

2024 - COURSE GUIDE

# HKPRP PRINCIPLES OF KINESIOLOGY

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Learning the basic concepts behind Kinesiology, where they come from and how to apply them.

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# Table of Contents

WHAT IS KINESIOLOGY?.....2

TYPES OF KINESIOLOGY.....2

NEUROENERGETIC KINESIOLOGY.....3

APPLICATIONS OF KINESIOLOGY.....3

KINESIOLOGY ASIA COURSES & WORKSHOPS .....4

ENTRY REQUIREMENTS.....5

WORKSHOP DATE, STRUCTURE & FEES .....6

HOW TO ENROLL IN THE COURSE.....6

PAYMENT .....6

HKPRP PRINCIPLE OF KINESIOLOGY FAQs .....7

HKPRP WORKSHOP DESCRIPTORS .....8

HKPRP WORKSHOP OUTLINE SUMMARIES .....9

WHY STUDY AT KINESIOLOGY ASIA? .....10

MEET THE KINESIOLOGY ASIA EDUCATION TEAM.....11

STUDENTS EXPERIENCE .....12

## WHAT IS KINESIOLOGY?

Kinesiology was developed in the 1960's by Chiropractors in the United States. Since then, it has developed into a therapeutic modality in its own right. In fact, Kinesiology is now the world's fastest growing natural therapy. Kinesiology uses muscle monitoring to assess and correct imbalances in the body's different structures.

In the Kinesiology model there is a connection between anatomy & physiology, psychological and emotional states, and the energetic structures of an individual. Physical structures, such as the muscles, bones, organs, hormones, etc. are interdependent with our beliefs, attitudes and feeling states. And all of this is intimately tied in with our energetic structures, such as the nadi-chakras and Chinese meridian system.

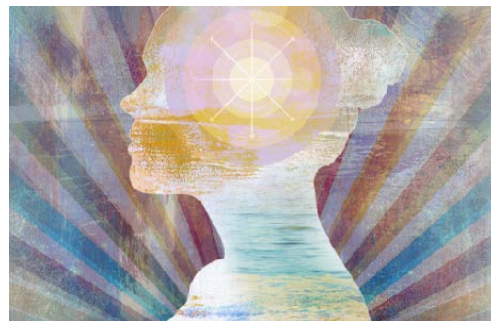


The primary tool of Kinesiology, muscle monitoring, allows the practitioner to identify blocks and disturbances in the energetic structures that are impacting on the central nervous system function, and ultimately, on an individual's health and well-being. Once these stressors are identified, the muscle monitoring then helps indicate what would be the most

appropriate technique to address the block and bring the body back into balance. This eliminates the need for guesswork or subjectivity, thereby making the process very efficient. The correction techniques used include acupressure, reflexology, emotional stress diffusion, sound & light healing, and chakra balancing. Other techniques can be employed according to the practitioner's training. This flexibility makes Kinesiology complementary for other therapy modalities. For example, Kinesiology has been successfully integrated into the practices of Naturopaths, Homeopaths, Herbalists, Nutritionists and Traditional Chinese Practitioners, among others.

## TYPES OF KINESIOLOGY

It is important to understand that there are three different disciplines that use the title "Kinesiology". Interested people, who are new to Kinesiology and unaware of this, are easily confused or misled when they try to research what Kinesiology is about. The three disciplines include "Academic Kinesiology" (Biomechanics), "Applied Kinesiology" (Chiropractic specialisation) and "Energetic Kinesiology" (sometimes referred to as Specialised Kinesiology). **It is the latter discipline, Energetic Kinesiology, which we teach and practice at Kinesiology Asia (KA).** Throughout this guide we will use the simplified term "Kinesiology" to denote "Energetic Kinesiology", specifically.



## NEUROENERGETIC KINESIOLOGY

Even within the field of Energetic Kinesiology there are many different modalities. These modalities all build from the same foundation principles, but vary in their interpretation and application of techniques. At KA, our courses are built primarily around Neuroenergetic Kinesiology (NK), as developed by Hugo Tobar, one of the world's modern leaders of Kinesiology.



One of the key characteristics that make NK a unique modality is Tobar's extensive development of acupuncture formatting systems in all areas of the human anatomy, physiology and energetic structures, along with a holographic model of reality. The use of this combination allows the practitioner to be extremely specific in the area of focus and enquiry, and thus increase the depth of balance achieved.

## APPLICATIONS OF KINESIOLOGY

As a holistic modality, Kinesiology is capable of addressing an incredible range of issues. A kinesiologist could be working with structural injury, problems with organ/gland function, neurological miscommunication, through to psycho-emotional issues; and more often, combinations of these. Over time, a Kinesiologist may choose to develop specialities in areas of interest and/or experience.



