



2012/13

**AMATSU STUDENT
APPLICATION MANUAL**



Amatsu Training School Ltd

Regus Cardinal Point, Rickmansworth, Herts WD3 1RE

07890 437940 email: jane.langston@ntlworld.com

Venue Address: Loudwater Farm, Loudwater Lane, Loudwater, Rickmansworth, Herts WD3 4HG

Dear Student,

Thank you for your enquiry about Amatsu Training. Amatsu is a two year part time course run at the above venue address from January to November. On completion of the first year, you will qualify as an Anma practitioner, and after successful completion of the second year you will qualify as an Amatsu practitioner. There is a third year of study on the viscera of the body and how their attachments affect the structure of our bodies. This third year is optional and can be done with us once you have gained full practitioner status. Emphasis in first year is on body movement with Anma (Japanese Massage) including Muscle Testing, in second year body movement with Seitai (positional release and neuromuscular re-patterning), and in third year is on body movement with Shinden Jutsu (release of Viscera and their ligament attachments).

The classes are run in a modular format. There are 8 Modules in each of years 1 and 2. There are 20 full teaching days in the year. These teaching days are grouped into mostly 4 day blocks starting in January 2012 and completing the academic year with exams in November 2012. Dates for 2013 will follow a similar format. Training days also include a revision weekend in October and a 2 day exam weekend in November.

DATES:

- Module 1: **27-30 January 2012**
Intro to Amatsu, Asymmetry, Range, Texture, palpation, Switching, Muscle Testing, Introduction to Anma massage
- Module 2: **9-10 March 2012**
Foot, ankle, Lower Leg
- Module 3: **11-12 March 2012**
Knee, Upper Leg
- Module 4: **18-19 May 2012**
Femoral Heads, Pelvis
- Module 5: **20-21 May 2012**
Pelvis, Sacrum
- Module 6: **20-21 July 2012**
Spine, Ribs
- Module 7: **22-23 July 2012**
Hand, Wrist, Elbow, Shoulder
- Module 8: **21-23 September 2012**
Neck, Sterno-Clavicular Junction, Cranial massage:
- Revision **26-28 October 2012**
- Exam Weekend **24-25 November 2012**

During the course we cover Philosophy of Amatsu, Anatomy and Physiology, Muscle Testing, Anma Massage, Meridian Therapy, and Body Movement. Lectures will be delivered by the dynamic teaching team of Jane Langston and Taz Faruqi, and will be supported by a team of teaching assistants who are all passionate about Amatsu. The course is Fun!

COURSE COSTS:

Fees for the 2012/13 first year (Anma) course are £2800 including the non-refundable deposit of £600. The fee is inclusive of course text books, membership of Amatsu association fees, first year student insurance and examination fees. A non-refundable deposit of £600 required to secure a place on the course. Same schedule of fees apply to the second year. Payment may be made in full each year or by paying the non-refundable deposit of £600 and 12 monthly payments of £200 each year

Confirmation of entry to the course is after an interview with the course teachers.

BOOK LIST:

The following books are included in the cost of your course and you will be supplied with them on receipt of your deposit. This deposit will ensure a place for you on the next Anma course. You will be using these books during your entire course - for all years.

- **Trail Guide to the Body (including Student Handbook)** Andrew Biel
- **Anatomy and Physiology in Health and Illness** Ross and Wilson
- **Introduction to Anatomy and Physiology** Louise Tucker
- **Pocket Atlas of the Moving Body.** Mel Cash

Recommended Reading List:

The books below are recommended, but not supplied by the school

1. **Zero Balancing – touching the energy of bone** John Hamwee
2. **Energy Medicine** John Hamwee
3. **Power vs Force – the Hidden Determinants of Human Behavior** David R. Hawkins, M.D., Ph.D.
4. **Inner Bridges:** Fritz Frederick Smith, M.D.
5. **Bodywise** Joseph Heller & William A. Henkin Published by Wingbow Press ISBN 0-914728-73-3
6. **The Endless Web – Fascial Anatomy and Physical Reality** R. LouisSchultz, PhD Rosemary Feitis, DO
7. **Energy Medicine – The Scientific Basis** by James L. Oschmann
8. **Medical Dictionary** (Available in all good bookshops)

Other Recommended Reading

9. **Surface Markings and Anatomy** Derek Field
Published by Butterworth Heinemann
ISBN 0-75064618-7
10. **Touch for Health.** John Thie 0-87516-180-4
11. **Zen - Body Being:** by Peter Ralston and Linda Ralston
12. **Hands of Light – A Guide to Healing Through the Human Energy Field** Barbara Ann Brennan
13. **Anatomy of Movement Exercises** Blandine Calais-Germain
Published by Eastland Press, Seattle
ISBN 0-939616-22-X
14. **The Human Body.** Jane de Burgh 1-84013-538-7
15. **The Sciences Good Study Guide.** Andrew Northledge et al.
The Open University Press 0-7492-3411-3
16. **Sport and Remedial Massage Therapy.** Mel Cash 0-09-180956-8
17. **Applied Kinesiology (synopsis).** David S Walther 0-929721-00-4
18. **Atlas of Human Anatomy** Frank H. Netter, M.D. 192900711-6
19. **The Physiology of the Joints, Volumes 1, 2&3.** I.A. Kapandji 0-443-01209-1

All the above books are readily obtained from Amazon Books on the Internet and the training school library contains most of these books if you wish to borrow them, rather than purchase.

It is our intention that you will by continually learning, that your mind remain open - so develop and broaden your understanding of other complementary medicines, such as Touch For Health, Herbalism, Homeopathy, Reflexology, Acupuncture, Chinese Medicine, Ayurveda. There are plenty more. Let it be your intention to know more!

I hope the enclosed information helps you to make a decision to join us. If you have any further questions, please contact us. Interviews or a visit to the current course can be arranged by telephone or email.

Yours sincerely,

Jane Langston
Course Tutor and Managing Director
Amatsu Training School Ltd

07890 437940
jane.langston@ntlworld.com

AMATSU TRAINING SCHOOL LTD PRACTITIONER TRAINING	
Application Form for Anma & Seitai Course 2012/2013	
SECTION ONE – Personal Information	
Name	
Address	
Telephone	
Mobile	
Email	
Date of Birth	
Current Employment	
Educational background & relevant training courses	
Complementary/ medical training or experience	
Medical /Health or Social conditions which may impact on your ability to complete the course and/or practice Amatsu?	
Have you under current or previous trading titles been convicted of any criminal offence, other than motoring, or are there any prosecutions pending?	

SECTION TWO – Amatsu Experience	
Please explain briefly how you heard about Amatsu.	
Have you received Amatsu Treatments, do you have a specific therapist you go to?	YES/NO
If yes, over what period of time and with whom?	
How have these treatments helped you?	
Please detail any other Amatsu experiences	

SECTION THREE – The Course
Why do you want to do the course?
What personal qualities do you possess that will help you complete the course?
What difficulties do you anticipate in studying and completing the course? How do you think you will be able to overcome them?
Please describe how you will integrate the time commitment and workload into your current lifestyle?
What are your goals after qualifying?
What qualities do you possess that will enable you to become a good Amatsu Practitioner?

What concerns do you have about the course?

Have you applied for an Amatsu Training course before? If yes, please give details.

All information provided will remain private and confidential. If necessary, continue on additional sheets of paper. Ensure additional sheets are clearly numbered and state which section they relate to.

SECTION 4 – DECLARATION

I confirm that the above information is, to the best of my knowledge, true and accurate. I have read the Student Charter and Terms and Conditions of the course and agree to abide by them

Signed:

Dated: