

JAPANESE RESTORATION MASSAGE

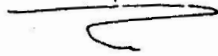
BY

PROF. RICHARD TAKAMOTO

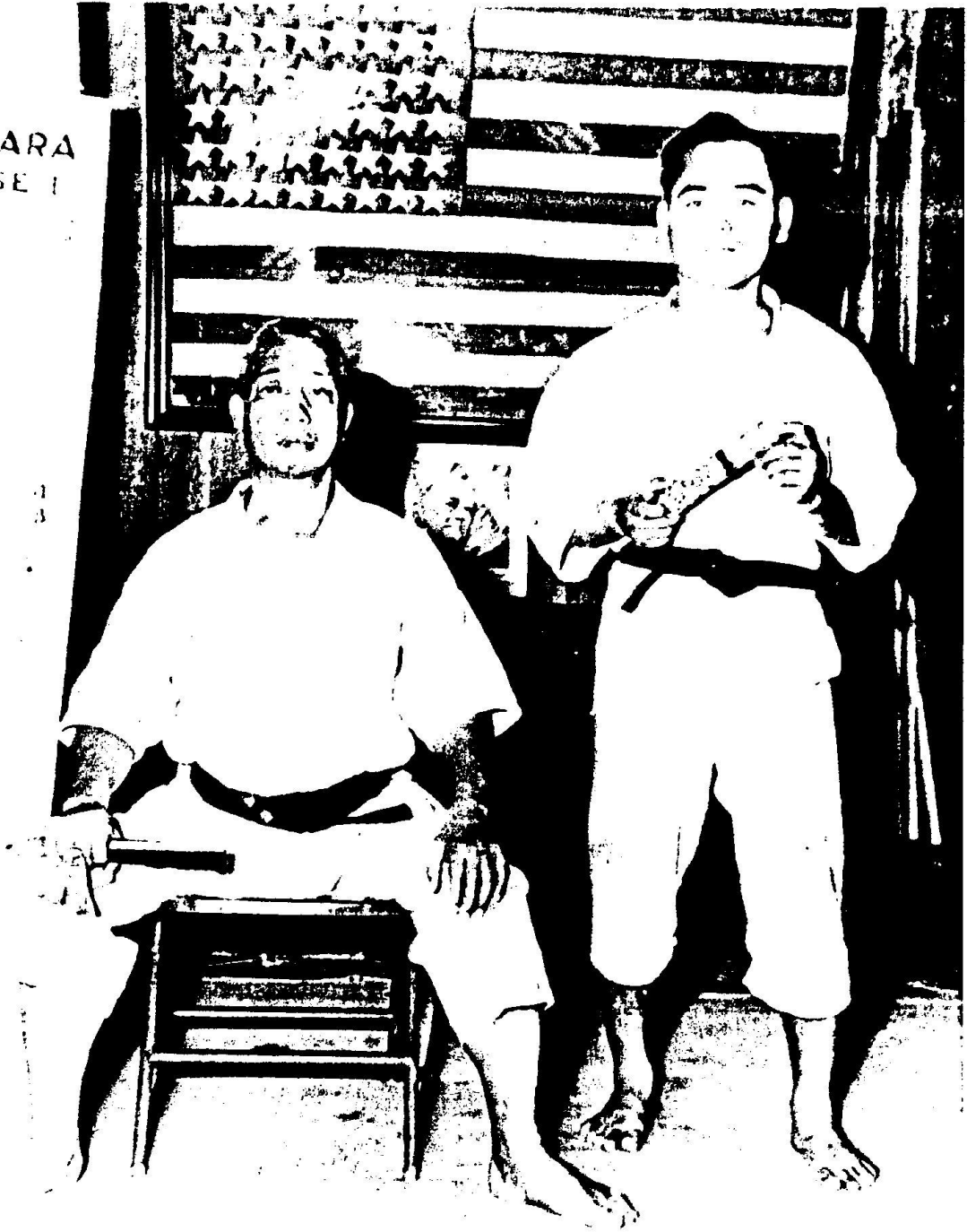
Foreward: by R. Takamoto

Japanese Restoration Massage was used in Japan by Our Parents to Help the Restoration of the Bodys Normal Circulatory Function and to Promote the General Health Tone of the One being Massaged.

