

Meridians GOVERNING VESSEL and CONCEPTION VESSEL

HEALTH WARNING: spending more than 3 hours on an assignment can seriously damage your enthusiasm. In the early stages of learning you might not get much done in 3 hours but do have patience with yourself. It will come.

Which is the Yin and which is the Yang meridian?

What is the direction of their flow?

Is there an associated Element or Energy-Phase?

How do these meridians fit in to the energy cycle?

Would you give them a time of day or night? and if so, what for which?

Can you explain how these meridians flow into each other?

Do they fit into the pattern of the Masunaga Extensions?

You should be able to demonstrate basic understanding of:

The external route and First and Last Tsubos of the Meridians - which are not really the beginning and end points as the meridians also follow internal routes (which you are not required to know)

Locations, Functions and Uses of the Required Tsubos:

	GV	1	2	4	14	16	20	28						
CV	1	3	4	5	6	7	8	12	14	17	22	24		

What Tsubos - if any - are contra-indicated for what conditions?

What is the role of these meridians in relation to the others?

Which tsubos connect the Energy Centres of the back and the front?

Which tsubos do you think relate to the pineal, pituitary, hypothalamus, thyroid and thymus glands? What do you think is the significance of these connections?

How would you incorporate these meridians into a treatment, what treatment position/s might you use, and what kind of conditions might they be good for?

LEARNING AIDS: colouring in the meridians on the following pages and then drawing them on the images below will help your learning.

Summary

the **Intermediate Diploma** Assessment Requirement is for you to be able to locate and treat (therefore know their functions and uses) by tonification or dispersal/sedation:

- the required Tsubos including Bo and Yu points
- Classical Meridian
- Zen Extension

for **Professional Licence** Assessment you may be asked to describe their anatomical locations using anatomical/medical terminology – “as if on the telephone to a Latin-speaking Doctor!” - in relation to:

- bones
- muscles
- organs
- neighbouring meridians

and to demonstrate understanding of any above aspect of this assignment including insights from the necessary additional reading for the Professional Licence and your own experiences from Treatments, Out-Clinics and Work-placement.

Module Completion: please have your Tutor validate the following

ASSIGNMENT COMPLETED: _____ date & stamp

TUTORIAL ATTENDED _____ date & stamp

PRACTICAL ATTENDED: _____ date & stamp

LEARNING TREATMENTS.....attach for stamping
http://www.learn-shiatsu.co.uk/ls_diptreatments.htm

What have you learned about yourself from this Assignment?







