

International Kinesiopractic® Education

PKP™ Syllabus 2021 - 2022

The ICPKP® syllabus has been modified over the past 40 years to accommodate new educational possibilities, technologies and the demands of a changing population. A new industry with an emphasis on more personal responsibility for one's own wellness and wellbeing has emerged. As we focus on learning, personal growth and embracing life to the full we also see around us the emergence of both chronic disease and viral pandemics as a major causes of death. 'Health' systems are now overloaded: managing chronic illnesses symptoms with an increasing reliance on new chemicals (medications) and for viral variants, hurried new vaccines.

Too many people live in a state of chronic stress, worry and anxiety working long, demanding hours and being expected to be on call 24/7. They spend much of their day sitting at a desk then slouched on a couch eating highly processed convenience foods filled with chemical additives. Fruit & vegetables are mass-produced by a chemically-dominated agricultural industry. Food choices are not affected by the seasons. People overload their lives with food, drink, continuous sound and appear to be rather more 'humans doing' than human beings.

The emerging science of epigenetics has proved that we can control gene expression through epigenetic modulation and move from victim to victorious in our lives. Combine this with ancient understandings: we are spiritual beings having a physical experience; and that we are formed and moulded by our thoughts, feelings and the ponderings of our hearts.

Kinesiopractic® Education provides exciting tools that empower and allow us to make positive, long-lasting changes in our lives by putting the murmurings of the past to rest and building on the positive, practical aspects of love like kindness, patience, tolerance, gentleness, forgiveness and faithfulness that enable us to pursue a life of joy, happiness, fulfilment and contentment.

Becoming a Kinesiopractor® and working with others may not be an aspiration for everyone but learning enough skills to empower oneself, family and friends is entirely possible. **Two entry options are available.** The **PKP™ Certification program** or via the **cross-over course** after Touch for Health 4. The PKP™ systematic, progressive, student-oriented training leads via Diplomas to the professional status of Registered Kinesiopractor®.



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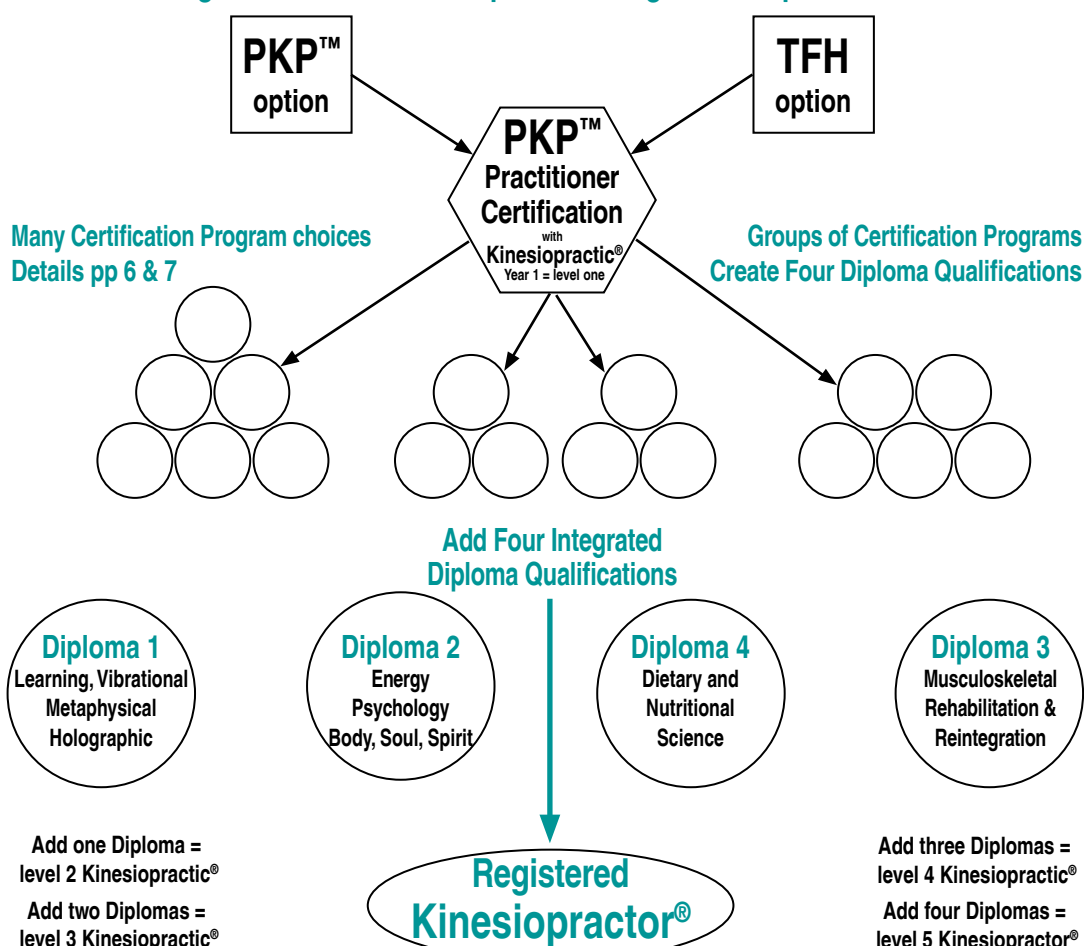
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5 August, 2021**

Overview of four (or 3) years Continuing Professional Development through Kinesiopractic® Education



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ICPKP® Professional Kinesiology Practice International Certification Program - option 1

The *International Professional Kinesiology Practice Certification Program* is the launching pad for success as a practitioner; the first stepping stone to becoming a Registered Kinesiopractor®. It is comprised of **seven** modules. Our emphasis is on professional clinical excellence, not exams.