To Help One in Distress one must have Faith in what he has Learned thru Restoration Massage.



AWARA
NIRSE I



Temporary Insanity (Fingers and Thumb - Circular Motion)

Night Blindness (Finger Vibration)

Running Eyes (Finger Vibration)

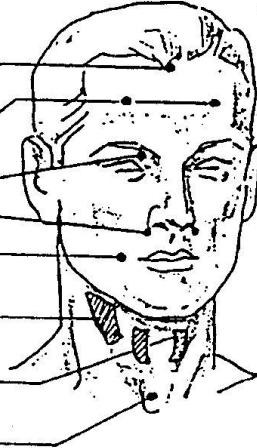
Clogged up Nose (Finger Vibration)

Laughing Muscle (Fingers)

Tonsil Inflammation (Fingers)

Sore Throat (Fingers, Thumb - Both sides of Adams Apple)

Obstruction in Throat (Fingers)



Cerebral Anemia (Soft Spot - massage with fingers)

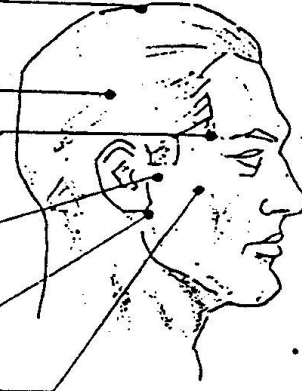
Hangover - (Fingers in circular motion)

Bloodshot Eyes - (Fingers in circular motion)

ringing in Ears - (Fingers)

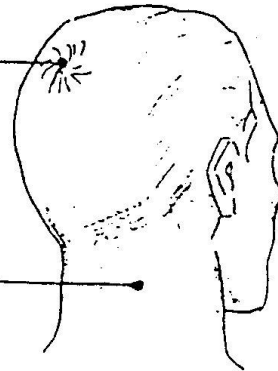
Locked Jaw (Fingers)

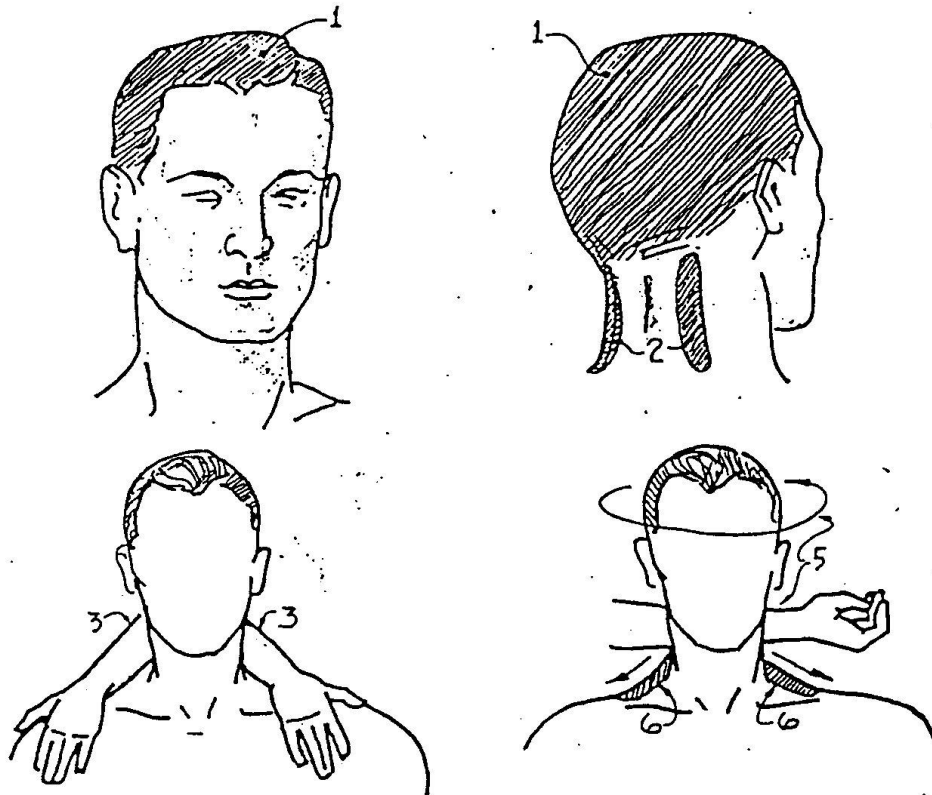
Facial Neuralgia (Fingers and Thumb)



