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## Shiatsu Anma Therapy: Long Definition

### Long and Short Forms

DoAnn Kaneko's original style of "Long Form" is the founder for traditional therapeutic Anma Massage. Inherited his parents gift for healing arts, Kr. Kaneko has developed the Kata called Traditional "Long Form". This style of treatment (lasting for 1 hour), introduces the basic techniques of Anma - soothing, kneading, pressing, shaking, vibrating, exercised and tapping in 3 postures. Contemporary "Short Form" (30 minutes) shows the basic techniques of pressing and kyosei (manipulation and correction) in the same 3 postures. Dr. Kaneko's "Short Form" would be used in order to improve the skeletal system and various internal organs system through nerve reflex, while the traditional "Long Form" will improve the energetic system and circulatory system.

Dr. Kaneko's form is founded on the traditional Chinese Medicine (T.C.M.) theory based profoundly in the practice of Specific Anma (An - pressing, Ma - soothing). Through four (4) Oriental evaluation methods, Anma therapy utilizes 8 principles of Yin and Yang, excess and deficiency, exterior and interior, hot and cold. Thus advanced, professional practitioners can prescribe the specific vital points to treat in an accurate modalities of tonification and sedation for balancing energy according to T.C.M. Pulse reading and Fukusin (abdominal evaluation) are also incorporated.

Traditional "Long Form" and Contemporary "Short Form" are designed for beginning practitioner and for clients who have general imbalance syndrome. After mastering both forms, a practitioner needs to address a client's individual condition and administer whatever treatment they deem necessary. Therefore, advance therapeutic Anma theory is the one used to modify the Traditional "Long Form".

DoAnn Kaneko's Anma also includes 13 Ampuku techniques of Shinsai Ota of Edo period and Goto's Ampuku of contemporary. Dr. Kaneko's Shiatsu includes knee, elbow pressure and Kyosei manipulative correction methods in more advanced practices, based on Western anatomy and physiology.

### DoAnn Kaneko's Anma (Long Form) and Shiatsu (Short form)

Shiatsu-Anma is the form of Oriental Bodywork which has both contemporary Oriental pressure therapy and traditional meridian massage as Dr. Serizawa defines in Japan.

Contemporary Shiatsu has a strong scientific background in its mechanism and physical effect, based on modern anatomy and science. Shiatsu Therapy has specific effects on the skeletal system and nervous system (spinal nerve and autonomic nerve). With

pressure and Kyosei Ho (exercise, manipulative correction) it improves mental/emotional and various functions of various internal organs.

On the other hand, Anma has an energetic background in its mechanism and affects based on Traditional Chinese Medicine. Anma has specific effects on the energetic system to balance the disharmony of body and mind, also the five elements and eight principles through vital points by administrating a pressure technique of a rubbing technique of tonification or sedation for excess and deficiency. Anma, as an Oriental style massage, uses more than pressure and rubbing techniques – there are kneading, tapping, vibrating and shaking techniques as well.

Both forms have been designed to achieve the HONJI-HO, to take care of the foundation of the trouble causes the root of the ailments. For example para vertebral regions are the roots of the pain and aches of the extremity so that modern shiatsu pressure therapy concentrates on the area called sekisaisen (line by the spine - or Haotua line) bases on the neuro-muscular and spinal skeletal system. Also traditional anma massage focuses on the area called yu (healing) points for twelve fundamental functions on the first bladder meridians. In the abdomen diamond shaped points (CV12, CV4 and ST25) are stimulated for gastro-intestinal complaints.

Instead of certain local areas for local symptoms, these forms encourage the therapist to perform entire body form head to toe. You can complete the whole body and mind session within one hour in three postures through long form of Anma. The long form has seven different strokes to stimulate some 85 major vital points. The short form takes only ½ hour to complete the whole body sequence with three basic techniques.

According to Dr. Serizawa, the most well known authority in Oriental Medicine in Japan, the definition of shiatsu therapy is pressure therapy which has Appaku (pressing) and Kyosei (manipulative correction techniques) and Anma massage has Ma (rubbing), Jyunetsu (kneading) An (pressing), Undo (exercising), Shinsen (vibrating Shindo shaking), Koda (tapping) and Kyodude (semi-tapping).

Through direct effect of the skeletal system and nervous system in Shiatsu therapy and direct effect of circulation system of chi of ki (and blood and lymph) in Anma massage, both forms are excellent to improve the individual who suffers from the imbalance of the autonomic nervous system which has a wide range of symptoms. The symptoms may be unspecific and widely spread syndromes such as fatigue, stiffness, rare infections, irregularities of various organs, immune deficiencies, ailments, metabolic trouble and psychosomatic conditions due to an unhealthy lifestyle as well as constitutional complaints.

### **Specific Application of Anma Massage**

There are two ways to preach forms into the way to deal with specific complaints. First you change the proportional emphasis of each segment of the form, according to the location and the nature of the condition. For sports injuries, you can concentrate on the areas appropriate to the trouble through hyoji-ho (local treatment). However, for joint

pain from arthritis, you maintain the fundamental form with the emphasis on the local symptoms.

The second way to specify the practice is to apply the eight principles of TCM through pulse reading, tongue evaluation, abdominal examination and back yu points examination. Then rubbing, to tonify the deficiency or sedate the excess according to the evaluation (yang-excess, yang-deficiency, yin-excess of yin-deficiency). The five-element theory, used to locate the imbalance, plays an essential role in prescribing vital points for tonification and sedation.

For advanced shiatsu practice we recommend knee, elbow pressure and Kyosei-Ho in the side and sitting posture. For advance Anma practice we recommend Ampuku, more kneading technique in the side posture and tapping and kyokuda (semi-tapping) in sitting posture.