Two modules are kinesiology training units. (i) **FPK 1** - the 6 units of kinesiology material that form the foundational principles of the ICPKP courses including those that are also taught to the lay-public; (ii) **PKP 1** - our 6 units of professional material based around ICPKP®'s unique 'Finger Moding' system, goal setting, emotions, extensive Database of Techniques and exclusive Balancing Protocol. This prepares you for the four Diploma levels leading to becoming a Kinesiopractor®.

Three modules relate to your clinical work and personal experience with a PKP™ Practitioner. We require these to ensure adequate skill and mastery to succeed in full-time practice.

One module is Home study - ICPKP®'s Anatomy and Physiology is the basis of the physical side of PKP™. It includes specific health terminology to aid communication with both clients & health professionals.

One module is External study - First Aid and Resuscitation. Take at level locally required in workplace.

'Other' Units: Colleges using PKP™ materials may include in their curricula units of generic health material (eg. infection control procedures). See *'Individual Country Requirements'* below.

Certification in High Level Wellness & Vitality or BioEpigenetic Wellness Consultant™ (with SPM 101 & 102)

FPK 1 Foundational Principles of Kinesiology™

BKP 101 Energisers & Self-care. Foundational techniques like NE, NL, NV. - LDP

BKP 102 Professional touch, muscle testing, basic kinesiology procedures - LDP

BKP 103 Five Element yin, sound & colour balances - LDP

BKP 104 Meridians, organ systems, surrogates, 14 muscle Goal Balance - LDP

BKP 105 5-El 1 pt., AHP, Luo & Accumulation pt. balances, alarms, emotions - LDP

RBT 201 Clinical body contact, palpation, professional client draping- LDP

International PKP™ Practitioner Certification - KinesioPractic® level 1 (with SPM 103)

PKP 1 Foundational Principles of Professional Practice™

BKP 106 PKP Finger Modes, balance protocol, basic database, active listening - LDP

BKP 107 Many pain reduction techniques, assessment and contra-indications - LDP

BKP 108 Diet awareness, food combining & rotation, biogenic foods, history - LDP

BKP 109 Reactivity, posture, muscle stretch, sustained muscle use, contralaterals - LDP

BKP 110 Ethics, boundaries, relationships, rapport, records, case studies - LDP

EMS 201 Mastery of Emotional Stress: 20 powerful stress-defusion techniques - LDP

SSC Supervised Student Clinic experience -50 hours - (in class hours)

CPS Clinical Practice Client Sessions - (mentored). 75 Hours - OC

PKS Personal Kinesiology Sessions (minimum 5) - (with an approved ICPKP Diploma Graduate)

A&P 1 Anatomy & Physiology 1

ICPKP®'s unit has a detailed knowledge of A&P - analysing & responding to client health information and using specific health terminology to communicate effectively - HS

FAR OCT 201 First Aid & Resuscitation. Take at level locally required in a workplace - OC

Key: LDP - Lecture, Demonstration, Practice, HS - Home Study, OC - Off Campus

Individual Country Requirements:

ICPKP® offers Kinesiology teaching materials and assessment tools in several countries. Many have developed their own generic Health Industry training requirements (for several health therapies). These enable you to be a member of a Health Care Team, participate in a clinic environment with practitioner/client safety protocols. They may include topics like *Clinical Practice Management, Clinical Safe Practices, Professional Communication Skills* etc.

Country requirements vary greatly in both content (elements of learning & performance criteria) and what is considered essential knowledge and essential skills. Also each country makes regular upgrade changes, removes references to old (eg. OHS - occupational health & safety) legislation and replace it with references to new legislation (eg. WHS - work health & safety).

This is why ICPKP® does not include any generic health industry units in our curriculum. Colleges authorised to teach our materials **are responsible for ensuring they fulfil their local industry requirements.**

TFH 4 graduates On page 4 is your PKP™ Practitioner Certification pathway that recognises your TFH training. Our *Continuing Professional Development* courses then become available to you (pp 6-7).

Get our free Kinesiology App on your iPad. All courses are available on iPad including CPDs & K-Power® CEUs.



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ICPKP® Professional Kinesiology Practice Certification Program - option 2 - via Touch for Health 4

ICPKP®'s *Professional Kinesiology Practice Certification Program* is the launching pad for success as a practitioner; the first stepping stone to becoming a Registered Kinesiopractor®. It is comprised of **eight** modules. Our emphasis is on professional clinical excellence, not exams.

Three modules are kinesiology training units. (i) **TFH** - the 4 units of TFH material form the fundamental principles of kinesiology courses including those first taught to the lay-public by Dr. John Thie DC; (ii) **FPK 2** - our ICPKP® 'cross-over course' from lay towards Kinesiopractor® Education. (iii) **PKP 1b** - our 7 units of professional material based around ICPKP®'s unique 'Finger Moding' system, goal setting, emotions, extensive Database of Techniques and exclusive Balancing Protocol. It prepares you for the 11x **Certification Programs** that make up the four Diplomas of **International Kinesiopractic® Education**.

Three modules relate to your clinical work and personal experience with a PKP Practitioner. We require these to ensure adequate skill and mastery to succeed in full-time practice.

One module is Home study - ICPKP®'s Anatomy and Physiology is the basis of the physical side of PKP™. It includes specific health terminology to aid communication with both clients & health professionals.

One module is External study - First Aid & Resuscitation. Take at level locally required in workplace.

'Other' Units: Teaching Centers using PKP™ materials may include in their curricula units of generic health material (eg. infection control procedures). See *'Individual Country Requirements'* below.

