

Systematic Kinesiology

FOUNDATION COURSE SYLABUS



Our Foundation Systematic Kinesiology Training is perfect for anyone who wants to use Kinesiology to improve their own health and support the wellbeing of friends and family.

If you are already qualified in another field of healthcare, once you have completed the Foundation Course you will be able to add Kinesiology to your existing skill set, gain insurance, and offer your services professionally.

If you would like to join our Foundation Course in Tarifa or would like more information, please contact Anna.

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LEVEL ONE

An introduction to Kinesiology

How to muscle test with accuracy and how to use muscle testing as a language

The 'Whole Person' approach

The Cross-Crawl Exercise for co-ordination, brain power and memory

The Emotional Stress Release(E.S.R)Technique

Muscle testing of eight muscles

The importance of water and why staying hydrated is so important

Diaphragmatic breathing for more energy

An introduction to meridians, food testing and nutritional supplement

LEVEL TWO

Pulse Synchronisation

Eight new muscles

How to improve your muscle testing technique for greater accuracy and consistency

Hypertonic muscles

How to relieve stress with adrenal support

Food Testing in detail

Figure of 8 energies

How to dispel many fears and phobias

How to balance energy through all meridians (The Wheel Balance)

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LEVEL THREE

How to use muscle testing to raise self esteem make affirmations work efficiently
Six new muscle tests
Pain dispersal with E.S.R to relieve pain naturally
How to make lasting corrections with priority finger mode testing
How to read excess energy with wrist pulses
How to deal with hypertonic muscles
The 7 Factors of the IVF
The Emotional Tissue Memory Scanning Technique
The Breast Congestion Technique

LEVEL FOUR

Bilateral weak muscles and related structural problems
Surrogate Testing
How to muscle test using a technique called 'contact locating'
More Cross Crawl insights
The protein test
The mineral test
How to use 'pause lock' when muscle testing
Techniques to improve hearing, vision and learning

LEVEL FIVE

More finger modes for efficient muscle testing
Wrist muscle balance and Repetitive Strain Injury Shoulder muscle tests
How to ground and calm using cloacal reflexes (first energies to form at conception)
Ankle, Achilles heel/ tendon balance
Tests to boost the immune system
An introduction to the ICV (Ileo Caecal Valve)

LEVEL SIX

The benefits of digestive aids
Tests for knee problems
Tests for lung balance
New large intestine muscle test for lower back and bowel issues
New bladder muscle tests for bladder infections, frequent urination.