



守破離

Official program

SHIATSU TECHNICIAN

PROFESSIONAL COURSE

10 MONTHS

START FEB 2027 | END DEC 2027

PROGRAM WITH OVER 40 YEARS OF EXPERIENCE

The only programme in Europe accredited by the Japan Shiatsu College and Namikoshi Shiatsu Europe Association

Academic training adapted to the European Higher Education Area. (Bologna Process)





46th PROMO

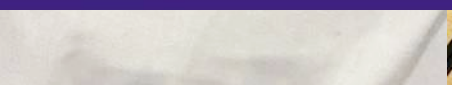




NAMIKOSHI Shiatsu Europa

EJS INTERNATIONAL Shiatsu School

Japan Shiatsu College







INTENSIVE COURSE academic calendar 2027

Shiatsu practical classes

shiatsudo.com | phone +34 913 457 124 | centro@shiatsudo.com

Afternoon group Mondays

Mondays
16:30h - 20:30h
Start 08/02/2027 - End 13/12/2027

Morning group Fridays

Fridays
10:30h - 14:30h
Start 12/02/2027 - End 17/12/2027

Master Onoda's Supervisions
Taught by Master Onoda. Attendance recommended but not mandatory.

Weekend group

1 Saturday & Sunday per month
10:00h -14:00h &15:30 - 19:30h
Start 06/02/2027 - End 12/12/2027

2027

The minimum training to obtain the qualification endorsed by the Japan Shiatsu College of Tokyo Japan is **Level 1 and Level 2.**

EJS INTERNATIONAL Shiatsu School

JANUARY

M	T	W	T	F	S	S
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4	5	6	7	8	9	10
11	12	13	14	15	15	17
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FEBRUARY

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MARCH

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29	30	31				

APRIL

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MAY

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31						

JUNE

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JULY

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AUGUST

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30	31					

SEPTEMBER

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OCTOBER

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NOVEMBER

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29	30					

DECEMBER

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13	14	15	16	17	18	19
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27	28	29	30	31		

Health Science classes * (online)

Online subject with a permanent online teacher, notes and explanatory videos.
The exams will be on the virtual platform.

Online classes: **Mondays 19:00h - 20:30h**
Online exams: **Tuesdays 10:00h - 23:00h**

Health Science Classes I (Anatomy)

The teacher reviews the contents that the student has assimilated at home with the help of his online tutor.

PARTIAL 01 / 03	PARTIAL 02/ 03	PARTIAL 03/ 03
Class 01/03 → **15 Mar 2027**	Class 02/03 → **19 Apr 2027**	Class 03/03 → **17 May 2027**
Exam 01/03 → **23 Mar 2027**	Exam 02/03 → **27 Apr 2027**	Exam 03/03 → **25 May 2027**

Health Science Classes II (Physiology)

The teacher reviews the contents that the student has assimilated at home with the help of his online tutor.

PARTIAL 01/ 03	PARTIAL 02/ 03	PARTIAL 03/ 03
Class 01/03 → **13 Sep 2027**	Class 02/03 → **18 Oct 2027**	Class 03/03 → **15 Nov 2027**
Exam 01/03 → **21 Sep 2027**	Exam 02/03 → **26 Oct 2027**	Exam 03/03 → **23 Nov 2027**

* **If you have previous health studies, you can apply for validation & the fee of the course will be reduced.**





* These classes are not compulsory but recommended for a better understanding of the subjects.
The classes have a limited capacity, therefore, preference will be given to level 2 students.
Prior reservation is required.

*Master-classes (included)

In these practical classes taught by Master Onoda you will study the most common pathologies that are treated daily at the Shiatsu clinic (office workers ailments, neck and back pain, common emotional imbalances caused by stress and anxiety ...).

The classes are the following **Wednesdays**:

Morning group: **1030am - 12:30pm** | **Evening** group: **5:30pm - 7:30pm**

2027

- 24 February
- 14 April
- 19 May
- 17 November

*Medical conferences (included)

Doctor Ángel Garrido graduated in our school in 1992, his current occupation is emergency hospital assistance in Madrid-Spain. (License no. 32942).

Currently he is also the coordinator of medical studies in our school. Through these conferences he will explain how western medicine is compatible with Oriental medicine.

An easy way to understand the human body view comparing the eastern and western mentality.

*Chikung (included)

Health begins with breathing. With this training, you will learn movements and coordinated breathing patterns to help you control the heart rate and to stabilize the body.

To take care of the health of others, it is important to start with yourself.