Touch for Health Kinesiology - Dr. John Thie DC

TFH Fundamental Principles of Kinesiology

- TFH 1 14 Muscle Tests, simple techniques: NL, NV, ESR, Spinal reflexes - LDP
- TFH 2 14 more muscles, 5 elements, AHPs, CSPT, Alarm pts, Food sensitivity - LDP
- TFH 3 14 more muscles, 5-El emotions yin, colour, gaits, CRM, Pain tapping - LDP
- TFH 4 42 Muscle bal., posture analysis, 5-El sounds, Luo Pts, Tibetan Energy. - LDP

FPK 2 Cross-over course to bridge the gap between TFH 1-4 & BKP 101- 105 - LDP (Course Details p5)

International PKP™ Practitioner Certification - Kinesiopractic® level 1

PKP 1b Foundational Principles of Professional Practice

- BKP 106 PKP Finger Modes, balance protocol, basic database, active listening - LDP
- BKP 107 Many pain reduction techniques, assessment and contra-indications - LDP
- BKP 108 Diet awareness, food combining & rotation, biogenic foods, history - LDP
- BKP 109 Reactivity, posture, muscle stretch, sust^d. muscle use, contralaterals - LDP
- BKP 110 Ethics, boundaries, relationships, rapport, records, case studies - LDP
- RBT 201 Clinical body contact, palpation, professional client draping- LDP
- EMS 201 Mastery of Emotional Stress: 20 powerful stress-defusion techniques - LDP

SSC Supervised Student Clinic experience -50 hours - (in class hours)

CPS Clinical Practice Client Sessions - (mentored). 75 Hours - OC

PKS Personal Kinesiology Sessions (minimum 5) - (with an approved ICPKP Diploma Graduate)

A&P 1 Anatomy & Physiology 1

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FAR OCT 201 First Aid & Resuscitation. Take at level locally required in a workplace - OC

Key: LDP - Lecture, Demonstration, Practice, HS - Home Study, OC - Off Campus

Individual Country/State Requirements:

ICPKP® offers teaching materials and assessment tools in several countries. Many of these have developed their own generic Health Industry training requirements (for several health therapies). Many of these relate to membership of a Health Care Team, participation in a clinic environment and practitioner/ client safety protocols. They may include topics like *Clinical Practice Management, Clinical Safe Practices, & Professional Communication Skills*.

Country/State requirements vary greatly in both content (elements of learning and performance criteria) and what is considered essential knowledge and essential skills. Legislation changes and upgrades are not universal either. Therefore **ICPKP® does not include any generic health industry units in our curriculum**. Institutes/Teaching or Learning Centers that are authorised to teach our materials **are responsible for ensuring they also fulfil their applicable local industry requirements**.

TFH 4 graduates you just need FPK 2, the Cross-over course (p5), to enter this *Practitioner Certification* at BKP 106. We then require the *Stress & Pain Management Certification Program* as your first CPD course (p 6).

Get our free Kinesiology App on your iPad. Our courses are available on iPad (as well as paper) & from BKP 106 onwards. When taken on the iPad they add automatically to your **ICPKP® Active Database**.



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ICPKP® Continuing Professional Development

FPK2 - The 'cross-over' course for- option 2 - via Touch for Health 4

Our courses are available on iPad (as well as paper). We strongly recommend taking the Crossover-course on the iPad. This is because from BKP 106 onwards when any unit is taken on the iPad it is added automatically to the ICPKP® Active Database. The iPad also issues a coloured Certificate when each test is passed. You can print these in A5 or A4 for your clinic wall and also post them on *Facebook* to include in your online advertising. The ICPKP® Active Database gives you all the finger modes you study in a rapidly active form - **much faster** than accessing a textbook.

FPK 2 crossover course bridges the educational gap between TFH 1 - 4 and BKP 101 - 105

FPK 2 is aimed at empowering both seasoned practitioners who used TFH as the basis of their education, and at recent TFH 4 graduates. To use the PKP™ Protocols and PKP™ Database effectively requires the following 33 Foundational Principles of PKP™ not covered in the TFH syllabus.

FPK 2 = Foundational Principles of Professional Practice that are not in the TFH 1-4 Syllabus

BKP101

1. Definitions of Kinesiology and allopathy
2. Whole body testing
3. Neuro-Emotional (NE) reflexes
4. Epigenetic Healing Cycles
5. PKP Wheel of Emotions
6. Life goals, and goal setting

BKP102

1. Touching
2. PKP™ Pre-Evaluation Procedure
3. Indicator muscle (IM) test procedure
4. Clear circuit muscle testing
5. Applications of clear circuit muscle testing - to practice the use of clear circuit muscle testing
6. Ionisation balance
7. Thymus energy pre/post test audit

BKP103

1. 5-Element principles
2. Circuit Locating (CL-ing)
3. Yin balance- fix-as-you-go yin balance
4. Yin balance- one point balance
5. Introduction to 5-Element emotions
6. 5-Element colour balance

BKP104

1. More mode
2. Using a surrogate for the client
3. Using surrogate muscles
4. Using surrogate structures
5. Knowledge of the principles and philosophy of Kinesiology
6. Priority mode
7. Create a basic client health record

BKP105

1. 5-Element theory - in depth. Luo points & Command points
2. Accumulation point balance & cycle
3. Body polarity concept
4. 5-Element tap
5. 5-Element emotion chart
6. 12 extra indicator muscles - (*just practice subclavius*)
7. Full 5-Element one-point goal balance using alternative indicator muscles

Summary about ICPKP®'s FPK 2 Crossover Course for TFH 4 graduates

This is the pre-requisite for ICPKP®'s:

1. The **International PKP™ Practitioner Certification - Kinesiopractic® level 1**
2. All ICPKP®'s Continuing Professional Development Courses - the four Diplomas that comprise ICPKP®'s **five** step **International Kinesiopractic® Education**. It provides the techniques which are essential for using the ICPKP® Practitioners' Active Database (taught in BKP 106 on your iPad).



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Continuing Professional Development Courses

(Flexible Kinesiopractic® Education in Four more Fun Steps)

ICPKP®'s five step Kinesiopractic® Education Program has four Diploma Courses comprised of eleven Certification Programs and are only available on the iPad - our client session assistance tool.

