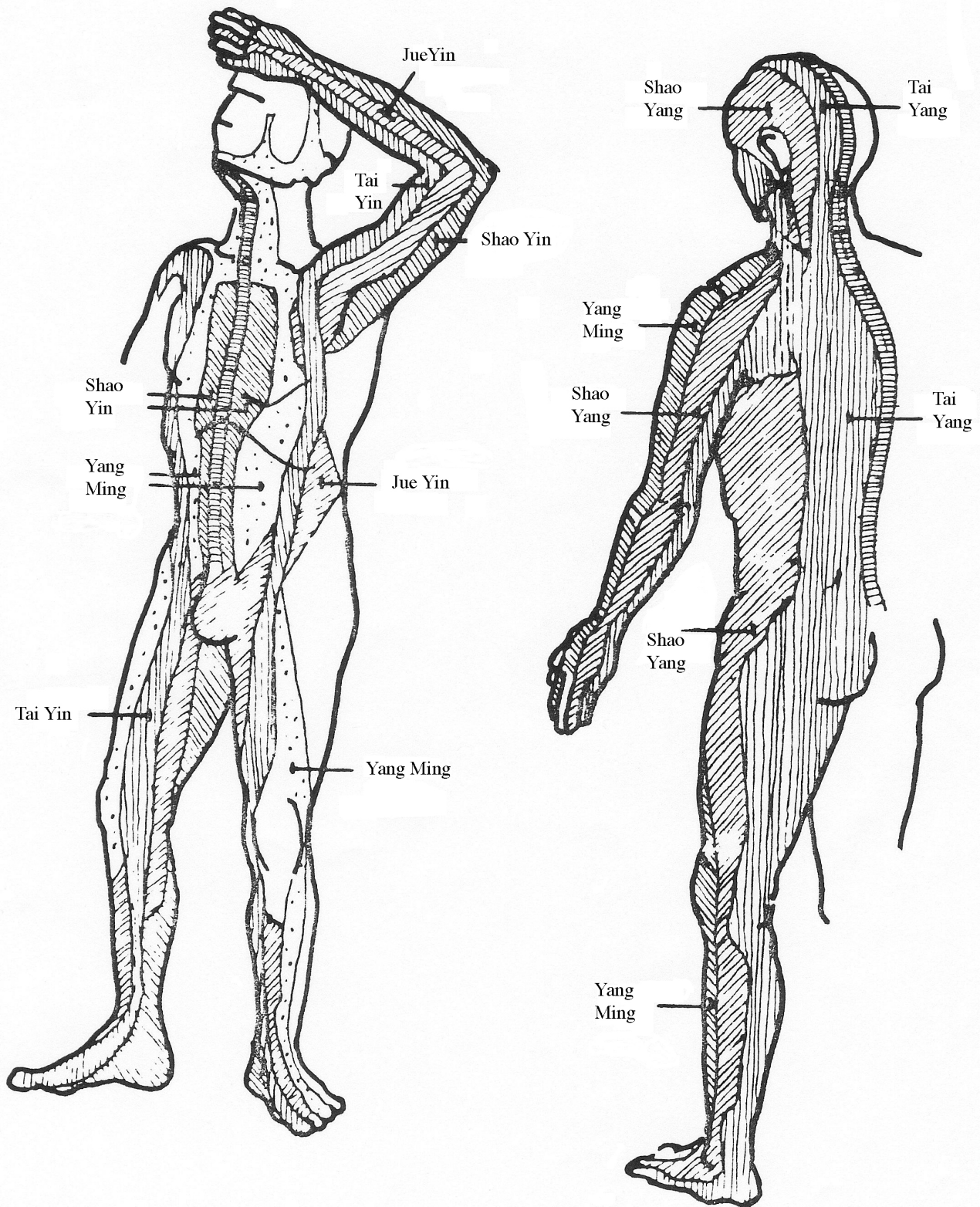
Division
(yin or yang)
(1 of 6)
Tai-Yin
greater yin

Organ
(1 of 12)
Fei
lung

Channel
(the word for)
Jing
channel

Six Divisions of the Body

color the divisions below



Division Pairs & Anatomical Sectors

| | ARM/hand 手 Shǒu | Six Divisions | LEG/Foot 足 Zú | |
|--|-----------------------------|------------------|-------------------------------|-------------------------------|
| 手 三 陽 Arm 3 Yang | LI radial dorsal | Yáng Míng | ST anterior lateral | Leg 3 Yang 足三陽 |
| | TB median dorsal | Shǎo Yáng | GB median lateral | |
| | SI ulnar dorsal | Tài Yáng | BL posterior | |
| 手 三 陰 Arm 3 Yin | Lu radial ventral | Tài Yīn | Sp anterior | Leg 3 Yin 足三陰 |
| | Pc median ventral | Jué Yīn | Lr median | |
| | Ht ulnar ventral | Shǎo Yīn | Kd posterior | |

Division Pairs & Digits

| | ARM/Hand 手 Shǒu | Six Divisions | LEG/Foot 足 Zú | |
|---|---------------------------------------|------------------|-------------------------------------|--------------------------------|
| 手 三 陽 Shou San Yang | SI 5th finger ulnar | Tài Yáng | BL 5th toe lateral | Zu San Yang 足三陽 |
| | TB 4th finger ulnar | Shǎo Yáng | GB 4th toe lateral | |
| | LI 2nd finger radial | Yáng Míng | ST 2nd toe lateral | |
| 手 三 陰 Shou San Yin | Lu thumb radial | Tài Yīn | Sp big toe medial | Zu San Yin 足三陰 |
| | Pc 3rd finger radial | Jué Yīn | Lr big toe lateral | |
| | Ht 5th finger radial | Shǎo Yīn | Kd 5th toe medial | |

* the two exceptions to yin-yang rule are bold

Main Points Contraindicated During Pregnancy

These points are all bilateral

| Point | General Location | Specific Location |
|--------------|---------------------|--|
| GB-21 | top of the shoulder | crest of the trapezius, midway between the spine and the shoulder/acromion <i>or more specifically:</i> midway between C7 and the acromial end of the clavicle |
| LI-4 | hand | on the dorsum of the hand, the entire fleshy area between, the 1st and 2nd metacarpals <i>or more specifically:</i> the midpoint of the 2nd metacarpal, radial side, just off/along the palmar edge of the bone |
| Sp-6 | medial lower leg | on the medial aspect of the lower leg, ~ one hand width proximal to the prominence of the medial malleolus, slightly posterior to the tibia |
| BL-60 | outer ankle | posterior to the lateral malleolus, in the large depression between the prominence of the malleolus and the achilles tendon |

These points are specifically contraindicated for acupuncture, but because, especially the first three, are frequently sensitive and are therefore often massaged rather vigorously, it is prudent to exercise caution when working on women known to be, or trying to get pregnant.

Women with a history of miscarriage would be particularly at risk, though in general shiatsu should be good for them.

*** Expect these points to be considered contraindicated during pregnancy on board exams.**

As a side note, regular shiatsu has been known to increase fertility, so be diligent if you do not wish to become pregnant at this time.

Channel Pathway Descriptions

*Pictures are from Do-It-Yourself Shiatsu by Wataru Ohashi
(they are used with permission)*

General Direction of Flow

The 3 Yin Channels of the Arm

- begin on the chest
 - end at the fingertips
- (centrifugal, i.e. outward, flow of yin)

The 3 Yang Channels of the Arm

- begin on the fingertips
 - end on the face
- (centripetal, i.e. inward, flow of yang)

The 3 Yang Channels of the Leg

- begin on the face
 - end at the toes
- (centrifugal, i.e. outward flow of yang)

The 3 Yin Channels of the Leg

- begin on the toes
 - end on the torso
- (centripetal, i.e. inward, flow of yin)

