

International KinesioPractic® Education

ICPKP™ Syllabus 2025

This syllabus has been modified many times since 1989 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 major causes of death.

Too many people live in a state of fear, loneliness, anxiety, worry and chronic stress, working long 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 and 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 more of a human 'doing' than a human 'being'.

The emerging science of epigenetics has proved that we can control gene expression, through what is called 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 moulded by our thoughts, feelings and the ponderings of our heart.

ICPKP™'s KinesioPractic® Education provides 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: 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.

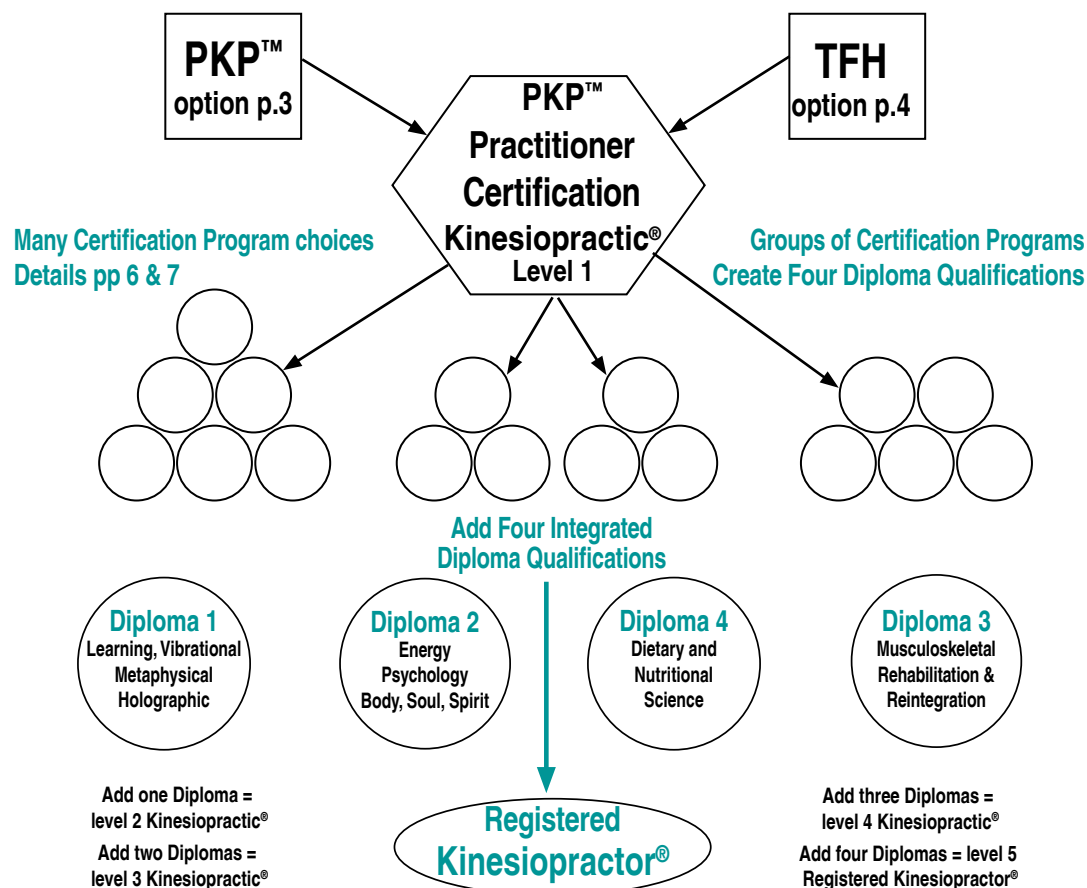
There are **two entry options to PKP™ Practitioner Certification - KinesioPractic® level 1**:

- **PKP™ Foundational Principles of Kinesiology (FPK1)** (p.3) or
- **Cross-over Course (FPK2)** after Touch for Health 4 (p.4).