All units progressively add the **ICPKP® Active Database** to your iPad as you take each (unit) workshop. Because several courses require the same basic units (like BKP 106 and RBT 201), RPL can be applied.

The iPad issues a coloured Certificate when each test is passed. You can print certificates in A5 or A4 size for your clinic wall and can also post them on *Facebook* to include in your online advertising.

The ICPKP® Active Database gives you all the fingermodes you study in a rapidly active form - faster than accessing a textbook. **NB: Diploma Programs (D1 - D 4) can be taken in any order.**

Pre-requisite for ALL CPD Courses:

Either BKP 101 - 105 or TFH 1 - 4 plus the FPK 2 - the Crossover Course (for TFH 4 graduates).

D1. ICPKP® Diploma of Learning, Metaphysical, Holographic & Vibrational Energies

Certification programs: after 'a' then 'b', through 'f' can be taken in any order.

a. ICPKP® Stress and Pain Management Certification Program

- BKP 106 PKP Finger Modes, balance protocol, basic database, active listening - LDP
- BKP 107 Many pain reduction techniques, assessment and contra-indications - LDP
- RBT 201 Clinical body contact, palpation, professional client draping - LDP
- SPM 101 Stress Release made Easy - LDP (also available in K-Power® format for client & community Ed^d)
- SPM 102 Epigenetic Healing cycles - LDP (also available in K-Power® format for client & community Ed^d)
- SPM 103 Tibetan Energy & Vitality - LDP (also available in K-Power® format for client & community Ed^d)
- EMS 201 Mastery Emotional Stress Release -20 techniques with ESR - LDP

b. ICPKP® Red Flags in Kinesiopractic® Certification Program - (It's really helpful - so take it ASAP)

- BKP 106 PKP Finger Modes, balance protocol, basic database, active listening - LDP
- OCT 302 Red Flags in Kinesiopractic®. Diagnosis & Treatment vs the PKP™ Protocol - LDP

c. ICPKP® Learning Enhancement Certification Program

Pre-requisite: ICPKP® Stress & Pain Management Certification Program (#a)

- PIB 203 Basic Brain Integration Skills & Protocols - LDP
- PIB 301 Brain Integration Skills level 2 - LDP
- PIB 302 Personality Typing - LDP

d. ICPKP® Behavioural Genetics Certification Program

- BKP 106 PKP Finger Modes, balance protocol, basic database, active listening - LDP
- PIB 201 Behavioural Genetics I - Personology & Physiognomy - LDP
- PIB 202 Behavioural Genetics II - Personology & Physiognomy - LDP

e. ICPKP® Meridian & Holographic Energies Certification Program

Pre-requisite: ICPKP® Stress & Pain Management Certification Program (#a)

- MHP 301 Meridian Energy Techniques - LDP
- MHP 302 Holographic Reflexes and Perceptions - LDP

f. ICPKP® Metaphysical & Vibrational Energies Certification Program

Pre-requisite: ICPKP® Stress & Pain Management Certification Program (#a)

- VEF 201 Flower Essences - LDP
- VEF 301 Gems & other Vibrational Energy Fields - LDP
- VEF 302 Metaphysical Energy Fields - LDP

D2. ICPKP® Diploma of Energy Psychology

Subconscious, Soul and Spiritual issues in a Clinical Practice

a. ICPKP® Energy Psychology Certification Program

- EMS 301 Genetic & Meridian Emotional Release Protocols - LDP
- EMS 302 Subconscious Self Perception - LDP
- EMS 303 Dreams, Goals and Attitudes - LDP
- EMS 304 Releasing Limiting Stress Responses - LDP
- EMS 305 Colour and Sound - LDP
- EMS 306 Rituals and Motivational Messages - LDP
- EMS 401 Co-dependency and Role Reversal - LDP
- EMS 402 Compulsive Behaviours - LDP
- EMS 403 Spiritual Issues - LDP

b. ICPKP® Stress and Pain Management Certification Program - (Really it's a pre-requisite - so take it first)

c. ICPKP® Red Flags in Kinesiopractic® Certification Program - (It's really helpful - so take it ASAP)



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Continuing Professional Development Courses

(Flexible KinesioPractic® Education - in Four more Fun Steps)

Pre-requisite for ALL CPD Courses: Either BKP 101-105 or TFH 1-4 *plus* the **FPK 2 Crossover Course** (TFH 4 grds)

D3. ICPKP® Diploma of Musculoskeletal Rehabilitation & Reintegration.

Certification programs: After 'a' certifications 'b' - 'g' can be taken in any order.