Hemiplegia (Fingers in circular motion)

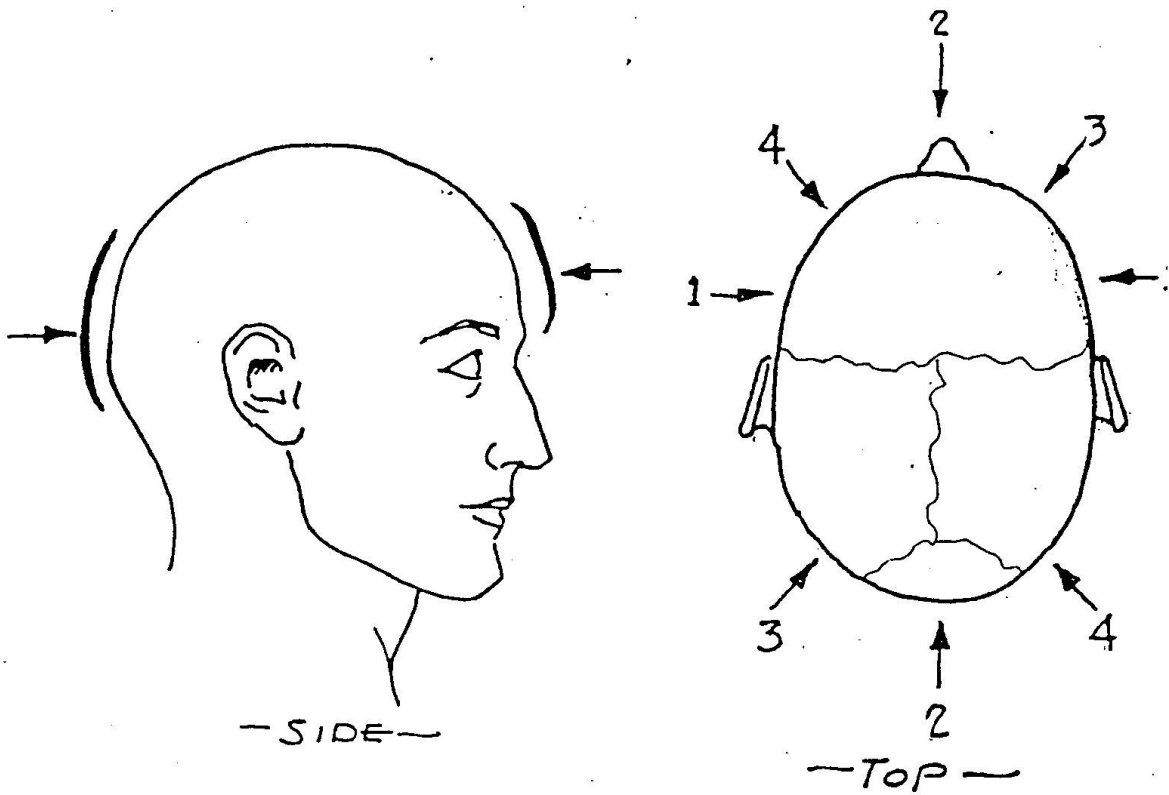
Eye Muscle - (Point and flat of Elbow)





GENERAL MASSAGE (Patient on back)

