



American
Organization for
Bodywork
Therapies of
Asia

Macrobiotic Shiatsu: Five Criteria

Provided by Patrick McCarty on December 20, 2004

Five Specific Criteria for AOBTA Certified Instructors in Macrobiotic Shiatsu

1. Knowledgeable and able to teach all aspects of TCM theory as referenced in the 500-hour curriculum. Instructors should integrate use of Yin and Yang, Five Phases, Eight Principles and Six Divisions. Knowledge of the associations connected with the above concepts and their application to Macrobiotic Shiatsu theory and technique.
2. Knowledge of the effects on the body and health conditions of all varieties of food from a macrobiotic perspective. Instructor should have an understanding of physiological and energetic qualities of each of the major components of a traditional macrobiotic diet (whole grains; vegetables—both land and sea; beans and bean products; nuts; seeds; fruit; fermented foods; and beverages, as well as animal and sea foods.) Knowledge that the purpose of wholesome food is to produce “clean” blood.
3. Specifically skilled in the use of feet as well as hands in treatment. Knowledge that all technique originates from “hara” combined with coordinated breathing of both practitioner and receiver.
4. Skilled in direct abdominal (hara) palpation and assessment. This includes knowledge of internal organ locations and ability to interpret normal and abnormal conditions discovered through assessment.
5. Skilled in understanding client lifestyle choices with respect to diet, exercise, breathing, sleep, and relationships and the ability to make appropriate suggestions for homework (such as dietary change, exercise, emotional and behavioral considerations, etc.) to create more health promoting conditions in these areas.