- a. **ICPKP® Stress and Pain Management Certification Program** (p6 - a pre-requisite so take it first)
- b. **ICPKP® Red Flags in KinesioPractic® Certification Program** (p6 - It really helps take ASAP)
- c. **ICPKP® Musculoskeletal Protocol Certification Program**
Pre-requisites: ICPKP® Stress & Pain Management Certification Program (See #a p6)
 A&P 1 Detailed knowledge of Anatomy, Physiology and terminology - HS
 BKP 106 PKP Finger Modes, balance protocol, basic database, active listening - LDP
 BKP 109 Reactivity, posture, muscle stretch, sustained muscle use, contralaterals - LDP
 RBT 201 Clinical body contact, palpation, professional client draping - LDP
 MST 201 Muscle Integration & Skin Activation Protocols - LDP
 MST 202 Shoulder, Elbow, Hand Muscle Protocols - LDP
 MST 203 Hip, Leg, Foot Muscle Protocols - LDP
 MST 301 Head, Neck and Trunk Protocols - LDP
 MST 302 Touch, Clothes and Environment Protocols - LDP
 MST 303 Emotional Anatomy and Emotional Intelligence - LDP
- d. **ICPKP® Hypertonic Muscle & Trigger Point Certification Program**
Pre-requisite: ICPKP® Musculoskeletal Protocol Certification Program
 HMR 201 Hypertonic Muscle Release Basic - LDP
 HMR 301 Hypertonic Release - Arms and Leg - LDP
 HMR 302 Hypertonic Release - Head, Neck, Torso - LDP
 RBT 301 Trigger Points - LDP
- e. **ICPKP® Ligament and Joint Management Certification Program**
Pre-requisite: ICPKP® Musculoskeletal Protocol Certification Program
 JAF 201 Temporomandibular Joint & Cranial Protocols - LDP
 JAF 301 Ligament and Joint Protocols - LDP
 JAF 302 Inflexibility, Injury and Strain Protocols - LDP
- f. **ICPKP® Pelvic Protocol Certification Program**
Pre-requisite: ICPKP® Musculoskeletal Protocol Certification Program
 BKP 106 PKP Finger Modes, balance protocol, basic database, active listening - LDP
 PDG 301 Pelvic Postures and Sacral Balancing - LDP
 PDG 302 Pelvic Diaphragm - LDP
- g. **ICPKP® Lymph Protocol Certification Program**
Pre-requisite: ICPKP® Musculoskeletal Protocol Certification Program
 BKP 106 PKP Finger Modes, balance protocol, basic database, active listening - LDP
 BVL 301 Valves, Viscera and Blood Vessels - LDP
 BVL 302 Breast and Other Lymph Clearing - LDP

D4. ICPKP® Diploma of Dietary and Nutritional Science Managing Dietary and Nutritional issues in a Clinical Practice

- a. **ICPKP® Dietary and Nutritional Science Certification Program**
 BKP 106 PKP Finger Modes, balance protocol, basic database, active listening - LDP
 BKP 108 Diet awareness, food combining & rotation, biogenic foods, history - LDP
 ECO 201 Dietary and Lifestyle Modification Protocols - LDP
 ECO 202 Immune Mismatch Responses: 'Allergies' & Sensitivities - LDP
 ECO 301 Adrenal, Geopathic and Life Energy Protocols - LDP
 ECO 302 Cleansing & Detoxification Protocols - LDP
 ECO 303 Modern Dietary protocols - LDP
 NUT 1 Provide basic dietary advice - HS
 CBP Analyse Health Info: Chemistry, Biochemistry, Pathophysiology - HS
- b. **ICPKP® Stress and Pain Management Certification Program**
- c. **ICPKP® Red Flags in KinesioPractic® Certification Program**



**INTERNATIONAL
KINESIOPRACTIC®
EDUCATION**

**INTERNATIONAL
COLLEGE OF
PROFESSIONAL
KINESIOLOGY
PRACTICE**

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Registrar:
Aynsley Cisaria BMS (hons)

Founders:
Bruce A J Dewe MD NZRK
Joan R Dewe MA NZRK

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5 August, 2021**

K-Power® Workshops for Continuing Education Units (CEUs)

Kinesiology for health professionals from other modalities with no TFH or PKP™ training.

K-Power® provides workshops for health-care practitioners with no previous knowledge of kinesiology. Professional and practical, K-Power® courses teach other professionals (eg. PTs or social workers) how to manage the physical, mental, emotional and metaphysical aspects of health and wellbeing. This contributes to their clients' overall wellbeing by bridging the gap between conventional and complementary treatments.

It is becoming increasingly recognized that a person's overall health and wellbeing is about much more than their physical state. Stress levels, lifestyle choices, and past physical and emotional trauma can all contribute to specific health problems and to a person's day-to-day sense of energy and wellness.

Our K-Power® courses offer continuing education workshops (CEUs) for both (A) **Manual Therapists** and (B) **Mind-Body Therapists**. They do **not** use the PKP™ database so will interface well within their current methodology adding a simple, effective system of kinesiology balancing. **K-Power® workshops (i) do not involve the ICPKP® Finger-Mode teachings and (ii) do not access the ICPKP®'s Active Database.**

Four K-Power® workshops can be taught to your clients. See p9. (i) *Stress Release made Easy*, (ii) *Your DNA is Not your Destiny - Victims to Victors with Epigenetic Healing Cycles*, (iii) *Tibetan Energy & Vitality* and (iv) *New Perceptions™ in Life and Living*. For more info go to: www.k-power.co

Because they do **not** use the Active Database K-Power® workshops are available in both formats: iPad and print. For those who want printed textbooks go to our online storefront: <http://www.lulu.com/spotlight/icpkp>.

A. Seven K-Power® workshops for Manual Therapists - see more: www.k-power.co

- Five-Element Fundamentals & Muscle Testing Basics** - (2 days)
Pre-requisite: *None: an entry level course*) This is a K-Power® basic tool-box. The 'must-have' stuff.
 - 5-Element fundamental concepts.
 - The 'Great 8' muscles: supraspinatus, teres major & 6 Yin indicator muscles: subscapularis, middle deltoid, pectoralis major sternal, latissimus dorsi, psoas and gluteus medius
 - Six basic balancers.
 - Neuro-lymphatics
 - Neuro-Emotionals
 - Neuro-Vasculars
 - Meridians
 - Vertebral Reflexes
 - Nutrition
 - Four great techniques: Emotional stress release (ESR), Origin & insertion, Spindles, & Golgi
- Core Muscles and Techniques** - (2 days)
Pre-requisite: *Five-Element Fundamentals & Muscle Testing Basics*
 - Muscle revivers: hidden, sustained, muscle stretch
 - More Mode and Circuits
 - The 13 core muscles for torso balance
 - Reactivity: When strong muscles act weak
- The Shoulder Muscles Protocol** - (1 day)
Pre-requisite: *Five-Element Fundamentals & Muscle Testing Basics*
 - The 4 rotator cuff muscles
 - The 18 important supporting muscles
 - Integrating all the techniques learned
- Elbow, Wrist and Hand Protocols** - (1 day)
Pre-requisite: *Five-Element Fundamentals & Muscle Testing Basics*
 - The many muscles important for function of the elbow, wrist & hand
 - Restoring function, reducing pain, building power
- The Hip Muscles Protocol** - (1 day)
Pre-requisite: *Five-Element Fundamentals & Muscle Testing Basics*
 - The muscles important for hip joint balance
 - Includes quadratus femoris, the gemelli and obturators
- The Knee, Ankle and Foot Protocols** - (1 day)
Pre-requisite: *Five-Element Fundamentals & Muscle Testing Basics*
 - The muscles important for knee stability
 - Stabilizing the ankle
 - Reducing foot muscle pain
- The Head, Neck & Jaw Protocols** - (1 day)
2x Pre-requisites: *Five-Element Fundamentals & Muscle Testing Basics + Core Muscles*
 - Eight Neck muscles used
 - 6 Head muscles used
 - Head/Neck Balancing Protocol
 - Five bilateral Jaw muscles
 - 6 ways TMJ presents
 - TMJ Balancing Protocol
 - Headache points & warnings
 - 7 affected meridians
 - Headache relief Protocols