**肺經 Fèi Jīng = LUNG CHANNEL
(11 pts)**

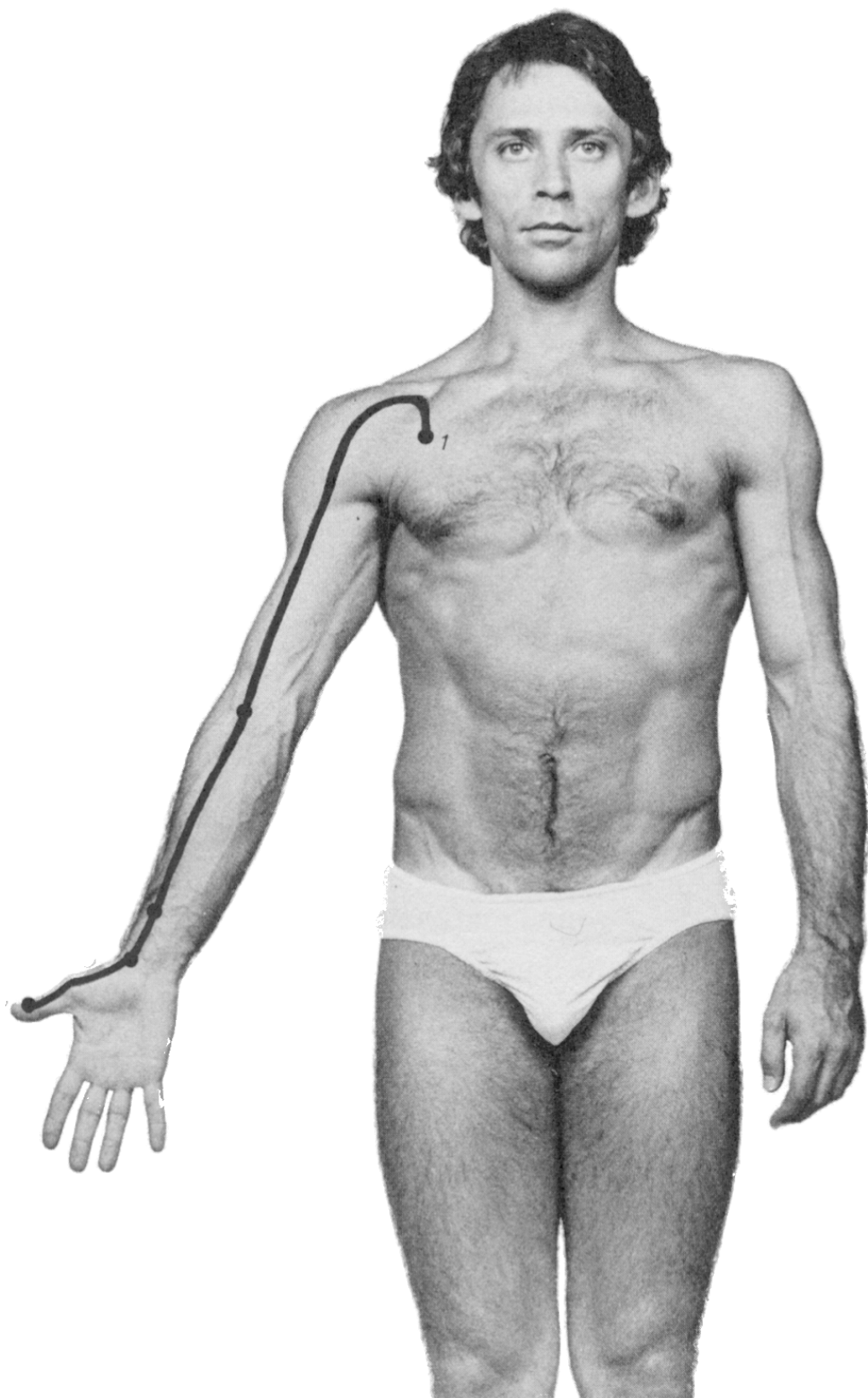
- **Division:** (Arm) Tai Yin
- **Phase/Element:** (Yin) Metal
- **High Tide:** 3–5 am

begins: **on the upper, lateral chest**

ends: **on the thumb**

❖ *The Lung Channel*

- begins on the upper lateral chest, below the clavicle/collarbone (Lu-1 & 2)
- arcs over the axillary fold onto the upper arm
- proceeds along the radial side of the bicep to the elbow
- follows the radial aspect of the forearm to the wrist
- across the thenar eminence (big pad at the base of the thumb)
- along the radial side of the thumb
- to end at the radial nail point on the thumb (Lu-11)



Lung Channel (Lu)

**心包經 Xīn Bāo Jīng = PERICARDIUM CHANNEL
(9 pts)**

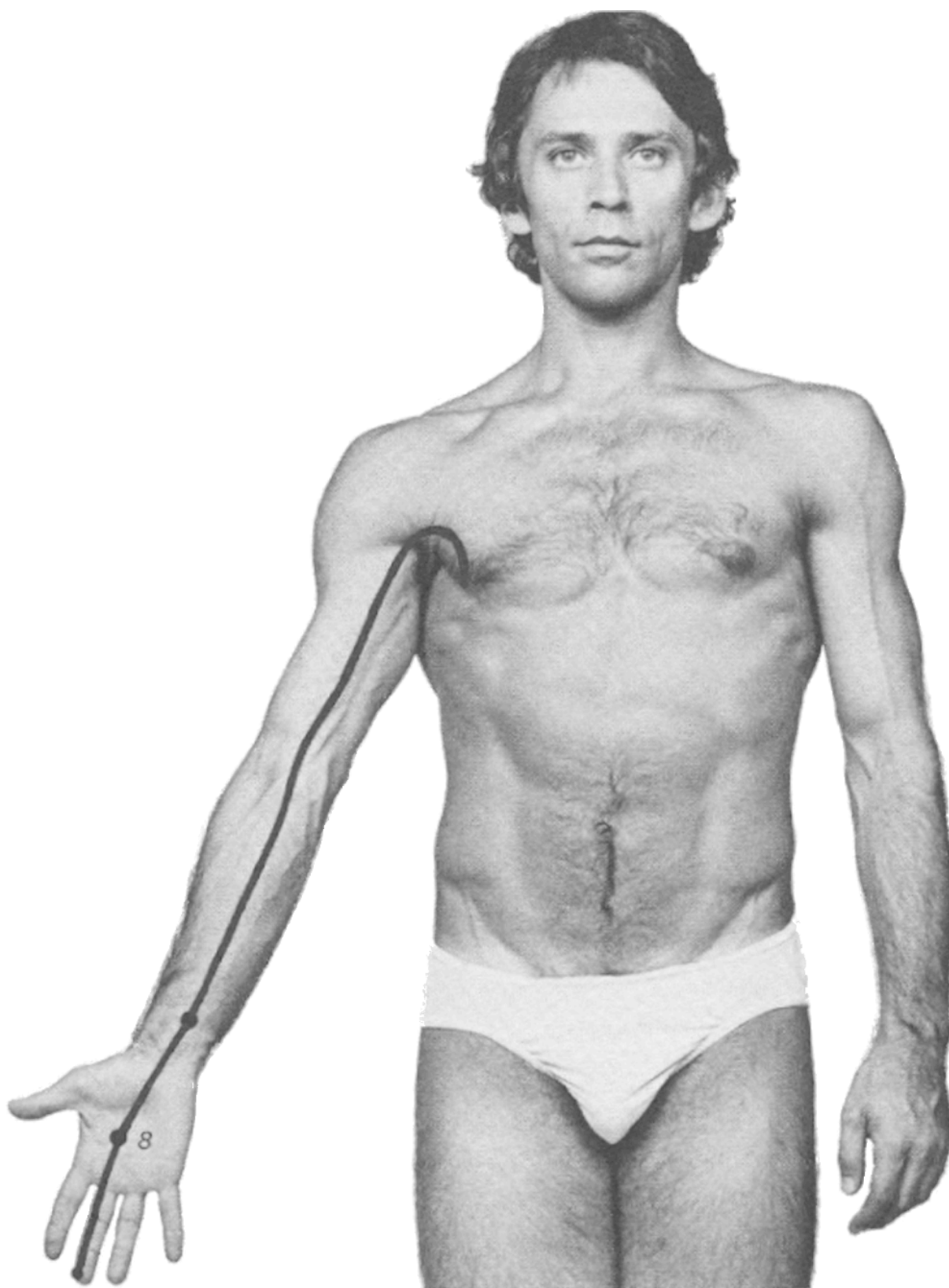
- **Division:** (Arm) Jue Yin
- **Phase/Element:** (Yin) Ministerial Fire
- **High Tide:** 7–9 pm

begins: **on the chest, near the nipple**

ends: **on the middle finger**

❖ *The Pericardium Channel*

- begins on the lateral chest (supra-lateral to the nipple, in the 4th ICS) (Pc-1)
- arcs over the armpit fold (inferior to the Lu channel)
- flows between the two bellies of the biceps to the elbow
(ulnar to the biceps tendon at the cubital crease)
- from elbow to the wrist it follows the middle of the forearm between the radius and the ulna
more precisely; between the two prominent tendons (flexor carpi radialis & palmaris longus)
- across the palm between the 2nd & 3rd metacarpals
- along the radial side of the middle finger
- to end at the radial nail point on the middle finger (or the tip of the middle finger) (Pc-9)



Pericardium Channel (Pc)

**心 經 Xīn Jīng = HEART CHANNEL
(9 pts)**

- **Division:** (Arm) Shao Yin
- **Phase/Element:** (Yin) Imperial Fire
- **High Tide:** 11–1 pm

begins: **in the armpit**

ends: **on the radial side of the little finger**

❖ *The Heart Channel*

- begins in center of the armpit (axilla) (Ht-1)
- proceeds along the ulnar side of the bicep to the elbow crease
- follows the ulnar aspect of the forearm (flexor carpi ulnaris) to the wrist
- across the palm between the 4th & 5th metacarpals
- along the radial side of the little finger
- to end at the radial nail point on the little finger (Ht-9)



Heart Channel (Ht)

