

Shiatsu Therapy Home Study Course

12 CE Credit Hours
Online Study Guide

Presented by the:
Center for Massage Therapy Continuing Education

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Table of Contents

INSTRUCTIONS	3
EXAM (for review before taking the online exam).....	4

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It is the responsibility of the practitioner to determine the appropriateness of the principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. This course is not meant to teach advanced hands-on shiatsu techniques. Written medical opinions are always the best way to resolve any questions regarding contra-indications to shiatsu therapy.

PLEASE CAREFULLY READ THE DIRECTIONS ON PAGE 2

Instructions for the Shiatsu Therapy Course

Thank you for investing in the Shiatsu Therapy home study course, a 12 CE credit hour course designed to further your knowledge in the theory and practice of Shiatsu. This guide will contain all of the instructions you will need to complete this course. This is a 12 CE hour course, so that means it should take you approximately 12 hours to read through the text, watch the instructional DVD and complete the exam.

In this course you will be presented with:

- Philosophies of shiatsu
- History of shiatsu
- Body positioning in shiatsu therapy
- Palpation techniques to perform shiatsu
- Benefits and contra-indications of shiatsu
- An introduction to a shiatsu routine (please keep in mind that in order to practice shiatsu, you should seek advanced hands-on training. This course is an introductory course and is not meant to teach advanced techniques.)

The following are steps to follow in completing this course:

- 1. Read the instructions and review the textbook, DVD and exam. Your textbook and DVD will be mailed to you.**
- 2. Access the online examination in your account at www.massagetherapyceu.com.**
- 3. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with an 80% or better to pass this home study course. You are allowed to access and take the online exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the textbook while taking the exam. This course uses the textbook “The Practice of Shiatsu”, by Sandra K. Anderson. There are no trick questions on the exam. All of the answers can be found in the textbook and DVD.

It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have go back and forth through the online exam and risk losing your answered questions!

Good luck as you complete this course. If you have any question please feel free to contact us at 866-784-5940, 712-490-8245 or by email at info@massagetherapyceu.com. Most state boards require that you keep your “proof of completion” certificates for at least four years in case of audit. Thank you for taking our Shiatsu Therapy home study course.

Shiatsu Therapy Examination

Section 1: The Fundamentals of Shiatsu

Chapter 1: History of Shiatsu

1. Where do the roots of shiatsu originate?
 - A. Traditional Thai medicine
 - B. Traditional Chinese medicine
 - C. Traditional American bodywork
 - D. Scientific medicine only
2. Which of the following is true about shiatsu?
 - A. The goal of shiatsu is to help rebalance the client's energy and alleviate discomfort
 - B. Shiatsu is typically performed on a futon/mat on the floor and with no lubricants
 - C. The shiatsu practitioner's strength comes from the center of his/her body
 - D. All of the above are true of shiatsu
3. Shiatsu treatment involves physicality (physical manipulation with thumbs, fingers, palms, etc.) as well as intuition from the practitioner.
 - A. True
 - B. False
4. Shiatsu uses theories of both Western medicine and traditional Chinese medicine. What is the main difference between Western anatomy and physiology and traditional Chinese medicine?
 - A. Western anatomy and physiology deals with the physical structure of the body while traditional Chinese medicine views every living thing as part of the greater continuum of its environment, the earth and the universe
 - B. Western anatomy and physiology views every living thing as part of the greater continuum of its environment, the earth and the universe and traditional Chinese medicine deals with the physical structure of the body
 - C. Western anatomy and physiology deals with Qi (pronounced "chee"), or life force that gives and maintains life and traditional Chinese medicine views every living thing as part of the greater continuum of its environment, the earth and the universe
 - D. Both Western anatomy and physiology and traditional Chinese medicine focus on the physical structure of the body
5. In traditional Chinese medicine theory, all of the following are true about Qi (pronounced "chee") EXCEPT:
 - A. Qi is the energy or force that gives and maintains life
 - B. Qi is the connection between organisms and all creation
 - C. Qi involves the study of the anatomy of the body
 - D. Qi flows in specific streams in the body called channels or meridians
6. Which of the following is a local contraindication to shiatsu therapy?
 - A. Varicose veins
 - B. Bone fractures
 - C. Recent scars
 - D. All of the above are local contraindications to shiatsu