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K-Power® Workshops for Continuing Education Units (CEUs)

Kinesiology for health professionals from other modalities with no TFH or PKP™ training.



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B. Nine K-Power® workshops for Mind-Body Therapists - see more: www.k-power.co

- Stress Release made Easy** - (1 day) **Pre-requisite:** None: an entry level course
 - Emotional Stress Release (ESR) points and process.
 - Emotional balancing with affirmations.
 - General stress syndrome clearing.
 - Stress management strategies.
- Your DNA is not your Destiny** - (1 day) **Pre-requisite:** None: an entry level course - no muscle testing.
 - Epigenetic Healing Cycles & modulators used to change Victims into Victors.
 - Universal Fears (male & female), Job Stressors and Life/relationship issues.
 - The Resilience cycle, Vesuvius cycle and the Self-soothing and Calming cycle.
 - Lymphatic Flush cycle and the Chi cycle.
- Tibetan Energy & Vitality** - (1 day) **Pre-requisite:** None: an entry level course
 - Helps clients to improve their energy level to help them look and feel better.
 - Helps clients with low energy, fatigue and loss of motivation.
 - Helps clients to manage and relieve chronic pain.
 - Hope for pain, dysfunction, overwhelm, weariness, fatigue, frustration, hopelessness.
 - Teaches a number of techniques originally developed by the people of Tibet.
- New Perceptions™ in Life and Living** - (2 days) **Pre-requisite:** None: entry level - no muscle testing.
 - Flower images to raise awareness and vibration.
 - Release fear and move into love and acceptance.
 - Powerful processes and journaling insights.
 - A personal journey.
- Five-Element Fundamentals & Muscle Testing Basics for Mind-Body Therapists** - (2 days)
Pre-requisite: None: an entry level course - This is our K-Power® basic tool-box.
 - 5-Element fundamental concepts and insights.
 - The 8 key indicator muscles: supraspinatus, teres major and the 6 Yin indicator muscles: subscapularis, middle deltoid, pectoralis major sternal, latissimus dorsi, psoas & gluteus medius.
 - Five basic stress-defusers: Neuro-Emotionals, Neuro-Vasculars, Accumulation Points, Meridians and nutrition.
 - Three Stress Relieving Cycles.
 - Goal Balancing with emotions.
- Mastery of Emotional Stress Release** - (2 days) **Pre-requisite:** muscle testing.- TFH, One Brain, PKP™
 - ESR Plus - twenty (20) ways to clear stress.
 - Assist clients handle challenges assertively.
- Your face is Talking to Me** - (1 day) **Pre-requisite:** Mastery of ESR.
 - Explore 7 Behavioural Genetics (instinctual) traits.
 - Defuse face-structure stress that ensnares you.
- Your face is Talking Again** - (1 day) **Pre-requisite:** Your face is Talking to Me
 - 10 more personology (instinctual behaviour) traits.
 - Understand and honour yourself and others more.
 - Role-play made easy.
- Beyond Co-dependency** - (2 - 2½ days)
3x Pre-requisites: 5-Element Fundamentals for Mind-Body + Stress Release made Easy, + Mastery of ESR)
 - Basics of self-care.
 - Identify your key Co-dependency traps.
 - Mind-body work to defuse these life-programs.

C. Four entry-level K-Power® workshops suitable for clients & community classes

- Stress Release made Easy** - (1 day) **Pre-requisite:** None: an entry level course)
 - See #1 above.
- Your DNA is not your Destiny** - (1 day) **Pre-requisite:** None: an entry level course) - no muscle testing.
 - See #2 above.
- Tibetan Energy & Vitality** - (1 day) **Pre-requisite:** None: an entry level course)
 - See #3 above.
- New Perceptions™ in Life and Living** - (2 days) **Pre-requisite:** None: entry level) - no muscle testing.
 - See #4 above.

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ICPKP® International Diploma of PKP™

This program was taught from 1998 - 2019 & continues in a few countries

NO new starts on this Diploma in 2022 - you can, however, complete this Diploma in 2022

A Certificate and three Diplomas replaced the PKP 1-4™ classes from 1981-1997. Now in 2022 they are being replaced.

Pre-requisite:

The *International Professional Kinesiology Practice Certification Program* (see page 3)

The International Diploma of Professional Kinesiology Practice is comprised of **five** modules.

One module called **PKP 2** contains 16 units of professional material that augment your clinical skills with 512 hours of regional protocols for muscle management, joint care, mental, emotional & brain integration skills, and the balancing of the body's milieu intérieur to the environment.

Three modules relate to your clinical work and personal experience. ICPKP® requires this so your clients will receive more from you because of your greater knowledge, skillfulness and mastery.

One module is Home study - and is common to both kinesiology and nutritional therapy.