*Radiological diagnosis classes (included)

X-ray examination is a useful tool to observe the state of the internal structures of the patient. In case the patient brings X-rays, the therapist must understand them to apply the correct Shiatsu treatment.

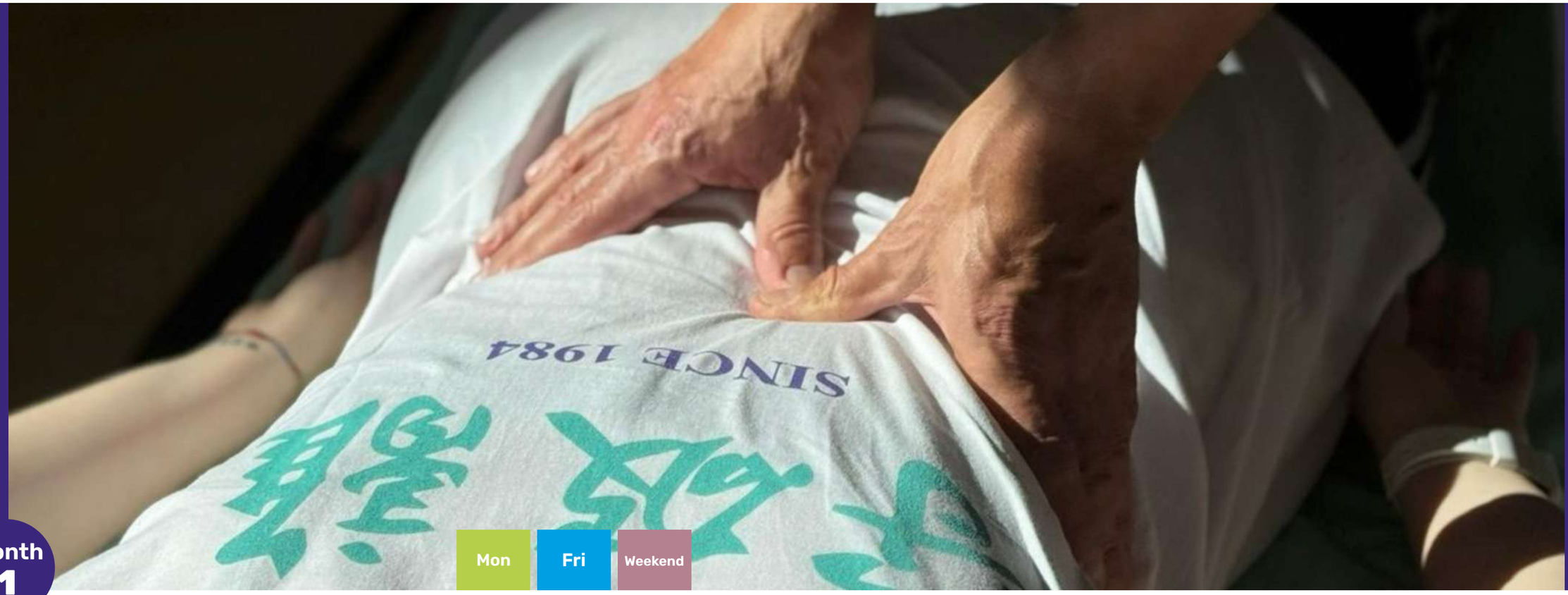
The schedule of the 2 classes will be provided during the course.



Intensive modality 10 months

You can choose between the 3 following groups:
Friday group (morning), **Monday** group (evening) or **weekend**-group. If necessary, you can change to another group during the course.

- Afternoon group: Mondays from 16:30h to 20:30h.
- Morning group: Fridays from 10:30h to 14:30h.
- Weekend group: Saturday and Sunday from 10:00h to 14:00h and from 15:30h to19:30h.



month 1

	Mon	Fri	Weekend
WEEK 01 • Introduction: General theory of Shiatsu. History of Shiatsu in Japan. School rules – student Rules - Delivery of maintenance exercises for the therapist. Characteristics of Shiatsu therapy. Precautionary rules of Shiatsu therapy Pressure characteristics • Shiatsu Namikoshi: Introduction and practice of the therapist posture and pressure	**08 Feb** (Monday)	**12 Feb** (Friday)	**06 & 07 Feb** (Sat & Sun)
• Shiatsu Namikoshi: Prone position (occipital, midline, spinal- bulb and posterior cervical) • Autoshiatsu cervical region: Techniques 1 to 4. Therapist's exercises			
WEEK 02 • Shiatsu Namikoshi: Decúbito prono (supraescapular e interescapular) • Autoshiatsu head region: Techniques 1 to 4 Types of pressure applications	**15 Feb** (Monday)	**19 Feb** (Friday)	
• Shiatsu Namikoshi: Prone position (infraescapular, lumbar and iliaca crest) • Autoshiatsu face region: Techniques 1 to 6 Pressure classes			