7. Why was the Shiatsu Therapists' Association formed in 1925?
 - A. In order to promote the uniting of shiatsu and Anma as a legitimate profession and distinguish it from other Japanese modalities such as Ampuku
 - B. In order to promote education and the free trade between Japan and the Western world
 - C. In order to promote shiatsu as a legitimate profession and distinguish it from Anma (a declining therapeutic modality)
 - D. In order to restore credibility to the practice on Anma

8. Who of the following is an early pioneer in the development of different modalities of shiatsu practice?
 - A. Tamai Tempaku, who published a book titled *Shiatsu Ho* in 1919
 - B. Tokujiro Namikoshi, who founded the Clinic of Pressure Therapy in 1925
 - C. Shizuto Masunaga, who practiced Zen Shiatsu, which mixed ancient and modern, Eastern and Western, science and intuition
 - D. All of the above

9. All of the following are common types of shiatsu currently practiced EXCEPT:
 - A. Tsubo therapy and acupressure
 - B. Yin and Yang shiatsu
 - C. Ohashiatsu
 - D. Five Element shiatsu

Chapter 2: Foundations of Asian Medicine

10. What is *The Yellow Emperor's Classic of Internal Medicine*?
 - A. A compilation of over 800 years of written texts that includes different approaches to and schools of healing resulting in a synergistic approach to medicine
 - B. A text that contains the fundamentals of medicine from more than 20 different countries of the world
 - C. A compilation of over 800 years of written texts that focus on the creation and spread of acupuncture and shiatsu practice
 - D. All of the above define *The Yellow Emperor's Classic of Internal Medicine*

11. Which of the following best describes Tao?
 - A. The Tao is a powerful shiatsu technique which can clear Qi blockages in any body channel
 - B. The Tao is the primary law of the universe, which is the law that is the genesis for all other laws and principles of the workings of the universe and the world
 - C. Tao was a man who was an early pioneer of traditional Chinese medicine and who studied and wrote many textbooks
 - D. The Tao is a compilation of over 800 years of written texts that includes different approaches to and schools of healing resulting in a synergistic approach to medicine

12. Where did the two prime principles of Yin and Yang originate from?
 - A. *The Yellow Emperor's Classic of Internal Medicine*
 - B. From the concept of Tao, and the Tao is manifested through the actions and interactions of Yin and Yang
 - C. The *Shan Hun Lun*
 - D. Qi, and Qi is manifested through the actions and interactions of Yin and Yang

13. Which of the following is the correct order of concepts in traditional Chinese medicine?
- A. Life → Qi → Yin and Yang → Tao
 - B. Qi → Tao → Yin and Yang → The Five Elements
 - C. Yin and Yang → Qi → The Five Elements → Everything else
 - D. Yin and Yang → Qi → Tao → Everything else
14. Yin and Yang can be compared to the earth's water cycle, in constant movement and always transforming into each other.
- A. True
 - B. False
15. Which of the following are examples of Yin phenomena?
- A. Rest and passivity
 - B. Darkness and night
 - C. Static and tranquil
 - D. All of the above
16. The organs in traditional Chinese medicine are Lung, Large Intestine, Stomach, Spleen, Heart, Small Intestine, Urethra, Urinary Bladder, Liver, Diaphragm and Heart Protector.
- A. True
 - B. False
17. According to the text, what are the Vital Substances?
- A. Essence (Jing), Blood, Tao and Body Fluids
 - B. Qi, Yin, Yang and the Five Elements
 - C. Qi, blood, Essence (Jing) and Body Fluids
 - D. All of the above are Vital Substances
18. Qi is multidimensional and has many different forms including which of the following?
- A. Source Qi
 - B. Essential Qi
 - C. Defensive Qi
 - D. All of the above
19. What is Essence (Jing)?
- A. The Yin expression of Qi and also the foundation of the body's physicality
 - B. The Yang expression of Qi and also the foundation of the body's spirituality
 - C. The combination of Yin and Yang Qi in the body
 - D. All of the above define Essence
20. Which of the following is true of the concept of Shen?
- A. It is most closely defined as the mind and/or spirit and is intangible
 - B. It gives a person his/her sense of self and has aspects such as the ability to form thought and connect with others
 - C. It has real manifestations, such as how a person carries themselves
 - D. All of the above true about the concept of Shen

