

指 壓

*Shiatsu*

*Long Form*

*Handbook*

*Jim Cleaver LAc.*

*Muddy Bottom Press*

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***What is Shiatsu ?***  
(pronounced she-**ah**t-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(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 form*.

### *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  
(Tao<sup>4</sup>)

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

**Qi** (pronounced chee) = vital energy      Qi permeates the universe, its nature is to flow.  
(Ch'i<sup>4</sup>)

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.  
(Ching<sup>1</sup>)

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.

導 引

*Dǎo Yǐn*

*Dao-Yín*

*(Do-In)*

*‘Guiding the Qi’*

*Stretch Sequence*

*(Dao is Chinese, and pronounced dow)*

*(Do is Japanese, and pronounced doe)*

## *Shiatsu Long Form Handbook – Dao-Yin Stretch Kata*

### Dao-yin Stretch Set – Strengthens & Enhances Vitality in Many Dimensions

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| • opens the joints               | • generates flexibility & suppleness |
| • clears the channels            | • fosters joint stability            |
| • strengthens the sinews         | • increases strength & resilience    |
| • increases mobility (ROM)       | • improves coordination              |
| • stimulates circulation         | • improves balance                   |
| • invigorates the qi             | • increases speed & agility          |
| • alleviates pain and stiffness  | • increases endurance                |
| • improves concentration & focus | • enhances confidence                |

#### *always breathing into body part being stretched*

- optional preliminary stretches: lean forward, arch the spine (low, mid, whole back, GV & CV)  
(work SI joint by pushing one knee forward, alternate sides)
- push away heaven and earth (add neck stretch, look at each hand)
- circle waist & hips (focus on lower dan tian, keep head relatively still)
- arch & flatten low back (press points: 3 columns)
- shoulder rolls, back 6x, then forward 6x, then repeat (open chest & back)
- drop head & arc neck
  - a. arc ear to shoulder, b. lateral arcing L&R, c. reach away & explore L&R
  - options: add arm weight & pull, finish with massage
  - d. integrate with head circles – alternate directionsfinish with 2 hand massage of head, occiput, nape, shoulders & finish with SCM's
- arm circles: a. massage Lu-1&2 b. forward circling focus on shoulder joint, c. backward circling with reaching
- double arm swing (inward & outward) (alternately cross wrists (palms face inward then outward))
- shoulder drops
- forearm stretches: extend wrist & arc (yin channels) // flex & twist (yang channels)
- make fist / extend fingers // wiggle fingers // knead // finger snaps (stimulate nail pts)

#### **Lower Body Stretches**

- open hips – pivot on ball (L & R) // pivot on heels (L & R)
- ankle & toes stretch L & R // alternately stretch dorsum's of feet (rotate ankles if have shoes on)
- knee to chest/armpit (3x each side) a. stillness, b. add small arcs, c. add full sweep of knee  
(balance by focusing on lower dan tian)  
optional half lotus stretch: foot in groin sole up, lever knee out with hand
- heel to buttocks (3x each side) (pull is on tibia, breathe into knee, keep low back flat, pelvis tucked)  
a. stillness, b. add movement, c. massage Kd-1, then accentuate pelvic tuck
- step wide – shift weight L & R to stretch adductors / add turning of the waist
- lunge L & R to stretch iliacus // repeat lunge and push off thigh to stretch psoas
- deep adductor stretch / first stillness, then walk on hands
- squat – a. lace fingers behind head to stretch spine;  
b. straighten & lengthen spine while pushing out on knees with elbows
- lean over knee, heel off ground – stretch ankle & achilles
- feet back, drape one over back of other heel – stretch calf L & R  
finish by walking in place trying to push heels to floor
- tent stretch 2x (bend knees to relax and walk hands a bit closer then repeat)

## *Shiatsu Long Form Handbook – Dao-Yin Stretch Kata*

- walk toward hands – push off and hang (a. breathe, b. face melt, c. dangle head/neck, d. dangle arms)
- fingers under toes – bend & straighten knees to stretch hamstrings
- cup heels & continue (pull chest to thighs – head toward feet)
- squeeze up calves – thighs – gluts / then back to knees
- rub knees } popliteal (BL), lateral (GB), lat. front (ST), patella, medial (Sp-Lr-Kd)
- little knee dips, b. dip & circle L & R c. deep knee bends/squats

### **Torso Stretches**

- phoenix/quadratus stretch (squeeze up & down gracilis/Kd channel, tap quadratus & Kd, tap down BL channel)
- twisting spine L & R (deep horse hands on knees - look back over shoulder)  
(stretch with head & eyes) (walk gaze up wall to ceiling & back down)  
last one: look back to opposite toes and hold)  
(stretch lower dan tian with breathing)
- (turn toes forward) **side bends**:
  - a. one hand on head other at hip; elbow up
  - b. hand/arm hangs over head, other hand slides down to knee
  - c. twist up (look past elbow) – twist down (look out, reach out) add more palm rotation
- back bend/front stretch – breathe into belly, breathe into throat while leaning back (open CV)
- go to other side and do c. twisting (see previous) // then repeat backward hang
- bend forward fold arms and hang (open GV) a. breathe into spine, b. face melt, c. head dangle, d. shoulder dangle
- bend legs to get elbows to ground/floor – roll back up and unfold arms into:
- big circles from waist L & R 6x each way (eyes watch space between hands) (or hands if get dizzy)  
*end still hanging forward – roll up, but stay in deep horse position and bring elbows together*

### **Arm Stretches**

*work against imaginary resistance – alternate direction of push vs. relaxation (5-10 of ea.)*

- 1a. **elbows back** (squeeze scaps, open chest)      b. **squeeze** elbows together (flex pects, open back)
  2. elbows out reach up      a. **pull down** behind head      b. **overhead press**
  3. rowing      a. **pull back** (hands in fists)      b. **push forward**
  4. pull into solar plexus      a. palms up, hook fingers, elbows graze sides & arc up in back  
b. **push the mt** (palms open)
  5. elbows at sides      a. **raise** elbows laterally (wt. on top)      b. **squeeze** elbows to sides
  6. hands down      a. **pull up** over shoulders      b. **push down** (bike pump)
- walk feet in as hands float out to sides*
7. upper arms:      a. bicep curls (2 ways: thumbs forward, thumbs lateral)  
b. lateral arm raises with straight arms (buckets) / add looking L & R  
c. tricep extensions (3 ways: thumbs forward, out, in) a. eyes straight ahead, b. look over shoulder, c. look to fist
- finish arms with shoulder drops
  - hip rolls/rotations:      a. knee forward L&R 12x ea.      b. toes back semicircle L&R 12x ea.

**Standing Leg Lifts**

- *tap around hip joints from upper thigh to low abd. (3 yin channels)  
continue onto yang channels and sacrum to complete the circle*

*pick a leg:*

- |                         |  |   |
|-------------------------|--|---|
| 1. raise leg anteriorly | a. point toes  | b. pull toes back (push out through heel) (quads & psoas) |
| 2. 45° anterior         | point toes (turn medial thigh upward as you lift, engage sartorius)    |   |
| 3. straight laterally   | a. point toes  | b. point heel (TFL)                                       |
| 4. 45° posteriorly      | point toes   | (gluteus medius & minimus)                                |
|                         | (wrap hands around back and minimize low back involvement – use gluts) |   |
| 5. directly posterior   | a. point toes  | b. point heel   |
|                         | (gluteus maximus)  | as for #4, plus look forward, chest open                  |

- *rotate pelvis (small pelvic circles in both directions) then tap*
- *repeat leg lifts 1–5 on other side*
- *rotate pelvis (small pelvic circles in both directions) then tap again to finish*

**Return to Arms**

- hands: a. **up** b. **out** c. **back** (holding each position)
- a. weave fingers together, push toward sky, looking up at hands,
- b. then look forward while maintain overhead stretch
- c. bring hands down behind head, and push out laterally (hold)
- d. rotate arms back (palms face each other), squeeze scapula's (arms back, up & squeeze)
- shake
- leg swings (opposite hand & foot)  
(relax and open hips, low back & sacrum; lengthen leg, awaken Kd-1)

**Finishing**

*Rub hands together to generate warmth and develop qi*

**Wash Face then Scalp** (use fingernails), **Ears & Occiput**

last one: hands come together at sternum, slide down to lower dan tian

hands folded: R over L for men L over R for women

*Slide hands out to sides and Seal* (thumbs cover LI-1 & middle finger touches Lao Gong / Pc-8)

end by sliding thumbs out along forefinger

**stretch face, tongue, eyes, hands**

start to move by walking in place

指 壓 (traditional)

指 压 (simplified)

*Zhǐ – Yā* (pinyin)

*finger – pressure*

*press using fingers*

*in Japanese*

Shi-at-su

– Long 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)

# Long Form

## *~ Back ~ of the Body Kata*

New Moves are Bold and Underlined

# Shiatsu Long Form – Back of the Body Kata

## Back Shu Points

<b>post. midline Vertebral level</b>	<b>1st Column Jia Ji &amp; Ba Liao</b>	<b>2nd Column Inner BL</b>	<b>Organ (tissue)</b>	<b>3rd Column Outer BL • Jim's # / Shanghai #</b>
– C7 –	<b>0.5 – 0.75 cun</b>	<b>1.5 cun</b>		<b>3 cun</b>
– T1 –	<i>Jia Ji 1</i>	<b>BL-11</b>	Bones	<i>SI-14</i>
T2	<i>Jia Ji 2</i>	<b>BL-12</b>	Wind	BL-12a / 36
– T3 –	<i>Jia Ji 3</i>	<b>BL-13</b>	<b>Lu</b>	<b>BL-13a / 37</b>
T4	<i>Jia Ji 4</i>	<b>BL-14</b>	<b>Pc</b>	<b>BL-14a / 38</b>
– T5 –	<i>Jia Ji 5</i>	<b>BL-15</b>	<b>Ht</b>	<b>BL-15a / 39</b>
– T6 –	<i>Jia Ji 6</i>	<b>BL-16</b>	GV	BL-16a / 40
– T7 –	<i>Jia Ji 7</i>	<b>BL-17</b>	Diaphragm	<b>BL-17a / 41</b>
T8	<i>Jia Ji 8</i>	<i>Extra Pt</i>	Pancreas	
– T9 –	<i>Jia Ji 9</i>	<b>BL-18</b>	<b>Lr</b>	<b>BL-18a / 42</b>
– T10 –	<i>Jia Ji 10</i>	<b>BL-19</b>	<b>GB</b>	<b>BL-19a / 43</b>
– T11 –	<i>Jia Ji 11</i>	<b>BL-20</b>	<b>Sp</b>	<b>BL-20a / 44</b>
T12	<i>Jia Ji 12</i>	<b>BL-21</b>	<b>ST</b>	<b>BL-21a / 45</b>
– L1 –	<i>Jia Ji 13</i>	<b>BL-22</b>	<b>TB</b>	<b>BL-22a / 46</b>
– L2 –	<i>Jia Ji 14</i>	<b>BL-23</b>	<b>Kd</b>	<b>BL-23a / 47</b>
L3	<i>Jia Ji 15</i>	<b>BL-24</b>	CV-6	
– L4 –	<i>Jia Ji 16</i>	<b>BL-25</b>	<b>LI</b>	
L5	<i>Jia Ji 17</i>	<b>BL-26</b>	CV-4	
S1	(sacral foramen) <b>BL-31</b>	<b>BL-27</b>	<b>SI</b>	
S2	<b>BL-32</b>	<b>BL-28</b>	<b>BL</b>	BL-28a / 48
S3	<b>BL-33</b>	<b>BL-29</b>	Backbone, Sacrum & SI jt.	
– S4 –	<b>BL-34</b>	<b>BL-30</b>	Anus & Rectum	BL-30a / 49
coccyx	<b>BL-35</b>			

\* Jia Ji = Pinch/Press/Line the Spine / Paravertebral Points (aka Hua Tuo points; full name is Hua Tuo Jia Ji)



# Shiatsu Long Form – Back of the Body Kata

## Physical Exam: (Bei = Back) Shu Point Palpation

initials: \_\_\_\_\_ occup: \_\_\_\_\_ SX: \_\_\_\_\_ date: \_\_\_\_\_  
 age: \_\_\_\_\_ cc: \_\_\_\_\_  
 gender: \_\_\_\_\_ Hx: \_\_\_\_\_ time: \_\_\_\_\_

