



Seated Anma Training Kata

From Behind

1. Kei Satsu Ho - Full Hand Friction Stroking Inter-Scapular and Shoulder Areas
2. Ju Netsu Ho – Palm Rotation Kneading Inter-Scapular
3. Ju Netsu Ho – Three Finger Rotation Kneading Along Scapula
4. Ju Netsu Ho – Palm Rotation Kneading Shoulder
5. Ju Netsu Ho – Duck Bill Kneading Shoulder
6. Ap Paku Ho – Palm Pressure on Shoulders

From the Side

7. Ju Netsu Ho – Four-Finger & Palm Rotation Kneading Pectoral
8. Ju Netsu Ho – Palm Rotation Kneading Teres
9. Ju Netsu Ho – Four-Finger Rotation Kneading Lats
10. Ha Aku Ho – Squeeze Deltoid and Upper Arm
11. Ju Netsu Ho – Forearm Rotation Kneading Neck
12. Ju Netsu Ho – Four-Finger Rotation Kneading Shoulder
13. Un Do Ho – Forearm Stretch on Neck
14. Shin Sen Ho – Upper Arm Vibration

Repeat other side.

From Behind

15. Ap Paku Ho – Forearm Pressure on Shoulders
16. Ap Paku Ho – Elbow Pressure on Shoulders (Base of Neck, GB20, Inside Acromio-Clavicular Joint)
17. Repeat 15
18. Un Do Ho – Lift and Throw Shoulders
19. Setsu Da Ho – Knife Hand Percussion
20. Gat Sho Da Ho – Two-Hand Knife Percussion
21. Shuku Ki Da Ho – Back of Hand Percussion
22. Shuko Sho Da Ho – Open Bent Palm Percussion