



American  
Organization for  
Bodywork  
Therapies of  
Asia

## Shiatsu-Anma Therapy: Five Criteria

Provided by Tsuneo Kaneko in January 2005

1. To understand the Long form for Beginners
  - a. One hour whole body sequences in 3 postures (prone, supine and sitting posture)
  - b. With the 10 major techniques over the 100 major pressure points
2. To understand the Short Form for beginners
  - a. Half hour whole body sequence in 3 postures (prone, supine, and sitting posture)
  - b. With the 3 major techniques over the 100 major pressure points
3. To understand side posture and sequence
  - a. 90 minutes for each side over the 12 Major meridians in the extremities
  - b. Head and neck with the 4 major techniques
4. To understand Anpuku therapy and abdominal anma therapy based on Shinsai Ota's principle utilizing the major meridians and vital points in the chest & abdomen
5. To understand the self-healing art (DoAnn's doin) based on Taoism. To be able to show 6 meditation and breathing techniques, baduanjin, and Chi Qong, abdominal anma massage and prayers.