	Mon	Fri	Weekend
WEEK 03 • Shiatsu Namikoshi: Prone position (sacrum, gluteus and Namikoshi point) • Autoshiatsu shoulder and back: Techniques 1 to 4 • Stages of pressure intensity	**22 Feb** (Monday)	**26 Feb** (Friday)	**06 & 07 Feb** (Sat & Sun)
• Shiatsu Namikoshi: Prone position (posterior femoral and popliteal fossa) • Autoshiatsu lower extremities: Techniques 1 to 7 Five rules for good health and long life			



month 2

		Mon	Fri	Weekend
WEEK 04	• Shiatsu Namikoshi: Prone position (plant) • Shiatsu Namikoshi: Prone position (the right side) • Autoshiatsu Chest: Techniques 1 to 3	01 Mar (Monday)	05 Mar (Friday)	06 & 07 Mar (Sat & Sun)
	• Shiatsu Namikoshi: Prone position (sural posterior and sural lateral and medial). • Autoshiatsu lower extremities: Techniques 8 to 14. Range of joint movements / eight movements of the spine.			
WEEK 05	• Shiatsu Namikoshi: Back Settings • Autoshiatsu abdomen: Techniques 1 to 3 • Shiatsu Namikoshi: Prone position (lateral and medial calcaneus tuber)	08 Mar (Monday)	12 Mar (Friday)	
	• Shiatsu Namikoshi: Full review of prone position. Doubts and questions • Shiatsu Namikoshi: Consolidation of the techniques learned: therapist posture; pressure characteristics, hand position			
WEEK 06	• **Shiatsu Namikoshi: FIRST TEST OF SHIATSU**	15 Mar (Monday)	02 Apr (Friday)	
	• Doubts and questions about the exam • Shiatsu Namikoshi: Supine position (inguinal, anterior femoral and medial femoral) • Autoshiatsu upper extremities: Techniques 1 to 6 • Autoshiatsu upper extremities: Techniques 7 to 11	22 Mar (Monday)		
WEEK 07	• Shiatsu Namikoshi: Supine position (lateral femoral, rotular and lateral sural) • Autoshiatsu: Review lower limbs 1 to 7 + stretching	29 Mar (Monday)	09 Apr (Friday)	
	• Shiatsu Namikoshi: Supine position (tarsal, dorsal of the foot, digital of the foot, exercise finger, plantar extension) • Autoshiatsu: Review lower limbs 8 to 14 + stretching			



month 3

		Mon	Fri	Weekend
WEEK 08	• Shiatsu Namikoshi: Supine position (axillary, medial brachial, cubital fossa and medial antebrachial) • Autoshiatsu: Review of upper limbs 1 to 6 + stretching • Shiatsu Namikoshi: Supine position (deltopectoral, lateral- brachial and lateral antebrachial)	05 Apr (Monday)	16 Apr (Friday)	03 & 04 Apr (Sat & Sun)
	• Autoshiatsu: Review upper limbs 7 to 11 + stretching • Shiatsu Namikoshi: Supine position (dorsal of the hand, digital, palmar and arm stretch) • Autoshiatsu: Review shoulder and back + stretching			
WEEK 9	• Shiatsu Namikoshi: Supine position (the right side) • The eight movements of the spine • Shiatsu Namikoshi: Supine position (skull central line, parietal and central line)	12 Apr (Monday)	23 Apr (Friday)	
	• Autoshiatsu: Head and cervical review + stretching • Shiatsu Namikoshi: Supine position (frontal, nasal, zygomatic, orbital and sien and pressure on the eyeballs) • Autoshiatsu: Face review + stretching.			
WEEK 10	• Shiatsu Namikoshi: Supine position (intercostal, sternum and pectoral). • Autoshiatsu: Chest review + stretching. • Shiatsu Namikoshi: Supine position (abdomen). • Autoshiatsu: Abdomen review + stretching.	19 Apr (Monday)	30 Apr (Friday)	
	• Shiatsu Namikoshi: Full review in supine position Doubts and questions • Shiatsu Namikoshi: Consolidation of the techniques learned: therapist posture; pressure characteristics, hand position; shiatsu regions and pressure lines	26 Apr (Monday)		



