



American  
Organization for  
Bodywork  
Therapies of  
Asia

## Integrative Eclectic Shiatsu: Five Criteria

Provided by J. Vernon Smith in December 2004

1. Knowledge of and demonstrated skill in teaching the AOBTA<sup>®</sup> 500 Hour Curriculum. This includes Yin/Yang Theory, Five Transformations, Eight Principles and Six Divisions with applied knowledge of the associations connected with the above concepts.
2. Demonstrated knowledge and application of the Four Examinations.
3. Integrate western anatomy, physiology and, in some measure, bodywork principles and techniques into the specific technique. This may include but is not limited to craniosacral therapy, lymphatic drainage and neuromuscular therapy.
4. Demonstrate the ability to organize assessment information, including physical, emotional, mental and spiritual aspects, in creating a wholistic profile that provides the basis for active participation of the client in the treatment strategy.
5. There is a treatment strategy and demonstrable technique incorporating the above. The fundamental tool of our technique is our hands, although feet, etc. are equally viable, on the table or mat. The intent of our technique is to affect the vital substances through application of our technique to the meridian system.