21. The disruption of Qi flow can be caused by many factors. These factors are grouped under three categories: internal causes, external causes and other causes.
- A. True
 - B. False
22. According to traditional Chinese medicine, all of the following are external causes of disease EXCEPT:
- A. Emotions
 - B. Cold
 - C. Damp
 - D. Dryness

Chapter 3: Five Element Theory

At the end of Chapter 3 are tables which outline each element and its associated organ channels. These tables are essential to the practice of shiatsu. Please read them carefully.

23. The Chinese translated manifestations of Qi into Five Elements, Phases or Transformations. Which of the following names the Five Elements?
- A. Metal, Earth, Sun, Life and Fire
 - B. Metal, Water, Earth, Wood and Fire
 - C. Water, Metal, Vapor, Wind and Fire
 - D. Wind, Wood, Fire, Life and Copper
24. Ki is Japanese word for Qi.
- A. True
 - B. False
25. Which of the following is true of the control cycle?
- A. Earth controls Water by absorbing it
 - B. Metal controls Wood; it has the power to cut through it
 - C. Wood controls Earth; trees are planted to control soil erosion
 - D. All are true of the control cycle
26. Which of the following tsubo (key classic points) should be avoided in pregnant women?
- A. Large Intestine (LI) 4, Spleen (SP) 6 and Gallbladder (GB) 21
 - B. Small Intestine (SI) 4, Kidney (K) 6 and Spleen (SP) 6
 - C. Spleen (SP) 6, Small Intestine (SI) 4 and Kidney (K) 21
 - D. All of the above should be avoided when working with pregnant women
27. The two organ channels associated with the Metal element are:
- A. Kidney and Urinary Bladder
 - B. Lung and Large Intestine
 - C. Spleen and Stomach
 - D. Liver and Gallbladder
28. The _____ season and _____ climate are associated with the Water element.
- A. Summer, hot
 - B. Spring, dampness
 - C. Winter, cold
 - D. Late summer, dampness

29. What is the function of the Earth Yang organ, the Stomach?
- A. Digestive secretions, hormones
 - B. Water metabolism, governs the endocrine system, intake of food
 - C. Transformation of fluids, energy supply for all organs, digestive tubes
 - D. Intake of food, transportation of nutrients, digestive tubes, governs appetites
30. Which of the following are key classic tsubo (points) along the Liver organ channel associated with the Wood element?
- A. LV 3, LV 8
 - B. LV 1, LV 2
 - C. LV 13, LV 14
 - D. All of the above
31. According to the text what does treating the Heart organ channel, point HT 9 do?
- A. Diffuses Ki stagnation in the heart and chest
 - B. Clears Heat, calms and opens the mind, extinguishes Wind, and promotes breathing
 - C. Tonifies the Heart and Blood, clears the mind, calms the Shen and stops cardiac pain and hysteria
 - D. Nourishes Heart Tin, opens the chest, stops pain in the chest and cold pain in the arm and elbow
32. Along with the Heart and Small Intestine channels, which of the following organ channels are associated with fire?
- A. Spleen and Kidney
 - B. Triple Heater and Large Intestine
 - C. Heart Protector and Triple Heater
 - D. Heart Protector and Large Intestine

Chapter 4: Shiatsu Concepts

33. What is the primary goal of shiatsu treatment (or any bodywork treatment)?
- A. To be with the client in movement
 - B. To work with the client's needs
 - C. To support the client's wellness and healing process
 - D. All of the above are goals of bodywork treatment
34. Which of the following is a way to improve your connection and focus when working with clients?
- A. Regularly practice traditional and/or moving meditations
 - B. Receive regular massage therapy treatment
 - C. Study the practice and theory of massage regularly
 - D. Surround yourself with people and noise
35. Which of the following is true of the hara?
- A. It is the abdominal area, or the belly, and is the core of the body
 - B. The hara has both physical and energetic components
 - C. The hara has a center point called the Dan Tien, which the practitioners Ki comes from
 - D. All of the above are true of the hara

