

International Kinesiopractic[®] Education PKP[™] Syllabus 2023

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 (HPF) 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 we are formed and molded 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 e.g. 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 clients may not be an aspiration for everyone. Learning enough PKP 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 **TFH 4** (Touch for Health). The PKP[™] systematic, progressive, student-oriented training leads via Diplomas to the professional status of Registered Kinesiopractor[®].



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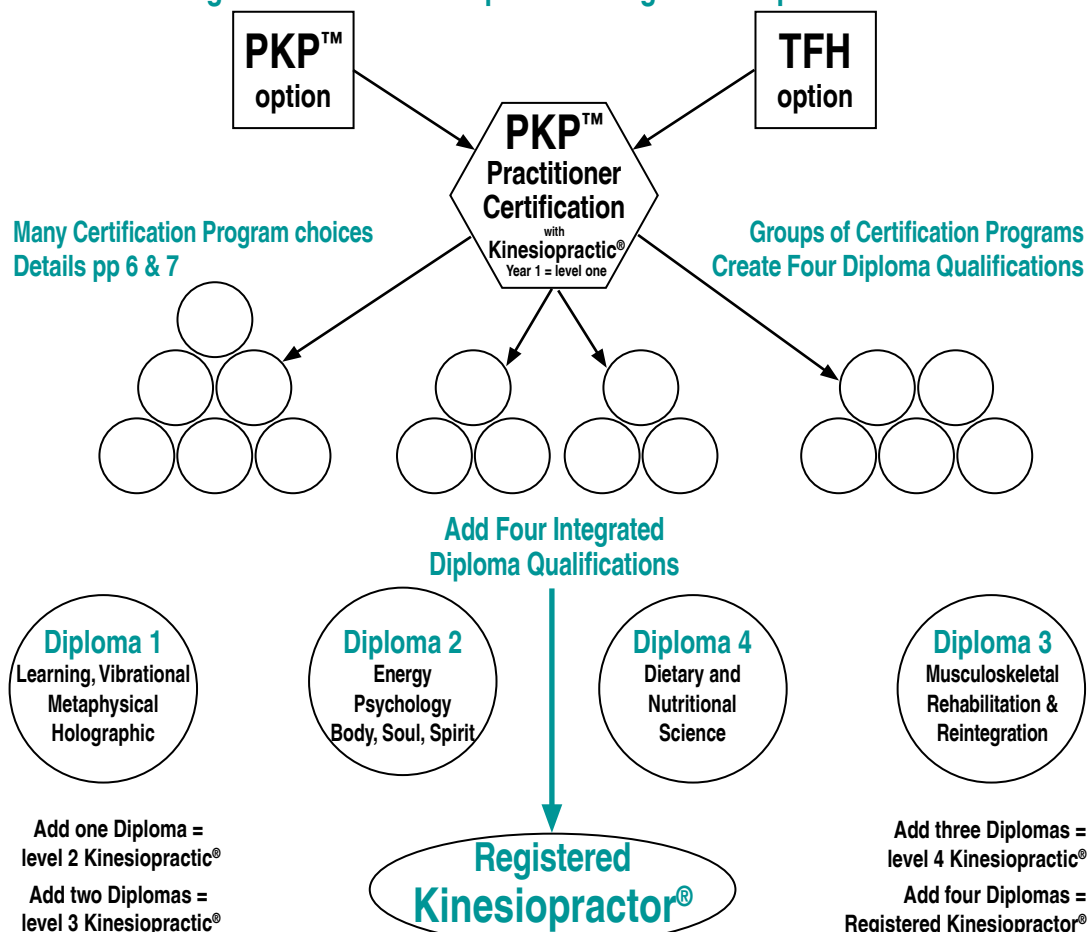
Founders:

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**ICPKP[®] Syllabus ©
25 November, 2022**

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



International KinesioPractic® Education PKP™ Syllabus Contents



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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 has **seven** modules. Our emphasis is on professional clinical excellence, not academic exams.

Two modules are kinesiology units. (i) **FPK 1** - the 6 units of kinesiology material that form the foundational principles of PKP.

(ii) **PKP 1** - our 6 units of professional material based around ICPKP®'s unique 'Fingermode' 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 the level locally required in workplaces.

'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

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 or BioEpigenetic Wellness Consultant™

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 **Anatomy & Physiology** - NZQA level 6 course

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 202 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 legislation (eg. OHS - *occupational health & safety*) and replaces it with references to new legislation (eg. WHS - *work health & safety*). **SSC, CPS & PKS are required in year 1 only.** They are not required with the Diplomas.

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.**

Financial Help: SPM 101, SPM 102 & SPM 103 are three 1 day courses to teach clients & community that you can take at any stage after BKP 105. Take these and you can teach the *K-Power®* versions and earn as you learn.



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

You enter the ICPKP® *Practitioner Training* at BKP 106 (below). Start with the FPK 2, the *Cross-over course* (p5), Take PKP 1b and achieve **PKP™ Practitioner Certification - Kinesiopractic® level 1**.