Shu Pt. Name (correspondence, vert. level, BL #)	Left		Right	
	subjective	objective	subjective	objective
<b>Da Zhu</b> Bones (T-1) BL-11				
<b>Feng Men</b> Wind (T-2) BL-12				
<b>Fei Shu</b> Lung (T-3) BL-13				
<b>Jue-Yin Shu</b> Pc (T-4) BL-14				
<b>Xin Shu</b> Ht (T-5) BL-15				
<b>Du Shu</b> GV (T-6) BL-16				
<b>Ge Shu</b> Diaphragm (T-7) BL-17				
<b>Yi Shu</b> pancreas (T-8) extra pt.				
<b>Gan Shu</b> Liver (T-9) BL-18				
<b>Dan Shu</b> GB (T-10) BL-19				
<b>Pi Shu</b> Sp (T-11) BL-20				
<b>Wei Shu</b> ST (T-12) BL-21				
<b>San Jiao Shu</b> TB (L-1) BL-22				
<b>Shen Shu</b> Kidney (L-2) BL-23				
<b>Qi Hai Shu</b> CV-6 shu (L-3) BL-24				
<b>Da Chang Shu</b> Lg. Int. (L-4) BL-25				
<b>Guan Yuan Shu</b> CV-4 shu (L-5) BL-26				
<b>Xiao Chang Shu</b> Sm. Int. (S-1) BL-27				
<b>Pang Guang</b> BL (S-2) BL-28				
<b>Zhong Lü Shu</b> backbone/SI shu (S-3) BL-29				
<b>Bai Huan Shu</b> ano-rectal (S-4) BL-30				

scale 1–10

\* circle the highest numbers

• Direct your questioning to these organ functions



## *Shiatsu Long Form – Back of the Body Kata*

*\*warm & energize your hands – fold hands over lower dan tian – center yourself\**

### Torso

*Partner face down, looking left – Place pillow under feet (shoulder width apart)*

*If necessary place a pillow under torso (lengthwise from clavicle to ASIS) (let head hang off)*

*Step to partners left side*

1. Make Contact connect & synchronize breathing
  2. Begin Rocking regular opening pattern **body toss** / colon rock / iliac rock / lumbar rock
  3. Move to right side Rock again brief regular / colon / iliac / lumbar / **spinal rock**
  4. **Stretch back:** **a. cross body** **b. elongate spine** (1st off table, then on)
- On table – straddle torso (left toes to armpit, right knee at hip)*
5. **Palm press back** (down erectors & up spine) (**down:** full palm **up:** palm over palm)  
*switch foot-knee position and repeat with the following variations*  
**down:** push laterally on erectors w/ hypothenar eminences **up:** palm over palm w/ scoop
  6. **Get off table on Left side** (*opposite to get up side*)
  7. Finger Kenbiki (up erectors on Right side)
  8. transition: Squeeze neck, shoulder and upper arm
  9. Thumb Kenbiki (back down erectors, R side)
  10. Double-palm press gluteals/SI joint
  11. **Elephant walk - palm press up erectors – then back down (with torque)**
  12. **palm press continues down thigh to knee, then Press & Rock back to sacrum,**  
**while upper hand keeps traction on PSIS/SI jt. – stop rock with double palm press.**
  13. Walk Around Table To Partners Right side – turn head & squeeze neck
  14. briefly rock – then lumbar rock
  15. Repeat finger & thumb kenbiki thru elephant walk, on left side of spine
  16. Thumb Press Jia-Ji pts. – **1x on each side** (**medium** pressure)
  17. Turn headward – left leg remains on table touching their side
  18. Squeeze & rub both shoulders (no thumbs)
  19. Thumb-circles down erectors (to bottom of sacrum/S4)
  20. Squeeze & Release skin over sacrum
  21. Skin roll up GV 2x (use heels of palms to get leverage for lift on 2nd pass)
  22. **Rapid, skin roll on upper back with both hands** (roll skin & clothing together)
  23. Two-hand squeeze right shoulder – transition to upper arm
  24. Squeeze & Twist triceps #1 **1x** (3 yang channels)
  25. Palm-press forearm #1 **1x** (1st time – Ht channel)



## *Shiatsu Long Form – Back of the Body Kata*

### **Arm & Shoulder Girdle (all new)**

#### **Arm Stretches (R side)**

- 26. **#1 Elbow flat** [coronal plane]
  - 27. **#2 Elbow up** (swimming) [sagittal plane]
  - 28. **#3 Vertical arm lift** (radius between fingers, other hand cradles shoulder)
  - 29. **#4 Lateral arm lift** (stabilize shoulder with index finger along posterior axillary fold)
  - 30. **#5 Rotate arm and thumb press axillary fold** to acromion (SI-9, Jian Hou, SI-10)
- Place their hand on their low back (at lumbo-sacral jct.)*
- 31. **Chicken wing ‘gravity stretch’** (weight of hand on elbow)

#### **Scapula Series**

- 32. **Pull down on shoulder - push in on elbow - pull up on thumb**
  - 33. *Place your (left) knee under their elbow* – Isolate scapula: **a. Saw** (push down on back, pull up on shoulder)  
**b. Lift & Shake scapula,** **c. Lateral Pull** (brace w/ leg), **d. Twist inferior angle back & forth**
  - 34. **Thumb press around scapula** (up medial, across top, round the shoulder, down lateral border)  
(small hands option: cradle shoulder and pull into the opposing thumb along lateral border)
  - 35. **Flat palm rub & rotate on scapula**
  - 36. **Press & stimulate pts.** SI-11–15 (11 = thumb, 12 = middle f., 13 = index f. – off scapula 14 & 15 using thumb)
  - 37. **Roll trapezius between thumb & fingers**
  - 38. *repeat* Flat palm rub & rotate on scapula to finish
  - 39. **Triceps squeeze & twist #2 as you remove your knee**
  - 40. Pull down on shoulder – push in on elbow – pull up on thumb
- Remove hand from back – place flat on table*
- 41. Palm press anterior forearm #2 **1x** (2nd time – Pc channel)



## *Shiatsu Long Form – Back of the Body Kata*

### Triceps / TB

42. *Hang arm over side of table and Sit on table*
43. **Duckbill Roll the triceps** (up & down)
- Stand up and face elbow left hand to lateral edge of scapula*
44. **R Thumb presses TB channel from elbow to acromion** (TB-10 to 14, roll thumb laterally to work TB-14)
45. **fingers wrap around and both Thumbs press back down to elbow**

### Overhead Arm Stretches

*Rotate arm/shoulder as you walk to overhead position*

46. *Hold arm securely at wrist & elbow – **Traction entire arm*** (use your wt.)
47. *Grasp fingers and fold arm to place palm on scapula – **Lift elbow to stretch triceps***
48. *Wing elbow out & lay arm on table, hand above head*
49. *Push down on shoulder/scap – **Flatten armpit press*** (work acromio-humeral articulation & thumb press LI-15)
50. **Palm press down arm to elbow** (LI-11) and **forearm to wrist** (snuffbox LI-5) **hand** to (LI-1)
51. *Hold fingers and once again extend arm overhead*
52. **Traction and vibrate** – then looser traction & Shake arm as you walk around table
53. *Drop arm & catch wrist (with L hand)*
54. *Carry arm up onto table – Triceps squeeze & twist #3* **1x**
55. *Palm-press forearm #3* **1x** (3rd time – Lu channel)
- option: One more triceps squeeze & twist and palm-press forearm (all 3 channels collectively)*





## *Shiatsu Long Form – Back of the Body Kata*

### **Shoulder – Neck & Head**

*Step to position above their Right shoulder - (their head facing Left)*

56. **Palm press across shoulder** 3x      *then **stretch*** (pull head–push shoulder in opposite directions)
57. Thumb press across right shoulder/traps **with both thumbs** 3x      (from C7 to ‘V’ LI-16)
58. Thumb press right side of neck/traps **with both thumbs** 3x      (from C7 to occiput)
59. Massage & Pull occipital ridge
60. Finger-squeeze around scalp      (pattern as in short form)
61. *Turn their head, sweep hair from face – Squeeze neck*
62. Repeat scalp massage & occipital pull on this side reversing directions
63. Shoulder stretch & presses on left side
64. Neck presses on left side
65. *Step back to position above shoulders*
66. Thumb press across both traps simultaneously 3x      (medial to lateral)
67. Thumb press 3 lines on upper back from T1 to T5      (jia-ji, BL inner & outer columns)
68. **Press & Flick upper back**      (flicking can be light or heavy)
69. **Palm press/walk down back to iliums**      (bilateral elephant walk)
70. **Alternate pressure on iliums**      (watch their heels, they should move)
71. **Hold stretch on sacrum with left hand**      **Slide/stroke up spine (GV) with right**

*Transition to Left arm*

72. **Repeat entire arm sequence on Left arm**      (start with 2 handed shoulder squeeze)



## Shiatsu Long Form – Back of the Body Kata

### Bladder Channel

*Climb on Table – Straddle Torso*

73. Even shoulders and smooth clothing – Place thumbs next to T<sub>3</sub> (spine of scapula level)
74. **Thumb-press Jia-ji pts. bilaterally** (thumbs point headward)  
*continue onto sacrum – Press sacral foramen 1 to 4 (BL-31-34)*  
*body-toss back up sides – smooth clothing, then*
75. Thumb-press inner column BL pts. – continue along lateral edge to bottom of sacrum (BL-13-30)  
*body toss back up sides – **have them turn their head** – smooth clothing, then*
76. **Thumb-press outer column BL pts.** (follow medial border of scapula – continue to gluteal fold (BL-36-50))
77. Double Palm press beside sacrum      gently rock as you release  
*Kneel behind L foot then quietly Step down off table to partners left side (same side you got up on)*

### Percussion Sequence

78. • Cupped hands    • Crane beaks    • Raindrops    • Duck-quacks    • Hitchhike    • Pillows

### Sacrum, Buttocks

79. Thumb press & rock along sacro-iliac joint and edge of sacrum      2x (down then up)
80. Thumb press & rock laterally from edge of sacrum to side      4 horizontal lines
81. Thumb press & rock down ITT to knee (GB channel)



## *Shiatsu Long Form – Back of the Body Kata*

### **Thigh – Knee, Ankle and Hip Joints**

- 82. Squeeze & Lift & Rock hamstrings (up-down-up – usually ending at gluteal fold)
- 83. **continue squeeze & knead onto gluteals** then down GB channel and back up to gluteal fold
- 84. Palm press hamstrings
- 85. Fist press hamstrings
- 86. Elbow press hamstrings – **3 lines instead of usual 1** (middle-medial-lateral) w/ traction on heel
- 87. **Forearm cross-press** from gluteal fold to popliteal crease (integrate previous 3 lines) (palm down or radius up)
- 88. **Forearm Rolls**
  - 1. one arm (maintain traction on heel) (always start with palm down)
  - 2. add help from other hand
    - a. slow roll
    - b. quick roll

### **Knee Stretches**

- 89. *Pick up left foot* **Pump leg w/ R while pressing pts.** (BL-53, 54, Kd-10) in popliteal fossa w/ Left hand
- 90. *Change hands* **Pump & rotate tibia while stabilizing knee w/ Right**
- 91. *Slide hands up* **Push heel toward buttocks and plantar-flex ankle/foot/toes**
- 92. **Release and catch foot**

### **Upright Ankle ROM**

- 93. **Slow shake, then fast vibrate ankle** (extend thumbs to protect ankle during vibrate)
- 94. **Dorsiflex foot & toes while rotating ankle** (knee is bent 90°)
- 95. **Tap bottom of foot**, hold & flex toes w/ other hand (1 handed hitchhiker – heel, lat. edge and across ball)



## *Shiatsu Long Form – Back of the Body Kata*

### Hip, Pelvis & Low Back Stretches

96. **Leg Lifts** – (cup heel & foot – dangle, drop, bounce leg – stretch in 3 directions)

97. **Frog-leg stretch** – knee to armpit 6-8x

*On last stretch, leave leg at 90° angle – Support their knee with your knee/thigh*

98. **Heel of palm press & rotate gluteal hollow** (GB 30)

99. **Heel of palm press down IT tract (GB) to knee** 2-3x

100. **Thumb press along GB channel from knee to ankle** (GB-34-40)

101. continue **pressing GB channel across dorsum of foot to toe** (GB-44)

*Cradle knee w/ right hand while stabilizing SI joint w/ left (keep leg from flopping with your arm)*

102. **Psoas & Sacro-iliac stretch** – lift thigh several times (raise up using your toes and/or climb onto table)

*Extend leg, cup patella w/ L hand – place leg so weight is lateral*

### **Calf & Foot**

103. Duckbill Rock lower leg (down then up)

104. **Palm press & rock calf from side** 3x (lateral, middle, medial)

105. Butterfly press gastroc.

106. Thumb press medial & lateral heads (end behind malleoli at BL-60 & Kd-3)

107. Thumb on thumb press between heads follow achilles to heel

*Turn and face footward*

108. **Claw press heel w/ left hand** – Turn back and

109. Thumb press 5 lines on sole **from heel to ball**

110. **Thumb press laterally across ball, thumb press line at jct. of ball & toes** (~ 3-4 passes)

111. Palm & Fist press both feet 3 positions 3rd pass – Palm or Fist press





## *Shiatsu Long Form – Back of the Body Kata*

*Step to Right side*

Repeat entire leg sequence on Right leg (start at waist w/ lumbar, colon & iliac rock)

**At Feet** (after Right leg)

112. *Kneel below feet – **Heel Pull*** (cup both heels and traction, then quickly release 3x)
113. *Palm & fist press feet 2x* • 3rd pass: Pinch lateral edges of feet to little toe
114. *Thumb press & rotate each toe* (start with little toe)
115. *Palm press - Fist press 2x* • 3rd pass: Thumb Press Bubbling Spring (Kd-1 Yong Quan)
116. *Thumbs lightly cover points* (mind & breath in lower dan tian – listen/feel)  
focus on Yong Quan  
*energetically connect:* Yongquan to lower Dan Tian  
then lower Dan Tian to Bai Hui