The PKP™ systematic, progressive, student-oriented training leads via Diplomas to the professional status of Registered KinesioPractor®.

Professional Development through KinesioPractic® Education

Overview (3 - 4 years)



INTERNATIONALLY RECOGNIZED
TRAINING IN
KINESIOPractic®

**INTERNATIONAL
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KINESIOPractic®**

Postal
P.O. Box 25-162
St Heliers
Auckland, 1740
New Zealand

Em: admin@icpkp.com
App: Kinesiology Plus
Web: www.icpkp.com
Web: www.k-power.co

Webmaster:
David Silvester BA
webmaster@icpkp.com

Registrar:
Aynsley Cisaria BMS (hons)
registrar@icpkp.com

Founders:
Bruce A J Dewe MD NZRK
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Joan R Dewe MA NZRK
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20 July 2025

International KinesioPractic® Education

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The Classic ICPKP™ Career Courses are no longer taught. They are being phased out in the final few places

International Diploma PKP™ International Diploma KinesioPractic® Int'l Graduate Diploma KinesioPractic®

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PKP™ Practitioner Certification - KinesioPractic® level 1

Option 1 - FPK1 and PKP 1

The **PKP™ Practitioner Certification - KinesioPractic® level 1** 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, rather than on theory.

Two modules are. (i) **FPK 1** - 6 units of kinesiology material that form the Foundational Principles of the ICPKP courses. (ii) **PKP 1** - our 6 units of professional material based around Dr. Dewe'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 the 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™

FPK 1 Foundational Principles of PKP™ 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

PKP™ Practitioner Certification - KinesioPractic® level 1

PKP 1 Foundational Principles of Professional KinesioPractic®

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

BKP 107 Many pain reduction techniques, assessment and contraindications - 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 ICPKP®'s unit has a detailed knowledge of A&P, analysing client health information and using specific health terminology to communicate effectively - HS

FAR OCT 201 First Aid & Resuscitation. Take at the 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 have their own generic Health Industry training requirements (for several health therapies). These enable you to work in 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 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 ICPKP™ Diploma Courses are then available to you (pp 6-7).

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PKP™ Practitioner Certification - Kinesiopractic® level 1

Option 2 - (via TFH 4) FPK2 and then PKP 1b

The **PKP™ Practitioner Certification - Kinesiopractic® level 1** 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, rather than on theory.

Three modules are kinesiology training units:

- **TFH 1-4** - The fundamental principles of kinesiology, by Dr. John Thie DC, for the lay-public.
- **FPK 2** - The ICPKP™ 'Cross-over' Course transitions from lay towards Kinesiopractic® training.
- **PKP 1b** - 7 units of ICPKP™ professional material based around Dr. Dewe's unique 'Finger Moding' system, goal setting, emotions, extensive Database of Techniques and exclusive Balancing Protocol. Next come the 11x **Certification Programs** that make up the four Diplomas leading to **Kinesiopractor® registration**.

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: Colleges 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 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)

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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

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Contents of the Four Day 'Cross-over' Course - FPK2

Details for Option 2 (taken after Touch for Health 4)

This 'Cross-over' Course is available on both iPad and Android via the Kinesiology Plus App.

From BKP 106 onwards when any unit is taken via the App it is added automatically to the ICPKP™ Active Database which gives you all the PKP™ fingermodes learned so far immediately at your fingertips - **much faster** than accessing a textbook.

FPK 2 This 'Cross-over' Course spans 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 **32 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 - content not covered in the TFH syllabus

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 - content not covered in the TFH syllabus

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 - content not covered in the TFH syllabus

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

BKP104 - content not covered in the TFH syllabus

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 - content not covered in the TFH syllabus

1. 5-Element theory - in depth: Luo points and Command points
2. Accumulation point balance and 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 the ICPKP™ FPK 2 'Cross-over' Course for TFH 4 graduates

This is the pre-requisite for ICPKP's continuing professional development (CPD):

1. The **PKP™ Practitioner Certification - KinesioPractic® level 1**
2. The **four Diplomas**, that comprise ICPKP's **five step International KinesioPractic® Training**, that lead to **KinesioPractor® registration**.