**大腸經 Dà Cháng Jīng = LARGE INTESTINE CHANNEL
(20 pts)**

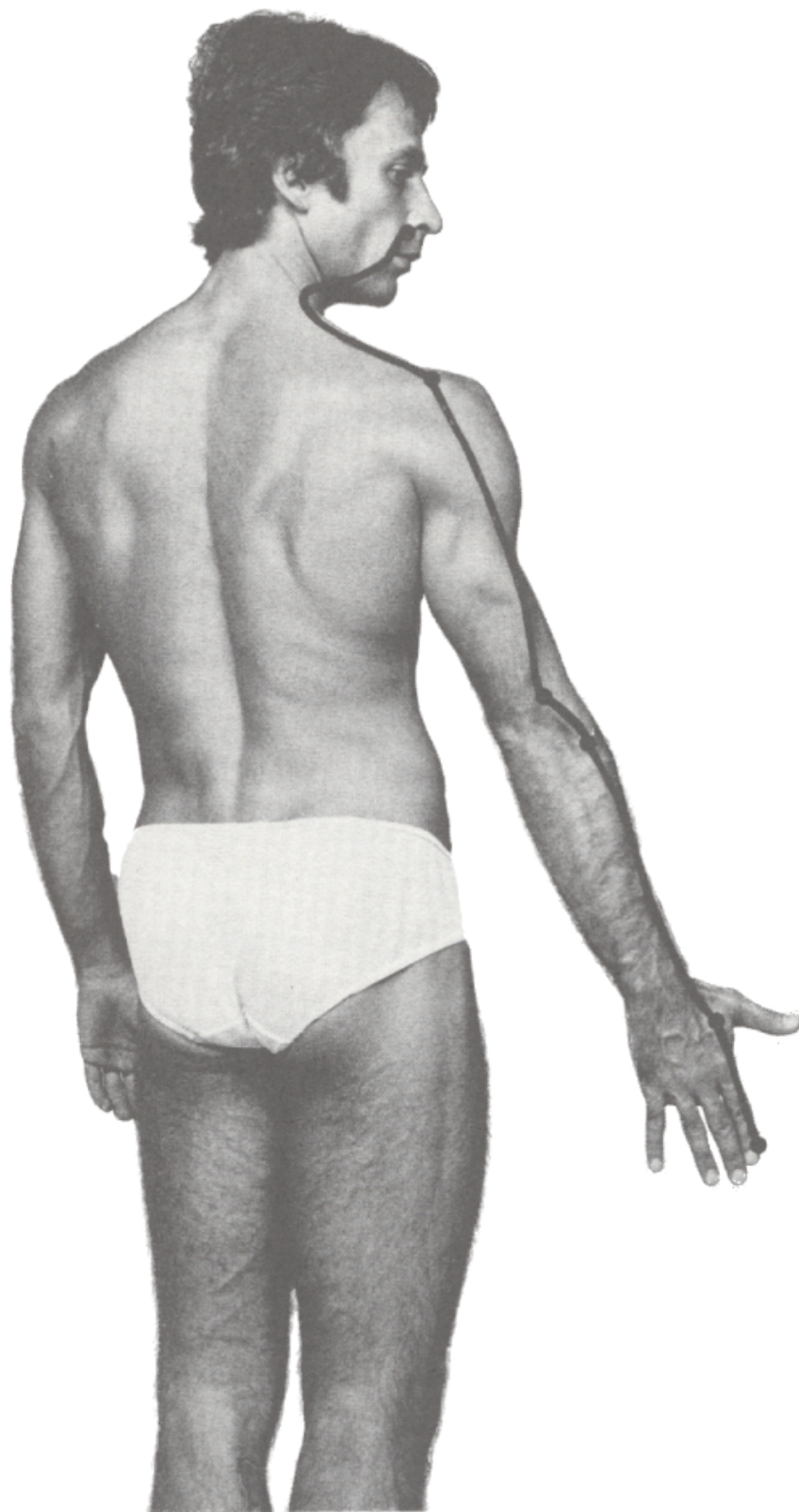
- **Division:** (Arm) Yang Ming
- **Phase/Element:** (Yang) Metal
- **High Tide:** 5–7 am

begins: **on the radial side of the index finger**

ends: **beside the nose** (same or opposite side)

❖ *The Large Intestine Channel*

- begins at the radial nail point on the index/fore-finger (LI-1)
- follows the radial side of the first finger and proceeds to the wrist (anatomical snuffbox)
- follows the radius to the elbow
(just anterior to the lateral epicondyle)
- ascends the upper arm, through the deltoid to the shoulder joint (anterior end of the acromial shelf)
- over the shoulder into the space between the clavicle and the scapula (the “V”)
- it then flows across the shoulder (along the anterior margin of the trapezius) to the neck
- ascends the side of the neck, (crossing the SCM), to the jaw
- crosses the jawbone/mandible
- proceeds to the upper jaw/lip, inferior to the nostril
- ending in the groove beside the nostril (LI-20)



Large Intestine Channel (LI)

三焦經 Sān Jiāo Jīng = TRIPLE BURNER CHANNEL
aka Triple Warmer, Heater, Energizer
(23 pts)

- **Division:** (Arm) Shao Yang
- **Phase/Element:** (Yang) Ministerial Fire
- **High Tide:** 9–11 pm

begins: on the ulnar side of the ring finger

ends: at lateral end of the eyebrow

❖ *The Triple Burner Channel*

- begins at the ulnar nail point on the ring finger (TB-1)
- follows the ulnar side of the ring finger
- flows between the 4th & 5th metacarpals on the back of the hand to the wrist
- flows between the radius & ulna to the elbow (between the lateral epicondyle & olecranon)
- to the back of the elbow (olecranon fossa)
- ascends between the triceps to the shoulder (posterior end of the acromial shelf)
- traverses the posterior shoulder to the neck
- follows the side of the neck to the space underneath the earlobe
(posterior edge of the SCM to the space between the angle of the jaw and the mastoid process)
- travels on the skull behind and around the ear, then continues across the temple
- to end at the lateral end of the eyebrow (TB-23)



Triple Burner (TB) / San Jiao (SJ) Channel

**小腸經 Xiǎo Cháng Jīng = SMALL INTESTINE CHANNEL
(19 pts)**

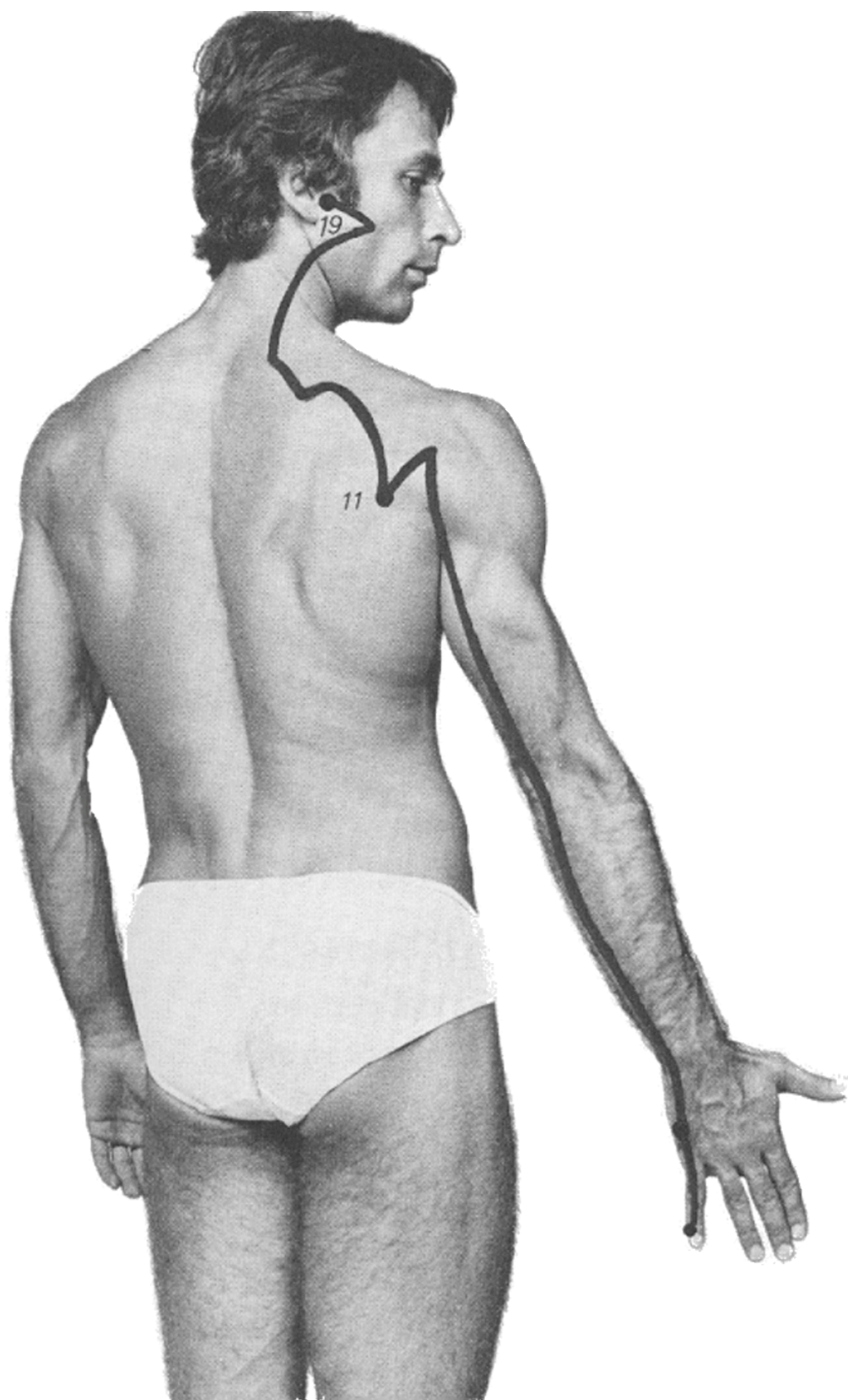
- **Division:** (Arm) Tai Yang
- **Phase/Element:** (Yang) Imperial Fire
- **High Tide:** 1–3 pm

begins: **on the ulnar side of the little finger**

ends: **in front of the ear (tragus)**

❖ *The Small Intestine Channel*

- begins at the ulnar nail point on the little finger (SI-1)
- follows the ulnar side of the little finger & hand to the wrist
- then follows the edge of the ulna to the elbow
(between the ulna and the flexor compartment to the elbow: between the medial epicondyle & the olecranon)
- ascends the upper arm to the posterior axillary fold
then continues upward to the posterior shoulder
- drops into the infra-spinous fossa
- rises into the middle of the supra-spinous fossa
- then proceeds medially onto the upper back
- arcs upward across the back to the neck (between trapezius & SCM)
- crosses the SCM to the angle of the jaw
- continues upward across the face to mid cheek
- angles back to end in front of the ear-flap (anterior to the midpoint of the tragus) (SI-19)