### **Turtle Position**

117. *Hold shirt-tail w/ L hand – R index & middle finger slide up & down alongside spine to C7*
118. *Duckbill Squeeze & Knead neck (one hand then both)* [brace head with thigh if necessary]
119. *Stand above head* Massage & pull occiput and occipital ridge
120. *Move to right side* Duckbill Squeeze & Knead neck again
121. *options:* **Elbow slides, presses, levers, waggles alongside spine** (jia-ji valley)  
a. mid-back to sacrum      b. change arms mid-back to shoulder  
*change sides* repeat on other side
122. *Sit up or Roll over* (good time for bathroom break)



## Back of the Body – Quick Reference

*\*warm & energize your hands – fold hands over lower dan tian – center yourself\**

### Torso

*Partner face down, looking left – Place pillow under feet (shoulder width apart)  
If necessary place a pillow under torso (lengthwise from clavicle to ASIS) (let head hang off)  
Step to partners left side*

1. Make Contact                      connect & synchronize breathing
2. Begin Rocking                      regular opening pattern      **body toss** / colon rock / iliac rock / lumbar rock
3. Move to right side                  Rock again                      brief regular / colon / iliac / lumbar / **spinal rock**
4. **Stretch back:**                      **a. cross body**                      **b. elongate spine** (1st off table, then on)  
*On table – straddle torso (left toes to armpit, right knee at hip)*
5. **Palm press back**                      (down erectors & up spine)                      (down: full palm                      up: palm over palm)  
**switch foot-knee position** and repeat with the following **variations**  
**down:** push laterally on erectors w/ hypothenar eminences      **up:** palm over palm w/ scoop
6. **Get off table on Left side**                      (*opposite to get up side*)
7. Finger Kenbiki                      (up erectors on Right side)
8. *transition:*                      Squeeze neck, shoulder and upper arm
9. Thumb Kenbiki                      (back down erectors, R side)
10. Double-palm press gluteals/SI joint
11. **Right palm presses down thigh to knee and back to sacrum**
12. **Elephant walk palm press up back – then back down**                      (**down with torque**)
13. *Walk Around Table To Partners Right side – turn head & squeeze neck*
14. briefly rock – then lumbar rock
15. Repeat finger & thumb kenbiki thru elephant walk, on left side of spine
16. Thumb Press Jia-Ji pts. – **1x on each side**                      (**light to medium** pressure)
17. *Turn headward – left leg remains on table touching their side*
18. Squeeze & rub both shoulders (no thumbs)
19. Thumb-circles down erectors (to bottom of sacrum/S4)
20. Squeeze & Release skin over sacrum
21. Skin roll up GV 2x                      (use heels of palms to get leverage for lift on 2nd pass)
22. **Rapid, skin roll on upper back with both hands** (roll skin & clothing together)
23. Two-hand squeeze right shoulder – *transition to upper arm*
24. Squeeze & Twist triceps #1      **1x**
25. Palm-press forearm #1                      **1x**                      (Ht channel)

### Arm & Shoulder Girdle (all new)

#### **Arm Stretches (R side)**

26. **#1 Elbow flat**                      [coronal plane]
27. **#2 Elbow up (swimming)**                      [sagittal plane]
28. **#3 Vertical arm lift**                      (radius between fingers, other hand cradles shoulder)
29. **#4 Lateral arm lift**                      (stabilize shoulder with index finger along posterior axillary fold)
30. **#5 Rotate arm and thumb press axillary fold** to acromion (SI-9, Jian Hou, SI-10)  
*Place their hand on their low back*
31. **Chicken wing ‘gravity stretch’**                      (weight of hand on elbow)
- Scapula Series**
32. **Pull down on shoulder - push in on elbow - pull up on thumb**
33. *Place your (left) knee under their elbow – Isolate scapula:* **a. Saw** (push down on back, pull up on shoulder)  
**b. Lift & Shake scapula,**      **c. Lateral Pull** (brace w/ leg),      **d. Twist inferior angle back & forth**
34. **Thumb press around scapula** (up medial, across top, round the shoulder, down lateral border)

## ***Back of the Body – Quick Reference***

35. **Flat palm rub & rotate on scapula**
36. **Press & stimulate pts. SI-11–15** (11 = thumb, 12 = middle f., 13 = index f., off scapula 14 & 15 using thumb)
37. **Roll trapezius between thumb & fingers**
38. *repeat* Flat palm rub & rotate on scapula
39. **Triceps squeeze & twist #2 as you remove your knee**
40. Pull down on shoulder – push in on elbow – pull up on thumb  
*Remove hand from back – place flat on table*
41. Palm press anterior forearm #2                    **1x**                    (Pc channel)

### **Triceps / TB**

42. *Hang arm over side of table and **Sit on table***
43. **Duckbill Roll the triceps**                    (up & down)  
*Stand up and face elbow                    left hand to lateral edge of scapula*
44. **R Thumb presses TB channel from elbow to acromion** (TB-10 to 14)
45. **fingers wrap around and both Thumbs press back down to elbow**

### **Overhead Arm Stretches**

- Rotate arm/shoulder as you walk to overhead position*
46. *Hold arm securely at wrist & elbow – **Traction entire arm*** (use your wt.)
47. *Grasp fingers and fold arm to place palm on scapula – **Lift elbow to stretch triceps***
48. *Wing elbow out & lay arm on table, hand above head*
49. Push down on shoulder/scap – **Flatten armpit press** (work acromio-humeral articulation)
50. **Palm press down arm to elbow** (LI-11) and **forearm to hand** (LI-1)
51. *Hold fingers and once again extend arm overhead*
52. **Traction and vibrate** – then looser traction & **Shake arm as you walk around table**
53. *Drop arm & catch wrist (with L hand)*
54. *Carry arm up onto table – Triceps squeeze & twist #3*                    **1x**
55. Palm-press forearm #3                    **1x**                    (Lu channel)
- option: Triceps Squeeze & Twist into Palm-press forearm #4                    (all 3 yin channels collectively)

<b>Shoulder – Neck &amp; Head</b>
-----------------------------------

*Step to position above their Right shoulder - (their head facing Left)*

56. **Palm press across shoulder** 3x                    *then **stretch*** (pull head–push shoulder in opposite directions)
57. Thumb press across right shoulder/traps **with both thumbs** 3x                    (from C7 to ‘V’ LI-16)
58. Thumb press right side of neck/traps **with both thumbs** 3x                    (from C7 to occiput)

59. Massage & Pull occipital ridge
60. Finger-squeeze around scalp                    (pattern as in short form)
61. *Turn their head, sweep hair from face – Squeeze neck*
62. Repeat scalp massage & occipital pull on this side reversing directions
63. Shoulder stretch & presses on left side
64. Neck presses on left side

65. *Step back to position above shoulders*

66. Thumb press across both traps simultaneously 3x                    (medial to lateral)
67. Thumb press 3 lines on upper back from T1 to T5                    (jia-ji, BL inner & outer columns)
68. **Press & Flick upper back**                    (flicking can be light or heavy)
69. **Palm walk/press down back to ilium’s**                    (kind of-like elephant walk)
70. **Alternate pressure on ilium’s**                    (watch their heels, they should move)
71. ***Hold stretch on sacrum with left hand***                    ***Slide/stroke up spine (GV) with right***  
*Transition to Left arm*
72. **Repeat entire arm sequence on Left arm**                    (start with 2 handed shoulder squeeze)

## Back of the Body – Quick Reference

### Bladder Channel

*Climb on Table – Straddle Torso*

73. Even shoulders and smooth clothing – Place thumbs next to T3 (spine of scapula level)
  74. **Thumb-press Jia-ji pts. bilaterally** (thumbs point headward)  
*continue onto sacrum* – Press sacral foramen 1 to 4 (BL-31-34)  
*body-toss back up sides – smooth clothing, then*
  75. Thumb-press inner column BL pts. – continue along lateral edge to bottom of sacrum (BL-13-30)  
*body toss back up sides – **have them turn their head** – smooth clothing, then*
  76. **Thumb-press outer column BL pts.** (follow medial border of scapula – continue to gluteal fold (BL-36-50))
  77. Double Palm press beside sacrum      gently rock as you release  
*Kneel behind L foot then quietly Step down off table to partners left side (same side you got up on)*
- Percussion Sequence**

78. • Cupped hands    • Crane beaks    • Raindrops    • Duck-quacks    • Hitchhike    • Pillows

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80. Thumb press & rock laterally from edge of sacrum to side      4 horizontal lines
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82. Squeeze & Lift & Rock hamstrings      (up-down-up – usually ending at gluteal fold)
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86. Elbow press hamstrings – **3 lines instead of usual 1** (middle-medial-lateral) w/ traction on heel
87. **Forearm cross-press** (from gluteal fold to popliteal crease)
123. **Forearm Rolls**
  1. one arm (maintain traction on heel)
  2. add help from other hand      a. slow roll      b. quick roll
88. **Knee Stretches**
89. *Pick up left foot* **Pump leg w/ R while pressing pts.** (BL-53, 54, Kd-10) in popliteal fossa w/ Left hand
90. *Change hands* **Pump & rotate tibia while stabilizing knee w/ Right**
91. *Slide hands up* **Push heel toward buttocks and plantar-flex ankle/foot/toes**
92. **Release and catch foot**

#### Upright Ankle ROM

93. **Slow shake, then fast vibrate ankle**      (extend thumbs to protect ankle during vibrate)
94. **Dorsiflex foot & toes while rotating ankle**      (knee is bent 90°)
95. **Tap bottom of foot**, hold & flex toes w/ other hand      (1 handed hitchhiker – heel, lat. edge and across ball)

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96. **Leg Lifts** – (cup heel & foot – dangle, drop, bounce leg – stretch in 3 directions)
97. **Frog-leg stretch** – knee to armpit      6-8x  
*On last stretch, leave leg at 90° angle – Support their knee with your knee/thigh*
98. **Heel of palm press & rotate at gluteal hollow**      (GB 30)
99. **Heel of palm press down IT tract (GB) to knee**      2-3x
100. **Thumb press along GB channel from knee to ankle**      (GB-34-40)
101. **continue pressing GB channel across dorsum of foot to toe** (GB-44)  
*Cradle knee w/ right hand while stabilizing SI joint w/ left (keep leg from flopping with your arm)*
102. **Psoas & Sacro-iliac stretch** – lift thigh several times (raise up using your toes or climb onto table)  
*Extend leg, cup patella w/ L hand – place leg so weight is lateral*

## Back of the Body – Quick Reference

### Calf & Foot

103. Duckbill Rock lower leg (down then up)
104. **Palm press & rock calf from side** 3x (lateral, middle, medial)
105. Butterfly press gastroc
106. Thumb press medial & lateral heads (end behind malleoli at BL-60 & Kd-3)
107. Thumb on thumb press between heads – follow achilles to heel  
*Turn and face footward*
108. **Claw press heel w/ left hand** – *Turn back and*
109. Thumb press 5 lines on sole **from heel to ball**
110. **Thumb press laterally across ball, thumb press line at jct. of ball & toes** (~ 3-4 passes)
111. Palm & Fist press both feet 3 positions 3rd pass – Palm or Fist press

*Step to Right side*

Repeat entire leg sequence on Right leg (start at waist w/ lumbar, colon & iliac rock)

**At Feet** (after Right leg)

112. *Kneel below feet* – **Heel Pull** (cup both heels and traction, then quickly release 3x)
113. Palm & fist press feet 2x • 3rd pass: Pinch lateral edges of feet to little toe
114. Thumb press & rotate each toe (start with little toe)
115. Palm press - Fist press 2x • 3rd pass: Thumb Press Bubbling Spring (Kd-1 Yong Quan)
116. Thumbs lightly cover points (mind & breath in lower dan tian – listen/feel)  
focus on Yong Quan  
*energetically connect:* Yongquan to lower Dan Tian  
then lower Dan Tian to Bai Hui

### Turtle Position

117. Hold shirt-tail w/ L hand – R index & middle finger slide up & down alongside spine to C7
118. Duckbill Squeeze & Knead neck (one hand then both) [brace head with thigh if necessary]
119. *Stand above head* Massage & pull occiput and occipital ridge
120. *Move to right side* Duckbill Squeeze & Knead neck again
121. *options:* **Elbow slides, presses, levers, waggles alongside spine** (jia-ji valley)  
a. mid-back to sacrum b. change arms mid-back to shoulder  
*change sides* repeat on other side
122. Sit up or Roll over (*good time for bathroom break*)

