

Intermediate Diploma Course Assignment - Zen School of Shiatsu

Organ/Meridian Network **HEART PROTECTOR** also known as Heart Governor, Heart Constrictor, Pericardium, Master of the Heart and Minister of Fun

**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.

Is this a Yin or a Yang meridian? what's the difference?

What is the direction of the meridian's flow?

At what time of day or night does the tide of ki reach its peak in the meridian?

What is the partner of this meridian?

What is its Element or Energy-Phase and:

Mother	Child	Controller	Manifestation or "Flower"		Movement
Colour	Sound	Sense	Taste	Smell	Fluid
Tissue		Direction	Season	Time	

What is the difference between the Meridian's time of day or night and its Element's time of day or night?

What is the difference between the Meridian's direction of flow and its Element's direction of flow?

See if you can get an idea of the functions and a feel for the energy of the meridian and its element before attending the Tutorial. Remember that the Classical Meridians flow into each other in the cycle of the Meridian Clock, and the Masunaga Extensions meet in the Hara.

In the Yellow Emperor's Classic of Internal Medicine (the Nei Jing), the Heart Protector is described as:- "The official of the centre who guides subjects in their joys and pleasures." What do you think this means?

**You should be able to demonstrate basic understanding of:**

The differences/similarities between Classical and Extension routes.

The external route and First and Last Tsubos of the Classical Meridian - which are not really the beginning and end points as the meridians follow internal routes (which you are not required to know) where they permeate their own organ and wrap their partner-organ.

The route of the Masunaga Extension

Locations, Functions and Uses of the Required Tsubos:

**1 3 6 7 8 9**

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

Why do you think HP8 might be useful for sedating mild epileptic seizures when used with CV17? subject to the seized allowing it.

What conditions physical, emotional, mental might be indicated by the meridian being:  
more kyo  
more jitsu?

Where are the meridian's Bo Points and Yu Points in relation to the associated organ?

Where are the Diagnostic Areas on the:

Face

Back

Hara

What is the relationship between Bo Points, Yu Points, Diagnostic Areas and Organs?

What treatment position best enables you to connect with Bo Point and meridian? why would you want to do this?

Why might stretching be appropriate for dispersing jitsu but not for tonifying kyo?

Describe the Anatomical Location of the Organ, its western function and associated western system

Compare Organ functions: Western; Masunaga; TCM

**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
- Masunaga 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](http://www.learn-shiatsu.co.uk/ls_diptreatments.htm)

**What have you learned about yourself from this Assignment?**

HG ————

TH ————

















