



# Outline of Ki-Hara Resistance Stretching Certification Program

## LEVEL I: \$500

### Day 1 — Ki-Hara Resistance Stretching

Materials – Full Color Manual, Trainer DVD of all Assisted Stretches  
(Prerequisite for all other programs)

7 hours

#### I. Principles of Resistance Stretching

1. Strength Training (ST) versus Resistance Stretching (RS)
2. Interdependence of Strength and Flexibility
3. Principle of Limitation
4. Resistance Stretching versus other stretching modalities.

#### II. 16 Basic Self-stretches

1. Beginner Resistance Self-Stretches (DVD and Flash Cards)

#### III. 16 Basic Non-Board Assisted Stretches

1. First 6 Assisted Stretches
2. Record in “Flexibility Profile”

#### IV. Mashing (throughout the day)

1. Massage with our feet
  - a. Hamstrings
  - b. Quads
  - c. Adductors
  - d. Chest
  - e. Upper Back





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## LEVEL I:

### Day 2 —Assisted Resistance Stretches and Problem-Solving (Must have completed Day 1)

7 hours

#### I. Principles of Assisted Resistance Stretches

1. Review Day 1
2. Starting/Stopping; Speed; Force; Direction; Range
3. Strength and Stretch Pathways— “Path of Least Resistance” and “Path of Greatest Resistance”

#### II. 16 Assisted Stretches

1. Finish up the remaining 10
2. Record in “Flexibility Profile”

#### III. Problem-Solving

1. Balancing Muscle Groups (BMG)
2. Opposing Muscle Groups (OMG)
3. Basic Formula

#### IV. Brief Discussion: Private Session Ethics and Confidentiality

#### VI. Preview of Level II— A focus on Action in three planes: ROTATIONAL STRETCHING

#### VII. Closing Questions, etc.

Benefits:

1. On-Line Support and/or Instant Support -  
It is an essential design of our organization to supply the Best support for anyone offering either classes or private Sessions.
2. NASM – 1.4 credits  
NCBTMB – 12 credits  
NSCA – 1.2 credits
3. Repeat Level I (free of charge) as many times. Repeating with a different instructor is \$100.
4. We ENCOURAGE you to begin working on clients and implementing Ki-Hara into your daily routine.
5. Listing on the website is available once you have “tested out” and are a member of Konnect.





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## **Further Programs:**

All Programs are offered over 2 days; the first day is always a prerequisite for the second day. All prior Levels are prerequisites for future Levels. All are \$500. All Levels come with full color manuals complete with pictures and an accompanying Trainer DVD. You can repeat all Levels free of charge (\$100 fee if with a different instructor).

These ARE ESTIMATES of time between training – you can take as little time or as long as you would like between Levels depending on how often they are offered, where they are offered, and your comfort level.

\*\*All levels can also be done as 1-on-1 Intensive Trainings with Anne Tierney.

## **Internship:**

**Prerequisite: Level I**

4-Class Course + Observations & Private Sessions

## **Certification II:**

**Prerequisite: Level I**

Day 1: Straight legs on Ki-Hara Assisted Stretching Board; Arm Rotations on a table

Day 2: Kinematic Patterns (Rotations) – Lower Body; Advanced Problem Solving

## **Certification III: \*\*NEW\*\* – FUNCTIONAL TRAINING WITH Susan Bianchi**

**Prerequisites: Levels I and II**

Days 1 & 2: Core, Intermediate Self-stretches, biomechanical analysis, and Ultimate Ki-Hara

## **Certification IV:**

**Prerequisite: Levels I-III, COMPLETED INTERNSHIP**

Days 1 & 2: Fascial vs. Muscle Tension; Use of Achilles Pro Flex and Pro Lock; Self-stretches; and ‘Mini routines’ for various upper and lower body muscle groups

## **Certification V:**

**Prerequisite: Levels I-IV**

Day 1: Private Sessions; Protocols (Mashing & Stretching); Self-Diagnosis and Biomechanical Analysis

Day 2: Team Training; Advanced bio-mechanical analysis; Extremities (Hands, Forearms, Neck, Feet, and Calves)





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## Ki-Hara Level IV Presented By Ecentric Strength

### Course Description:

This course will provide Ki-Hara certified instructors with a deeper understanding of the physiology of tension, flexibility, and Resistance Stretching. The principals presented in this course will give practitioners a scientific framework within which they can/will reinterpret the practical exercises they have learned in Ki-Hara certification Levels 1 through 3. This course will also introduce and delineate between the concepts of Fascial Tension and Muscle Tension providing the skill set and exercises required to identify and address problems arising from both systems. The relationship between Fascia and Muscle will be highlighted in light of specific biomechanical disorders emphasizing treatment protocols for the advanced trainer/therapist.

### Course Overview:

- 2 Days : 6 hours of instruction per day with an Hour for breaks and lunch.  
Total time commitment = 14 Hours; Total CEU = 12 Hours.
- Handouts and Educational Materials Provided
- Tools required for course may be borrowed or purchased. (Pro-Flex; Pro-Lock; Leverage Straps, Sliders, ect.)





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Other Classes/ Programs:

Internships (See Manual and “How to become a Ki-Hara Trainer”)

Konnect (See Manual and website)

**Workshops** – 2-4 hour Classes that focus on Self-stretches and give a ‘taste’ of Mashing and Assisted. (.3 NASM CEUs)

**Thai MASHiatsu Workshop** – 7 hour (1 Day) Intensive that focuses on Mashing.

Mashing is a form of body work that prepares muscles by compressing them with your feet. Most assisted Ki-Hara sessions involve mashing to warm the body up or help flush the body at the end of the session. This technique will affect myofacial tissue as well as blood flow and will also allow muscles to stretch more effectively. These techniques are similar to what they have been practicing in the East for more than 38 generations. It is deep and sometimes intense works that helps create a more lasting effect and changes in the body during the session while helping to save the practitioners arms and hands from the rigors and wear and tear of traditional massage work.

Be sure to always communicate with your clients as some people can handle a lot of pressure while for others even a slight touch is too intense.

**The latest hybrid of bodywork that Innovative Body Solutions has been developing is what we would like to call Thai-MASHiatsu – a unique blend of Thai movements, mashing, and foot shiatsu. What you will find is a new modality that, although focused on work with the feet, also includes some use of the hands and rocking techniques found in traditional Thai massage. The combination is a natural one that is helping to create a deep and more relaxing massage with protocols for every part of the body from the head to the toes.**

