



American  
Organization for  
Bodywork  
Therapies of  
Asia

## Zen Shiatsu: Five Criteria

June 2003

A Certified Instructor of Zen Shiatsu has a thorough knowledge and understanding of and the ability to teach the following:

1. TCM theory as referenced in the AOBTA 500 Hour Curriculum. This includes Yin/Yang theory, Five Phases, Eight Principles and Six Divisions. Applicable knowledge of the associations connected with the above concepts and its application to Zen Shiatsu theory and technique.
2. Location of the extended meridians as developed and outlined by Shizuto Masunaga. This includes their relationship with the traditional acupuncture meridians and the emphasis on points of deepest penetration.
3. The theory of kyo-jitsu and its physical and psychological manifestations.
4. Hara palpation and assessment. This includes:
  - a. The location of all the meridian areas on the hara
  - b. The one-hand, two-hand or alternate hand technique for palpating the meridians on the hara
  - c. Palpation and recognition of the qualities of kyo and jitsu
  - d. The kyo-jitsu reaction
5. Treatment strategy. This includes the basic framework of technique, sequence of meridian treatment as dictated by the diagnostic meridians, timing and response to client's reaction to treatment.
6. How to create a client composite from the diagnostic meridians associated with the kyo-jitsu reaction. This may include physical, emotional, mental, and spiritual aspects that are related to the client's health condition. Also included is how to create a sub composite of recommendations that would facilitate the client's conscious participation in the healing process.