# Long Form

## *~ Front ~ of the Body Kata*

New Moves are Bold and Underlined

# Shiatsu Long Form – Front of the Body Kata

## Front Mu Points

<u>ant. midline</u> Ren Mai CV	Mu Pt. for:	Kidney Channel
all 1 cun apart horizontal level		
<b>CV-22</b> sternal notch		
<b>CV-21</b> mid manubrium		<b>Kd-27</b> Shu Official
<b>CV-20</b> 1st ICS		<b>Kd-26</b> lung
<b>CV-19</b> 2nd ICS		<b>Kd-25</b> alt. Ht mu
<b>CV-18</b> 3rd ICS		<b>Kd-24</b> liver (Sp)
<b>CV-17</b> 4th ICS	<b>Pc</b>	<b>Kd-23</b> spleen (Lr)
<b>CV-16</b> 5th ICS xipho-sternal jct.		<b>Kd-22</b> kidney
<b>CV-15</b> on xiphoid		
<b>CV-14</b> 6 cun up	<b>Ht</b>	
<b>CV-13</b> 5 cun up		
<b>CV-12</b> 4 cun up	<b>ST</b>	
<b>CV-11</b> 3 cun up		
<b>CV-10</b> 2 cun up		
<b>CV-9</b> 1 cun up		
<b>CV-8</b> umbilicus		<b>Kd-16</b>
<b>CV-7</b> 4 cun up	<b>TB</b>	
<b>CV-5</b> 3 cun up	<b>TB</b>	
<b>CV-4</b> 2 cun up	<b>SI</b>	
<b>CV-3</b> 1 cun up	<b>BL</b>	
<b>CV-2</b> pubic crest		<b>Kd-11</b>

12 Organs	12 Mu Points	Location
<b>Lu</b>	<b>Lu-1</b>	delto-pectoral triangle
<b>Pc</b>	<b>CV-17</b>	ant. midline 4th ICS
<b>Ht</b>	<b>CV-14</b>	ant. midline upper abd. 6 cun up
<b>Lr</b>	<b>Lr-14</b>	6th ICS
<b>GB</b>	<b>GB-24</b>	7th ICS
<b>ST</b>	<b>CV-12</b>	ant. midline upper abd. 4 cun up
<b>Sp</b>	<b>Lr-13</b>	tip of 11th rib
<b>LI</b>	<b>ST-25</b>	mid rectus level with umbilicus
<b>Kd</b>	<b>GB-25</b>	tip of 12th rib
<b>TB</b>	<b>CV-5</b>	ant. midline lower abd. 3 cun up
<b>SI</b>	<b>CV-4</b>	ant. midline lower abd. 2 cun up
<b>BL</b>	<b>CV-3</b>	ant. midline lower abd. 1 cun up



## Shiatsu Long Form – Front of the Body Kata

### Mu Point Palpation

initials: \_\_\_\_\_ cc: \_\_\_\_\_ date of test: \_\_\_\_\_  
 age: \_\_\_\_\_ sx: \_\_\_\_\_  
 gender: \_\_\_\_\_ hx: \_\_\_\_\_ time of test: \_\_\_\_\_  
 occup: \_\_\_\_\_

Organ	Subjective		Objective	
	Left	Right	Left	Right
<b>Lung</b> (Lu-1)				
<b>Heart II</b> (Kd-25)				
<b>Pericardium (UJ)</b> (CV-17)				
<b>Heart I</b> (CV-14)				
<b>Liver</b> (Lr-14)				
<b>Gall Bladder</b> (GB-24)				
<b>Stomach (MJ)</b> (CV-12)				
<b>Spleen</b> (Lr-13)				
<b>Kidney</b> (GB-25)				
<b>Lg. Intestine</b> (ST-25)				
<b>San Jiao / Qi Hai</b> (CV-7)				
<b>San Jiao (LJ)</b> (CV-5)				
<b>Guan Yuan / SI</b> (CV-4)				
<b>Bladder</b> (CV-3)				
<b>Bladder</b> (CV-2)				

scale 1–10

\* circle the high numbers (most reactive pts)

• Direct your questioning to these organ fx.



## Shiatsu Long Form – Front of the Body Kata

### Integrated Mu & Shu Point Exam

initials:  
age:  
gender:  
occup:

cc:  
sx:  
hx:

date of test: \_\_\_\_\_

time of test: \_\_\_\_\_

<u>Mu Pts</u>		Organ	<u>Shu Pts</u>	
L	R		L	R
		<b>Lung</b> Lu-1 // BL-12 & 13		
		<b>Pericardium</b> CV-17 // BL-14		
		<b>Heart</b> CV-14 & Kd-25 // BL-15		
		<b>Pancreas</b> CV-11 // T-8		
		<b>Liver</b> Lr-14 // BL-18		
		<b>Gall Bladder</b> GB-24 // BL-19		
		<b>Spleen</b> Lr-13 // BL-20		
		<b>Stomach</b> CV-12 // BL-21		
		<b>San Jiao</b> CV-5 & 7 // BL-22		
		<b>Kidney</b> GB-25 // BL-23		
		<b>Qi Hai</b> CV-6 // BL-24		
		<b>Lg. Intestine</b> ST-25 // BL-25		
		<b>Guan Yuan</b> CV-4 // BL-26		
		<b>Sm. Intestine</b> CV-4 // BL-27		
		<b>Bladder</b> CV-2 & 3 // BL-28		

scale 1–10

\* circle the high numbers (most reactive pts)

• Direct your questioning to these organ fx.



## *Shiatsu Long Form – Front of the Body Kata*

### **Part I – Limbs**

#### **Anterior Lower Limb**

*Stand below partners feet – Grasp tops of feet*

1. Traction legs & Shake
2. Push feet in & out to loosen hips (windshield wipers)
3. *Lift their legs and* Place pillows under knees
4. *Step to your Left (their R)* – straighten arms, place hands on belly – flatten low back  
*option: Drape upper body*

#### **Thigh**

5. *Face right knee–patella in R palm* – Rock leg
6. Squeeze & Lift quadriceps from knee to hip (up-down-up) **option:** Lift & Squeeze & **Rock**
7. Fist press thigh (hip to knee) 3x (each pass gets wider)
8. **Tap (one handed hitchhiker) down ST and up Sp** 3x (L hand below knee pushes medially, R hand taps)

#### **Knee**

9. Thumb press around patella 1st circle
10. **Thumb Pull patella four directions** (down, up, left & right)  
*option: raise knee and sit on their foot* **Thumb press ‘eyes of knee’**
11. *continue* Thumb presses around patella 2nd & 3rd circles (each circle gets larger)



## Shiatsu Long Form – Front of the Body Kata

### Lower Leg

12. Thumb press 3 lines of ST channel – from knee (ST-36) to ankle (ST-41)(**2 hand version**)
13. 4th line – Press GB channel from head of fibula (GB-34) to sinus tarsi (GB-40)    anterior to fibula  
**5th line – Press GB channel**    **posterior to fibula**

### Ankle

*Place achilles over your left thigh*

14. Clamp ankle and rotate foot    (both directions)
15. *pivot hand* (fingertips toward heel) and dorsi-flex foot
16. **Press ankle points:**    (thumb press: BL-60 & 62; GB-40 & ST-41 // finger press: Lr-4 & Sp-5; K-6 & 3)

### Medial Leg

17. Four-finger press up medial leg    3x    (Kd-3 to Sp-9, Lr-7 & Kd-10)
18. **Squeeze pes anserine** (with whole hand) then  
**Squeeze skin into roll and work down 3 yin channels**    **then back up rolling the skin roll**
19. Smooth yin channels (quick, fluid strokes with fingerpads, fingertips on tibia, whole finger entire medial leg)

### Foot

*Stand at foot of Table*

20. Spread dorsum of foot    • Arch sole    • Alternate spreading & arching
21. Manipulate metatarsals with **shearing** motion
22. Thumb slide between metatarsals to web spaces
23. **Thumb press Lr-3 & GB-41** (simultaneously)
24. *Cup heel and toes*    Vibrate toes & MP joints
25. **Pull each toe**    (start with little toe – pull straight)
26. Squeeze & Press each toe    3 lines per toe (lateral-middle-medial)
27. Thumb press medial arches from heel to MP joint 2x  
**2nd pass press points:** (lower Kd-6, Kd-2, Sp-4, Sp-3)

*Step to Left leg – Repeat leg sequence on left side*





## Shiatsu Long Form – Front of the Body Kata

### Leg Stretches (all new)

*Go back to Right leg*

28. **Opening the hip** – up to neutral / cradle & arc / press to chest (3 directions) – use arms outstretched, use chest
29. **Hamstring stretch** – cup heel and brace knee – alternately push foot headward & relax  
*Climb onto table – place heel over shoulder – keep their knee straight*
30. Traction entire leg, then push leg headward with your torso, then dorsiflex foot  
*slip hand under achilles and release foot from your shoulder as you step down from table*
31. **Adductor stretch** (brace their foot against opposite leg – place their L hand over ASIS, your R hand on top – your L hand at knee)
32. **Palm press up yin channels** on inside of thigh (face headward, R hand stabilizes ASIS, L hand works)  
(option 1: bring your knee onto table and fit into curve of ankle/instep as brace & bring your weight closer to center)  
(option 2: can change hands to work Kd channel)
33. *Straighten leg by pulling heel footward – Climb onto table – support ankle with knees*
34. **Hip/Knee rock** (fingers behind knee, thumbs at eyes of knee – **push & pull**)  
*Clasp fingers around thigh just proximal to knee and lean back into*
35. **Knee pull** (also stretches hip & low back)  
*Push knee headward then across body into*
36. **Lumbar twist** – lift at low back to assist roll over – long & short traction stretches
37. *Push knee headward and roll partner onto back – get off table and carry leg to full extension*  
*option: **Side Position: Scapula loosening, Shoulder/Neck Stretch** (can go here, see #155)*  
*Dismount and walk backwards cradling foot into*
38. **Lateral leg swing** 2 versions: 1) toes point sideways 2) toes point toward ceiling
39. **Rotate leg** while fingertips, then thumb, press into lateral hip/TFL (GB-29)
40. then reach thumb forward to anterior thigh and **press ST-31**, while still rotating leg
41. *Step to foot of table* **Traction & shake legs**  
*Move to left leg – Repeat entire leg stretch sequence on left limb* (remember to reverse specific L/R instructions)
42. *option: **Quadriceps stretch (do their L leg first, then go back to R leg)***
  - on L leg: support knee with your L hand, reach under and cradle toes with your R)
  - arc knee medially and down and rest their ankle over your L knee/thigh)
  - Palm press quads/ST channel with your R hand 3x
  - to finish: your R hand cups their heel and scoops their leg back up onto the table*bring leg back to full extension and get person centered on table again*
43. Repeat two leg traction-shake & windshield wipers following second leg
44. *Upon completion check leg length*  
**if one leg is short:** wrap fingers around dorsum of foot, thumbs on sole, **dorsiflex & traction, then rock whole body**  
**Place pillow back under knees** **Step to Right and up to left arm**



## *Shiatsu Long Form – Front of the Body Kata*

### **Arms – Shoulder, Elbow, Wrist**

*Step R to their left side & take hand from abdomen – 2 fingers in each hand*

45. Traction shoulder & shake arm (palm down – don't lift arm)
46. Pump & Circle forearm – Press & Roll cubital fold
47. Flex & Extend Wrist (remember to include thumb)
48. Clamp wrist & Rotate hand (remember to pull upward and open the joint space)
49. *Step back palm down*      **Wrist flops**

### **Hand & Fingers**

50. Spread dorsum of hand      • Arch palm      • Alternate spreading & arching
51. Manipulate metacarpals with **shearing** motion
52. Thumb slide between metacarpals to web spaces (lateral, medial; and repeat)
53. Squeeze & press each finger (sides-top & bottom-sides – from web to fingertip)
54. *turn sideways (backs of thighs against table)* **Finger snaps** (along sides to nail points)

*Turn their hand over – palm up*

55. **Thumb press 3 yin channels on forearm elbow to wrist** (Ht 3 to 7; Pc 3 to 7; Lu-5 to 9)
  - a. support wrist with one hand, thumb press channel with other
  - b. thumb walk (holding forearm in both hands)

**Lace your fingers between theirs and spread their palm**

56. **Slide thumbs across palm**      **then between metacarpals**
57. **Press points on palm and wrist** (Lu-10, Ht-8, Pc-8; Ht-7, Lu-9, Pc-6 & 7) alternating hands

**Turn hand back over and drape over your thigh**      **(use your R knee / headward knee)**

58. **Massage the ‘tigers mouth’** then **Press points:** (LI-4, SI-3-4-5-6; TB-5; pinch&roll skin Lu-7 to LI-5)



## *Shiatsu Long Form – Front of the Body Kata*

### **Arm** *continued*

- 59. **Press up yang channels** (TB & LI) to elbow with lateral edge of hand (hypothenar pad) 3x
- 60. **Thumb press & rotate LI-11**
- 61. **Overhand squeeze up bicep and anterior deltoid to shoulder**
- 62. **Cup and rotate shoulder with palm**  
**thumb circle on anterior deltoid pt. (Jian Qian/Jian Nei Ling)**

*Clamp wrist securely with both hands*

- 63. Arm Stretches
  - a. toward ceiling 2-3x (dangle arm in between stretches)
  - b. **lunge into overhead stretch**
  - c. **laterally & down**

*option: **Side Position: Scapula loosening, Shoulder/Neck Stretch** (can go here, see #155)*

*Move to position above head*

- 64. Straighten shoulders      Push toward feet      Push toward table
- 65. *Slide fingers under shoulders* – massage upper back  
*Stand up* – massage traps & squeeze scalenes with thumbs
- 66. *Slide up neck* – **easy traction on occiput**