36. The concept of kyo and jitsu can be defined as being “deficient” or “full”. They can describe Ki along with excesses or deficiencies in organs and organ channels of the body.
- A. True
 - B. False
37. Which of the following are types of tsubo (points) which exist along organ channels of the body?
- A. Transitional and fixed tsubo
 - B. Fixed and nonfixed tsubo
 - C. Stationary and moveable tsubo
 - D. Small and large tsubo
38. Touch sensitivity and intuition are the shiatsu practitioner’s most powerful tools.
- A. True
 - B. False

Chapter 5: Preparation to Practice Shiatsu

39. All of the following are true regarding set up for a shiatsu treatment EXCEPT:
- A. Shiatsu is most commonly performed on a futon on the floor
 - B. Shiatsu can be performed on a massage table or chair
 - C. Both the client and the practitioner need to wear loose fitting clothing
 - D. Shiatsu is best performed using oil or lotion for lubrication
40. When performing shiatsu on a futon on the floor, where does the practitioner’s Ki and strength need to come from?
- A. From the shoulders and arms
 - B. From the knees, which are grounded to the floor
 - C. From the hara, or center of gravity
 - D. All of the above
41. Acceptable working positions to perform shiatsu on the floor are _____, _____, _____ and _____.
- A. Bending, crawling, leaning and squatting
 - B. Seiza, hunching, lunging and crawling
 - C. Wide seiza, crawling, squatting and lunging
 - D. Wide seiza, standing, squatting and lunging
42. Necessary self-care for shiatsu practitioners includes:
- A. A healthy diet, rich in fruits, vegetables and protein and a high water intake
 - B. Proper breathing including deep, relaxed breathing
 - C. Performing exercises and stretches
 - D. All of the above are necessary self-care for a practitioner
43. What are Makka-Ho?
- A. A series of stretches based on the channel pairs
 - B. A combination of cardiovascular exercises based upon specific tsubo
 - C. A series of breathing postures based upon Qi flow
 - D. All of the above describe Makka-Ho

44. Qigong is an ancient Chinese massage modality that practitioners can perform on clients while performing a shiatsu session.
- A. True
 - B. False
45. All of the following are health benefits of performing Qigong EXCEPT:
- A. Improving balance
 - B. Calming and centering the mind
 - C. Increasing immunity
 - D. Diagnosing illness in the body
46. The Qigong forms presented in the text will nourish the Dan Tien and which of the following larger governing vessels?
- A. The Conception Vessel
 - B. The Governing Vessel
 - C. The Belt Vessel
 - D. All of the above
47. Of all the Qigong forms presented in the text, which is the most important?
- A. Pulsing the Dan Tiens
 - B. Turning the Qi ball
 - C. Standing
 - D. Stand on the earth, support the sky
48. In the practice of shiatsu, what is palming?
- A. A technique in which the practitioner uses the palms of his/her hands to apply pressure to the client's body
 - B. A technique where the practitioner applies deep pressure on tsubo of a specific organ channel
 - C. A technique used when you want to apply penetrating pressure on a specific area
 - D. All of the above describe palming
49. Along with the palm, what other body parts are used to influence the client's Ki in shiatsu?
- A. Forearms
 - B. Knees
 - C. Feet
 - D. All of the above can be used
50. When performing basic arm stretches on a client, where is the "big fish" area located?
- A. The muscular area of the palm inferior to the little finger
 - B. The muscular area of the palm inferior to the thumb
 - C. The wrist area where the carpal bones are located
 - D. The tip of the index finger
51. Which of the following are signs of Ki stagnation?
- A. Headaches, tension and stress
 - B. Stabbing pain in a specific area
 - C. Joint stiffness, pain and limited range of motion
 - D. Fever and muscle soreness

52. All of the following are benefits of performing range of motion EXCEPT:
- A. Allows the practitioner to diagnose illness
 - B. Warms and loosens joints
 - C. Brings blood to the area
 - D. Increases Ki flow
53. When addressing jitsu and kyo, which of the following is important to keep in mind?
- A. Kyo must be dispersed and jitsu must be supported or toned
 - B. Jitsu must be dispersed and kyo must be supported or toned
 - C. Only address kyo, when kyo is dispersed jitsu will be also
 - D. Only address jitsu because it is a deficiency in Ki

Chapter 6: Basic Kata

Chapter 6 Note: Please watch the DVD as you read through chapter 6. This will give you a better understanding of the techniques presented.