month 4

		Mon	Fri	Weekend
WEEK 11	• Doubts and questions about the exam • **Shiatsu Namikoshi: SECOND TEST OF SHIATSU** • Shiatsu Namikoshi: Lateral decubitus (anterior cervical, lateral and medulla oblongata)	**03 May** (Monday)	**07 May** (Friday)	**22 & 23 May** (Sat & Sun)
WEEK 12	• Shiatsu Namikoshi: Lateral decubitus (interscapular, infrascapular and lumbar) • Traditional Chinese Medicine (KI, YINYANG)	**10 May** (Monday)	**14 May** (Friday)	
WEEK 13	• Shiatsu Namikoshi: Decúbito lateral (interescapular e infraescapular y lumbar) • TCM: Meridians of de P-IG • Shiatsu Namikoshi: Lateral decubitus (paravertebral muscles) • TCM: Meridians of E-BP	**17 May** (Monday)	**21 May** (Friday)	
WEEK 14	• Shiatsu Namikoshi: Lateral decubitus (the right side) • TCM: Meridians of C-ID • Shiatsu Namikoshi: Full review of lateral decubitus. Doubts and questions • TCM: Meridians of V-R	**24 May** (Monday)	**28 May** (Friday)	

- Afternoon group: Mondays from 16:30h to 20:30h.
- Morning group: Fridays from 10:30h to 14:30h.
- Weekend group: Saturday and Sunday from 10:00h to 14:00h and from 15:30h to19:30h.



month 5

		Mon	Fri	Weekend
WEEK 15	• Shiatsu Namikoshi on chair • TCM: Meridians of MC-TR • Shiatsu Namikoshi: Full session • TCM: Meridians of VB-H • TCM: Meridians of VG-VC	**31 May** (Monday)	**04 Jun** (Friday)	**05 & 06 Jun** (Sat & Sun)
WEEK 16	• Shiatsu Namikoshi: Full review (tatami and chair) • Shiatsu Namikoshi: Consolidation of the techniques learned: therapist posture; pressure characteristics, hand position; Shiatsu regions and pressure lines • **Shiatsu Namikoshi: THIRD TEST OF SHIATSU**	**07 Jun** (Monday)	**11 Jun** (Friday)	
inicio **N2** **WEEK 17**	• Doubts and questions about the exam • Introduction to Level 2 • What is Aze Shiatsu? • Aze Shiatsu on a stretcher	**14 Jun** (Monday)	**18 Jun** (Friday)	
WEEK 18	• Aze Shiatsu: Prone position (the neck) • Location and pressure key points: 16VG, 10V, 12-20VB	**21 Jun** (Monday)	**25 Jun** (Friday)	



month 6

		Mon	Fri	Weekend
WEEK 19	• Aze Shiatsu: Prone position (back I) • Aze Shiatsu: Prone position (back II) • Shiatsu and physiological functions 1: Pressure effect on the body, skin, muscles and circulatory system • Location and pressure key points: 11-13-14-15-43V, 21VB, 9-10-11ID	**28 Jun** (Monday)	**02 Jul** (Friday)	**03 & 04 Jul** (Sat & Sun)
WEEK 20	• Shiatsu and physiological functions 2: Nervous, endocrine, digestive, skeletal and immune system • Location and pressure key points: 18-19-20-21-22-23-25V-27V-28V, 25-30VB and Namikoshi point • Aze Shiatsu: Prone position (lower extremities: leg) • Location and pressure key points: 36-37-40-55-57-60V-3R	**05 Jul** (Monday)	**09 Jul** (Friday)	
WEEK 21	• Aze Shiatsu: Prone position (lower extremities: plantar and stretching) • Key point location and pressure settings: 1R • Eight movements of the spine • Traditional Chinese Medicine: Yuketsu and Boketsu • Theory and practice of Shiatsu. Viscerocutaneous reflexes	**12 Jul** (Monday)	**16 Jul** (Friday)	