***Move to right arm***

- 67. Repeat arm sequence (*reverse all L/R instructions*)
- 68. *upon finishing R arm* – Even shoulders by pulling on both wrists

*Place Arms on table slightly away from their sides – Stand Facing Abdomen*



## *Shiatsu Long Form – Front of the Body Kata*

### **Part II – Torso**

#### **Abdomen**

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

- 69. **Diagonal-abdominal stretch**
- 70. Rock abdomen
- 71. Rectus rock (Sp channel) (work up & down between costal margin and ASIS)
- 72. Cat paws (randomly around abdomen – end in lower right quadrant)
- 73. Skin lift & dangle (9 positions around abdomen)
- 74. Palm press 8 positions around colon (with exhalations) • **Repeat 8 colon presses a second time**
- 75. Diamond press up Ren Mai/CV (pubis to xiphoid) (CV-2–14) (ID Mu pts & organ correspondences)

#### **Chest**

- 76. Continue up sternum with 3 fingers of right hand – Press & Rotate (CV-16–21)
- 77. *Hook middle finger over sternal notch and gently Pull down* (CV-22)  
*Spread fingers to intercostal spaces on either side of sternum*
- 78. Press Kidney channel points from clavicle to 5th ICS (Kd-27 to 22)

#### ***return to Abdomen***

- 79. Thumb walk costal arch 3x – *3rd time press around sides* (thru Lr-13)
- 80. *Reach around & under to low back* – Massage low back & kidneys with fingertips (GB-25)
- 81. Thumb circles on rectus at level of umbilicus (ST-25)





## Shiatsu Long Form – Front of the Body Kata

### return to Chest

*Move hands to sides and lower thoracic cage (heels of palms on attached ribs)*

82. Compress & churn ribcage (squeeze in & down, release up & out)
83. **Thumb press & rotate at St-18, Lr-14, GB-24 (5th, 6th & 7th ICS)**
84. Pat Spleen & Liver areas with cupped hand
85. Tap up & down sternum 2x (end at xipho-sternal jct instead of CV-17 – don't step overhead yet)
86. **Thumb-walk costal margin one more time from xiphoid to low back & Kd**
87. **Arch & bounce low back (moderate & stronger versions)**
88. **Drag between ribcage & ilium on L side** (alternate hands)  
*Walk around & repeat on R side*
89. **One arm walk-around's L & R** (3x – 3 variations)  
*Move to position above head*
90. Thumb press & rotate delto-pectoral triangle (Lu 2 & 1) *pivot on thumbs and*
91. Palm press chest & sides (3 anterior positions, then 3 lateral positions up sides to armpits) 3x
92. **Thumb walk along superior borders of clavicles** (medial to lateral) 2x
93. **Thumb press inferior borders of clavicles** (out to Lu-2) 1x
94. **Thumb press intercostal spaces** laterally from sternum 1st to 5th ICS, out to ST-18, around to sides
95. Lightly palm or thumb press up sides following Sp channel (Sp-17-20 and back to Lu-1)
96. **Stretch pects:** slip fingers under inferior margin and explore between muscle and ribcage  
*finish by grasping pects and gently, but firmly pulling headward*  
*Slide hands down arms – grasp wrists – raise to rest on elbows then allow hands to flop overhead*
97. **Pump both arms a few times, then Stretch arms overhead & finish with 'telemark' kneel**
98. *option: Fold their arms across chest, hook one elbow under the other, and have them clasp their shoulders*  
*Toss torso back & forth to work your arms under their back – **Arch back/spine** (work headward from kidneys)*  
*Re-position their hands on abdomen (women R hand on belly, men L), then slide back up to shoulders*
99. Even the shoulders • Push toward feet • Push toward table
100. • Massage upper back with fingertips (your forearms on table)  
• *Stand up and* work traps with thumbs along anterior margin (end at neck and turn thumbs into sides of neck)
101. Thumb circles up sides of neck to occiput (following anterior edge of trapezius)
102. Finger circles up sides & back of neck to occiput



## *Shiatsu Long Form – Front of the Body Kata*

### Neck

103. **Head & neck toss** • **Finish with light traction to neck**
104. **Thumb walk along superior borders of clavicles again** (medial to lateral) 2x
105. **Isolate & Squeeze/Pinch SCM's L & R**
106. *Slide one hand under neck* – Squeeze back of neck • other hand stabilizes head
107. Arch & straighten neck (3 positions C6, C4, C2) 2-3x slower to faster
108. **Crossed arm neck stretch** (stretch head toward feet – push down on shoulders) 2-3x
109. **Ear to shoulder stretch** 3x, then hold steady, cross hand to opposite shoulder & push down (1x)
110. **Look Left & Right** (3-4x in each direction)
111. **Figure-8 stretches** (6-8x)
112. Drag hands up back of head – alternate hands (smooth & straighten hair, lengthen neck)
113. option: **Strong traction on neck** (cradle jaw with one hand, occiput with the other)

### Ears

114. Massage ears (with thenar eminences) and begin stretching ears (easy to stronger)
115. Massage lobes, then follow the rim/helix to attachment (with thumbs)
116. back down antihelix ridge with wiping movement of thumbs
117. Rub back of ears with fingertips
118. Squeeze tragus then **Gently lift/pull toward ceiling with index finger to open ear canal**
119. Slide finger down to floor of ear (cavum/inferior concha) and begin 'S' sweeps (out & in 3x, end with out sweep)
120. Churning (forefinger in front – other fingers behind ear)
121. *transition to TMJ*



## *Shiatsu Long Form – Front of the Body Kata*

### Face

#### Ears to Chin

- 122. Fingertips massage TMJ – then follow masseter to jaw & mandible to chin
- 123. Thumb circles back along jaw to angle of mandible (support jaw w/ fingers)
- 124. Finger walk underneath jaw back to chin
- 125. Massage root of tongue with one finger
- 126. **Gently push jaw to open & close mouth**

#### Chin to Nose

*Thumb press horizontal rows of points (from midline laterally across face to ear)*

- 127. Tip of chin – follow mandible to earlobe
- 128. Mento-labial midpoint & foramen (CV-24 & extra pt.) – lower gum line
- 129. Philtrum (GV-26-27-28) – upper gum line
- 130. Beside nostrils (LI-20), under maxilla to tragus
- 131. **Skin Roll & Slide across cheeks** (3 lines several times), **then Squeeze lips**
- 132. **Light finger tapping around lower face**

#### Nose to Eyes

- 133. Thumb press side of nose (jct. of bone & cartilage) follow cheekbone line to ear (SI-19)
- 134. Press infra-orbital ridge (from bridge of nose to outer canthus – across temples to ear)
- 135. Press supra-orbital ridge (approach bridge of nose from above)
- 136. **Press around eye between orbit and eyeball (thumb along infra & forefinger on supra)**
- 137. **Lay thumbs over closed eyes** (span orbit bones) *Check about contacts*
- 138. **Press gently moving laterally across eyeballs, then turn thumbs sideways, Press & Rotate**
- 139. **Place fingertips around eyes – gently stretch in all directions** (expanding circle)
- 140. **Rest hands over face & eyes – Slowly move hands laterally and end covering ears**

#### Eyes to Hairline

- 141. Thumb Press between eyebrows ‘Yin-Tang/Tian Mu’ – then follow eyebrow line (BL-2 – TB-23 to TB-20 at apex)
- 142. **Thumbs stroke nose and forehead** (opposite directions – away from bridge)
- 143. **Thumb squiggle on forehead** (zigzag back & forth) *finish with a few quick lateral wipes*
- 144. Thumb press 3 lines on forehead (eyebrows to anterior hairline) *(these lines go to ear apex line)*



## Shiatsu Long Form – Front of the Body Kata

### Head & Scalp

145. **Continue thumb presses on scalp** (from hairline to crown – 4 or 5 more lines – end lines at TB-20 to GB-8)
146. **Shampoo scalp – one side then the other**
147. *with head still turned* – **Comb scalp with fingers from forehead to occiput**
148. **Hair-pull scalp stretch** (pull hair by forming fist close to scalp)

*Turn head and repeat*

149. *Straighten head*                      Comb fingers through hair bilaterally from anterior hairline to table
150. **Palm Press around head**                      (slow, but firm)

*Slide hands under occiput*

151. Massage occipital ridge (GV-15 & 16, BL-10, GB-20 & 12)
152. Occipital Rock                      (place middle finger at GB-20 between SCM & trapezius)

*One hand stays at occiput to provide cervical traction, other thumb goes to top of head*

153. **Press Bai-Hui (GV-20) & Si-Shen-Cong points (4 pts. around Bai-Hui)**

*Release occiput hand and slide it up to top of head*

154. both thumbs Cover Bai-Hui (GV-20)                      (mind & breath in lower dan tian) *visualize connecting centers*  
first focus on Baihui                      (3 resp.)  
Baihui to Dantian                      (3 resp.)  
Dantian to Yongquan                      (3 resp.)  
back up to Dantian                      (3 resp.)  
back to Baihui                      (3 resp.)

Flow down & up / yin & yang are harmonized, entire body is integrated and balanced.

Energetically disconnect, then physically disconnect as you open your eyes (fingers first, thumbs last)

155. *option:* **Side Position: Scapula loosening, Shoulder/Neck Stretch** – *Roll partner onto one side*  
*Place one leg on the table so it supports their back – both hands cradle their shoulder*  
push up, down & around to loosen and relax shoulder girdle – *do this between each of the following*  
*1st time:* lean back to traction their shoulder footward (let the weight of their head do half of the stretch)  
*2nd time:* place fingertips at mastoid – lean back and push head gently away from shoulder  
*3rd time:* heel of palm at mastoid – lean back and push head away from shoulder more firmly  
\* *both knees on table:* hook fingers onto medial border of scapula and pull upward (toward ceiling)  
\*\* *Repeat on other side*





## *Front of the Body – Quick Reference*

### Part I – Limbs

#### Anterior Lower Limb

*Stand below partners feet – Grasp tops of feet*

1. Traction legs & Shake
2. Push feet in & out to loosen hips (windshield wipers)
3. *Lift their legs and Place pillows under knees*
4. *Step to your Left (their R) – straighten arms, place hands on belly – flatten low back*  
*option: Drape upper body*
5. *Face right knee–patella in R palm – Rock leg*
6. Squeeze & Lift quadriceps from knee to hip (up-down-up) option: Lift & Squeeze & **Rock**
7. Fist press thigh (hip to knee) 3x (each pass gets wider)
8. **Tap (one handed hitchhiker) down ST and up Sp** 3x
9. Thumb press around patella 1st circle
10. **Thumb Pull patella four directions** (down, up, left, right)  
*option: Raise knee and sit on their foot* **Thumb press ‘eyes of knee’**
11. *continue* Thumb presses around patella 2nd & 3rd circles

#### Lower Leg

12. Thumb press 3 lines of ST channel – from knee to ankle 2 hand version
13. 4th line – Press GB channel from head of fibula to sinus tarsi anterior to fibula  
**5th line – Press GB channel** posterior to fibula
- Place achilles over your left thigh*
14. Clamp ankle and rotate foot (both directions)
15. *pivot hand* (fingertips toward heel) and dorsi-flex foot
16. **Press ankle points:** (thumb press: BL-60 & 62; GB-40 & ST-41 // finger press: Lr-4 & Sp-5; K-6 & 3)
17. Four-finger press up medial leg 3x (Kd-3 to Sp-9, Lr-7 & Kd-10)
18. **Squeeze pes anserine** • **Skin Roll down & back up 3 yin channels**
19. Smooth yin channels

*Stand at foot of Table*

20. Spread dorsum of foot • Arch sole • Alternate spreading & arching
21. Manipulate metatarsals with **shearing** motion
22. Thumb slide between metatarsals to web spaces
23. **Thumb press Lr-3 & GB-41** (simultaneously)
24. *Cup heel and toes* Vibrate toes & MP joints
25. **Pull each toe** (start with little toe – pull straight)
26. Squeeze & Press each toe 3 lines per toe (lateral-middle-medial)
27. Thumb press medial arches from heel to MP jt. 2x  
**2nd pass press points:** (lower Kd-6, Kd-2, Sp-4, Sp-3)

\*\* *Step to Left leg – Repeat leg sequence on left side*

## Front of the Body – Quick Reference

### Leg Stretches (all new)

*Go back to Right leg*

- 28. **Opening the hip** – up to neutral / cradle & arc / press to chest (3 directions)
- 29. **Hamstring stretch** – cup heel and brace knee – alternately push foot headward & relax  
*Climb onto table – place heel over shoulder – Hold knee w/ L hand & ball of foot w/ R*
- 30. Traction entire leg, then push leg headward with your torso, then dorsiflex foot  
*slip hand under achilles and release foot from your shoulder as you step down from table*
- 31. **Adductor stretch** (brace their foot against opposite leg – place their L hand over ASIS, your R hand on top – your L hand at knee)
- 32. **Palm press up yin channels** on inside of thigh (face headward, R hand stabilizes ASIS, L hand works)
- 33. *Straighten leg by pulling heel footward – Climb onto table – support ankle with knees*
- 34. **Hip/Knee rock** (fingers behind knee, thumbs at eyes of knee – **push & pull**)  
*Clasp fingers around thigh just proximal to knee and lean back into*
- 35. **Knee pull** (also stretches hip & low back)