Small Intestine Channel (SI)

**胃經 Wèi Jīng = STOMACH CHANNEL
(45 pts)**

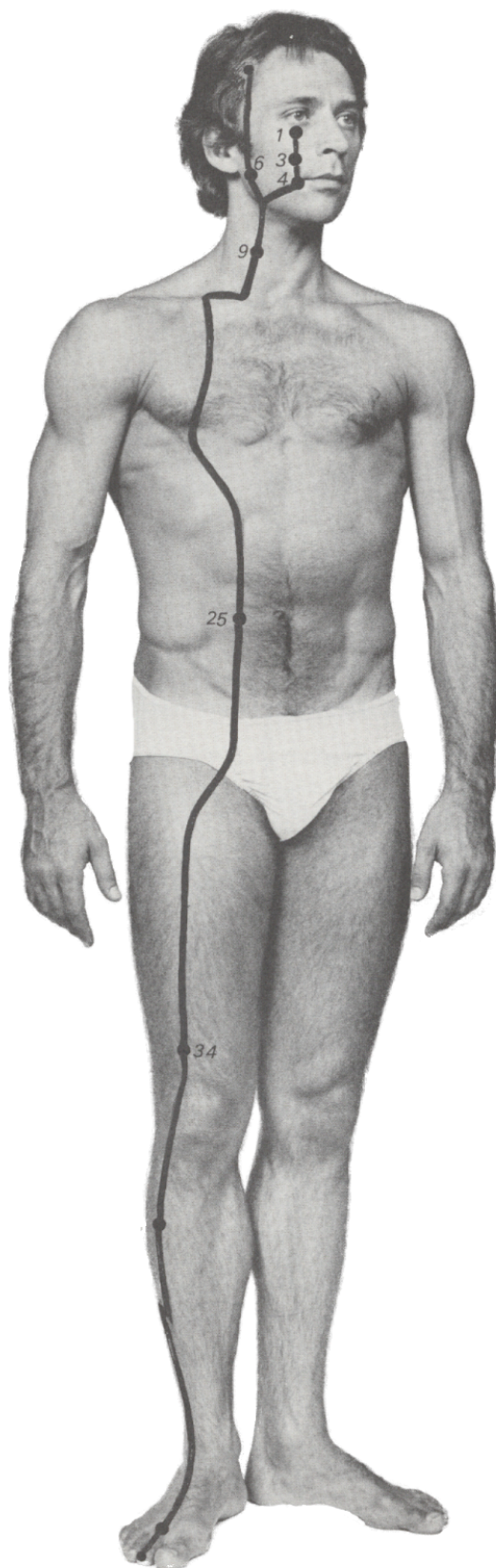
- **Division:** (Leg) Yang Ming
- **Phase/Element:** (Yang) Earth
- **High Tide:** 7–9 am

begins: at the midpoint of the infraorbital ridge

ends: on the 2nd toe

❖ *The Stomach Channel*

- begins at the midpoint of the infraorbital ridge (between the eyeball & the orbit) (ST-1)
- flows down the cheek to the corner of the mouth
- a branch diverges laterally along the jaw to the masseter bulge, up to the TMJ then follows the sideburn up onto the side of the head near the widow's peak
- the main pathway of the channel continues down along the throat (anterior edge of SCM) then flows laterally to the center of the space above the collarbone (supra-clavicular fossa)
- descends the chest along the mid-clavicular line, through the nipple, (to the 5th ICS (inter-costal space))
- jogs medially and continues to descend the abdomen to the groin (following the middle of the rectus abdominus to the pubic tubercle)
- runs laterally through the inguinal area to the thigh (below the ASIS)
- then follows the anterior-lateral thigh (lateral edge of the rectus femoris) to the knee
- passes along the lateral edge of the kneecap (patella)
- on the leg it follows the tibialis anterior to the ankle
- across the top of the foot, to the space between the 2nd & 3rd toes
- to end at the lateral nail point on the 2nd toe. (a branch also goes to the 3rd toe) (ST-45)



Stomach Channel (ST)

**膽經 Dǎn Jīng = GALL BLADDER CHANNEL
(44 pts)**

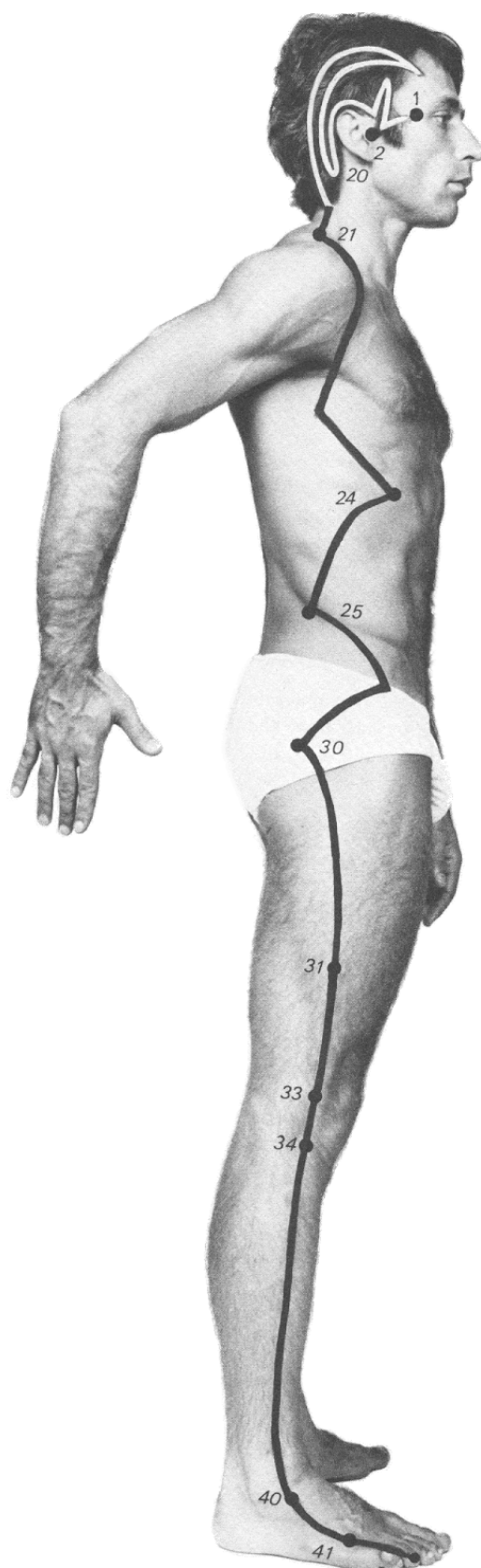
- **Division:** (Leg) Shao Yang
- **Phase/Element:** (Yang) Wood
- **High Tide:** 11 pm – 1 am

begins: **on the temple just lateral to the eye**

ends: **on the lateral side the 4th toe**

❖ *The Gall Bladder Channel*

- begins lateral to and level with the outer canthus of the eye (GB-1)
- proceeds downward across the face to the ear (level with the bottom of the tragus, below SI-19)
- up the side of the face into the scalp
- then down again toward the upper attachment of the ear
- it then zigzags back and forth across the side of the head
to wind up at the occiput (big hollow between the traps & SCM)
- down the neck to the crest of the trapezius (midway between the spine and the shoulder) (GB-21)
- from here the channel descends internally to connect with the GB & Lr,
- then re-emerges on the side of the torso, just below the armpit
- then zigzags back and forth on the torso, to end up in the gluteal hollow (GB-30)
- it then follows the lateral side of the thigh (ilio-tibial tract / IT band) to the knee
- from the knee to the ankle it follows the fibula (and the peroneal/fibularis muscles)
- flowing just anterior to the ankle bone (lateral malleolus) into the sinus tarsi
- across the top of the foot, to the space between the 4th & 5th toes
- to end at the lateral nail point on the 4th toe. (GB-44)



Gall Bladder Channel (GB)