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 2b** - our ICPKP® 'Cross-over course' from lay towards Kinesiopractor® Education. (iii) **PKP 1b** - our 7 units of professional material based around ICPKP®'s unique 'Fingermoding' 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 (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 combing & 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 Anatomy & Physiology

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 202 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 & assessment tools in several countries. Many of these have developed their own generic health industry training requirements and relate to membership of a Health Care Team, participation in a clinic environment and practitioner/ client safety protocols. They include topics like *Clinical Practice Management, Clinical Safe Practices, & Professional Communication Skills*. Country/State requirements vary greatly in what is considered essential knowledge and essential skills. Legislation changes and upgrades are not universal either. So **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**.

ICPKP Kinesiology App on iPad or Android. Our courses are available on both tablets. After BKP 106, on iPad or Android (not paper), new fingermodes are add automatically to your **ICPKP® Active Database**.

Financial Help: SPM 101, SPM 102 & SPM 103 are three 1 day courses to teach clients & community that you can take at any stage after FPK 2. Take these and you can teach the K-Power® versions and earn as you learn.



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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, Android (& paper). **We strongly recommend taking the** Cross-over Course on the iPad or Android Tablet. This is because from BKP 106 onwards when any unit is taken on the iPad/Android it is **added automatically** to your ICPKP® Active Database. Both tablets issue 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 profile. The **ICPKP® Active Database** gives you all the fingermodes you study in a rapidly active form - **much faster** than accessing a textbook.

The FPK 2 Cross-over 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, as well as new TFH 4 graduates. To use the PKP™ Protocols and PKP™ Database effectively requires learning these 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 **prerequisite** 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® Registration**. It provides the techniques which are **essential** for using the ICPKP® Practitioners' **Active Database** after BKP 106 (on iPad or Android).



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Continuing Professional Development Courses (CPD)

Flexible Kinesiopractic® Education in Four more Fun Steps

ICPKP®'s five step Kinesiopractic® Education Program has **four Diploma Courses** which are comprised of **thirteen Certification Programs**. **NB: SSC, CPS & PKS are not required** with the Diplomas (they are in year 1 only)

All units progressively add fingermodes to the **ICPKP® Active Database** on your iPad or Android Tablet as you complete them. Several certifications require the same units (e.g. BKP 106 and RBT 201). RPL can be applied.

Both iPad & Android tablets issue 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 profile.

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:

PKP™ Practitioner Certification - Kinesiopractic® level 1 - via either Option 1 or Option 2

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
- EMS 201 Mastery Emotional Stress Release -20 techniques with ESR - LDP
- SPM 101 Stress Release made Easy - LDP (also in K-Power® format for client & community education)
- SPM 102 Epigenetic Healing cycles - LDP (also in K-Power® format for client & community education)
- SPM 103 Tibetan Energy & Vitality - LDP (also in K-Power® format for client & community education)

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

- OCT 302 Red Flags in Kinesiopractic®. Diagnosis & Treatment vs the PKP™ Protocol - LDP

c. ICPKP® Learning Enhancement Certification Program

Prerequisite: 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

Prerequisite: 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

Prerequisite: 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® Stress and Pain Management Certification Program - (Really it's a prerequisite - so take it first)

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

c. ICPKP® Energy Psychology Certification Program

- EMS 201 Mastery of Emotional Stress: 20 powerful stress-defusion techniques - Taught in Certificate
- 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



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Continuing Professional Development Courses (CPD)

Flexible KinesioPractic® Education - in Four more Fun Steps

Pre-requisite for ALL CPD Courses:

PKP™ Practitioner Certification - KinesioPractic® level 1 - via either Option 1 or Option 2

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 prerequisite so take it first)
- b. **ICPKP® Red Flags in KinesioPractic® Certification Program** (p6 - It really helps take it ASAP)
- c. **ICPKP® Musculoskeletal Protocol Certification Program**

Prerequisites: ICPKP® Stress & Pain Management Certification Program (See #a p6)

- A&P 1 Detailed knowledge of Anatomy, Physiology and terminology - HS
BKP 106 PKP Fingermodes, 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**

Prerequisite: 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**

Prerequisite: 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**

Prerequisite: ICPKP® Musculoskeletal Protocol Certification Program

- BKP 106 PKP Fingermodes, 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**

Prerequisite: ICPKP® Musculoskeletal Protocol Certification Program

- BKP 106 PKP Fingermodes, 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® 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 it ASAP)
- c. **ICPKP® Dietary and Nutritional Science Certification Program**

- BKP 106 PKP Fingermodes, 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
NUT 1 Provide basic dietary advice - HS
CBP **Chemistry, Biochemistry and Pathophysiology - Pre-requisite A&P (level 6)**
Analyse Health Info: Chemistry, Biochemistry, Pathophysiology - HS



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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.

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 (inc HPFs), 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® Fingermode 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 (SRmE)*, (ii) *Your DNA is Not your Destiny (YDINYD) - moving Victims to Victors with Epigenetic Healing Cycles*, (iii) *Tibetan Energy & Vitality (TibE&V)* and (iv) *New Perceptions™ in Life and Living*.

