

## BOOKING FORM

Please note a completed application form is required in all instances

Name .....

Qualification .....

Address .....

.....

.....

Postcode .....

Telephone .....

Email: .....

Cost:	1st weekend:	w/e 2-5:	Discounted course:
Non Members	£310.00	£1240.00	£1395.00
ICAK-UK Members	£270.00	£1080.00	£1215.00
Repeat Participants	£250.00	£1000.00	£1125.00

(of a Basic or Foundation Course taught by Tracy S Gates)

**NOTE:** Balance for weekends 2 - 5 is to be paid **at the end of Module 1**. A 10% discount applies for payment of the entire course in advance - see "**Discounted Course**" option above.

Please register by 28 August 2020 and send your payment for the first weekend's module or entire course (**non-refundable**) to:

**Administrator - Foundation A.K. Course**  
**Weaverswood**  
**Storrington Road**  
**THAKEHAM**  
**West Sussex RH20 3ED**

Cheques made payable to: **T S GATES**

**Please telephone or email to pay by credit/debit card or bank transfer:**

**Tel: 07903 112088**

**Email: [tracysgates@gmail.com](mailto:tracysgates@gmail.com)**

## Dates of the ICAK Foundation Course 2020- 2021

**Venue: Hilton London Gatwick, South Terminal Gatwick Airport, Gatwick RH6 0LL**

### SEMINAR TIMES:

**SATURDAY 10:00AM TO 6:00PM - SUNDAY 9:00AM TO 4:00PM**

#### 2020

**October 10-11**

#### I - THE DYNAMICS OF AK EVALUATION

The art of precise muscle testing—the importance of stabilisation, positioning, resistance direction and velocity  
The proprioceptive model of muscles & muscle testing and developing proprioceptive skill as an amateur  
Subluxations & Fixations  
Pelvic categories  
The practical testing of main muscles

**December 5-6**

#### II - INTRODUCTION TO VISCERA, THE EMOTIONS & THE STOMATOGNATHIC SYSTEM

Emotional stress release & Psychological Reversal  
Retrograde lymphatics, Ileocaecal valve, Diaphragm  
The cranium and craniosacral diagnostic principles and treatment, Classification of lesions  
The TMJ & Hyoid  
The testing of more basic muscles

#### 2021

**January 16-17**

#### III - ORTHOMOLECULAR PRINCIPLES IN AK

The role of vitamins and minerals, Acid and alkaline metabolic states  
Macro vs micro nutrients and AK testing  
Essential Fatty Acids. Prostaglandins and their role in almost everything  
Homocysteine; and the cholesterol myth  
The testing of related muscles

**February 13-14**

#### IV - GLANDULAR/HORMONAL

Analysis of the endocrine system and the dynamics of glandular interaction  
Evaluation of the pituitary, thyroid, adrenals and reproductive system; and the use of AK to diagnose and treat the endocrine system as a whole entity  
The testing of related muscles

**March 13-14**

#### V - THE ACUPUNCTURE MERIDIAN SYSTEM & A RETURN TO STRUCTURE

Introduction to the Meridians and using AK for evaluation and treatment of the Acupuncture system  
Review of the pelvis, Sacral & iliac fixations  
Disc lesions  
Peripheral joint dysfunction and foot pronation

MUSCLE TESTING PROFICIENCY EXAM

#### AT THE END OF THE COURSE:

Having attended all five modules you are entitled to take the Proficiency Exam, which entitles you to one year's free membership within ICAK-UK (current annual dues are £90.00)

## ABOUT THE COURSE

This is a clinically relevant and powerful course of study that will expand the diagnostic skills of the young as well as the experienced practitioner.

Being taught for only the second time, this newly formatted five weekend course will teach advanced procedures and how to combine them with the fundamental concepts in AK, so that difficult or more complicated patients may be better evaluated from the very start of your training.

This course is designed for the thinking practitioner! Those who are or have been searching for the missing tools needed to understand difficult diagnostic situations need search no further:

In a step-by-step learning curve, each module will introduce an ever-increasing number of guiding principles that lead the practitioner to metabolic, structural and / or emotional therapeutic input.

Why, when, where and how to treat are the basic needs of every practitioner—the Foundation Series will provide the necessary tools to achieve these skills!

## ICAK-UK

The International College of Applied Kinesiology (ICAK) is an organisation dedicated to furthering the knowledge of health care professionals in Applied Kinesiology (AK).

AK is a dynamic method that allows a more complete evaluation and treatment of the structural, biochemical and mental aspects of dysfunction in a patient.

It employs manual muscle testing as a complement to other methods of diagnosis, enabling the practitioner to assess the unique needs of each patient.

AK is a valuable clinical tool for chiropractors, osteopaths, physiotherapists, medical practitioners and dentists.

Visit [www.icak.co.uk](http://www.icak.co.uk) for more information

Tracy S. Gates qualified as an osteopath 33 years ago, and qualified as a homeopath in 2017. She is a member of the Institute for Functional Medicine.

Having practised for several years using osteopathy and cranial osteopathy, she studied Applied Kinesiology, successfully achieving her diplomate status in 1994.

As part of her diplomate she made a research study into the use of AK in treating Special Needs children. The research was further backed up by a period of time spent at the Peto Institute in Budapest; as well as study at the Institute for Research into Human Potential in Philadelphia.

Today, Tracy lectures in the UK, Russia and throughout Europe. She makes regular presentations of her study projects and ongoing research at various conferences in Europe and the USA.

Tracy is the current Chairperson of the International Council (I.C.) of ICAK, and is also the International Representative for ICAK-UK. In 2017, Tracy was awarded the prestigious George Award—the highest award within ICAK – for her tireless work within the organisation.



“AK has opened my eyes to so many potential areas of dysfunction that I would not have considered with only a structural education. It will definitely change the way I work!” *Ezra Levy MRCP.*

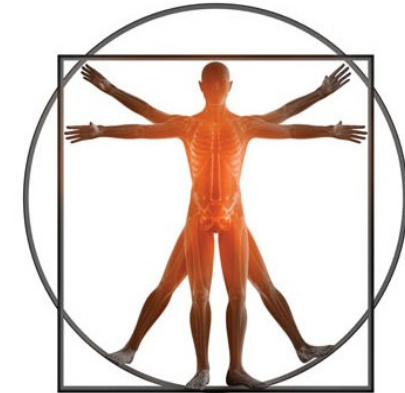
“For those wanting to understand and treat the underlying cause of patients' symptom patterns this course covers everything. Tracy's obvious deep wealth of knowledge and clear presentation style really animates the subject matter - with plenty of demonstrations and supervised practical to appreciate the intricacies of this work.” *Matt Bourne D.O.*

“General Practitioners will find that Applied Kinesiology opens up exciting diagnostic and therapeutic possibilities in the day to day practice of medicine. Tracy's course is both relevant and useful, I recommend it to all GP's.”

*Michael O'Beirne M.B.,M.R.C.G.P.  
General Practitioner, Galway*

# ICAK

INTERNATIONAL COLLEGE  
OF APPLIED KINESIOLOGY UK



**2020 - 2021**  
ICAK-UK presents:

## The Foundation Course of Applied Kinesiology

with

**Advanced Clinical Applications**  
- a NEWLY FORMATTED and accredited  
Basic Course of the  
International College of Applied  
Kinesiology—ICAK

Lecturer:

**Tracy S Gates D.O., DIBAK**

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