



**BALANCED HEALTH
FOUNDATION
COURSE
LEVEL 1**



TECHNIQUES FROM LEVEL 1

1. Mental Fatigue/Learning Stress – Correct the Supraspinatus, rub points.
2. Emotional Stress Release – Touch forehead on bumps above the eye, while thinking of the issue/problem.
3. X-Crawl – Improves Cerebro-Spinal Fluid circulation, memory, and much more
4. Water, Psoas/Backache – Drink more water – not tea or coffee!
5. Meridian energy lines, and Meridian running to strengthen introduction.
6. Neuro-Vascular points to enhance blood flow to muscles/organs. Neuro-Lymphatic points to enhance lymphatic feeding and cleaning.
7. A new “Language” for the balanced “Whole Person Approach”.
8. Introduction to Food Sensitivity Testing.
9. Nutritional testing.
10. Muscle tests including Supraspinatus, Psoas, Latissimus Dorsii, Anterior Deltoid, Pectoralis Major Sternal, Quads, Fascia Lata and Diaphragm.

Please work with permission, and only when the person clearly agrees to or invites your help. Also please bear in mind the need for total confidentiality when working with others. Nothing should ever be repeated without permission.

We would also appreciate hearing of your successes, especially if we may publish them to encourage others to use them too.

BALANCED HEALTH LEVEL 1 HOMEWORK

We trust that as you experience more Kinesiology, you will find you have “learned while doing” without swotting or sweating over the material. We suggest that you set up regular balancing sessions with friends/family/colleagues, or others who have done the course right away. You get good at what you do regularly. Also, you may decide to apply to go on to the T.A.S.K Professional Practitioners Course, and a sound knowledge of all the Balanced Health levels is needed, and completed homework is a pre-requisite.

1. Read the relevant pages of all we covered in level 1 from your textbook. Especially study the muscle pages and Lymphatic points, Neuro-Vascular reflexes, and the Meridian pathways.
2. Write a list of the muscles covered on Level I, with the position of their related N.L. and N.V. points, so finding them becomes easier.
3. Practice & write up three case studies of before/after sessions testing and balancing muscles and also using E.S.R. and/or X-Crawl. Please have the subject write any comments on your T.A.S.K. Research sheet, and initial them because this gives your subjects an opportunity to appreciate the benefits they have received. Use the techniques amongst family and friends for their benefit and for yours.
4. Practice, practice, practice the muscle testing all you can. **Slowly, gently, briefly, and BREATHE, saying hold, then remember to pause, squeeze the pressure on and squeeze off and keep your mind in neutral.**
5. Make a written note of any questions you may have, however basic, and bring them to the next class you attend. This also can be of benefit to your fellow classmates to help or clarify any thing they may not be sure of.

We suggest you start your home study right away, and keep the written work in a NAMED folder and add each level to it. When you have completed Level 6 please then send all your homework to your tutor for assessment.

As long as you have understood the Foundation course and are practising thoroughly we will then send you your completion certificate. This certificate is the pre-requisite for the Professional Practitioners course.



Confidential Research Information

PLEASE PRINT CLEARLY ALL THE RESPONSES ON THIS FORM

Name : _____ Age: _____. Sex: _____ Date: _____.

(Or if you prefer, your practitioner will give you a number to protect your anonymity)

BEFORE YOUR SESSION: Please note how you feel now. 10 is the worst symptom and 0 is no symptoms/pain/stressed feelings of any kind. You will be asked to compare how you feel now, with how you feel after your session. 0 1 2 3 4 5 6 7 8 9 10

Who suggested that Systematic Kinesiology might help you to better health?

What problem caused you to visit a Trainee Kinesiologist or are you just interested?

If you have a definable problem, how long have you had this condition?

Who have you seen, or what have you done previously to get help?

Please briefly describe how you are feeling at the moment physically.

Are you in pain or discomfort, if so describe where.

How are you feeling emotionally?

AFTER YOUR SESSION: How do you feel now? Please state any beneficial changes

Physically?

Mentally?

If your pain or discomfort described above was 10 (being worst) on a scale of 0-10, what number would you say it was down to now? Number _____

Are you willing to take the nutritional advice? _____

Student Practitioner: _____ **Date:** _____

Is this the first session? _____ **This is the clients** _____ **session for the presented problem/s**



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16 Iris Road, West Ewell, Epsom. SURREY. KT19 9NH.
Telephone: 0208 391 5988.
Website: www.kinesiology.co.uk
E-Mail: info@kinesiology.co.uk