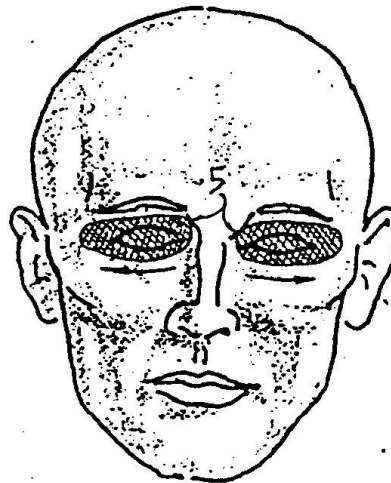
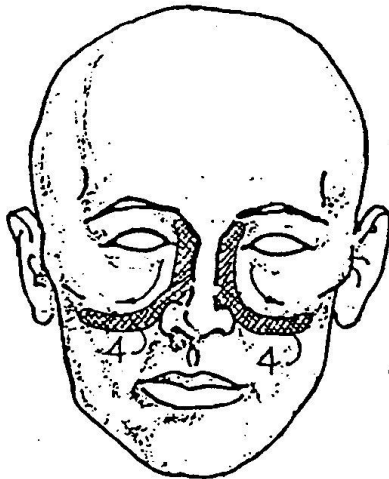
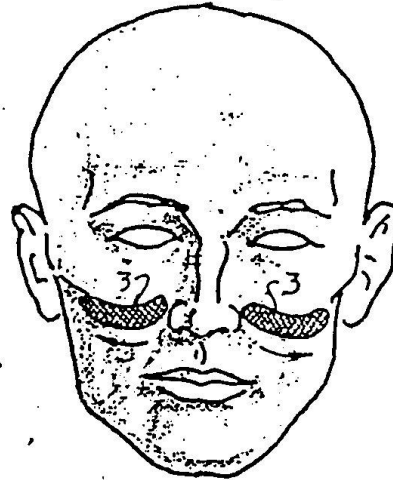
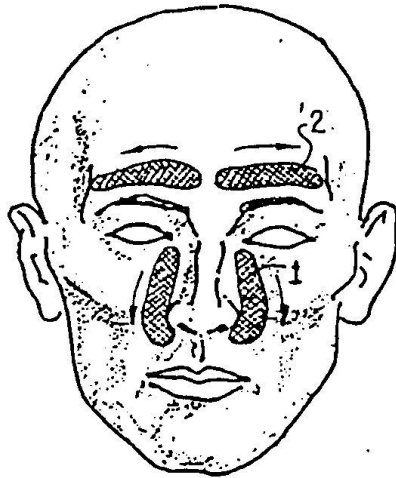
1. Use fingers and thumbs of both hands in circular motion working from front to back (all over head)
2. Fingers and thumbs working down.
3. Cross arms behind patients head as shown. Hands on shoulders. By lifting force patients head towards hand of forearm on top. Cross arms again with other forearm on top and repeat.
4. Crack neck as taught - both sides (use caution)
5. Place forearm under patients neck - with other hand take top of patients head and rotate clockwise and counter-clockwise.
6. With thumbs, push muscles away from neck, working outward.



HEAD KAPO

For headache - Use palms of both hands with pressure points as shown above.

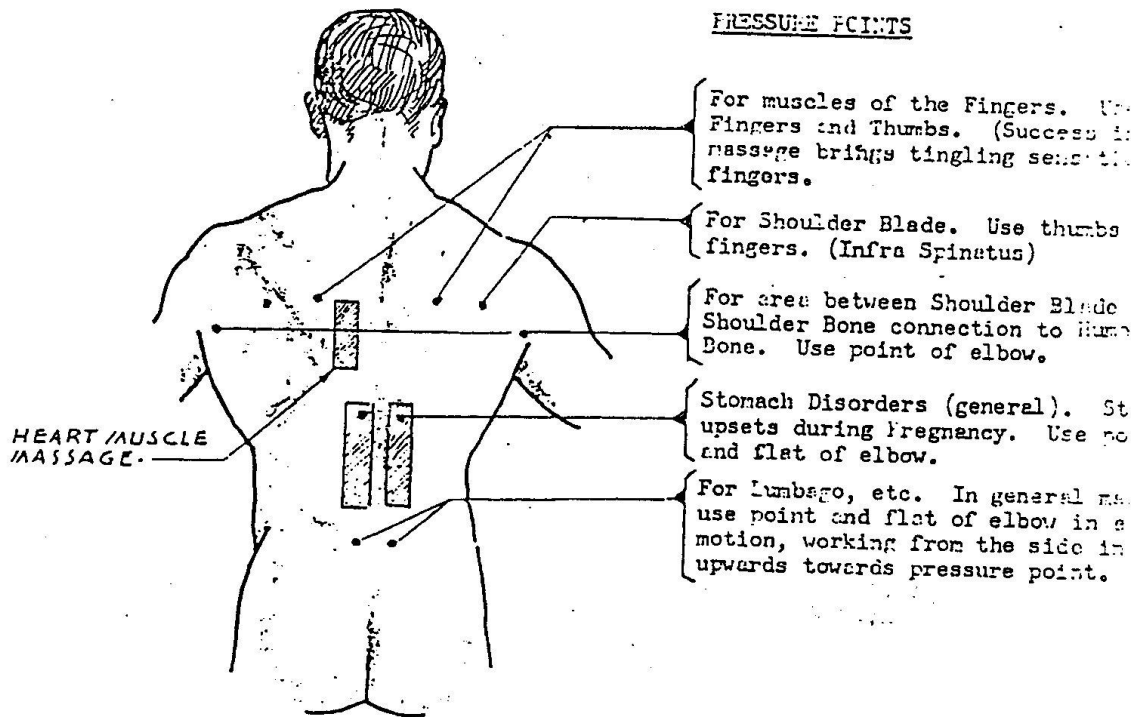
Position - palms against head with fingers touching on top of head. Do 1 through 4 three times each and repeat as much as necessary to dispell headache.