Issues that may be addressed could include;

- Learning difficulties
- Concentration/focus
- Motivation
- Reading, writing and mathematical skills
- Long or short-term memory
- Burnout/chronic fatigue
- Growth & personal development
- Psychosomatic disorders
- Depression & anxiety
- Emotional regulation
- Cardiovascular system
- Immune system
- Digestive issues
- Food sensitivities
- Hormonal imbalances
- Pain and movement limitations
- Performance enhancement
- Hearing & vision
- Stress management

# KINESIOLOGY ASIA

## COURSES & WORKSHOPS

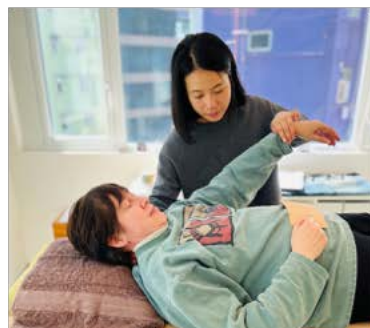
KA offers a range of workshops catering to all levels of students, from entry-level to advanced. The workshops offer the latest in cutting edge Kinesiology techniques, and are continually updated and growing as new research is made into the various fields it encompasses.

The workshops are grouped together to form courses, and there are three levels currently offered at KA. These levels build sequentially upon each other and allow students to learn exponentially. The entry point is *Principles*, followed by *Foundations*, before moving onto the *Practitioner* level as the highest qualification currently offered. At *Practitioner* level, the course also includes mentoring and supervision as part of supporting students to develop their own

individual awareness and confidence in working professionally.

Upon completion of each individual workshop, students will receive a certificate of attendance with the stated hours attributed to that workshop. In addition, certificates will be awarded for successful completion of each course. While the courses are unique to Hong Kong and Asia, the workshops that consist the courses are recognised in other countries where Kinesiology is prevalent, including Australia, UK and throughout Europe.

The courses offer a structured way to guide your study and learning development in this field. Nevertheless, students may choose to undertake individual workshops without necessarily enrolling in any course, provided they are deemed suitably experienced and/or qualified to take the chosen workshop.



# HKPRP PRINCIPLES OF KINESIOLOGY

The *HKPRP Principles of Kinesiology* teaches entry-level students the fundamental tools, techniques and concepts that form the basis of all modern Kinesiology. Discoveries made back in the 1960s, connecting the Chinese Meridian System and Western understanding of anatomy and physiology, allowed new healing and therapeutic applications to emerge. You will learn the science and magic behind this fast-growing natural therapy. Whether you wish to help out family and friends, are considering a career in Kinesiology, or simply just curious to learn, the *Principles* course is where everybody's journey begins.



## ENTRY REQUIREMENTS

There is no pre-requisite for the *Principles* course. This is an entry-level course, designed for students new to kinesiology.

## WORKSHOP DATE, STRUCTURE & FEES

The *Principles* course consists of four workshops, being two days each. Each workshop day runs from 9:30am to around 5:00pm, depending on the pace of the group.

DATE	PRINCIPLES WORKSHOPS	DAYS	FEE (HKD)
July 6-7	Unit 1	2	\$4,900
July 8-9	Unit 2	2	\$4,900
July 10-11	Unit 3	2	\$4,900
July 12-13	Unit 4	2	\$4,900
	<b>Total</b>	<b>8</b>	<b>\$19,600</b>

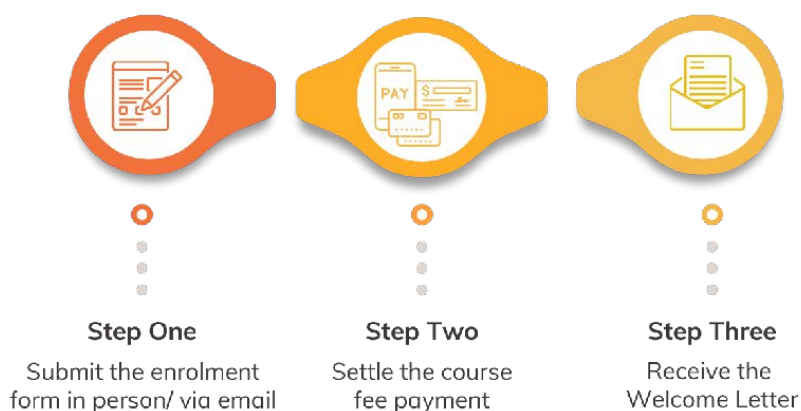
## HOW TO ENROLL IN THE COURSE

The enrollment form can be found [here](#), or collected in person from Kinesiology Asia. Completed forms to be submitted with a non-refundable deposit ASAP to confirm a place in the course.