'Other' Units: Colleges using PKP™ materials may also include in their curricula units of generic health material (eg. *legal and ethical compliance*). See *'Individual Country Requirements'* below.

International Diploma of Professional Kinesiology Practice - curriculum

PKP 2 Protocols for Professional Kinesiology Practice™

MST 201 Muscle Integration & Skin Activation Protocols - LDP

MST 202 Shoulder, Elbow, Hand Muscle Protocols - LDP

MST 203 Hip, Leg, Foot Muscle Protocols - LDP

MST 301 Head, Neck and Trunk Protocols - LDP

MST 302 Touch, Clothes and Environment Protocols - LDP

MST 303 Emotional Anatomy and Emotional Intelligence - LDP

JAF 201 Temporomandibular Joint (TMJ) & Cranial Protocols - LDP

JAF 301 Ligament and Joint Protocols - LDP

JAF 302 Inflexibility, Injury and Strain Protocols - LDP

ECO 201 Dietary & Lifestyle Modification Protocols - LDP

ECO 202 Immune Mismatch Responses: 'Allergies' & Sensitivities - LDP

ECO 301 Adrenal, Geopathic and Life Energy Protocols - LDP

ECO 302 Cleansing & Detoxification Protocols - LDP

EMS 301 Genetic & Meridian Emotional Release Protocols - LDP

EMS 302 Subconscious Self Perception - LDP

PIB 203 Basic Brain Integration Skills & Protocols - LDP

SSC Supervised Student Clinic experience -50 hours - (in class hours)

CPS Clinical Practice Client Sessions - (mentored). 75 Hours - OC

PKS Personal Kinesiology Sessions (minimum 5) - (with an approved ICPKP® Diploma Graduate)

A&P2 Anatomy & Physiology 2

CBP Analyse Health Info: Chemistry, Biochemistry, Pathophysiology -HS

Key: LDP - Lecture, Demonstration, Practice, HS - Home Study, OC - Off Campus

Individual Country Requirements:

ICPKP® offers teaching materials and assessment tools in several countries. Many of these are now developing their own generic Health Industry training requirements (common to all other health therapies) that enable membership of a Health Care Team, participation in a clinic environment and practitioner/client safety protocols. **Our four Continuing Professional Development Diplomas** cater for this development.

Required topics for local qualifications may include eg. 'Manage legal and ethical compliance', 'Work with diverse people' or 'Small business marketing'.

Country requirements vary greatly in both content (elements of learning & performance criteria) and what is considered essential knowledge and essential skills. As well, each country makes regular upgrade changes to remove references to old (eg. OHS - occupational health & safety) legislation and replace with references to new legislation (eg. WHS - work health & safety).

This is why ICPKP® does not include any generic health industry units in our curriculum. Colleges authorised to teach our materials **are responsible for ensuring they fulfil their local industry requirements.**

TFH 4 graduates who complete our *PKP™ Practitioner Certification -Kinesiopractic® level 1* are eligible to take the Certification courses that make up our **four Continuing Professional Development Diplomas** (pp 6-7).

Get our free Kinesiology App on your iPad. All of our courses are available on iPad inc. CEUs & CPDs.

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International Diploma of Kinesiopractic®

This program was taught from 1998 - 2019 & continues in a few countries

NO new starts on this Diploma in 2022 - you can, however, complete this Diploma in 2022

A Certificate and three Diplomas replaced the PKP 1-4™ classes from 1981-1997. Now in 2022 they are being replaced.

Pre-requisite:

ICPKP® International Diploma of Professional Kinesiology Practice.

The International Diploma of Kinesiopractic® is comprised of **four** modules. The term Kinesiopractic® is the **Registered Trademark of ICPKP**. You will become a **Registered Kinesiopractor®** after the Graduate Diploma.

One module: called **PKP3** contains 13 units (416 hours) to further augment your clinical skills.

Three modules relate to your clinical work and personal experience.

PKP 3 Advanced Protocols for Professional Kinesiology Practice™

- EMS 303 Dreams, Goals and Attitudes - LDP
- EMS 304 Releasing Limiting Stress Responses - LDP
- VEF 201 Flower Essences - LDP
- VEF 301 Gems & other Vibrational Energy Fields - LDP
- VEF 302 Metaphysical Energy Fields - LDP
- HMR 201 Hypertonic Muscle Release - Basic - LDP
- HMR 301 Hypertonic Muscle Release - Arms and Legs - LDP
- HMR 302 Hypertonic Muscle Release - Head, Neck, Torso - LDP
- PDG 301 Pelvic Postures and Sacral Balancing - LDP
- PDG 302 Pelvic Diaphragm - LDP
- BVL 301 Valves, Viscera and Blood Vessels - LDP
- BVL 302 Breast and Other Lymph Clearing - LDP
- OCT 302 Red Flags in Kinesiopractic® - *Diagnosis & Treatment vs the PKP™ Protocol* - LDP

SSC Supervised Student Clinic experience -50 hours - (in class hours)

CPS Clinical Practice Client Sessions - 50 Hours - OC

PKS Personal Kinesiology Sessions (minimum 5) - (with an approved ICPKP® Diploma Graduate)

Key: LDP - Lecture, Demonstration, Practice, HS - Home Study, OC - Off Campus

International Graduate Diploma of Kinesiopractic®

This program was taught from 1998 - 2019 & continues in a few countries

NO new starts on this Diploma in 2022 - you can, however, complete this Diploma in 2022

A Certificate and three Diplomas replaced the PKP 1-4™ classes from 1981-1997. Now in 2022 they are being replaced.

Pre-requisite:

ICPKP® International Diploma of Kinesiopractic®

The term Kinesiopractic® is the **Registered Trademark of ICPKP**. On completion you will become a **Registered Kinesiopractor®**. Registration is reserved for those who attain competency at the conclusion of this Graduate Diploma in all ICPKP units.