SINUS MASSAGE

Patient lies on back, face-up. Massager works from behind the patients head

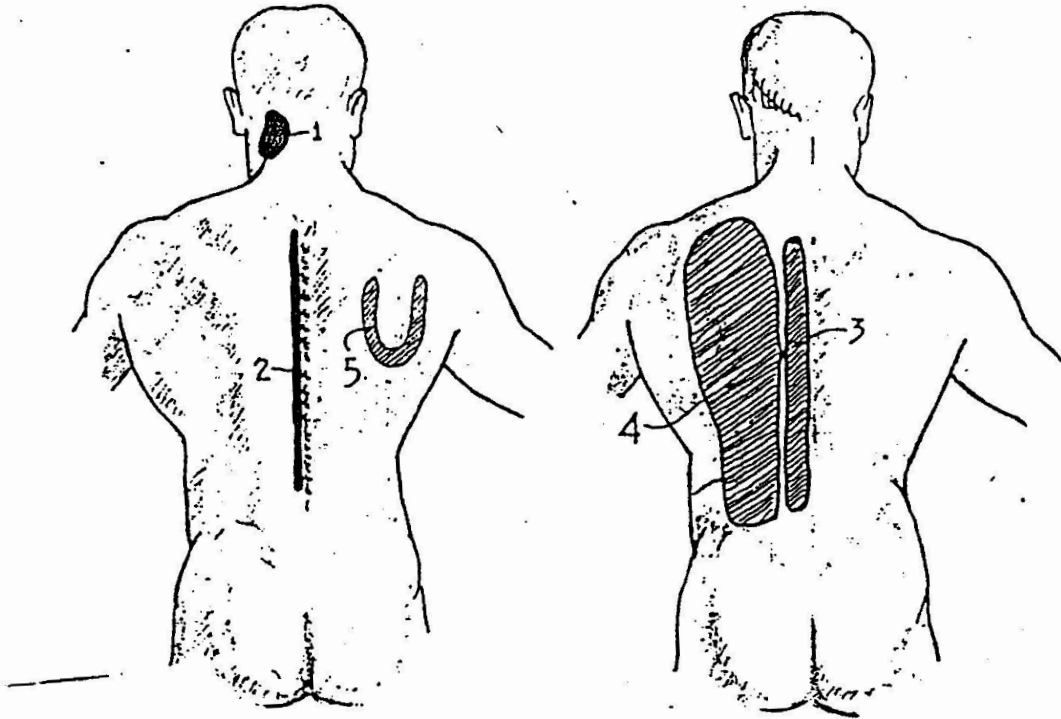
1. Left thumb on right side working down in vibration motion. Right thumb on left side - repeat.
2. Thumbs in groove above eyebrow working outward in vibration motion.
3. Four fingers each side under cheekbone - vibration motion outward.
4. Massage with fingers down side of nose and under cheek bone. Firm, even motion down and outward.
5. Thumbs across eyes from nose. Steady outward motion.



NOTES:

For lining up the Vertebrae (or cracking the back) first relax the back muscles with general massage, as shown on previous page.