**膀胱經 Páng Guāng Jīng = URINARY BLADDER CHANNEL
(67 pts)**

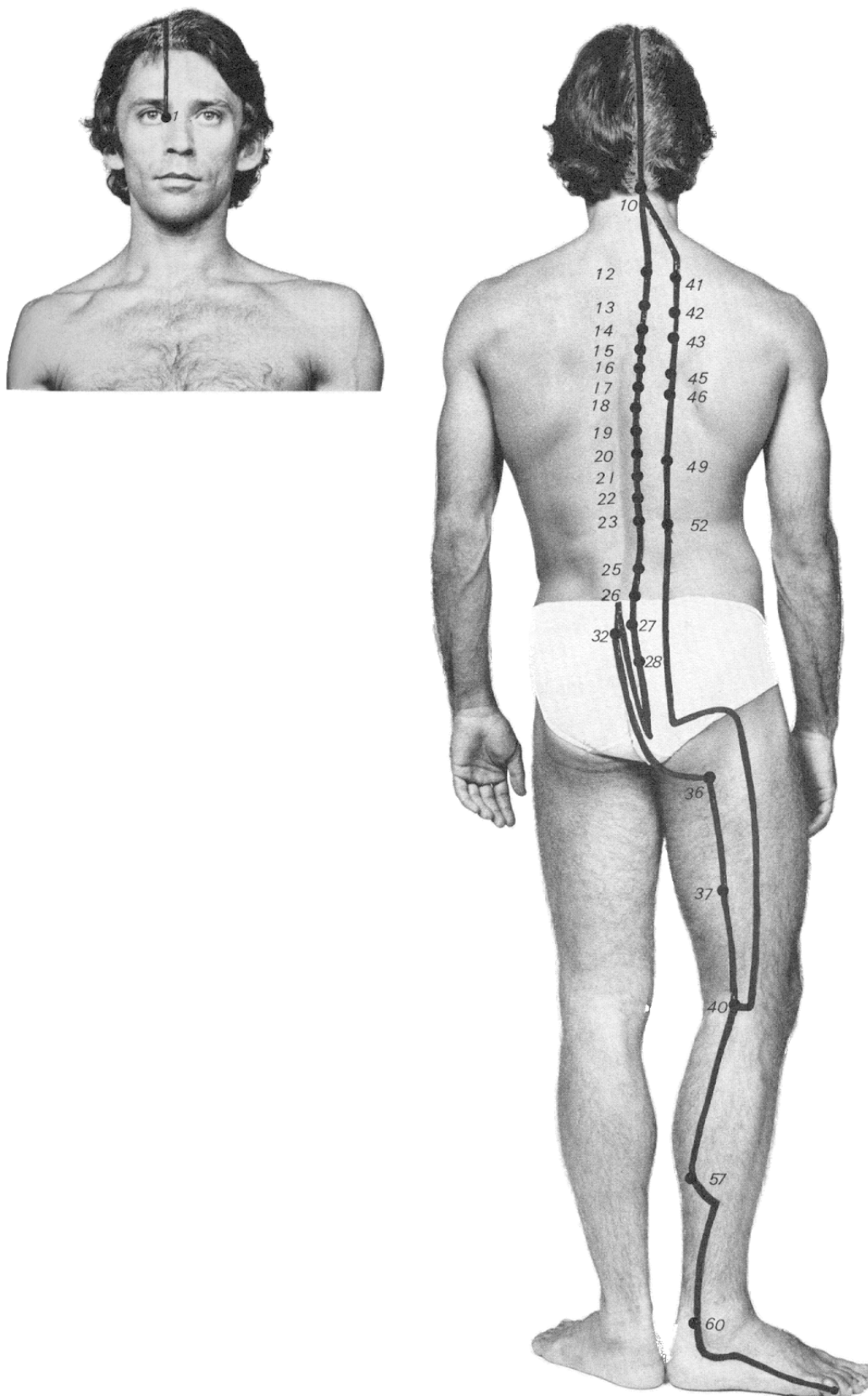
- **Division:** (Leg) Tai Yang
- **Phase/Element:** (Yang) Water
- **High Tide:** 3–5 pm

begins: at the inner canthus of the eye
ends: at the lateral nail point on the little toe

❖ *The Bladder Channel*

- begins just superior to the inner canthus of the eye (BL-1)
- rises to the medial end of the eyebrow
- continues upward to the hairline
- jogs laterally & over the top of the head to the back of the neck (in trapezius, below occiput)
- it divides into two branches (on each side) and proceeds down the back
the two branches rejoin at gluteal fold below the ischial tuberosity (BL-50)
(most sources show them continuing to the knee)
- a. the medial branch follows the crest of the erectors (midway between spine & scapula) to the ilium
continues along the S-I joint & edge of the sacrum, then back up to the first sacral foramen,
flows downward through the sacral foramen
then sweeps down to top of the thigh (gluteal fold, below the ischial tuberosity) (BL-50)
- b. the lateral branch on the back follows the line defined by vertebral border of the scapula,
it continues thru the lumbar region and buttocks to the gluteal fold/ischial tuberosity (BL-50)
- from the gluteal fold the channel proceeds down the back of the thigh between hamstrings
to the back of the knee (most charts show the two branches joining here) (BL-54/40)
- on the leg it flows down the back of the calf (between the two bellies of the gastrocnemius)
- then follows the achilles tendon to the lateral side of the heel
- whereupon it flows along the lateral edge of the foot
- to end at the lateral nail point on the little toe (BL-67)

Shiatsu Handbook – Channel Pathways



Urinary Bladder Channel (BL/UB)

**脾經 Pí Jīng = SPLEEN CHANNEL
(21 pts)**

- **Division:** (Leg) Tai Yin
- **Phase/Element:** (Yin) Earth
- **High Tide:** 9–11 am

begins: **on the medial aspect of the big toe**

ends: **in the 7th ICS, mid-axillary line**

❖ *The Spleen Channel*

- begins at the medial nail point on the big toe (Sp-1)
- follows the medial aspect of the big toe and foot
- then sweeps upward to the ankle
- flows anterior to the medial malleolus
- then up the leg, just posterior to the tibia, all the way to the knee
- it passes medial to the kneecap onto the thigh
- then more or less follows the sartorius to the groin
- ascends the abdomen along the lateral edge of the rectus abdominus to the ribs
- shifts laterally & proceeds upward onto the chest
midway between the nipple and the mid-axillary line up to the 2nd ICS (almost to Lu-1)
- then drops down to end on the mid-axillary line, in the 7th ICS (Sp-21)



Spleen Channel (Sp)

**肝經 Gān Jīng = LIVER CHANNEL
(14 pts)**

- **Division:** (Leg) Jue Yin
- **Phase/Element:** (Yin) Wood
- **High Tide:** 1–3 am

begins: **on the big toe**

ends: **in the 6th ICS, mid-clavicular line**

❖ *The Liver Channel*

- begins at the lateral nail point on the big toe (Lr-1)
- proceeds along the lateral side of the big toe,
- then between the 1st & 2nd toes,
- across the top of the foot (between the 1st & 2nd metatarsals) to the ankle
- runs anterior to the malleolus and up the shaft of the tibia on the lower leg,
- then crosses behind the Spleen channel, i.e. posterior to the tibia, to the medial aspect of the knee
- ascends the thigh (following the adductor longus) to the groin (through the femoral triangle)
- it rises obliquely across the abdomen to the side (tip of the 11th rib)
- then anterior & up to end on the mid-clavicular line, in the 6th ICS (inter-costal space) (Lr-14)



Liver Channel (Lr)

**腎經 Shèn Jīng = KIDNEY CHANNEL
(27 pts)**

- **Division:** (Leg) Shao Yin
- **Phase/Element:** (Yin) Water
- **High Tide:** 5–7 pm

begins: **on the little toe**
ends: **at the sternal head of the clavicle**

❖ *The Kidney Channel*

- begins at the medial nail point on the little toe (Kd-0)
- across the ball of the foot to the junction of the ball and the arch (Kd-1)
- passes along the medial aspect of the foot to the heel
- rises posterior to the malleolus
- then up the leg along the anterior edge of the calf (soleus & gastrocnemius) to the knee
- then follows the inner thigh (gracilis), to the groin
- whereupon it goes internally (to the Kd & BL)
- it re-emerges on the lower abdomen (at the crest of the pubis just lateral to the midline)
- ascends the abdomen (slightly lateral to the midline) up to the costal margin
- diverges laterally onto the chest and continues upward alongside the sternum
- to end just inferior to the collarbone (sternal head of the clavicle) (Kd-27)



Kidney Channel (Kd)

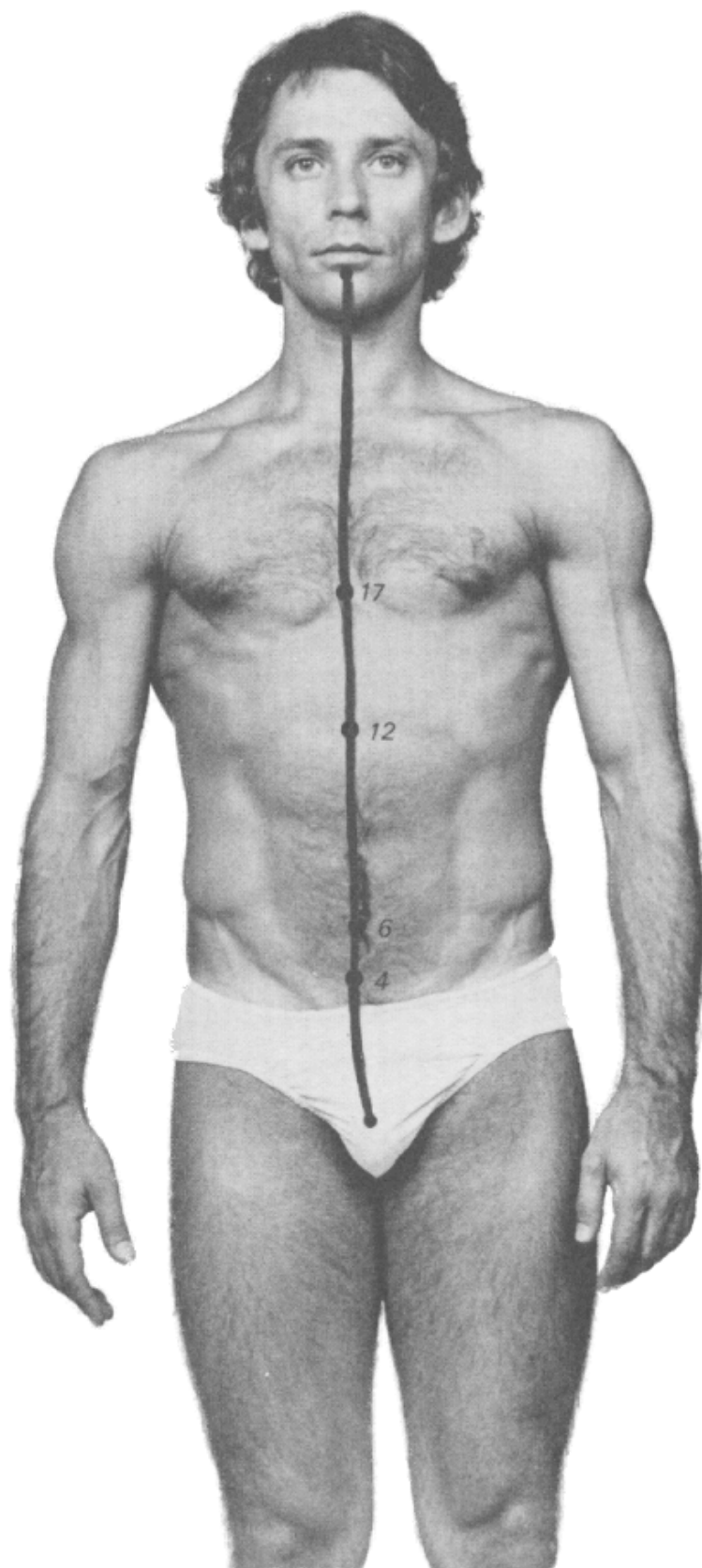
任脈 Rèn Mài = CONTROLLING / CONCEPTION VESSEL
(old spelling = Jen Mo)
(24 pts)