The International Graduate Diploma of Kinesiopractic® is comprised of **five** modules.

One module: called **PKP4** contains 12 units (384 hours) to further enhance your clinical accumen.

One module is Home study - and is common to both kinesiology and nutritional therapy.

Three modules relate to your clinical work and personal experience.

PKP 4 Kinesiopractic® Protocols

- EMS 305 Colour and Sound - LDP
- EMS 306 Rituals and Motivational Messages - LDP
- EMS 401 Codependency and Role Reversal - LDP
- EMS 402 Compulsive Behaviors - LDP
- EMS 403 Spiritual Issues - LDP
- PIB 201 Behavioral Genetics I - Personology & Physiognomy - LDP
- PIB 202 Behavioral Genetics II - Personology & Physiognomy - LDP
- PIB 301 Brain Integration Skills 2 - LDP
- PIB 302 Personality Typing - LDP
- MHP 301 Meridian Energy Techniques - LDP
- MHP 302 Holographic Reflexes and Perceptions - LDP
- RBT 301 Trigger Points - LDP

NUT 1 NUT 1 Provide basic dietary advice - HS

SSC Supervised Student Clinic experience -50 hours - (in class hours)

CPS Clinical Practice Client Sessions - 50 Hours - OC

PKS Personal Kinesiology Sessions (minimum 5) - (with an approved ICPKP® Diploma Graduate)

Key: LDP - Lecture, Demonstration, Practice, HS - Home Study, OC - Off Campus



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International KinesioPractic® Education PKP™ Syllabus 2021

What is a PKP™ Faculty Member

People who teach ICPKP® Continuing Professional Development Certification programs (or classic Career courses) and their component units are called **Faculty Members**. They are not employed by ICPKP®.

Faculty may be employed by an ICPKP® affiliated College or Teaching/Learning Centre or they may offer their services for specialist units or short programs eg *ICPKP® Hypertonic Muscle & Trigger Point Certification Program*. **Note:** People who teach our K-Power® Courses are called **K-Power® Instructors**. [They are not ICPKP® Faculty]

Becoming a Faculty Member

The minimum training required to become an ICPKP® FAC 1A Member is the *Certificate in High-level Wellness and Vitality*. You can also teach K-Power® *Stress Release made Easy* and *Your DNA is NOT your Destiny* if you have taken these workshops. Want to teach more? Two options exist:

1. Those starting on the PKP™ pathway take both FAC 1A and FAC 1B.
2. Those starting on the TFH pathway first take the IKC's TT and then PKP™'s TT2.
(TT2 = Faculty Training for TFH Instructors wanting to teach *ICPKP® Practitioner Certification*.)

FAC 1B & TT2 graduates can teach the units that make up the pathway they took for the *International ICPKP® Practitioner Certification* - KinesioPractic® level 1 **and also** the SPM 101 - 103 units to enable them to teach the *ICPKP® Stress & Pain Management Certification Program*.

This simply means those from the PKP™ pathway can not teach the TFH 1-4 units nor can the TFHers teach BKP 101 - 105 and it does not matter because both pathways work.

There are four kinds of Faculty Membership in the CPD Program

The new Continuing Professional Development (CPD) Faculty Workshops are:

- FAC D1 Required to teach the *Dip. Learning, Metaphysical, Holographic & Vibrational Energies*
- FAC D2 Required to teach the *Diploma of Energy Psychology*
- FAC D3 Required to teach the *Diploma of Musculoskeletal Rehabilitation & Reintegration*
- FAC D4 Required to teach the *Diploma of Dietary and Nutritional Science*

Obviously you will need to complete each Diploma that you want to teach before attending the relevant Faculty Class! No, we do not place extra emphasis on any one of these Diplomas.

People take Diplomas in the areas they are most interested in and then teach in those areas. **NB:** The Continuing Professional Development FAC classes are not all the same length (as is the case with the classic FAC 1 - 3 classes).

We are phasing out the 3 Levels of Faculty Membership in the 'Classic' ICPKP® Program

From 2022 the classic FAC 1, FAC 2 or FAC 3 program will only be available in countries where the current Certificate, Diploma, Adv. Diploma are being completed. **NB:** There is absolutely no advantage in the classic program. People can become a Registered KinesioPractor® just as quickly (or quicker) using the new August 2021 CPDs. **Note: All existing FAC 3 Faculty can teach all the new Certification programs & Diplomas as a 'given'.** [Just register with the <webmaster@icpkp.com>]

K-Power® Instructors - Manual and Mind-Body - See www.k-Power.co

1. **The ICPKP® is very happy for people to take a K-Power® class twice and then register to teach** it with the <webmaster@icpkp.com>. Yes, this means that a TFH 3 student or a BKP 104 student who took a *Stress Release made Easy* class and got excited & repeated it, can then register with the <webmaster@icpkp.com> and start and teach it to their friends. Why not? Why would you hold them back?
2. If you have taken material as an ICPKP unit and then the K-Power® course version just once ICPKP® accepts that also. eg. When you took MST 202 as a Unit you actually covered two K-Power® workshops (Shoulder and Elbow, wrist). Just taking each of those two K-Power® units (once) allows you to register to teach them (because you have covered the material before in the CPD format).
NB: In some countries you need the appropriate 'local Adult Education Certification' to teach.

K-Power® Instructors - Client and Community Workshops - See www.k-Power.co

ICPKP® Practitioner Certification graduates of all levels may teach their own clients and friends four workshops: *Your DNA is not your Destiny* with Epigenetic Healing Cycles, *Stress Release made Easy*, *Tibetan Energy & Vitality* and *New Perceptions™ in Life and Living*. Simply take these twice then register as a K-Power® Instructor for them with the <webmaster@icpkp.com>. Proper coloured Certificate Masters will be available to you to issue. We want you to have fun and look and feel good teaching K-Power®.



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