## PAYMENT

Students can pay a non-refundable deposit of \$3,920 (20% of course fee) when submitting their enrollment form to hold a place in the course. Enrollment and full course payment must be completed by or before May 17<sup>th</sup>, 2024. Please note, workshop numbers are limited and places will be offered on a first come first pay basis.

*Payments may be made in cash or cheque at the centre, or alternatively, a bank transfer can be arranged. Students whom wish to pay by credit card will have to cover the extra credit card fees (3%).*



# HKPRP PRINCIPLE OF KINESIOLOGY FAQs

## **Is there any pre-reading or preparation to do?**

No. It is assumed that any students joining the *Principles* course, have no experience or knowledge in Kinesiology. Kinesiology is a practical skill and the workshops will be very hands-on.

## **What happens if I can't make a day?**

The course builds sequentially on what was covered the previous day. Students would be expected to attend each of the eight days. The course is fast-paced and covers a lot of ground quickly, so you would want to give yourself the best chance of getting the most from it.

## **What will I be able to do after the *Principles* course?**

The course will give you basic knowledge on what Kinesiology is and where it comes from. More importantly, you will have the ability to practice and apply some of the basic fundamental tools and techniques behind this exciting modality. You will come to understand the unique relationship between specific muscles, organs/glands, and energetic structures, and how to test muscles in order to assess what's happening in a person's body. With this, you will be able to perform basic balances on family and friends, helping to deal with some of the stresses impacting them.

## **Do I need to have knowledge in anatomy and physiology to do the workshops?**

No. It is assumed that learners have no prior knowledge or qualifications in anatomy and physiology. It is possible to apply the techniques without knowledge in this area, and students will learn some of the basic key information as they do the workshop.

## **Who designs and develops your materials?**

The *Principles* Workshops are written and developed by Hugo Tobar, from the NK INSTITUTE in Australia. Kinesiology Asia is responsible for the planning and delivery of those materials.

## **What options for further study do I have after completing the *Principles* course?**

Once you have completed the *Principles* course you may choose to continue learning more Kinesiology and join the *Foundations* course. The other workshops in *Foundations* build on *Principles*, and students learn to start applying Kinesiology protocols and techniques in broader areas. The *Foundations* course will start shortly after *Principles* is complete.

## **Is there a governing body for Kinesiology in Hong Kong?**

No. Kinesiology is a relatively new and growing modality in this part of the world, and as such, has no formal governing body. Therefore, technically, there are no formal qualification requirements here. The founder of Kinesiology Asia, Brett Scott, pioneered kinesiology in Hong Kong around 2006. As the leading Specialised Kinesiology clinic and education centre in this part of the world, we strive to set high standards and produce the best quality Kinesiology students possible.

## **Are the workshops recognised in other countries?**

There is no over-reaching international governing body or qualification system for Kinesiology. This means that workshops and courses are created individually for specific countries. The four workshops that consist the *Principles* course are formally recognised in Australia and you will be awarded attendance certificates for them from the NK Institute, Australia. This means that a student looking to move to Australia in the future can have those workshops recognised towards qualifications in that country. Tobar's workshops are also recognised in the UK and throughout parts of Europe.



# HKPRP WORKSHOP DESCRIPTORS

## **Principles Unit 1-4 (P1-P4)**

This entry-level series of workshops introduces students to the core concepts and skills that form the practice of modern kinesiology. You will learn all about the theories of the human energetic anatomy and how it can be accessed. You will also learn how muscle testing works and how meridians and chakras are connected to muscles, emotions and organs.

Students will learn 20 specific muscles; how to test them and also how to correct them when they are out of balance. Each muscle has its own unique relationship with certain organs, meridians, and other correspondences, which is at the very core of Kinesiology. Monitoring these muscles gives us a unique insight to the inner health and wellbeing of an individual.

Other important kinesiology techniques will be studied, such as the use of finger modes (mudras), pause lock and jaw stacking. Students will be shown how to build a kinesiology balance with all of these elements.