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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**.

All units progressively add 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.

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 Diploma Courses:

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

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

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

a. ICPKP™ Stress and Pain Management KinesioPractic® 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 in K-Power® format for client & community Ed^h)
- SPM 102 Epigenetic Healing cycles - LDP (also in K-Power® format for client & community Ed^h)
- SPM 103 Tibetan Energy & Vitality - LDP (also in K-Power® format for client & community Ed^h)
- EMS 201 Mastery Emotional Stress Release -20 techniques with ESR - LDPP

b. ICPKP™ Learning Enhancement KinesioPractic® 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

c. ICPKP™ Behavioural Genetics KinesioPractic® Certification Program

Pre-requisite: ICPKP™ Stress & Pain Management Certification Program (a.)

- 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

d. ICPKP™ Meridian & Holographic Energies KinesioPractic® Certification

Pre-requisite: ICPKP™ Stress & Pain Management Certification Program (a.)

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

e. ICPKP™ Metaphysical & Vibrational Energies KinesioPractic® Certification

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

f. ICPKP™ Red Flags in KinesioPractic® Certification Program - (really helpful - 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 - LD

D2. ICPKP® Diploma of Energy Psychology

Subconscious, Soul and Spiritual issues in a Clinical Practice

a. ICPKP™ Energy Psychology KinesioPractic® 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 KinesioPractic® Certification - (Really it's a pre-requisite)

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



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Continuing Professional Development Courses (CPD)

(Flexible KinesioPractic® Education in Four more Fun Steps)

Pre-requisite for ALL Diplomas: PKP™ Practitioner Certification - KinesioPractic® level 1 (via option 1 or 2)

D3. ICPKP™ Diploma of Musculoskeletal Rehabilitation & Reintegration.

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

a. ICPKP™ Musculoskeletal Protocol KinesioPractic® Certification Program

Pre-requisite: ICPKP™ Stress & Pain Management Certification (p6 - a pre-requisite so take it first)

A&P 1	Detailed knowledge of Anatomy, Physiology and terminology - HS
BKP 109	Reactivity, posture, muscle stretch, sustained muscle use, contralaterals - 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

b. ICPKP™ Hypertonic Muscle & Trigger Point KinesioPractic® Certification

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

c. ICPKP™ Ligament and Joint Management KinesioPractic® Certification

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

d. ICPKP™ Pelvic Protocol KinesioPractic® 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

e. ICPKP™ Lymph Protocol KinesioPractic® 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

f. ICPKP™ Stress & Pain Management Certification Program (p6 - a pre-requisite so take it first)

g. ICPKP™ Red Flags in KinesioPractic® Certification Program (p6 - It really helps take it ASAP)

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

a. ICPKP™ Dietary and Nutritional Science KinesioPractic® Certification

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 - from 2026 - LDP
NUT 1	Provide basic dietary advice - HS
CBP	Chemistry, Biochemistry, Pathophysiology (Pre-requisite A&P - level 6, Take it in year 1.) - HS

b. ICPKP™ Stress and Pain Management Certification Program - (p6 - a pre-requisite so take it first)

c. ICPKP™ Red Flags in KinesioPractic® Certification Program - (p6 - It really helps take it ASAP)



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Postal
P.O. Box 25-162
St Heliers
Auckland, 1740
New Zealand

Em: admin@icpkp.com
App: Kinesiology Plus
Web: www.icpkp.com
Web: www.k-power.co

Webmaster:
David Silvester BA
webmaster@icpkp.com

Registrar:
Aynsley Cisaria BMS (hons)
registrar@icpkp.com

Founders:
Bruce A J Dewe MD NZRK
Registered KinesioPractor®
Joan R Dewe MA NZRK
Registered KinesioPractor®

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

Kinesiology for health professionals & community groups with no TFH or PKP™ training

K-Power® provides workshops to bridge the gap between conventional & complementary care. These courses teach people how to manage the physical, mental, emotional and metaphysical aspects of health and wellbeing. **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.

