

Martial Arts Academy, Inc.

The form is the art, but the art is not the form.

School of Massage

Continuing Education Courses

Introduction

The Okazaki style of Restorative Massage Therapy is a component of the comprehensive Seifhukujitsu healing arts system that contains ancient, effective healing techniques handed down for many generations through traditional Asian martial arts systems. It is based upon TCM (Traditional Chinese Medicine) theory. The format used in this series of Courses is designed to bring these (until recently, closely guarded, secret) techniques to contemporary, professional therapists in a therapeutic / medical massage format designed for 21st century application.

These Courses emphasize learning practical, hands-on knowledge and techniques that will enable the participant to better attract, serve, and retain both new and existing clients. Our goal is to further the knowledge and skills of participants to produce **results** in the real world of medical massage; and **results** are what make you a business success at massage.

The method, style, and spirit of instruction follows the traditional philosophy taught by Master Okazaki at his school, the Kodenkan (The School of the Ancient Tradition), where senior students helped to teach junior students in the spirit which Master Okazaki declared was inherent in the Hawaiian word Kokua, to help another; or to work together / to help one another.

These courses are designed to meet the Continuing Education requirements of professional massage therapists; however, they are open to anyone with an interest in massage / healing arts. They serve as an introduction to the Okazaki style of Seifhukujitsu. As with all MAA Courses, permission of the instructor is a prerequisite. Enrollment is limited to 20 students per instructor / supervisor per class. Inquire for scheduling / availability or for groups desiring the courses at their location.

The Martial Arts Academy, Inc. is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) (#450522-07) and the College of Massage Therapists of Newfoundland and Labrador (CMTNL) as a Continuing Education Approved Provider.

CE COURSE DATES 2010

August 26-29: St. Johns, NF; CE Courses #1 & #2.

COST

Early Registration 30 Days (or more) Prior to Scheduled Seminar Date:

Both Courses (Part 1 & Part 2) 26 CE Hours for the 4 days / 2 Weekends = **\$550.00** (save \$100.00 by registering early for both courses)

Part 1 only: 13 CE Hours for the 2 days = **\$295.00** (save \$30.00 by registering early for this course)

Registration 29 Days (or less) Prior to Scheduled Seminar Date:

Both Courses (Part 1 & Part 2) 26 CE Hours for the 4 days / 2 Weekends = **\$590.00**

Part 1 only: 13 CE Hours for the 2 days = **\$325.00**

Continuing Education Courses*

CE Course #1: Introduction to the Okazaki Long-Life Restorative Massage Kata (Form) Part 1

CE Course #2: Introduction to the Okazaki Long-Life Restorative Massage Kata (Form) Part 2

*Over 90% of all participants in 2008 & 2009 have rated these Courses as excellent.

Number of Continuing Education hours: 13 (Each Course).

Length of course: 2 days (Each Course).

Course Descriptions

The Okazaki Long-Life Restorative Massage Kata (Form) is an application of over 57 specific techniques organized into a distinctive and unique full-body massage that provides an introduction to, and the

theoretical and practical foundation for, the remainder of the Okazaki style of traditional Japanese deep-tissue, restorative massage therapy / Seifhukujitsu. Part 1 teaches approximately half the sequence. Part 2 teaches the second half of the sequence.

It is the basis for a mentally and physically relaxing, deep tissue massage as part of a wellness lifestyle. It is an excellent vehicle for initial assessment in medical massage. It is the “original” sports massage. It is the application of TCM theory and the fundamental Seifhukujitsu principles resulting in an energy balancing, and is the necessary prerequisite to the application of the Okazaki style stretching / alignment techniques.

Seifhukujitsu is the long-life restoration therapy practiced and taught by Henry Seishiro Okazaki at his clinic and dojo (martial arts school) in Honolulu, Hawaii during the first half of the 20th century. Seifhukujitsu is most accurately rendered in English as “Restoration Therapy” or “Restorative Massage Therapy” which reflects the overall spirit and goal of the system: to return/restore the injured or diseased person to an original state of well-being.

General Seifhukujitsu principles are:

- Balance the body - The therapy focuses on the major energy flow lines used in other methods based upon TCM theory such as acupuncture, acupressure, tui na, shiatsu, etc.
- Break Down/Build Up - The therapy is a deep-tissue massage that releases lacto-carbonic acid. The body then rebuilds its tissue to a stronger state over time.

The Okazaki Long-Life Massage Kata (form) is formulated upon these principles / theoretical foundations.

The technique of Seifhukujitsu is to primarily use the crux of the elbow rather than the hands; learning refined and specialized elbow and forearm techniques are a major focus of these Courses that will enable the therapist to provide a deep-tissue massage with minimal energy expenditure.

Learning Outcomes

Upon completion of CE Courses #1 & #2, the participant will be able to: perform the Basic Okazaki Long-Life Restorative Massage Kata

(Form) which consists of the methodical application of over 57 distinct techniques; discuss the application of the knowledge derived from an understanding of the martial art – healing art connection; define and explain Seifhukujitsu; explain fundamental aspects of, and practical applications relating to, the underlying theoretical basis / general Seifhukujitsu principles; explain, discuss, and describe the differences and similarities between an energy explanatory schemata versus the Western allopathic explanatory schemata.

The Instructor

Few people understand the history, legacy, and importance of the martial art / healing art connection; Gary Lescak has spent over 42 years studying the subject and continues to do so. He began his study of massage in 1967 in conjunction with the beginning of his martial arts education. As part of learning Dan Zan Ryu ju-jitsu, he has studied the Okazaki style of traditional Japanese deep-tissue, restorative massage therapy as part of the broader Seifhukujitsu program of instruction which also includes stretching / alignment techniques, resuscitation techniques (Kappo), specific massage techniques for specific ailments, bone setting (Sekkotsu), and Lomi-Lomi (Hawaiian massage). Gary holds the title of Professor that, by definition, indicates a complete knowledge of the entire system (ryu) as well as the ability to teach its contents. He is also a certified Okazaki style restoration therapy instructor (1997) from the Kodenkan International Martial Arts Inc. of Costa Rica, and a certified Senior Advanced Instructor by an original Okazaki student with over 60 years experience. He is currently the Director & Principal Instructor at the Martial Arts Academy School of Massage, where he teaches the first and only State Licensing Board “Recognized” Massage Therapy Educational Program in the Okazaki Style of Restorative Massage Therapy in the United States.

FOR MORE INFORMATION:

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