

Revision for BKP 102

1. What kind of touch do you use in Kinesiology ? How can you use touch to help the client feel safe with you?
2. Explain the IM to a client.
3. What do you say if the client insists that you are pushing harder?
4. Why do you need to “clear” an IM? And what is a clear circuit?
5. How can you overcome ”blocking”?
6. If ionization is not balanced, how can that affect a client? How do you check and correct?
7. Remember switching tests and corrections.
8. How can an unbalanced central meridian affect the client? Why do we balance it before exploring the 5 elements?
9. Thymus energy. How can we tune it up?
10. How many ribs? How many ribs are connected to form the ribcage? How many cervical/thoracic/lumbar vertebrae? Where are the ASIS and PSIS?
11. How can you use origin and insertion to tune up a muscle? Spindles & Golgi tendon apparatus?
12. Goal setting with client