anterior midline

begins: at the center of the perineum

ends: below the lower lip

- beginning at the floor of the pelvis (center of the perineum) (CV-1)
- it flows upward to the pubic crest
- then follows the anterior midline up the abdomen and chest to the throat & chin
- to end in the groove below the lower lip (CV-24)
- Internally it follows the tongue & flows back downward through the center of the body to the anus & connects to the Governing Vessel at GV-1.



Ren Mai = Conception/Controlling Vessel (CV)

督脉 Dū Mài = GOVERNING VESSEL
(old spelling = Tu Mo)
(28 pts)

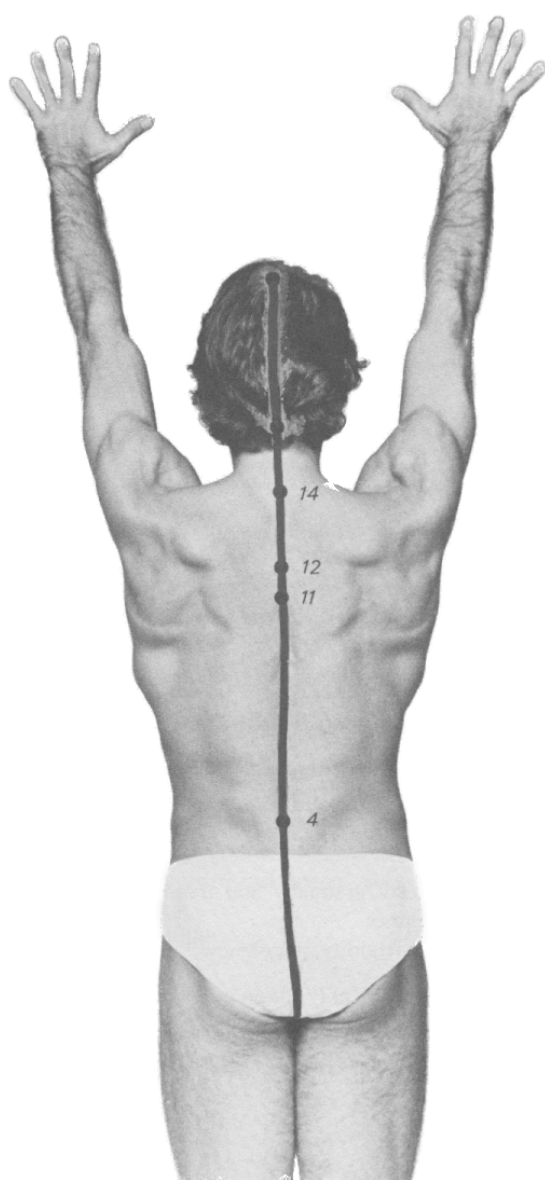
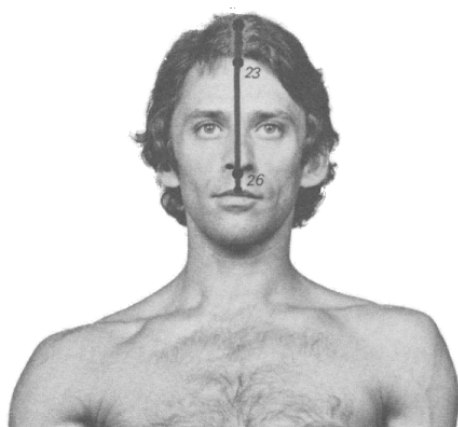
posterior midline

begins: at the tip of the tailbone

ends: on the gum, under the upper lip

- begins at the tip of the coccyx (between the anus & the tailbone) (GV-1)
- it ascends the posterior midline following the spine up to the occiput
- up and over the top of the head to the forehead
- down the face to the nose and philtrum
- ending on the gum, under the upper lip (GV-28)
- Internally it follows the roof of the mouth and back of the throat (airway)
flows back downward through the center of the body to the perineum where it connects
to the Conception Vessel at CV-1.

Shiatsu Handbook – Channel Pathways



Du Mai = Governing Vessel (GV)

指 壓 (traditional)

指 压 (simplified)

Zhǐ – Yā (pinyin)

finger – pressure

or press using the fingers/thumbs

in Japanese

Shí-atsu

– Short Form –

Back of the Body

Sequence

(Table Kata)

型 Kata = The Form (choreography)
(both the sequence of moves and the correct way of doing them)

Shiatsu 1 – Short Form Kata – Back of the Body

Torso (Prone)

*Partner prone, facing L, arms hang over table side, feet apart, with their heels pushed out
– Stand on partners L side, waist level*

1. Fold hands over your abdomen – Sink mind & breath into lower Dan-Tian – Center yourself
2. Make contact L hand lumbar, R hand -sacrum – connect & synchronize breathing
3. Begin Rocking
 - a. up spine (GV)
 - b. down R erectors (BL)
 - c. across, up L side
 - d. down L erectors
 - e. down R thigh to knee
 - f. up L thigh to sacrum
 - g. repeat thigh loop
4. Colon rock step straight back with L foot & Rock with side of L hand
5. Iliac rock L foot steps headward, L hand cradles ilium, R hand on trochanter (push toward feet)
6. Lumbar rock work up & down between lower ribs & iliac crest
7. Finger kenbiki up erectors on **R** side (last step straddle corner of table)
8. Squeeze neck & shoulder *transition to*
9. Thumb kenbiki down erectors on **R** side (deeper, but slower, kneel on table to get adequate pressure)
10. Double-palm press gluteals just lateral to sacrum – stretch sacro-iliac ligaments

Walk Around Table To Partners R side – have partner turn head, squeeze their neck

11. briefly Rock – then colon, iliac & lumbar rock
12. Repeat finger & thumb kenbiki on L side of spine, ending with the double palm press
13. Thumb Press Jia-Ji pts on L side 2x light pass, then deep pass with breathing
14. Press Jia-ji pts on R side 2x light, then deep

Turn headward – L leg stays on table, R foot steps to floor

- | | | |
|--|----|---|
| 15. Squeeze shoulders | | fingers oppose heel of palm, rest your thumbs |
| 16. Thumb-circles down erectors | | cross ilium to bottom of sacrum |
| 17. Squeeze & Release skin over sacrum | | rapidly |
| 18. Skin roll up spine, then skin lift up GV | | use heels of palms to get leverage for lift |
| 19. Two-hand squeeze R shoulder | | transition to upper arm |
| 20. Squeeze & Twist triceps | 3x | use R hand, twist triceps around humerus |
| 21. Palm-press forearm | 3x | yin channels from elbow to fingertips |

Shiatsu 1 – Short Form Kata – Back of the Body

Shoulder–Neck & Head

Stand above table & their R shoulder – (their head facing L)

L foot beside table leg, R foot slides back to drop your height – press toward their feet, not into the table

22. Thumb press R shoulder/traps 3 lines use L thumb, work from neck-shoulder jct to ‘V’ (LI-16)

slide R leg up to table, step laterally & back with L foot so now face the neck

23. Thumb press R side of neck/traps 3 lines use R thumb, work from neck-shoulder jct to occiput

24. Massage & Pull occiput (hook fingers under occiput, keep traction as you massage)

25. Finger-massage scalp upper half of head from occiput to forehead, ear to GV

26. Turn their head – Squeeze neck (forehead fingers down, back of head fingers up)

27. Repeat scalp massage on newly exposed side (start at forehead, end with occipital pull)

Put their L arm up on table (if not already); R foot by table leg, L foot back

28. Thumb Press 3 lines across L shoulder 1st line posterior, 2nd line crest, 3rd line ant. margin of traps

Switch feet, face neck: change to L thumb working

29. 3 lines on neck from shoulder to occiput 1st close to spine, 2nd mid trapezius, 3rd ant. edge of trapezius