54. What is a kata?
- A. A basic stretching position
 - B. A basic shiatsu technique
 - C. A routine or protocol
 - D. A basic range of motion technique
55. Until the movements of shiatsu become second nature to you, what self check in questions can you ask yourself while you are practicing?
- A. Are your muscles relaxed?
 - B. Are you grounded?
 - C. Are you stable?
 - D. All of the above are self check in questions
56. When performing hara techniques, which hand is your mother hand (stationary hand)?
- A. Your left hand
 - B. Your right hand
 - C. Both hands are mother hands
 - D. There is no such thing as a mother hand
57. In which of the following situations should you avoid performing a stretching and loosening sequence for a client's low back?
- A. A client who comes to you with no history of low back problems
 - B. A client who comes to you with mild low back stiffness
 - C. A client who comes to you with low back issues, such as a herniated disc
 - D. A client who comes to you with mild middle to upper back issues
58. As demonstrated in 6-4 (arm techniques in supine position) your mother hand (stationary hand) can transition from your left hand to your right hand.
- A. True
 - B. False

59. When performing Basic Kata techniques, it is important to remember to perform the technique as demonstrated even if it is not within your client's tolerance level.
- A. True
 - B. False
60. In figure 6-7 D (and many other transitioning positions), what is the importance of keeping a hand on your client?
- A. Keeping a hand on your client at all times is not important
 - B. So you can feel and diagnose possible tissue injuries while transitioning
 - C. So you remain connected to your client and their Ki
 - D. All of the above
61. What should you be doing with your body while performing leg techniques in a prone position?
- A. Your body should remain in a static position
 - B. You should be in a seiza position
 - C. You should be moving your body along with the techniques
 - D. You should be in a stationary lunge position
62. Which of the following should be the finishing technique of a shiatsu treatment?
- A. Back techniques
 - B. Hara techniques
 - C. Leg techniques in a prone position
 - D. Arm techniques in a supine position

Section 2: Integration of Theory and Practice

Chapter 7: Assessments and the Treatment Session

63. When using shiatsu to treat a client, which of the following will help you determine what techniques to use?
- A. Traditional Chinese medicine theory
 - B. Your basic massage therapy training
 - C. Western anatomy and physiology theory
 - D. Traditional Thai medicine theory
64. What are the four methods of assessment?
- A. Listening, meditating, diagnosing and asking
 - B. Listening, observing, palpating and asking
 - C. Observing, asking, diagnosing and treating
 - D. Treating, listening, charting and palpating
65. When observing and assessing a client visually, what clues should the practitioner be looking for?
- A. The hue of the client's face
 - B. The client's posture and body movements
 - C. The client's energy patterns
 - D. All of the above

66. Postural patterns can be the result of Ki manifestations. Areas of the body that are sunken are usually kyo, and areas that push outward are usually jitsu.
- A. True
 - B. False
67. As a practitioner, being able to see Ki patterns should come easily and naturally.
- A. True
 - B. False
68. What is palpation?
- A. Assessing by visual means
 - B. Assessing by touch
 - C. Assessing by reading intake forms
 - D. All of the above
69. Which of the following best describes hara assessment?
- A. Visually assessing the client's posture and demeanor as well as energy patterns seen in the client's hara
 - B. Formulating a shiatsu treatment plan by combining what you have found using listening observing and asking
 - C. Using palpation to assess Ki flow in different organ channels where they are closest to the surface of the body in the hara region
 - D. Placing one hand over the navel and the other hand under the clients lower back to assess Ki flow of the entire hara
70. Which of the following is a purpose of the "asking" assessment?
- A. In order to get information about the client's state
 - B. In order to get information about any conditions the client may have that can influence the design of treatment
 - C. To establish a connection with the client
 - D. All of the above

