



## ***INTRODUCTION TO SEIFUKUJUTSU: JAPANESE RESTORATIVE MASSAGE***

The Koryukan Jujitsu School is offering an introductory course in Seifukujutsu (the art of restoration and adjustment) covering Japanese restorative massage or Nihon Kaifuku Anma. This massage is a cornerstone of traditional Chinese medicine and has been used in Japan for hundreds of years to treat many maladies that are only addressed by surgery or medicinal therapy in the United States.

This course will present the traditional and historical techniques of Nihon Kaifuku Anma with hands-on practice. Course material will include anatomy, physiology, theory of traditional Chinese medicine, and more in a 25 + 50-hour curriculum (in-class + out-of-class hours.)

For martial artists, the course goes hand-in-hand with the meridian/pressure point theory taught in most martial arts, and students will find the movements in this massage will enhance their understanding of martial art techniques. Non-

martial artists will get an introduction to asian thought and basic body mechanics.

The course instructor, Jason Spencer, has practiced these arts for over 23 years and holds a teaching certificate from the Institute of Oriental Therapeutic Science. He began his study of martial arts in 1979 and holds a Shihan (Master-Teacher) grade in Danzan Ryu Jujitsu from Prof. Ken Eddy. Jason also teaches regular classes at the Koryukan.

Graduates of the course will receive a certificate from the Koryukan. Students will also have the option to do additional study and practice hours and test with the Institute of Oriental Therapeutic Science (directed by Prof. Ken Eddy, O.M.D.) for certification. This satisfies the prerequisite to attend further courses and may count toward professional licensure.

### ***REQUIRED MATERIALS***

Students should bring to each class:

- The Anatomy Coloring Book, 3<sup>rd</sup>/4<sup>th</sup> Ed., Kapit & Elson, Harper Collins
- Colored pencils or markers
- Notebook & pen
- Two Body-sized towels
- Two Bath-sized towels
- Loose-Fitting clothing (shorts & T-shirt)
- (optional) Exercise Mat

### ***COURSE SCHEDULE***

The course will be presented in 25 hours of in-class instruction and 50 hours of outside practice. Class dates and times are:

2014:

July 20 & 27, 12:45–5:00 p.m.

August 17 & 31, 12:45–5:00 p.m.

September 14 & 28, 12:45–5:00 p.m.

Optional IOTS sessions:

Q&A session: Oct. 26, 12:45–5:00 p.m.

Exam: Nov 20, 12:45–5:00 p.m.

### ***COURSE LOCATION***

Roseville Aikido and Healing Arts Center  
501 Derek Pl #100  
Roseville, CA 95678

### ***COURSE FEES***

Paid before July 1:	\$225
Paid before July 20:	\$300
Monthly Payment (3):	\$110

Make checks payable and mail to:  
Jason Spencer  
4505 Pheasant Ln.  
Rocklin, CA 95765

Register online at [eventbrite.com/event/11644102825](http://eventbrite.com/event/11644102825) or send contact info and check to address above.

虎竜館  
KORYUKAN  
JUJITSU SCHOOL