*Push knee headward then across body into*

- 36. **Lumbar twist** – lift at low back to assist roll over – long & short traction stretches
- 37. *Push knee headward and roll partner onto back – get off table and carry leg to full extension*

option: **Side Position: Scapula loosening, Shoulder/Neck Stretch** (see #155)

*Dismount and walk backwards cradling foot into*

- 38. **Lateral leg swing** 2 versions: 1) toes point sideways 2) toes point toward ceiling
- 39. **Rotate leg** while fingertips, then thumb, press into lateral hip/TFL (GB-29)
- 40. then reach thumb forward to anterior thigh and **press ST-31**, while still rotating leg

- 41. *Step to foot of table* **Traction & shake legs**

*Move to left leg – Repeat entire leg stretch sequence on left limb* (remember to reverse specific L/R instructions)

- 42. option: **Quadriceps stretch** • Palm press quads/ST channel  
*bring leg back to full extension and get person centered on table again*
- 43. Repeat two leg traction-shake & windshield wipers following second leg
- 44. *Upon completion check leg length*  
**if one leg is short:** wrap fingers around dorsum of foot, thumbs on sole, **dorsiflex & traction, then rock whole body**

*Place pillow back under knees*

*Step to Right and up to left arm*

## Front of the Body – Quick Reference

### Part II – Torso

#### Arms – Shoulder, Elbow, Wrist

*Step R to their left side & take hand from abdomen – 2 fingers in each hand*

45. Traction shoulder & shake arm
46. Pump & Circle forearm – Press & Roll cubital fold
47. Flex & Extend Wrist
48. Clamp wrist & Rotate hand
49. **Wrist flops**

#### Hand & Fingers

50. Spread dorsum of hand • Arch palm • Alternate spreading & arching
51. metacarpal **shearing**
52. Thumb slide between metacarpals to web spaces (lateral, medial; and repeat)
53. Squeeze & press each finger (sides-top & bottom-sides – from web to fingertip)
54. **Finger snaps** (along sides to nail points) *Turn their hand over – palm up*
55. **Thumb press 3 yin channels on forearm elbow to wrist** (one or both versions)  
*Lace your fingers between theirs and spread their palm*
56. **Slide thumbs across palm then between metacarpals**
57. **Press points on palm and wrist** (Ht-8, Pc-8; Lu-10, then, Lu-9, Ht-7, Pc-6 & 7)  
*Turn hand back over and drape over your thigh*
58. **Massage the ‘tigers mouth’** then **Press points:** (LI-4, SI-3-4-5-6; TB-5; Pinch Lu-7 to LI-5)

#### Arm continued

59. **Press up yang channels** (TB & LI) to elbow with lateral edge of hand (hypothenar pad) 3x
60. **Thumb press & rotate LI-11**
61. **Overhand squeeze up bicep and anterior deltoid to shoulder**
62. **Cup and rotate shoulder with palm**  
**thumb circle on anterior deltoid pt. (Jian Qian)**

*Clamp wrist securely with both hands*

63. Arm Stretches a. toward ceiling 3x b. **lunge into overhead stretch** c. **laterally & down**

option: **Side Position: Scapula loosening, Shoulder/Neck Stretch** (see #155)

*Move to position above head*

64. Straighten shoulders Push toward feet Push toward table
65. *Slide fingers under shoulders* – massage upper back  
*Stand up* – massage traps & squeeze scalenes with thumbs
66. *Slide up neck* – **easy traction on occiput**

**Move to right arm**

67. Repeat arm sequence (reverse all L/R instructions)
68. *upon finishing R arm* – Even shoulders by pulling on both wrists  
*Place Arms on table slightly away from their sides – Stand Facing Abdomen*

## *Front of the Body – Quick Reference*

### Abdomen

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

69. **Diagonal-abdominal stretch**
70. Rock abdomen
71. Rectus rock (Sp channel)
72. Cat paws (end in lower right quadrant)
73. Skin lift & dangle (9 positions around abdomen)
74. Palm press 8 positions around colon (with exhalations) • **Repeat 8 colon presses a second time**
75. Diamond press up Ren Mai/CV (pubis to xiphoid) (CV-2–14) (ID Mu pts & organ correspondences)

### Chest

76. Continue up sternum with 3 fingers of right hand – Press & Rotate (CV)
77. *Hook middle finger over sternal notch and gently Pull down (CV-22)*  
*Spread fingers to intercostal spaces on either side of sternum*
78. Press Kidney channel points from clavicle to 5th ICS (6 presses/points) (Kd-27 to 22)

### return to Abdomen

79. Thumb walk costal arch 3x – *3rd time press around sides (Lr-13)*
80. *Reach around & under to low back* – Massage low back & kidneys with fingertips (GB-25)
81. Thumb circles at mid-rectus at level of umbilicus (ST-25)

### return to Chest

*Move hands to sides and lower thoracic cage (heels of palms on attached ribs)*

82. Compress & churn ribcage
83. **Thumb press (ST-18), Lr-14, GB-24**
84. Pat Spleen & Liver areas with cupped hand
85. Tap up & down sternum (2x)
86. **Thumb-walk costal margin one more time to low back/Kd**
87. **Arch & bounce low back**
88. **Drag between ribcage & ilium on L side** (alternate hands)  
*Walk around & repeat on R side*
89. **One arm walk-around's L & R** (3x – 3 variations)  
  
*Move to position above head*
90. Thumb press & rotate delto-pectoral triangle (Lu 2 & 1) *pivot on thumbs and*
91. Palm press chest & sides (3 anterior positions, then 3 lateral positions up sides to armpits) 3x
92. **Thumb walk along superior borders of clavicles** (medial to lateral) 2x
93. **Thumb press inferior borders of clavicles** (out to Lu-2) 1x
94. **Thumb press intercostal spaces** laterally from sternum 1st to 5th ICS, out to ST-18, around to sides
95. Lightly palm or thumb press up sides following Sp channel (Sp-17-20 back to Lu-1)
96. **Stretch pects:** *slip fingers under inferior margin between muscle and ribcage, grasp pects and traction headward*  
*Slide hands down arms – grasp wrists – raise to rest on elbows then allow hands to flop overhead*
97. **Pump both arms a few times, then Stretch arms overhead, & finally down toward floor**
98. *option: Fold their arms across chest their hands clasp opposite shoulders*  
*Toss torso back & forth to work your arms under their back – **Arch back/spine** (work from ~T12 headward)*

## Front of the Body – Quick Reference

*Re-position their hands on abdomen, then slide back up to shoulders* (women R hand on belly, men L)

- 99. Even the shoulders • Push toward feet • Push toward table
- 100. • Massage upper back with fingertips (your forearms on table)
  - *Stand up and* work traps with thumbs along anterior margin (end at neck and turn thumbs into sides of neck)
- 101. Thumb circles up sides of neck to occiput
- 102. Finger circles up sides of neck to occiput

### Neck

- 103. **Head & neck toss** • **Finish with light traction to neck**
- 104. **Thumb walk along superior borders of clavicles again** (medial to lateral) 2x
- 105. **Isolate & Squeeze/Pinch SCM's L & R**
- 106. *Slide one hand under neck* – Squeeze back of neck • other hand stabilizes head
- 107. Arch & straighten neck (3 positions C6, C4, C2) 2-3x slower to faster
- 108. **Crossed arm neck stretch** (stretch head toward feet – push down on shoulders) 2-3x
- 109. **Ear to shoulder stretch** 3x, then hold steady, cross hand to opposite shoulder & push down (1x)
- 110. **Look Left & Right** (3-4x in each direction)
- 111. **Figure-8 stretches** (6-8x)
- 112. Drag hands up back of head – alternate hands (smooth & straighten hair, lengthen neck)
- 113. option: **Strong traction on neck** (cradle jaw with one hand, occiput with the other)

### Ears

- 114. Massage ears (with thenar eminences) then begin stretching ears (easy to stronger)
- 115. Massage lobes, then follow the rim/helix to attachment (with thumbs)
- 116. back down antihelix with wiping movement of thumbs
- 117. Rub back of ears with fingertips
- 118. Squeeze tragus then **Gently lift/pull toward ceiling with index finger to open ear canal**
- 119. Slide finger down to floor of ear (cavum concha) and begin "S" sweeps
- 120. Churning (forefinger in front – other fingers behind ear)
- 121. *transition to TMJ*

### Face

#### *Ears to Chin*

- 122. Fingertips massage TMJ – then follow masseter to jaw & mandible to chin
- 123. Thumb circles back along jaw to angle of mandible (support jaw w/ fingers)
- 124. Finger walk underneath jaw back to chin
- 125. Massage root of tongue with one finger
- 126. **Gently push jaw to open & close mouth**

#### *Chin to Nose*

*Thumb press horizontal rows of points (from midline laterally across face to ear)*

- 127. Tip of chin – follow mandible to earlobe
- 128. Mento-labial midpoint & foramen (CV-24 & extra pt.) – lower gum line
- 129. Philtrum (GV-26-27-28) – upper gum line
- 130. Beside nostrils (LI-20), under maxilla to tragus
- 131. **Skin Roll & Slide across cheeks** (3 lines several times) **then Squeeze lips**
- 132. **Light finger tapping around face**

## *Front of the Body – Quick Reference*

### Face (cont.)

#### *Nose to Eyes*

133. Thumb press side of nose (jct. of bone & cartilage) follow cheekbone line to ear (SI-19)
134. Press infra-orbital ridge (from bridge of nose to outer canthus – across temples to ear)
135. Press supra-orbital ridge (approach bridge of nose from above)
136. **Press around eye between orbit and eyeball (thumb along infra & forefinger on supra)**
137. **Lay thumbs over closed eyes** (span orbit bones) *Check about contacts*
138. **Press gently moving laterally across eyeballs, then turn thumbs sideways, Press & Rotate**
139. **Place fingertips around eyes – gently stretch in all directions** (expanding circle)
140. **Rest hands over face & eyes – Slowly move hands laterally and end covering ears**

#### *Eyes to Hairline*

141. Thumb Press between eyebrows ‘Yin-Tang/Tian Mu’ – then follow eyebrow line (BL-2 – TB-23 to TB-20)
142. **Thumbs stroke nose and forehead** (opposite directions – away from bridge)
143. **Thumb squiggle on forehead** (zigzag back & forth) finish with a few quick lateral wipes
144. Thumb press 3 lines on forehead (eyebrows to anterior hairline) (these lines go to ear apex line)

### Head & Scalp

145. **Continue thumb presses on scalp** (from hairline to crown – 4 or 5 more lines – end lines at TB-20 to GB-8)
146. **Shampoo scalp – one side then the other**
147. *with head still turned –* **Comb scalp with fingers from forehead to occiput**
148. **Hair-pull scalp stretch** (pull hair by forming fist close to scalp)

#### *Turn head and repeat*

149. *Straighten head* Comb fingers through hair bilaterally
150. **Palm Press around head** (slow, but firm)  
*Slide hands under occiput*
151. Massage occipital ridge (GV-15 & 16, BL-10, GB-20 & 12)
152. Occipital Rock (middle finger at GB-20)

#### *One hand stays at occiput to provide cervical traction, other thumb goes to top of head*

153. **Press Bai-Hui (GV-20) & Si-Shen-Cong points**

#### *Release occiput hand and slide it up to top of head*

154. both thumbs Cover Bai-Hui (GV-20) (mind & breath in lower dan tian) *visualize connecting centers*

first focus on Baihui	(3 resp.)
Baihui to Dantian	(3 resp.)
Dantian to Yongquan	(3 resp.)
back up to Dantian	(3 resp.)
back to Baihui	(3 resp.)

Flow down & up / yin & yang are harmonized, entire body is integrated and balanced.

