

JAPANESE MASSAGE & BODYWORK

A REFERENCE GUIDE



BY TRADITIONALBODYWORK.COM

Contents

Preface	4
Introduction	6
JAPANESE MASSAGE AND BODYWORK.....	7
Concepts and Background.....	8
KI ENERGY VITAL LIFE FORCE.....	9
MASSAGE, ENERGY WORK, AND BODYWORK	11
HOLISTIC APPROACH	13
JAPANESE DIAGNOSTIC TECHNIQUES	15
KYO AND JITSU	17
MERIDIANS KI ENERGY CHANNELS	19
TSUBO PRESSURE POINTS	23
REFLEXOLOGY.....	25
ACUPRESSURE TECHNIQUES	27
KATAS FORM AND ORDER.....	29
JAPANESE HERBAL MEDICINE KAMPO.....	31
TRADITIONAL CHINESE MEDICINE (TCM)	33
TAOISM (DAOISM).....	39
SHINTO	41
ZEN BUDDHISM.....	43
Massage and Bodywork.....	45
ABDOMINAL HARA DIAGNOSIS.....	46
ABDOMINAL HARA MASSAGE AMPUKU	47
ACUPUNCTURE (JAPANESE STYLE)	49
AI CHI.....	52
AMATSU MASSAGE.....	53
ANMA MASSAGE (AMMA)	54
ASHIATSU BAREFOOT MASSAGE.....	56
BAMBOO MASSAGE	58
CHAIR SHIATSU	60
COSMETIC SHIATSU	62
CUPPING (KYUKAKU).....	64
DO-IN (DAO YIN)	68
FACIAL MASSAGE	69
FIVE ELEMENT SHIATSU	71
FOOT MASSAGE AND REFLEXOLOGY	73
HEALING SHIATSU.....	75
HEISEI SHIATSU.....	76
HERBAL COMPRESS MASSAGE	77
HOSHINO THERAPY	79
INFANT SHIATSU MASSAGE.....	80

INTEGRATIVE ECLECTIC SHIATSU	81
JIN SHIN DO	82
JIN SHIN JYUTSU	83
KIATSU RYOHO	84
KEIRAKU SHIATSU	86
MACROBIOTIC SHIATSU	87
MAGNET THERAPY	89
MAKKO-HO STRETCHES	90
MEISO SHIATSU	91
MERIDIAN EXERCISES	92
MERIDIAN SHIATSU	93
MERIDIAN THERAPY	94
MOXIBUSTION	95
MOVEMENT SHIATSU	97
NAMIKOSHI SHIATSU (NIPPON SHIATSU)	99
NURU MASSAGE	101
OFURO FURO BATH RITUAL	103
OHASHIATSU	104
OKIDO YOGA (OKI YOGA)	106
QUANTUM SHIATSU	107
REIKI ENERGY HEALING	108
RYOHO SHIATSU	109
SEIFHUKUJITSU OKAZAKI RESTORATION THERAPY	111
SEIKI SHIATSU	112
SEITAI AND TAIHEKI	113
SEKKOTSU BONE SETTING JUDO THERAPY	114
SELF-SHIATSU	115
SHIATSU ANMA THERAPY	117
SHIATSU MASSAGE THERAPY	118
SHINRIN-YOKU FOREST BATHING	121
SHINSHIN-TOITSU-DO	124
SHINSO SHIATSU	125
SHINTAI SHIATSU	126
SHINTO SHIATSU	127
SHINZUI BODYWORK	128
SHIRAKU BLOODLETTING	129
TAIKYO SHIATSU	130
TANTSU	131
TAO SHIATSU	132
TSUBO SHIATSU	133
TSUBO THERAPY (ACUPRESSURE SHIATSU)	134
WARABE UTA NURSERY RHYME MASSAGE	135
WATSU	137
YIN YOGA	138
ZEN SHIATSU (LOKAI SHIATSU)	139
ZEN YOGA	141
ZENTHAI SHIATSU	143
Appendix	144