

5-Element Shiatsu: Basic Protocol

- KI1 – Ground [S/T]
- Massage Channel
- Nerve Stroke Channel
- Energy Sweep Channel
- KI1 – Ground [S/T]

5-Element Shiatsu: Intermediate Protocol

- KI1 – Ground [S/T]
- Massage Channel
- Massage Organs
- Contact Point(s)
- Nerve Stroke Channel
- Energy Sweep Channel
- Contact Organ to Channel
- KI1 – Ground [S/T]
- ST36 - [S/R/T]

5-Element Shiatsu: Advanced Protocol

Opening Sequence

- KI1 – Ground [S/T]
- Wrist, Face, Hara Assessment
- Skin Detox
- Opening Wind Gates

Treatment Sequence

- KI1 – Ground [S/T]
- **Contact Organ to Channel**
- **Blood Cleansing**
- Massage Channel
- Massage Organs
- Contact Point(s)
- **Contact Organ to Channel**
- Nerve Stroke Channel
- Energy Sweep Channel
- Contact Organ to Channel

Closing Sequence

- Cradle Contact
- **Contact Organ to Channel**
- KI1 – Ground [S/T]
- ST36 [S/R/T]