Step back to position above table

30. Thumb press across both traps simultaneously 3 more lines from medial to lateral

31. Thumb press upper back (to mid scapula) 3 lines jia-ji, BL 1st & 2nd columns

Step to your R (their left side) – Turn around & face headward

32. Repeat arm sequence on L arm Squeeze shoulder / Triceps twist / Palm press forearm

Shiatsu 1 – Short Form Kata – Back of the Body

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 back from top to bottom (fingertips point laterally) 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) follow SI joint & edge of sacrum to S4
35. Thumb-press sacral foramen: 1st to 4th (BL-31–34)
36. Double-Palm press: heel of palms just lateral to sacrum (stretch sacro-iliac ligaments)

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

37. **Percussion Sequence** (its all in the wrists)
- Cupped hands (motion from wrists not elbows – keep air in cups, resonant sound – hands fit torso)
 - Crane-beaks (on erectors – up right “T” across shoulders – down left)
 - Rain-drops (elbows out – up left – down right)
 - Duck-quacks (elbows out – up right – down left)
 - Hitch-hiker (arms parallel, bend wrists, curl fingers – up then down – both sides together)
 - Air-pillows (hands together – spiral up, reverse spiral back down – end on sacrum)
(up spiral diameter = erector to erector; down diameter = scap to scap)

Sacrum, Buttocks

38. Thumb press & rock sacrum SI joint & edge of sacrum 2x (down then up)
39. Thumb press & rock 4 lines laterally from edge of sacrum to side
(thumb above thumb – 1 line for each sacral foramen – ending at trochanter)
40. Thumb press & rock down GB channel down IT Band to knee (walk your foot down to their knee level)

Shiatsu 1 – Short Form Kata – Back of the Body

Thigh

41. Duckbill Squeeze & Lift & Rock hamstrings (up-down-up) end at gluteal fold
42. Press hamstrings from gluteal fold to popliteal crease
- palm over palm R hand on bottom – fingers lateral (push off your toes & pole vault your weight)
 - fist press L hand supports wrist
 - forearm press use L arm – R hand cups heel & tractions leg / BL channel

Calf & Foot

43. Duckbill Squeeze & Lift & Rock calf knee to ankle 2x (down-up)
44. *straddle corner of table* & Butterfly press calf fingers wrap around leg, end at malleoli
45. Thumb press gastroc (medial & lateral lines) start at dimples, end at depressions behind malleoli
46. Thumb press gastroc (between bellies) (thumb on thumb, dominant thumb on top) follow achilles to heel
47. Thumb press 5 lines on sole of foot (from heel to base of each toe)
48. Palm & Fist press feet (both feet simultaneously) 3x

Step to R side

49. Repeat entire leg sequence on R leg (start at waist w/ 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) start with the little toes – 2 lines on big toes
52. Palm & fist press feet 3x 3rd pass: Thumb Press ‘Bubbling Spring’ (Kd-1)
53. *slowly release*, Thumbs cover points (connect up from Kd-1 to Dan Tian to Bai Hui and back down, 3 resp. at each)

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

~ Back ~
of the Body

Quick
Reference

Shiatsu 1 – Back of the Body – Quick Reference

Torso

Partner prone, facing L, arms hang over table side, feet apart, with their heels turned out

Stand on partners L side, waist level

- [illegible]

Walk Around Table To Partners R side – have partner turn head, squeeze their neck

11. briefly Rock – then colon, iliac & lumbar rock
12. Repeat finger & thumb kenbiki on L side
13. Thumb Press Jia-Ji pts on L
14. Press Jia-ji pts on R

Turn headward – L leg stays on table, R foot steps to floor

15. Squeeze shoulders
16. Thumb-circles down erectors
17. Squeeze & Release skin over sacrum
18. Squeeze up GV; 2nd pass: Squeeze & Lift
19. Two-hand squeeze R shoulder
20. Squeeze & Twist triceps
21. Palm-press forearm

Shoulder–Neck & Head

Stand above table & their R shoulder – (their head facing L)

L foot beside table leg, R foot slides back to drop your height – press toward their feet, not into the table

22. Thumb press R shoulder/traps
slide R leg up to table, step laterally & back with L foot so now face the neck
23. Thumb press R side of neck/traps
24. Massage & Pull occiput
25. Finger-massage scalp
26. Turn their head – Squeeze neck
27. Repeat scalp massage, then occipital pull

Put their L arm up on table: R foot by table leg, L foot back

28. Thumb Press 3 lines across L shoulder
Switch feet, face neck: change to L thumb working
29. 3 lines on neck from shoulder to occiput
Step back to position above table
30. Thumb press across both traps simultaneously
31. Thumb press upper back (to mid scapula)

Step to your R (their left side) – Turn around & face headward

32. Repeat arm sequence on L arm

Shiatsu 1 – Back of the Body – Quick Reference

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

Shíatsu
– Short Form –

*Front
of the Body
Kata*

Shiatsu 2 – Short Form Kata – Front of the Body

ANTERIOR LEGS

Stand below partners feet – Grasp tops of feet

1. Traction & Shake legs lean back & use your weight to get the traction
2. Push feet in & out to loosen hips hands on side of feet, close to the ankle
3. Place pillow/bolster under knees (two small pillows or half round bolsters are best)

Step to your L (their R)

4. Straighten arms, fold their hands on lower chest – *L knee on table*, flatten low back

Drape upper body if desired

Thigh

5. *Face R knee – patella in R palm* • Rock leg
6. Slow Duckbill Squeeze & Lift quadriceps from knee to hip 3x (up-down-up)
7. Fist press thigh (hip to knee) 3x (start at top of rectus femoris, but go wider with each pass)

Knee

8. Thumb press around patella 3 circles (each circle is a thumb-width larger)
(3rd circle will end at tibial tuberosity)

Lower Leg

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

9. Thumb press ST channel 3 lines from knee to ankle
(1st pass is between tibia & tibialis, 2nd is on body of tibialis, 3rd is between tibialis & extensor digitorum)

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

Shiatsu 2 – Short Form Kata – Front of the Body

Ankle

*R foot steps up below foot of table
Lift their foot w/ R hand while Sliding their pant leg up to knee
place your L knee on table, fit their achilles over your L thigh*

11. Clamp ankle (against your thigh w/ L hand) & Rotate foot (w/ R hand)
rotate in both directions, end with strong dorsiflexion's

Inside Leg

12. Four-finger press medial aspect of leg (between tibia & gastroc) 3 yin channels (Sp, Lr, Kd)
start behind medial malleolus (Kd-3) end at medial condyle (Sp-9, Lr-7, Kd-10)
1st pass follows posterior edge of tibia each pass is 1 finger breadth posterior to the previous
13. Smooth & Warm (yin channels) with quick sliding motion with finger pads
get shaft of tibia (Lr) on lower half of leg

Step to foot of Table

Foot

14. Spread dorsum of foot 3x – Arch bottom of foot 3x – Alternate Spreading & Arching 3x
15. Slide thumbs between metatarsals (outer pair, then inner pair) 3x
- Low horse stance*
16. Vibrate toes/MP joints *Cup heel & traction with R hand, cradle toes with L hand*
- Stand up*
17. Squeeze & Press each toe start w/ little toe 3 lines on each toe (lateral-middle-medial lines)
18. Thumb press medial arches 2x (hook thumbs into Sp-3 & rotate to finish)

Step to your R, (their L Leg)

19. Repeat steps #5-18 on L leg *Reverse all Left/Right instructions*

• Drape Legs

Shiatsu 2 – Short Form Kata – Front of the Body

ARMS – Shoulder/Elbow/Wrist

Step R & take L hand from abdomen

- | | |
|---|--|
| 20. Traction shoulder & Shake arm | palm down, 2 fingers in each hand – don't lift arm off table |
| 21. Pump & Circle forearm | pump w/ R hand, Press cubital fold with L (on L arm rotation will be CL) |
| 22. <i>Slide L hand up to palm</i> | Flex & Extend wrist with L (get thumb), (rock back & forth to end) |
| 23. <i>Squeeze wrist with R hand</i> | Rotate hand with L hand (pull upward to open the wrist joint) |
| a) clamp & gap wrist b. push down on arm c. pull up on hand d. rotate hand | |

Hand & Fingers

- | | | |
|--------------------------------------|-----------------------------|----------------------------------|
| 24. Spread dorsum of hand 3x, | Arch palm 3x, | Alternate spreading & arching 3x |
| 25. Slide thumbs between metacarpals | (outer two, then inner two) | 3x |
| 26. Squeeze & press each finger 3x | (sides–top & bottom–sides) | (from web to fingertip) |

• *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/rhomboids) |
| Dangle arm between stretches | (1. vertical lift, 2. tiptoe, 3. step & lean back) |

Quickly step to position above head

- | | | |
|------------------------|-------------------------------|---------------------------|
| 28. Even the shoulders | • Press shoulders toward feet | • then Press toward table |
|------------------------|-------------------------------|---------------------------|

Slide fingers under shoulders

- | | |
|--|--------------------------------|
| 29. Fingers massage upper back and rhomboids | |
| 30. Squeeze traps & scalenes with thumbs | • finish with scalenes squeeze |
| 31. Slide to occiput and gently straighten head & neck | |

Transition to R arm

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

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

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

Shiatsu 2 – Short Form Kata – Front of the Body

ABDOMEN

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

- | | | |
|------------------------|---|---|
| 33. Rock abdomen | then Rectus rock | (up & down between ASIS & costal margin (end mid abd.)) |
| 34. Cat paws | randomly around abdomen, ending in lower right quadrant | |
| 35. Skin lift & dangle | 9 places on abdomen | (3x up on right, 3x down on left, 3x up middle) |

