

The Ontake Method



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Rhythmic moxibustion techniques to build your practice

A versatile and fast-acting tool for pain relief

Simple to learn and easy to apply, whatever your style of acupuncture or meridian based bodywork

Lecturer	Oran Kivity (Malaysia)
Dates and Times	04.-05. December 2021 Sat 10 am - 6 pm Sun 9 am - 4 pm
Teaching hours	16 UE (= Credits)
Language	English with german translation by Bettina Preu
Venue	Input e. V. Sandstr. 41 80335 München www.inputseminare.de/Infos/Anreise
Profil	medical doctors and Heilpraktiker with basic training in acupuncture
Costs	Early bird: € 365 AGTCM-Members € 292 (Registration prior to October 23, 2021) Regular: € 404 AGTCM-Members € 323

Learning goal

After this course you have been introduced to the Ontake Method, a new body work technique, developed by British acupuncturist Oran Kivity. Ontake integrates traditional Chinese acupuncture theory, modern holographic models and Japanese doctor Yoshio Manaka's research on meridian frequencies. You will have learned how to practise Ontake, by applying heated bamboo to the skin rhythmically, using a metronome, at specific frequencies of beats per minute, according to the meridian affected.

Content

Introducing the Ontake Method – a new rhythmic approach to moxibustion based on Dr Manaka's theory of Meridian Frequencies and balancing yin and yang in the channels.

This meridian frequency treatment brings about rapid changes in body condition and relieves pain fast. It will greatly enhance your clinical effectiveness and, very importantly, patients love it. The application of Ontake will deepen your palpation skills, literally bringing you closer in touch with the channel system and broadening your understanding of its dynamic interrelationships.

Day One of the workshop covers everything you need to know about the basics of loading, lighting and applying bamboo treatment as well as getting you started on channel palpation. You will learn and practice a whole-body bamboo routine.

Day Two, as well as providing more time for palpation and practice, will explore the holographic models for pain relief developed by Dr Tan and adapted for use with bamboo, as well as the application of bamboo for symptom relief in much greater detail.

Day 1

- Introduction to Dr Manaka and rhythmic moxibustion
- Root and Branch treatment in Japanese Acupuncture
- Dr. Manaka's Meridian Frequencies, Wooden Needle and Hammer, tapping zones
- Loading, lighting and applying Ontake
- Palpation and tension assessment
- Bamboo max and mini: a non-pattern based root treatment
- The Goldilocks Zone: Dosage and overtreatment

Day 2

- Dr Tan's concepts of body mirrors and images
- Meridian pairings and a simple Ontake matrix
- Chasing the pain
- Dazhui DU 14 revisited
- Clinical applications: Branch Treatments
- Octants, Kubi Koshi and structural balancing

By the end of the course you will be able to:

- Systematically palpate the channels and note significant reactions
- Load bamboo with moxa and light it safely
- Perform tapping, touching and closing, rolling, standing, rocking, pressing, leaning, vibrating and knocking techniques with heated bamboo
- List and apply the frequencies for each meridian
- Apply a whole body warm bamboo treatment to strengthen the root
- Describe Japanese acupuncture concepts of dosage and recognise sensitive patients
- Remedy overtreatment using Ontake
- Treat pain: select treatment channels according to the Ontake matrix and different holographic images of the body on the arms and legs
- Apply warm bamboo to treat a broad range of conditions including headache, neck pain, back pain, knee pain, constipation, diarrhoea, stress, depression and anxiety

The Lecturer

British acupuncturist **Oran Kivity** trained in Europe, China and Japan. He ran a busy London practice from 1987 to 2004 and was a founder member of Toyohari UK, the British Branch of the Toyohari Association of Japan.

He was trained in modern teaching methods at the University of Westminster in London where he taught acupuncture from 1994 to 2004. He has been a teaching assistant for Stephen Birch both in Europe and more recently in South East Asia and continues to teach Manaka Style Acupuncture and Ontake internationally. His workshops are lively, clear and informative, with a focus on hands-on practice.

Oran moved to Malaysia in 2005 where he practises, writes and teaches. He published his first book *Moxa in Motion with the Ontake Method* in 2020.

Wir beraten Sie gern!

Wir freuen uns über Ihre Anfrage:

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