K-Power® courses offer continuing education workshops (CEUs) for:

- (A) **Manual Therapists** (e.g. massage therapists, physiotherapists, physical therapists)
- (B) **Mind-Body Therapists** (e.g. counsellors, social workers)
- (C) **Community groups** (e.g. clients, neighbours, family, friends)

These **K-Power® workshops (i) do not include the ICPKP™ Finger-Mode teachings** and **(ii) do not access the ICPKP™ Active Database** so they interface well within any prior methodology.

K-Power® workshops are available on iPad, Android tablet 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

1. **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.

- a. 5-Element fundamental concepts.
- b. The 'Great 8' muscles: supraspinatus, teres major & 6 Yin indicator muscles: subscapularis, middle deltoid, pectoralis major sternal, latissimus dorsi, psoas and gluteus medius
- c. Six basic balancers.
 - i. Neuro-lymphatics ii. Neuro-Emotionals iii. Neuro-Vasculars
 - iv. Meridians v. Vertebral Reflexes vi. Nutrition
- d. Four great techniques: Emotional stress release (ESR), Origin & insertion, Spindles, & Golgi

2. **Core Muscles and Techniques** - (2 days)

Pre-requisite: *Five-Element Fundamentals & Muscle Testing Basics*

- a. Muscle revivers: hidden, sustained, muscle stretch
- b. More Mode and Circuits
- c. The 13 core muscles for torso balance
- d. Reactivity: When strong muscles act weak

3. **The Shoulder Muscles Protocol** - (1 day)

Pre-requisites: *Five-Element Fundamentals* and *Core Muscles and Techniques*

- a. The 4 rotator cuff muscles
- b. The 18 important supporting muscles
- c. Integrating all the techniques learned

4. **Elbow, Wrist and Hand Protocols** - (1 day)

Pre-requisites: *Five-Element Fundamentals* and *Core Muscles and Techniques*

- a. The many muscles important for function of the elbow, wrist & hand
- b. Restoring function, reducing pain, building power

5. **The Hip Muscles Protocol** - (1 day)

Pre-requisites: *Five-Element Fundamentals* and *Core Muscles and Techniques*

- a. The muscles important for hip joint balance
- b. Includes quadratus femoris, the gemelli and obturators

6. **The Knee, Ankle and Foot Protocols** - (1 day)

Pre-requisites: *Five-Element Fundamentals* and *Core Muscles and Techniques*

- a. The muscles important for knee stability
- b. Stabilizing the ankle
- c. Reducing foot muscle pain

7. **The Head, Neck & Jaw Protocols** - (1 day)

2x Pre-requisites: *Five-Element Fundamentals* and *Core Muscles and Techniques*

- a. Eight Neck muscles used b. Six Head muscles used c. Head/Neck Balancing Protocol
- d. Five bilateral Jaw muscles e. Six ways TMJ presents f. TMJ Balancing Protocol
- g. Headache points & warnings h. Seven affected meridians i. Headache Relief Protocols



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B. Nine K-Power® workshops for Mind-Body Therapists

- 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: entry level - no muscle testing.
 - Epigenetic Healing Cycles** & modulators are used **to change Victims into Victors**.
 - Universal Fears (male & female), Job Stressors and Life and relationship issues.
 - The Resilience cycle, Vesuvius cycle and the Self-soothing and Calming cycle.
 - Lymphatic Flush cycle and the Chi Meridian Flow 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 (e.g. TFH, One Brain)
 - 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 behaviour) traits - Personology.
 - Defuse face-structure stress that ensnares you.
- Your face is Talking Again** - (1 day) **Pre-requisite:** Your face is Talking to Me
 - 10 more Behavioural Genetics (instinctual behaviour) traits - Personology.
 - Understand and honour yourself and others more.
 - Role-play made easy.
- Beyond Codependency** - (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 Codependency traps.
 - Mind-body work to defuse these life-programs.