Chapter 8: Addressing Imbalances in the Five Elements

71. The Basic Kata is not meant to be a "one size fits all" treatment. Shiatsu treatment involves incorporating specific channel work for each client with ease and fluidity of treatment based upon the results of the assessment.
- A. True
 - B. False
72. All of the following are possible symptoms of a Metal element imbalance EXCEPT:
- A. Respiratory problems, frequent colds and nasal congestion
 - B. Chronic skin conditions such as psoriasis or eczema
 - C. Kidney stones or urinary tract infections
 - D. Constipation

73. Which of the following channels are associated with the Metal element?
- A. The Lung and Large Intestine channels
 - B. The Kidney and Heart channels
 - C. The Liver and Gallbladder channels
 - D. The Small Intestine and Triple Heater channels
74. If your client presents symptoms of a Water element imbalance, which of the following questions is appropriate to ask?
- A. Do you have any tendon or joint problems?
 - B. Do you have a history of skin disorders?
 - C. Do you have any history of kidney or urinary tract problems?
 - D. Do you have any heart conditions or high blood pressure?
75. The Urinary Bladder channel is most easily addressed with the client in the _____ position.
- A. Supine
 - B. Prone
 - C. Side lying
 - D. All of the above
76. Which of the following are physical symptoms of a Wood element imbalance?
- A. Vision or eye problems
 - B. Tendon issues such as repetitive motion injuries
 - C. Migraine headaches
 - D. All of the above
77. All of the following self-care activities are recommended for clients with a Wood element imbalance EXCEPT:
- A. Spending time in nature, particularly in the woods
 - B. Exercise regularly
 - C. Take a bath, especially with Epsom salts
 - D. Find healthy ways of expressing anger
78. The Fire element represents the excitement and heat of summertime and the spirit or consciousness of body and is protected and assisted by Small Intestine and Heart Protector.
- A. True
 - B. False
79. Where are the Small Intestine, Heart Protector, Heart and Triple Heater channels mainly located?
- A. In the legs
 - B. In the arms
 - C. In the lower back region
 - D. All of the above
80. Issues with fertility are usually considered a/an _____ imbalance.
- A. Water
 - B. Earth
 - C. Fire
 - D. Wood

81. When working the Stomach in the leg, how should your client's leg be positioned?
- A. In the prone position with the client's leg straight and the toes pointing inward
 - B. In the supine position with the client's leg straight and the toes pointing toward the ceiling
 - C. In the supine position with the client's leg rolled laterally and toes pointing outward
 - D. In the prone position with the client's knee bent at a 90 degree angle
82. Which of the following should be included in the documentation of a client treatment session?
- A. The client's personal information
 - B. Any results from the assessment performed
 - C. The client's response to the techniques used
 - D. All of the above should be documented

Chapter 9: Additional Techniques

83. All of the following are examples of Kenbiki techniques EXCEPT:
- A. Sustained pressure
 - B. The wave
 - C. Stomach channel jostle
 - D. Trunk sway
84. What is Ampuku?
- A. An Anma technique designed to release muscular tension
 - B. Deep palming and massaging in the client's hara
 - C. Deep palming on specific points of the organ channels
 - D. Using bare feet to perform shiatsu techniques
85. Where is the press point of 100 meetings located at?
- A. Along the occipital ridge of the neck
 - B. In the hara or abdominal region
 - C. On the top of the head
 - D. On the sole of the foot
86. Barefoot shiatsu can be used on many areas of the body, including the legs, arms and torso.
- A. True
 - B. False

Appendix

87. Which of the following is true about the Conception and the Governing Vessels?
- A. They belong to the Eight Extraordinary Vessels, not the 12 organ channels
 - B. They are two strong currents of energy that have wide-ranging functions and effects in the body
 - C. The Conception Vessel's purpose is to stabilize and descend Qi and the Governing Vessel's purpose is to sustain and raise Qi
 - D. All of the above are true of the Conception and Governing Vessel

This completes the Shiatsu Therapy exam.