Energetically disconnect, then physically disconnect as you open your eyes (fingers first, thumbs last)

155. *option:* **Side Position: Scapula loosening, Shoulder/Neck Stretch** – Roll partner onto one side  
*Place one leg on the table so it supports their back – both hands cradle their shoulder*  
push up, down & around to loosen and relax shoulder girdle – *do this between each of the following*  
*1st time:* lean back to traction their shoulder footward (let the weight of their head do half of the stretch)  
*2nd time:* place fingertips at mastoid – lean back and push head gently away from shoulder  
*3rd time:* heel of palm at mastoid – lean back and push head away from shoulder more firmly  
*\* both knees on table:* hook fingers onto medial border of scapula and pull upward (toward ceiling)  
*\*\* Repeat on other side*

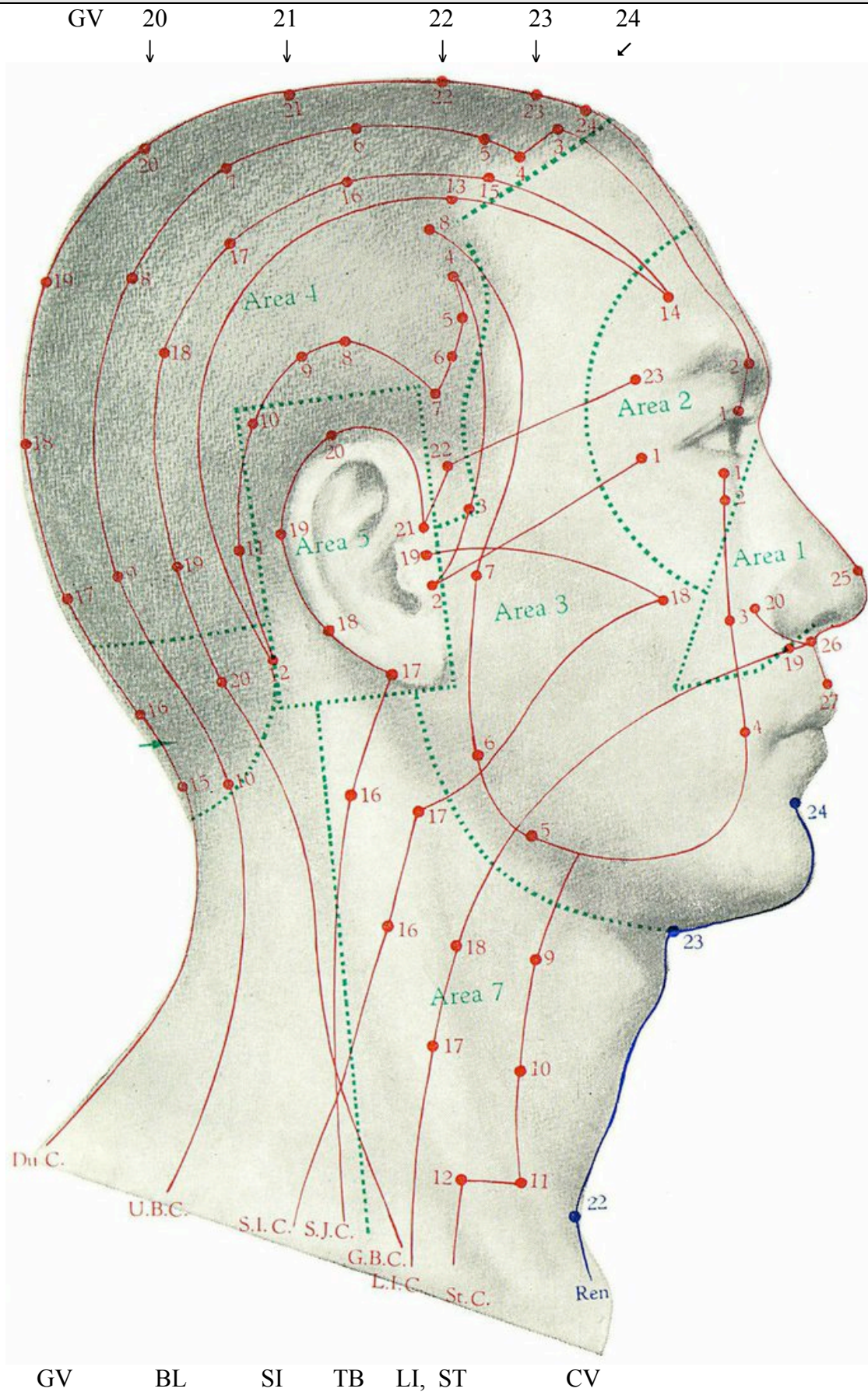
# *Channel & Point Pictures*

*Pictures from Outline of Chinese Acupuncture (1975)  
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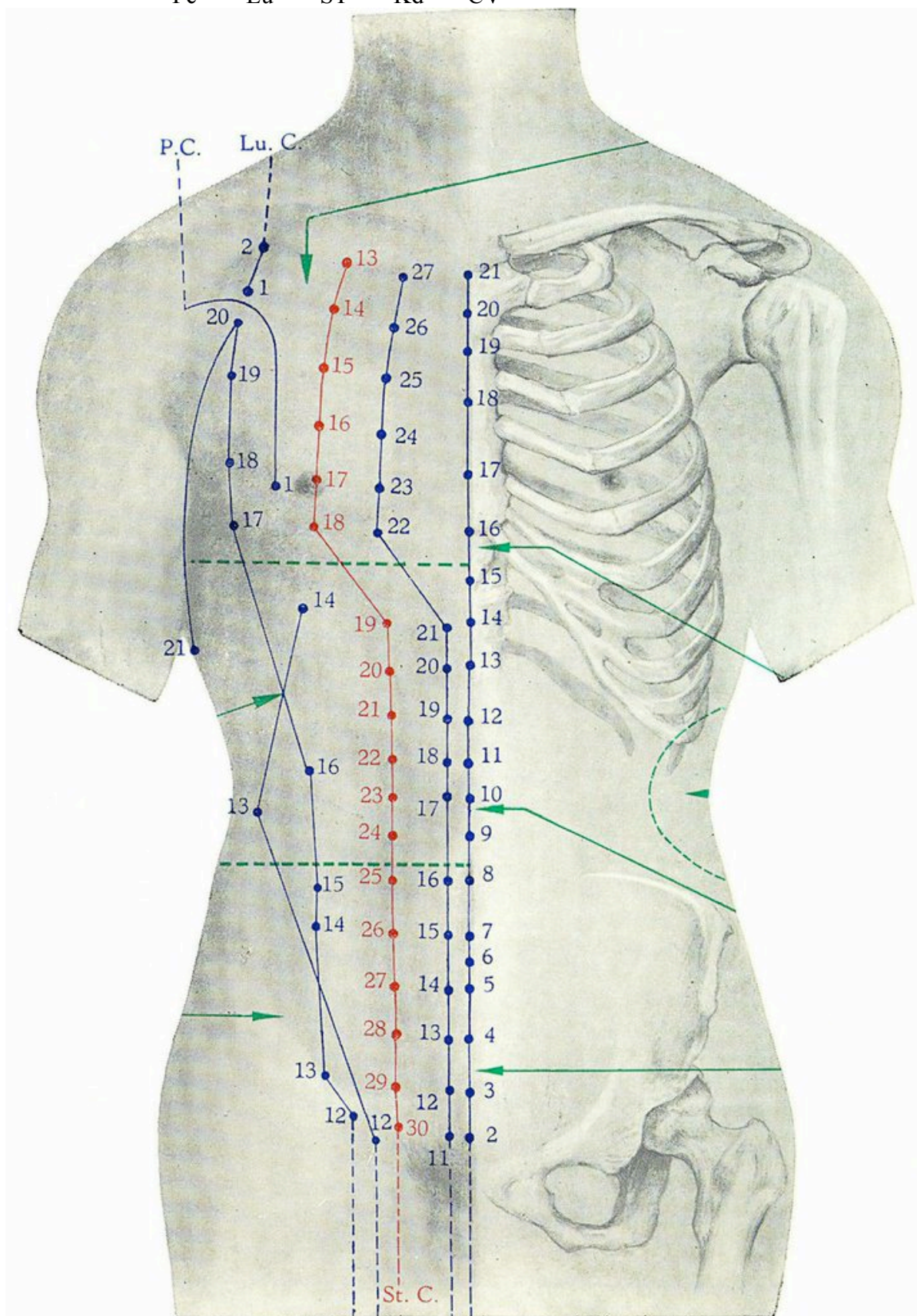
Head and Face: Lateral View