K-Power® workshops do **not** use the Active Database. Workbooks available in 2 formats: eBook & print. Visit k-power.co to order **eBooks**. Access printed manuals at our online storefront: lulu.com/spotlight/icpkp.

A. Seven K-Power® workshops for Manual Therapists

- Five-Element Fundamentals & Muscle Testing Basics** - (2 days)
Prerequisite: *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)
Prerequisite: *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)
Prerequisite: *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)
Prerequisite: *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)
Prerequisite: *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)
Prerequisite: *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)
Two Prerequisites: *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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B. Nine K-Power® workshops for Mind - Body Therapists

- Stress Release made Easy** - (1 day) **Prerequisite:** 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) **Prerequisite:** 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) **Prerequisite:** 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) **Prerequisite:** 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)
Prerequisite: None: an entry level course - This is a 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) **Prerequisite:** 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) **Prerequisite:** Mastery of ESR.
 - Explore 7 Behavioural Genetics (instinctual) traits.
 - Defuse face-structure stress that ensnares you.
- Your face is Talking Again** - (1 day) **Prerequisite:** 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 Prerequisites: 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) **Prerequisite:** None: an entry level course
 - See #1 above.
- Your DNA is not your Destiny** - (1 day) **Prerequisite:** None: an entry level course) - no muscle testing.
 - See #2 above.
- Tibetan Energy & Vitality** - (1 day) **Prerequisite:** None: an entry level course)
 - See #3 above.
- New Perceptions™ in Life and Living** - (2 days) **Prerequisite:** None: entry level) - no muscle testing.
 - See #4 above.

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International Kinesiopractic® Education PKP™ Syllabus 2023

What is a PKP™ Faculty Member

People who teach ICPKP® classes and their component units are called **Faculty Members**. They are not employed by ICPKP®. **NB:** In some countries you need 'local Adult Education Certification' to teach.

After **FAC 1**, Faculty Members may either be employed by an ICPKP® affiliated College, Institute, Teaching / Learning Centre or be self-employed. Some may take additional FAC training for specialist units e.g. *Trigger Points* or short programs e.g. *Dietary and Nutritional Science Certification Program*.

Becoming a Faculty Member

The minimum training required to become an ICPKP® **FAC 1A** Member is the *Certificate in High-level Wellness and Vitality*, and SPM 101 & SPM 102. You can then teach these two K-Power® workshops: *Stress Release made Easy* and *Your DNA is NOT your Destiny*.

Want to teach more? Two options exist:

1. Those starting via the PKP™ pathway take both FAC 1A and FAC 1B plus SPM 103.
2. Those starting via the TFH pathway first take the IKC's TT and then PKP™'s TT2. TT2 = PKP™ Faculty Training for TFH teachers wanting to teach the ICPKP® Option 2 pathway. So, FAC 1B & TT2 graduates can teach all the units that make up the pathway they took for the *International ICPKP® Practitioner Certification - Kinesiopractic® level 1*
They also teach the SPM 101, 102 & 103 units to enable them to teach the ICPKP® *Stress & Pain Management Certification Program*. **Put simply, those from the PKP™ pathway can not teach the TFH 1-4 units nor can the TFHers teach BKP 101 - 105.**

There are four areas of Faculty Membership in the CPD Program

ICPKP® recognises that person may take the complete PKP™ Training but only want to teach a niche.

NB: The Continuing Professional Development FAC classes are not all the same length.

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

- **FAC D1** Required to teach the *Dip. Learning, Metaphysical, Holographic & Vibrational Energies* There can be **four short Faculty classes** for each of the four Certifications (eg. Learning) or longer Faculty workshops for 2 or more Certifications.
- **FAC D2** Required to teach the *Diploma of Energy Psychology* This is only taught as **one 6 day** workshop.
- **FAC D3** Required to teach the *Diploma of Musculoskeletal Rehabilitation & Reintegration* There can be **five short Faculty classes** for each of the five Certifications (eg. Pelvic) or longer Faculty workshops with 2 or more Certifications.
- **FAC D4** Required to teach the *Diploma of Dietary and Nutritional Science*. This is only taught as **one 5 day** workshop.

You will need to complete each Diploma that you want to teach before attending the relevant Faculty Class. 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.

Becoming a K-Power® Instructor: Get full details on www.k-power.co

K-Power® Instructors - Manual and Mind-Body - in brief

1. **The ICPKP® is very happy for people to take a K-Power® class twice and then register to teach** on page one of the website: k-power.co. **Yes**, this means that a TFH 3 or BKP 104 student who took the *Stress Release made Easy* class and got excited & repeated it, can then register on p1 of the website: k-power.co 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/hand). 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 'local Adult Education Certification' to teach.

K-Power® Instructors - Client and Community Workshops - in brief

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*. Simply take these once then register as a K-Power® Instructor, Registering is very easy on page 1 of www.k-power.co. 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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