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

- Stress Release made Easy** - (1 day) **Pre-requisite:** None: an entry level course
 - For content see #1 above.
- Your DNA is NOT your Destiny** - (1 day) **Pre-requisite:** None: entry level - no muscle testing
 - For content see #2 above. Also, a short Introduction with the Resilience cycle (2 hours).
 - Special Edition for Nurses & Midwives.** 14 nursing stresses & 12 specialties and their stresses
- Tibetan Energy & Vitality** - (1 day) **Pre-requisite:** None: an entry level course
 - For content see #3 above.
- New Perceptions™ in Life and Living** - (2 days) **Pre-requisite:** None: entry level - no muscle testing
 - For content see #4 above.

International Kinesiopractic® Education PKP™ Faculty Membership 2025

What is a PKP™ Faculty Member ?

People who teach ICPKP™ Continuing Professional Development Certification programs are called **Faculty Members**. They are not employed by ICPKP™.

After FAC 1, Faculty members may either be employed by an ICPKP™ affiliated College or Teaching/Learning Centre or they may be self employed.

They may choose to offer their services for specialist units or for short programs eg *ICPKP™ Hypertonic Muscle & Trigger Point Certification Program*.

NB: In some countries Faculty need the appropriate 'local Adult Education Certification' to teach.

NB: People who teach K-Power™ Courses are **K-Power® Instructors**. They are not ICPKP® Faculty.

Becoming a Faculty Member

- FAC 1A Required to teach the *Certificate in High-level Wellness and Vitality*.
- FAC 1B Required to teach the *ICPKP™ Practitioner Certification - Kinesiopractic® level 1*

Those starting via the PKP™ pathway take both FAC 1A and FAC 1B.

Those starting via the TFH pathway first take the IKC's TT, then PKP™'s TT2 Faculty Training (TT2 = Faculty Training for TFH Instructors wanting to teach *ICPKP™ Practitioner Certification Kinesiopractic® level 1*)

This simply means those from via the PKP™ pathway cannot teach the TFH 1-4 units nor can the TFHers teach BKP 101 - 105.

There are four kinds of Faculty Training in the Diploma Programs

The new Diploma 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 Diploma FAC classes are not all the same length.

The 'Classic' ICPKP™ Program is no longer being taught

The classic program no longer has any advantage. People become a Registered Kinesiopractor® more easily using the new Diplomas introduced in August 2021.

New in 2025: <https://icpkp.com/new-webinars-and-videos-to-enhance-your-learning-experience/>

Note: All existing FAC 3 Faculty can teach all the new Certification programs & Diplomas as a 'given'. [Please Register with the <webmaster@icpkp.com> to enable this to happen.

K-Power® Instructors - for Manual therapists, Mind-Body therapists and Community classes

1. The ICPKP™ allows people to take most K-Power® classes twice and then register to teach them on the K-Power® website.

Yes, this means that a student, who took a *Stress Release made Easy* class, got excited and repeated it, can then register at <https://k-power.co/become-an-instructor/> and start and teach it to their friends.

Why not? Why would you hold them back? (Exceptions: the more advanced classes require teacher recommendation.)

2. If you have taken material as an ICPKP™ unit and then the K-Power® course version just once, you are eligible to apply to teach. e.g. When you took MST 202 as a unit you actually covered two K-Power® workshops (*Shoulder*, and *Elbow, wrist and hand*).

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NB: In some countries you need the appropriate 'local Adult Education Certification' to teach.



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