**Torso: Anterior View – Chest & Abdomen**

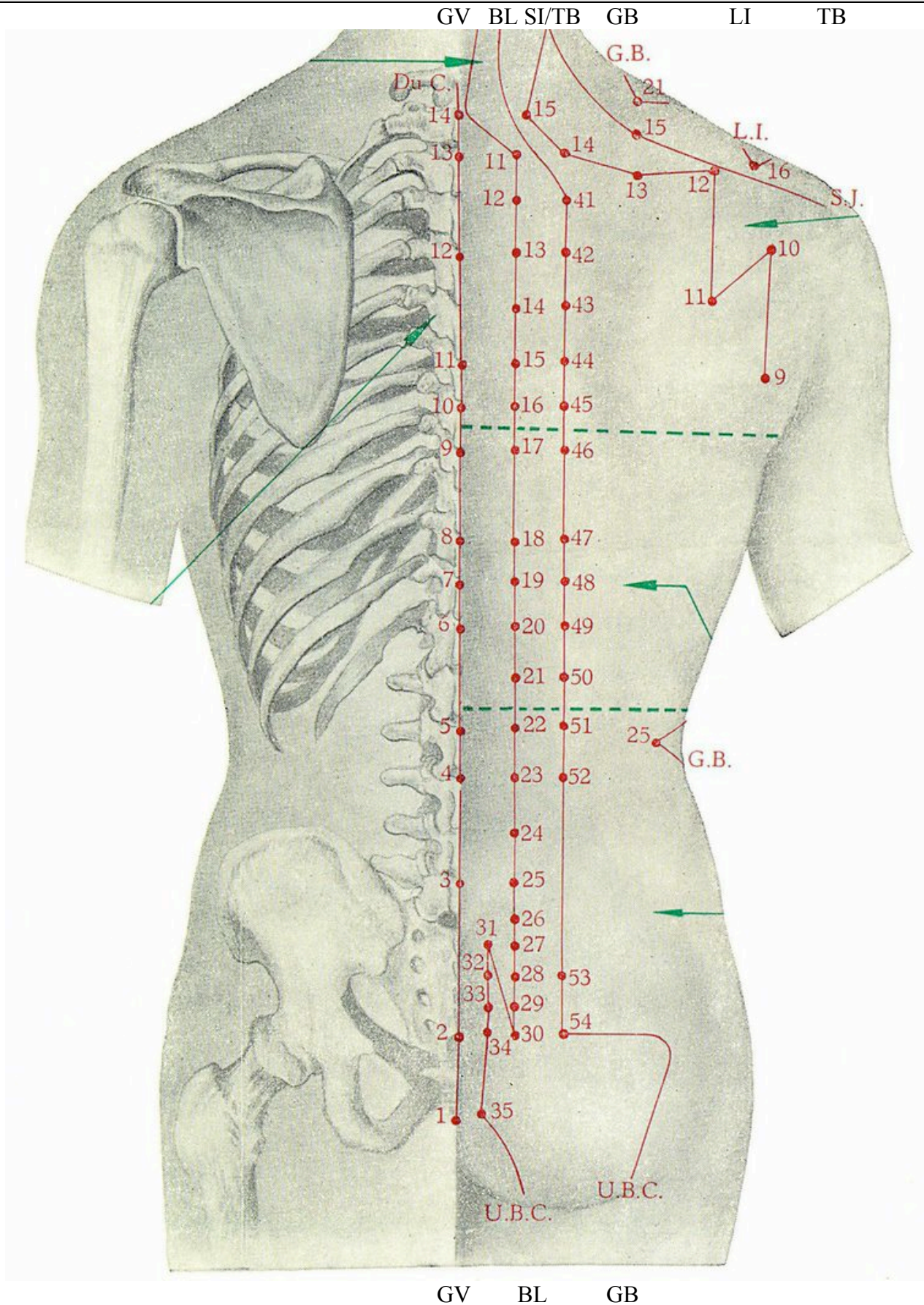
Pc Lu ST Kd CV



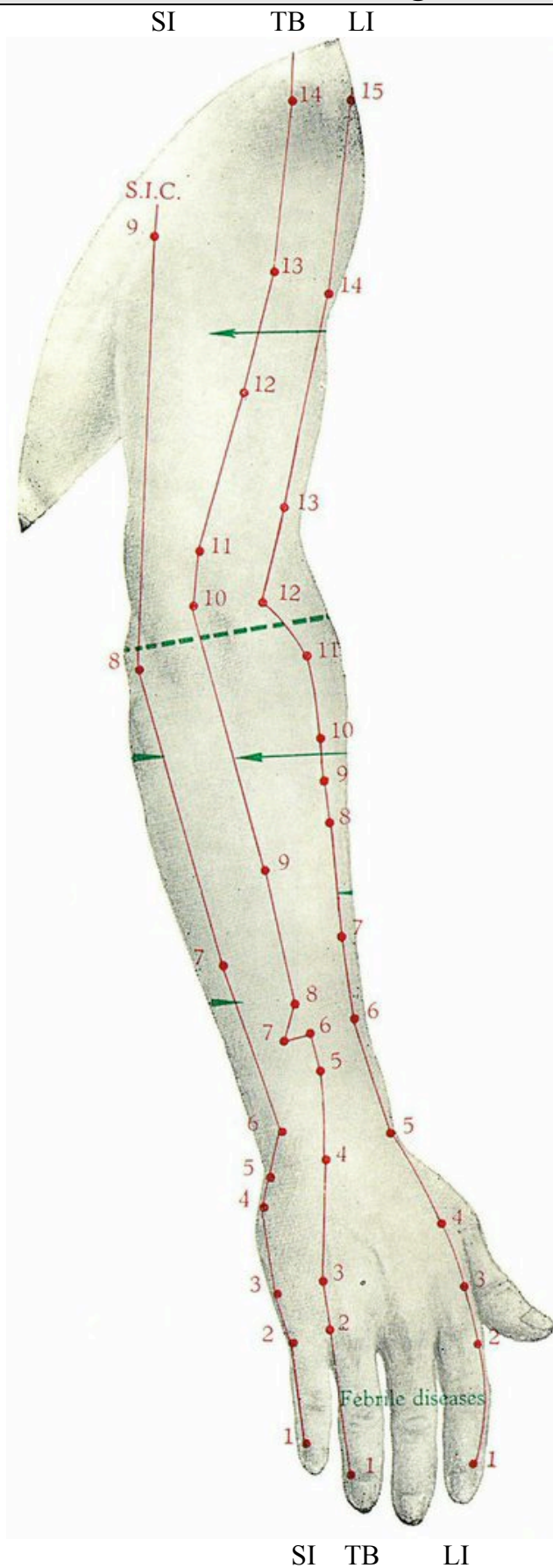
Sp, Lr, ST, Kd, CV



**Torso: Posterior View – GV, BL & SI Channels**



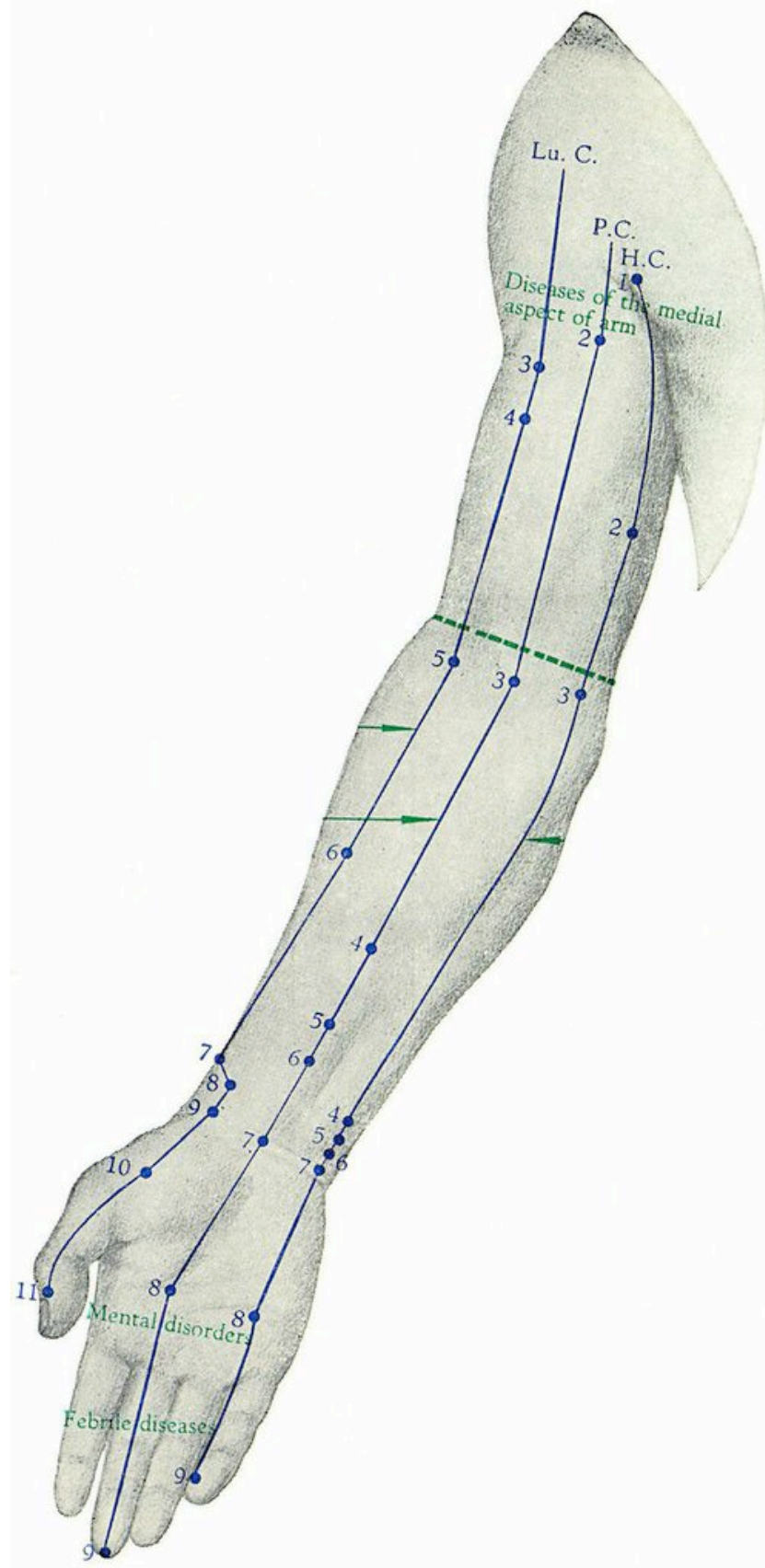
Posterior Arm – 3 Arm Yang Channels



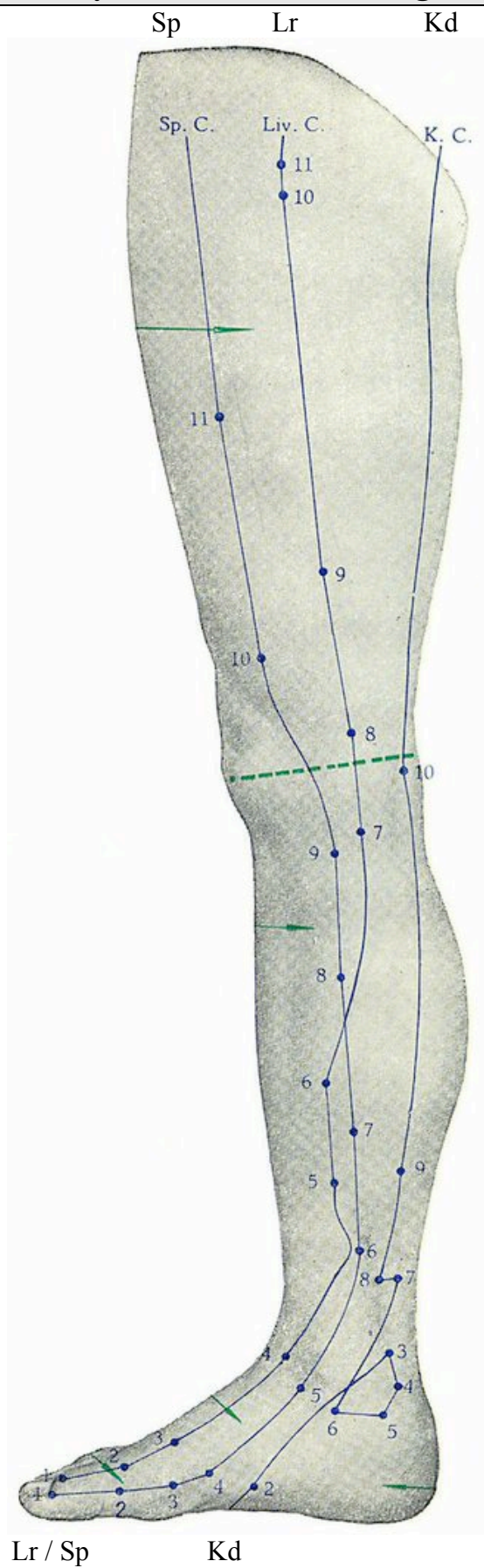


Anterior Arm – 3 Arm Yin Channels

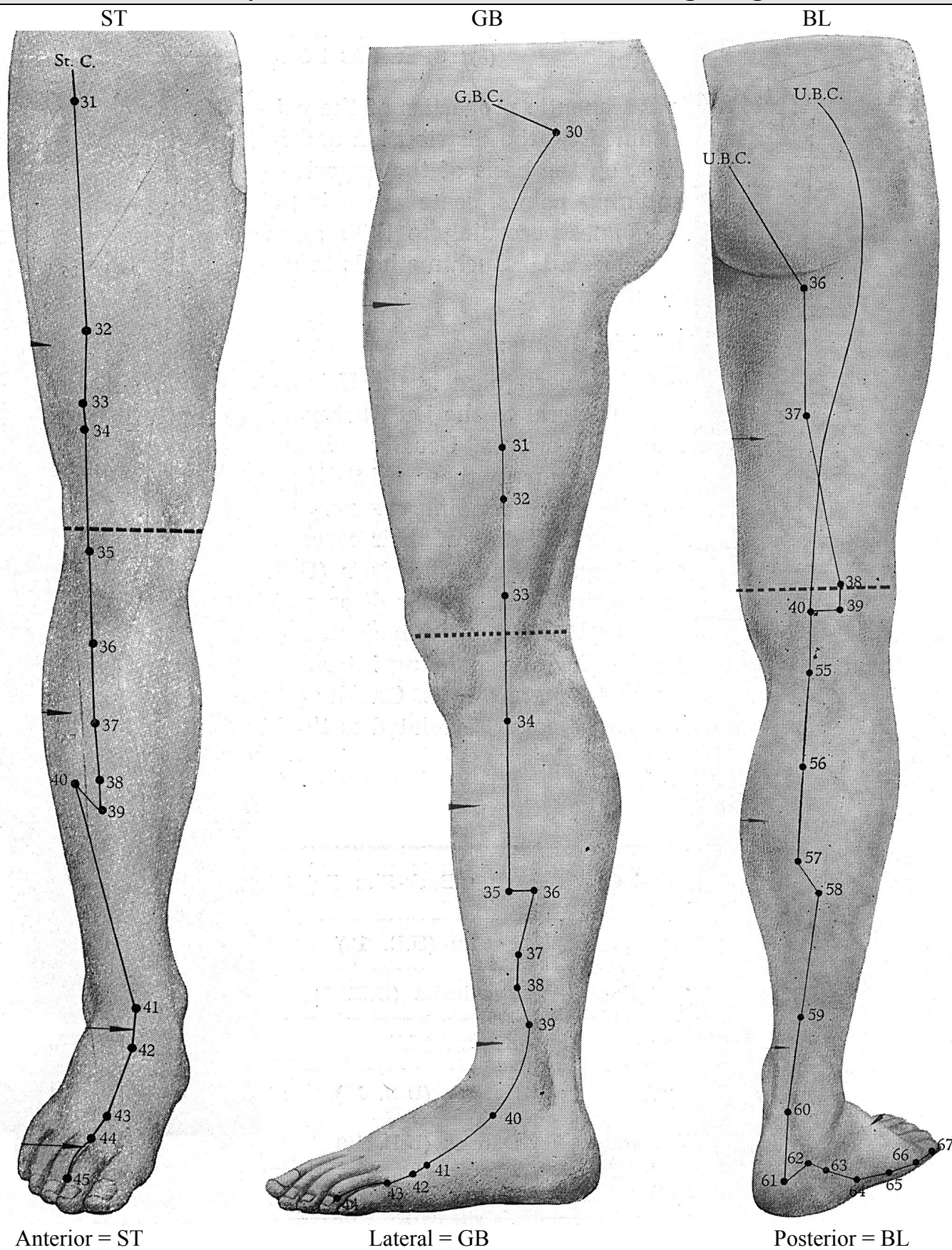
Lu Pc Ht



Lu Pc Ht



Lower Extremity: Ant. Lat. & Posterior Views – 3 Leg Yang Channels



**Main Points Contraindicated During Pregnancy**

*These points are all bilateral*

Point	General Location	Specific Location
<b>GB-21</b>	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
<b>LI-4</b>	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
<b>Sp-6</b>	medial lower leg	on the medial aspect of the lower leg,  ~ one hand width proximal to the prominence of the medial malleolus, and posterior to the tibia
<b>BL-60</b>	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.*



## 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.*



			<u>Prices 2014</u>	
1.	Barefoot Shiatsu (pictures of Shizuko, my teacher's teacher)	Shizuko Yamamoto Japan Publications	1979	O/P (goes in & out)
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 w/ DVD 2010)      (2nd edition is fine, even 1st is OK)	Carola Beresford-Cooke	2010	\$84
5.	Bodywork Shiatsu (good history of shiatsu)	Carl Dubitsky	1997	\$30
6.	The Handbook of Chinese Massage (good pictures of the channels)	Maria Mercati Healing Arts Press, Vermont	1997	\$20
7.	Shiatsu The Complete Guide (revised edition 2000)	C. Jarmay & G. Mojay	1992	\$25
8.	Shiatsu Anma Therapy (latest version 2010)	DoAnn Kaneko	2010	\$77

*I cannot consider any booklist on the subject of massage complete without mentioning*

9. *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      \$18*

*Along the same line and more recent:*

10. *Touch: The Science of Hand, Heart, and Mind      David Linden      2015*
  11. *You may also want to check out Samantha Hess' book on the subject (she lives in Portland)*
  12. *and Tiffany Field's books on Touch.      and the other side of the coin with*
  13. *Don't Touch    Heather Piper and Ian Stronach*
  14. *The Ethics of Touch: The Hands-on Practitioner's Guide to Creating a Professional, Safe and Enduring Practice    Cherie M. Sohnen-Moe and Ben E. Benjamin      now in second edition*
- *On the web: check out the European Shiatsu Federation.*



## *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 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 such as 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 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 first 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 that 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.