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Shiatsu evolved from **anma**, a Japanese style of massage developed in 1320 by **Akashi Kan Ichi**. **Anma**

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Kiatsu® is a form of complementary/alternative therapy focused on activating and stimulating a person's natural healing processes by restoring the flow of **ki**, or living energy. It involves applying gentle pressure using the fingertips while maintaining a relaxed, meditative state.

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Kiatsu is a form of martial arts massage that uses pressure points to relieve pain and soreness in the upper back. There are many exercises and techniques that help to teach this and each have a...

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humor.

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Chicken katsu, fried chicken cutlets, are an obsession for chef **Roy Choi** of **Kogi BBQ** in Los Angeles. The simple recipe is made with only five ingredients.

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About the Author **KOICHI TOHEI** was born in January 1920 and graduated in 1942 from the economic department of **Keio University**. At the age of 17, he began the study of **Misogi** and **Zen**. At the age of 19, he started to study **Aikido**.

Kiatsu: Koichi Tohei: 9784889960860: Amazon.com: Books
Kiatsu [Koichi Tohei] on Amazon.com. *FREE* shipping on qualifying offers. Describes a program of exercise and acupressure designed to maintain health, strengthen resistance to disease.

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Mind moves body. This is called **Ki** principles. To understand **Ki** principles and practice it in daily life, you will be able to use both mind and body correctly and change your mind to think plus way. Also, you can use your ability fully.

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