



American  
Organization for  
Bodywork  
Therapies of  
Asia

## Five Element Shiatsu: Five Criteria

March 2004

1. Extremely knowledgeable and able to teach all aspects of T.C.M. theory as referenced in the 500 hour curriculum. They should be comfortable in the way they integrate use of Yin and Yang, Five Phases, Eight Principles and Six Divisions. They should be able to demonstrate knowledge of symptoms and signs that would be described from any of these systems of resonance.
2. Knowledgeable and experienced in using the radial pulse as an assessment tool. They should be able to explain the 12 locations and 28 qualities even if the system they use differs from that. They should be able to construct a legitimate treatment plan utilizing the information gathered from the pulse.
3. Should be particularly skilled in understanding the impact of lifestyle including dietary, emotional, psychological and other behavioral considerations as it impacts the client's complaints and health related goals.
4. Should be knowledgeable of major literary texts which are considered fundamental to the understanding of T.C.M. For example should be able to describe the importance of the Nei Jing; Nan Jing; Shang Han Lun; as well as major modern English textbooks (i.e., The Web; Foundations; Fundamentals; CAM).
5. Should be skilled in determining underlying patterns that define their treatment strategy and be able to give a detailed plan for an appropriate treatment protocol describing specific techniques, the order of energetic manipulation and points to be used. (For example deficiency in Water so tonify it and the Metal Element would not suffice.)