Turn leftward till backs of thighs are against table; R hand pivots to right ASIS

36. **Palm Press abdomen:** 8 positions around colon use heel of palm, work w/ breathing
with **R hand:** 1. ileo-cecal, 2. ascending, 3. hepatic flexure, 4. transverse, 5. splenic flexure,
change to **L hand:** 6. descending, 7. sigmoid; 8. bladder
37. **Diamond press:** up midline (CV) from pubis to xiphoid (~5 presses below umbilicus, 1 at umb., 6 above = 12)

Chest (*from below*)

39. *Hook middle finger over sternal notch* gently Pull down (CV-22)

Spread fingers into bilateral spaces below sternal heads of clavicles (Kd-27) - press & rotate

40. 2 finger press & rotate down Kidney channel from 1st to 5th ICS

Costal Margin, Upper Abdomen & Sides

41. Thumb walk costal arch (get under ribcage) 3x (each pass a little deeper)
42. Press bilaterally around sides to low back (under 12th rib)
43. Massage low back & kidneys with fingertips

find iliac crests w/ little finger side of hands and Reach forward with thumbs to abdomen

44. Thumb circles at mid rectus level with umbilicus (ST-25)

Move hands up onto sides / lower ribcage (stay above floating ribs)

- | | |
|---|--|
| 45. Bilaterally compress & churn lower thorax | (elbows out, use your pects) (easy on elderly & pm women) |
| 46. Pat Spleen & Liver areas | cupped R hand, easy across solar plexus, turn around to pat Lr |
| 47. Tap up & down sternum (1 crane beak) | (up/down – up/down) finish between breasts at CV-17 |

Shiatsu 2 – Short Form Kata – Front of the Body

CHEST (from above)

Pivot on CV-17 and step to position above head – thumbs slide to Lu-1 below clavicles

- 48. Thumb press & rotate Lu 1 & 2 area *pivot on thumbs & fold fingers inward across upper chest*
- 49. Palm press chest 3 positions – upper, middle, & lower chest – Squeeze up sides to armpits 3x
(upper chest: fingers medially, sternum: palm over palm, fingers inferiorly, lower chest: fingers laterally)
- 50. *Slide your hands down arms*, Lift wrists & place hands on abdomen • Re-drape chest

- 51. • Even shoulders • Push down, toward feet • Push down, toward table
- 52. • Massage upper back with fingers • Massage traps & scalenes with thumbs
- 53. • Thumb circles up sides of neck to occiput
 • Finger circles up sides of neck to occiput

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 places (C6 – mid neck – upper neck) 2x (1st slow, then faster–wavelike)
- 56. Drag hands up back of neck & head ~6x Smooth & straighten hair (drape hair over end of table)

Ears

- 57. Stretch & massage ears use thenar eminence
- 58. Massage earlobe • then up perimeter/helix of ear with thumbs
 • then down, wiping across antihelix
- 59. Rub back of ears with fingers
- 60. Pinch tragus • then explore inside ear with index finger (loop d' loop)
- 61. Two-finger churning: index in front, rest of fingers behind ear *transition to TMJ*

Shiatsu 2 – Short Form Kata – Front of the Body

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. Tip of chin follow mandible to earlobe
67. Mento-labial groove press CV-24 lower gum line
68. Philtrum press GV-26 upper gum line (curl fingers & rest on face)

Cheeks

69. Beside nostrils (LI-20) Inferior maxillary line (press up underneath bone)
70. Side of nose (jct of bone & cartilage) Cheekbone line (on top of bones) end at SI-19

Eyes & Forehead

71. Infra-orbital ridge bridge of nose to outer canthus across temples to ear
72. Supra-orbital ridge bridge of nose to outer canthus across temples to ear attachment
73. Eyebrow line (superciliary ridge) start between eyebrows at Yin-Tang to apex of ear (TB-20)
74. 3 Forehead lines from eyebrows to anterior hairline (move up 1 thumb width each time)

Scalp

75. Comb fingers through hair to Stimulate Scalp (many points & channels) 6-8x
Kneel Down – Fingertips to occiput
76. Massage occiput with fingertips: GV-16 with one hand then laterally from midline to mastoids *segue to*
77. Occipital Rock: brace arms against table, hook fingers on occiput – traction, then let go to begin rock
(watch toes, they should be moving) end with traction

Head

Reach thumbs around to top of head

78. Cover & Hold GV-20 (Bai Hui = ‘Hundred Meetings’) – no pressure – mind & breath in lower dan-tian
 - listen / feel / sense
 - energetically disconnect
 - physically disconnect: release fingers, then thumbs
 - Sit near partner until they open their eyes, discuss experience, get feedback
 - Recommend they drink plenty of water over next 24 hrs.

~ Front ~
of the Body

Quick
Reference

Shiatsu 2 – Front of the Body – Quick Reference

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 2 – Front of the Body – Quick Reference

| |
|------------------------------------|
| 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 2 – Front of the Body – Quick Reference

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 2 – Front of the Body – Quick Reference

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 | |
| <i>Thumb press horizontal rows of points (from midline laterally across face to ear)</i> | |
| 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 | |
| <i>Kneel Down – Fingertips to occiput</i> | |
| 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 | | |
| • Suggest they drink plenty of water over next 24 hrs | | |
| • discuss experience | | |

Shiatsu Books

Let me preface this by saying that one does not learn shiatsu, or any massage, from a book.

That being said there are any number of decent books on and about shiatsu.

What follows are my general recommendations for the best and most appropriate of them.

- | | | | | |
|----|--|--|---------|---------------------------------------|
| 1. | Barefoot Shiatsu (pictures of Shizuko, my teacher's teacher) | Shizuko Yamamoto Japan Publications | 1978 | O/P |
| 2. | Anma The Art of Japanese Massage | Shogo Mochizuki | 1995 | O/P |
| 3. | Hand Maintenance Guide for Massage Therapists | Shogo Mochizuki | 1999 | O/P |
| 4. | Shiatsu Theory and Practice (3rd edition 2010 w/ DVD - no longer included) new publ. is | Carola Beresford-Cooke Singing Dragon | 2010/11 | (2nd edition is fine, even 1st is OK) |
| 5. | Bodywork Shiatsu (good history of shiatsu) | Carl Dubitsky | 1997 | |
| 6. | The Handbook of Chinese Massage (good pictures of the channels) | Maria Mercati Healing Arts Press, Vermont | 1997 | |
| 7. | Shiatsu The Complete Guide (revised edition 2000) | C. Jarmay & G. Mojay | 1992 | |
| 8. | Shiatsu Anma Therapy (latest version 2010) | DoAnn Kaneko | 2010 | |

9. *I cannot consider any booklist on the subject of massage complete without mentioning Ashley Montagu's book entitled **Touching The Human Significance of the Skin**.
I think this book is must reading for everyone in the field. 3rd Edition 1986*

- On the web: check out the European Shiatsu Federation.

*** Also Available separately:**

- **Shiatsu I:** The kata Quick Reference Guide is available as a laminated version.
- **Shiatsu II:** The kata Quick Reference Guide is available as a laminated version.
- The **5 Phase-Element Table** on p.21 is available filled in and color coded in 8.5x11, 11x18, or as a poster 24x36.

About this Style of Shiatsu

About Jim Cleaver

Jim Cleaver, the developer of the Shiatsu program, has been teaching at the Oregon School of Massage since he moved to Oregon in 1990. He is also the co-founder of the classical Chinese Medicine degree program at the National College/University of Natural Medicine. He is a licensed acupuncturist and author of many books for students of Chinese medicine. He teaches all aspects of Chinese medicine, including Tai Ji Quan and Qi Gong practices, which he considers integral to the effective practice of both acupuncture and shiatsu.

Jim previously taught shiatsu at the Boulder School/College of Massage in Colorado, the Amma Institute in San Francisco, and Twin Lakes College of the Healing Arts in Santa Cruz. He has also taught at other schools of Chinese medicine including Five Branches Institute in Santa Cruz and the Oregon College of Oriental Medicine in Portland. While at the Amma Institute he helped create the concept and kata for 'On Site chair massage' with his friend and colleague David Palmer.

Jim has trained many hundreds of students since he began teaching in 1978, and treated thousands of clients since he began his study of shiatsu in 1974 with Richard Hyatt in California. Richard was the primary student of Shizuko Yamamoto, one of the original teachers of shiatsu in this country. Her style became known as Barefoot Shiatsu, after the title of her book, which was finally published in 1979.

More About Our Style

I often call this style 'Kata Shiatsu' because of the emphasis on the fundamentals of the form/kata. The form trains the student in both the sequence and the individual techniques of the massage, i.e. its wholeness. In this sense, it is the kata which is truly the teacher.

In this tradition, 1,000 massages were to be performed during one's apprenticeship, and before one could be considered sufficiently well trained to merit charging for one's services. This induces a profound humility, and reflects a deep understanding of the time required to master even the basic level of skills necessary to become a professional bodyworker. The kata fosters a sensitivity in the hands of the practitioner for which there is no shortcut. It cultivates the mind and body of the student in ways that cannot be completely described or accounted for. It effects a transformation of the person. Thus kata conveys for us a sense of integrity in the work, and the tradition that can only be arrived at through practice. For all the above reasons, plus the sense of shiatsu as a meditative and even spiritual practice, I sometimes refer to this style as 'Dao Shiatsu', i.e. the 'Way or Path of Shiatsu'. I use 'Kata' during the training phase and 'Dao' for the professional phase.