month 7

		Mon	Fri	Weekend
WEEK 22	• **Aze Shiatsu: FIRST TEST OF SHIATSU** • Aze Shiatsu: Supine position (lower extremity: from inguinal region to medial calcaneus) • Location and pressure key points: 31-41VB, 36-41E, 3H • Location and pressure key points: 6-10BP, 8H, 3R • Location and pressure key points: 1-14VB, 20 VG	**06 Sep** (Monday)	**10 Sep** (Friday)	
WEEK 23	• Aze Shiatsu: Supine position (head and face) • Aze Shiatsu: Supine position (lower extremity: from lateral femoral region to the end) • Aze Shiatsu: Supine position (the neck). • Location and pressure key points: 9E	**13 Sep** (Monday)	**17 Sep** (Friday)	**11 & 12 Sep** (Sat & Sun)
WEEK 24	• Aze Shiatsu: Supine position (the thorax) • Location and pressure key points: 27R, 1P, 17VC • Aze Shiatsu: Supine position (upper extremity). • Location and pressure key points: 1-7C, 5-9-10P, 7-8MC, 3ID, 3-4-5TR, 4-5-10-11-15IG	**20 Sep** (Monday)	**24 Sep** (Friday)	
WEEK 25	• Aze Shiatsu: Supine (chest) • Location and pressure of key points: 27R, 1P 17VC. • Aze Shiatsu: Supine (upper extremity) • Location and pressure of key points:1-7C, 5-9-10P, 7-8MC, 3ID, 3-4-5TR, 4-5-10-11-15IG.	**27 Sep** (Monday)	**01 Oct** (Friday)	



month 8

		Mon	Fri	Weekend
WEEK 26	• Aze Shiatsu: Abdomen • Location and pressure key points: 3-4-5-12-14VC, 25E, 13-14H, 24VB • Structural analysis of the body • Aspa treatment: Theory, stretching, location of tension zones	**04 Oct** (Monday)	**08 Oct** (Friday)	**09 & 10 Oct** (Sat & Sun)
WEEK 27	• The reciprocating technique and the ankle rotation • Kyo-Jitsu: Theory, pressure form and four basic typologies • Five points Notice • The four symptomatic phases of the inter-scapular zone (43V)	**11 Oct** (Monday)	**15 Oct** (Friday)	
WEEK 28	• Aze Shiatsu: Supine decubitus review • **Aze Shiatsu: SECOND TEST OF SHIATSU**	**18 Oct** (Monday)	**22 Oct** (Friday)	
WEEK 29	• Stretching #1 and 2 • Sotai-Ho #1	**25 Oct** (Monday)	**29 Oct** (Friday)	

- Afternoon group: Mondays from 16:30h to 20:30h.
- Morning group: Fridays from 10:30h to 14:30h.
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month 9

		Mon	Fri	Weekend
WEEK 30	• Sotai-Ho #2 • Sotai-Ho #3	**08 Nov** (Monday)	**05 Nov** (Friday)	**13 & 14 Nov** (Sat & Sun)
WEEK 31	• Holistic Shiatsu treatment: Seven basic techniques • Field of application of Shiatsu. Disorders in which Shiatsu should not be applied	**15 Nov** (Monday)	**12 Nov** (Friday)	
WEEK 32	• Pain healing process • Full session of Aze Shiatsu	**22 Nov** (Monday)	**19 Nov** (Friday)	
WEEK 33	• Full session of Aze Shiatsu • **Aze Shiatsu: THIRD TEST OF SHIATSU**	**29 Nov** (Monday)	**26 Nov** (Friday)	

month 10

		Mon	Fri	Weekend
WEEK 34	• Full session of Aze Shiatsu • Breathing of the joints • Organization time in a Shiatsu session	**13 Dec** (Monday)	**03 Dec** (Friday)	**11 & 12 Dec** (Sat & Sun)
WEEK 35	• Materials, organization, insurance and doubts... needed to start working as a Shiatsu therapist next year	–	**10 Dec** (Friday)	
WEEK 36	• Patient care • Data Protection Act	–	**17 Dec** (Friday)	

JAPAN SHIATSU COLLEGE
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0J4582552

証 明 書

日西指圧学院代表者、小野田 茂 氏 は 日本指圧専門学校を
卒業し、スペイン において、浪越指圧を普及するための学校教育
を行う唯一、認知された人物であることを証明する。

2009 年 3 月 25 日

日本指圧専門学校
校長 石塚 寛

<TRADUCCIÓN JURADA Núm. 47-121>

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Centro de Enseñanza con personalidad Jurídica - Namikoshi Gakuen
Colegio Profesional de Shiatsu del Japón

CERTIFICADO

Certifico que el Representante de la Escuela Japonesa de Shiatsu, D. Shigeru ONODA se graduó en este centro, Colegio Profesional de Shiatsu del Japón, y es el único reconocido por este centro para la difusión educativa de Shiatsu de Namikoshi en España.

25 de marzo de 2009
Colegio Profesional de Shiatsu del Japón
Director: Hiroshi ISHIZUKA
(Hay sello del director del colegio)

"El espíritu del Shiatsu es el amor de la madre, la presión de los dedos abre la fuente de la vida."

小顔 KOGAO® JAPAN FACELIFT TECHNIQUE
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