# HKPRP WORKSHOP OUTLINE SUMMARIES

## PRINCIPLES

### Unit 1

- Definition & history
- Muscle monitoring
- Hans Seyle's model of stress and Kinesiology applications
- Nadi-Chakra energetic system
- Muscle-meridian-organ/gland complex
- Neurovascular & neurolymphatic reflexes
- 8 specific muscles and their unique connections

## PRINCIPLES

### Unit 2

- Chinese meridian system
- Sedation & tonification through acupressure points
- Pause lock & jaw stacking techniques for retaining energetic information
- Indicator muscles
- Alarm points
- 8 new specific muscles and their unique connections

## PRINCIPLES

### Unit 3

- Priority mode technique
- Pre-checks
- Powers of stress (POS) and correction techniques
- Balancing system protocol
- 4 further specific muscles and their unique connections

## PRINCIPLES

### Unit 4

- Formation of Chi
- Eight Extraordinary Meridian Balance
- Connecting Channel Balance
- Divergent Channel Balance
- Muscle Meridian Balance

## WHY STUDY AT KINESIOLOGY ASIA?

Founded in 2006, Kinesiology Asia has grown to become Asia's leading premier Kinesiology clinic and learning institute. At KA we work hard to develop workshops that engage and motivate you. Our approach is personable as we understand that feeling safe and supported while you go through the learning process is invaluable. Emphasis is placed on the relationships formed amongst students, as these relationships will become an invaluable resource of support and learning as you move forward on your journey. The result is more effective learning, better retention of information, and an enjoyable learning environment.

Committed to providing high-quality training, our trainers are experienced practicing clinical Kinesiologists, as well as education specialists. In addition, our trainers are employees of KA, not casuals or contractors who come and go. As full-time employees they have vested interest in supporting you when you need help.



## MEET THE KINESIOLOGY ASIA EDUCATION TEAM



### **BRETT SCOTT | Founder, Principle Kinesiologist & Workshop Instructor**

Brett left his clinic in Sydney to bring Kinesiology to Hong Kong back in 2006. After quickly establishing a reputation for making a difference where others couldn't, Brett found himself booked out for months in advance and unable to meet the growing demand. This prompted his move into teaching Kinesiology and preparing a new generation of practitioners. Since that time, Brett has taught workshops including Kinergetics, Neuroenergetic Kinesiology, and his own material. Brett is qualified in training and assessment under the Australian Government system. Along with an uncanny ability to convey difficult concepts in easy-to-understand terms, his decades of clinical experience bring the workshop material to life.



### **SEAN BILKEY | Head of Education, Workshop Instructor & Advanced Kinesiologist**

Sean's teaching craft was developed over 20 years of teaching throughout Asia, including South Korea, Japan and Hong Kong. He has worked with all ages and backgrounds, helping people enhance their self-expression, self-esteem, social and emotional intelligences, effective communication and interpersonal skills. Sean is qualified in training and assessment under the Australian Government system, and brings his wealth of education experience to his role as Head of Education. His tasks include strategy development, curriculum design, supervision, mentoring and workshop delivery. In addition, Sean is a clinical practitioner who is applying the material he teaches on a daily basis with his clients.



### **PAULINE WONG | Kinesiologist & Programme Coordinator**

Pauline has over 20 years of experience in the learning and development industry working with leading brands in Asia as a consultant and workshop facilitator. She was a visiting lecturer at the Hong Kong Polytechnic University for 10 years and served as a mentor at the Women's Foundation Hong Kong and the Chinese University of Hong Kong. Pauline's tasks include onsite & online student support, workshop coordination, and programme management.



# student TESTIMONIALS

“One of the most fulfilling and intense weeks of learning I’ve experienced over this past decade, and that’s saying a LOT giving I’m currently finishing studies at TCM medical school.

Learning Principles of Kinesiology (aka, MAGIC) from Sean and Brett at Kinesiology Asia... I’ve found my people. I’ve found world-class mentors and a modality that synthesizes and utilizes everything I have learned about body mind, wellness, energy and whole being healing in the most comprehensive way.

Can’t wait for the next module.”

- **Valeria**, Shanghai

“Learning the theory behind what I had experienced first hand as a client at Kinesiology Asia was truly invigorating and so exciting. I really believe that Kinesiology can make a difference for everyone and I am very happy to be part of this. The environment that Sean, Pauline and Brett created encompassed an atmosphere of learning without fear of failure. They showed both understanding and compassion for us fumbling away. Thank you for that, I’m sure that has made many of us continue on to the next course.”

- **Asa**, Hong Kong

“At the time of having no motivation in life and struggling with health problems. Little did I know it was going to change everything. Sean and Brett, each with their unique teaching style, allowed me to absorb the biggest lessons of all time. They were very patient and generous when sharing their knowledge and experience as a practitioner. I can truly assure you that when you leave the classroom, you will have found another family if nothing more!”

- **Cherie**, Hong Kong



*Your transformation  
begins here!*

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