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INTERNATIONAL COLLEGE  
OF APPLIED KINESIOLOGY UK

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**AGM**

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**The Meridian System in AK – a review**

**With**

**Marek Urbanowicz MA MAc MBACc ICAK**



**3<sup>rd</sup>-4<sup>th</sup> October 2020**

**At**

**Sofitel Hotel, Gatwick Airport**

**West Sussex RH6 0PH**

**Tel: (+44)1293 567070**

Saturday 10am – 6pm, Sunday 9am – 3.30pm

(Registration on Saturday at 9.30am)

AGM 1-1.30pm Saturday

## **The Meridian System Review workshop**

You will learn the following:

- Brief history of acupuncture: Chinese, Japanese, microsystems.
- Basic philosophy of Qi
- Yin Yang theory
- A fuller understanding of the 5 elements and their associations.
- The primary elemental imbalance
- The meridian pathways
- Muscle meridian relationships in AK.
- Assessing hyper and hypo meridian status.
- How to confirm meridian imbalances through range of motion testing.
- The Six Divisions and Gait mechanism
- The Chinese clock, midday/midnight law
- Meridian frequencies according Dr Yoshio Manaka.
- The use of tonification, sedation and junction (luo) points.
- How to correct more complex imbalances treating the ambassador points via energy transfers.
- Review of point location
- Pulses and alarm points
- How excess meridians cause vertebral subluxations
- Pain tapping.
- A detailed understanding of the 12 main meridians and their most important points.
- How kinesiology validates acupuncture theory.

### **Marek Urbanowicz. MA. MAc. MBAcC. ICAK (UK)**

Initially trained in Shiatsu in the mid '70's, then Swedish massage and reflexology. Enrolled at the College of Traditional Acupuncture in 1976 studying under J.R. Worsley. Received Licentiate of Acupuncture (Lic Ac) in 1979, BAc in 1983 and MAc in 1987. Since late 90's been studying Japanese style acupuncture.

Encountered kinesiology in 1980 with Brian Butler. In 1983 attended the first advanced kinesiology course in Holland with Dr. Sheldon Deal and continued studying with him for over 10 years. Attended the ICAK course with Chris Smith in the late 1980's, passing the Clinical Competence exam in 1996. Have been a member of ICAK since then.

Taught muscle testing alongside Robert Tisserand (author of The Art of Aromatherapy) for 5 years in the 1980's at the Raworth College.

I have also taught at a number of acupuncture colleges.

In 2013/14 I did an MA at the Royal Central School of Speech and Drama.  
My thesis was on the diaphragm and voice.

I have studied nutrition with Dr Stephen Davies and also Dr Lawrence Plaskett plus attended numerous kinesiology courses

I have been in full-time practice since 1979 and ran a large multi-disciplinary clinic from 1994-2007.

## Prices

Please complete your application form and pay by 22<sup>nd</sup> August 2020 to receive the early bird discount.

ICAK UK / International Member...£300 (early bird price £270 if paid before 22<sup>nd</sup> August)  
Non Member.....£350 (early bird price £320 if paid before 22<sup>nd</sup> August)

## Registration and Payment

Please register and pay online at  
If you have any queries please contact Lydia at [info@icak.co.uk](mailto:info@icak.co.uk)

## Refunds

No refunds will be made after 19/09/20. Refunds before that date will be subject to £100 administration fee.

## Venue information

The Sofitel Gatwick is conveniently located a short walk from the north terminal and can be reached by monorail from the south terminal within a few minutes. Rooms are available at the hotel at the special rate of £120 B&B using the reference ICAK UK. Please contact the hotel directly to book and for parking information on 01293 567070.