1. Then cross your arms, placing your left hand on the patient's right side and right hand on the patient's left side (hands in cupped position) close to the Vertebrae. As patient exhales, push down and out. Work from the top down a few inches at a time.
2. If you are not successful with a few pronounced "clicks" of the Vertebrae in the preceding operation, place flat of forearm (perpendicular to line of Vertebrae) across the back (center of forearm on Vertebrae) and press down to the count of three (weight equally distributed on both sides of Vertebrae). Work from the top down.
3. "Crack the back" as you have been instructed.



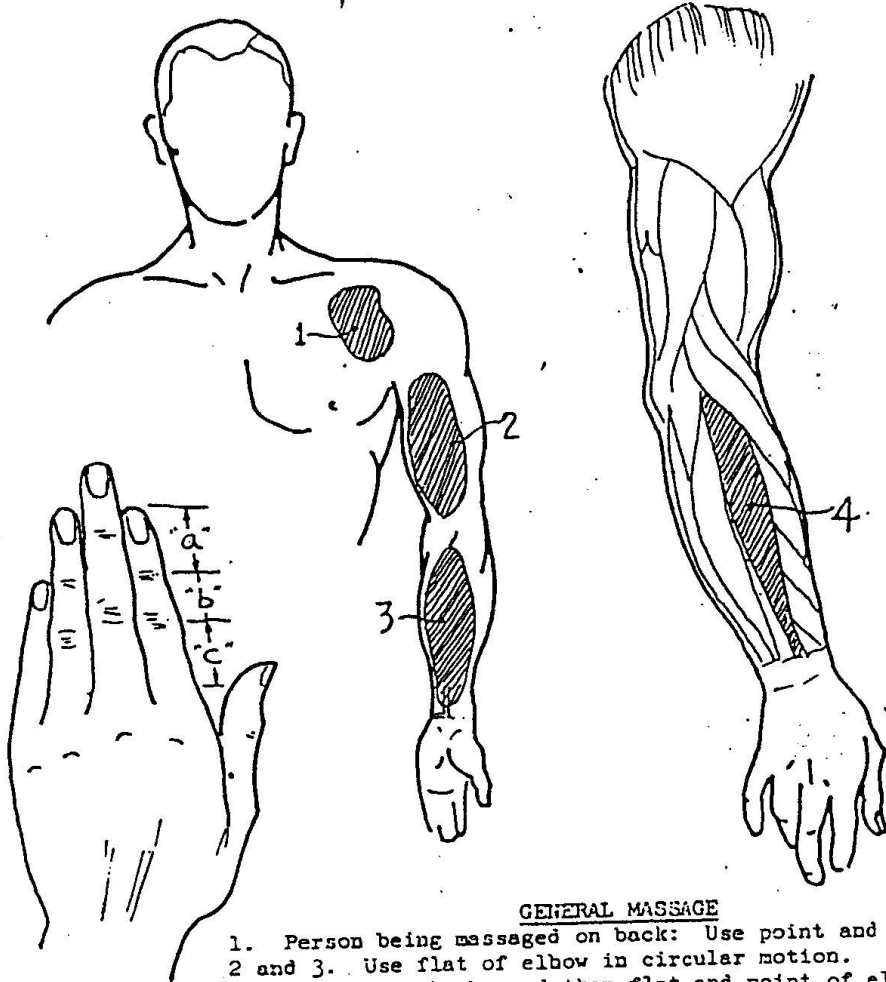
GENERAL MASSAGE - BACK

- A. On man below 60 - start on Right Side.
- B. On man above 60 - start on Left Side with light and gentle pressure.
- C. Person being massaged lays on stomach with their arms at their sides. Their face is toward the side being massaged.

- 1. Point and flat of elbow (Rocker motion).
- 2. Point of elbow guided by fingers of other hand. (Rocker motion)
- 3. Finger tips in a circular motion.
- 4. Flat of elbow - circular motion - concentrate at scapula and kidney points.

Note: Work from the top down. Three times each on 1 through 4. Move to other side of back and repeat.

- 5. Place patient's forearm over small of back (in position of hammer-lock) forcing Scapula bone to protrude. With fingers and thumb work down around and under Scapula. This benefits muscles in this area that are seldom used.

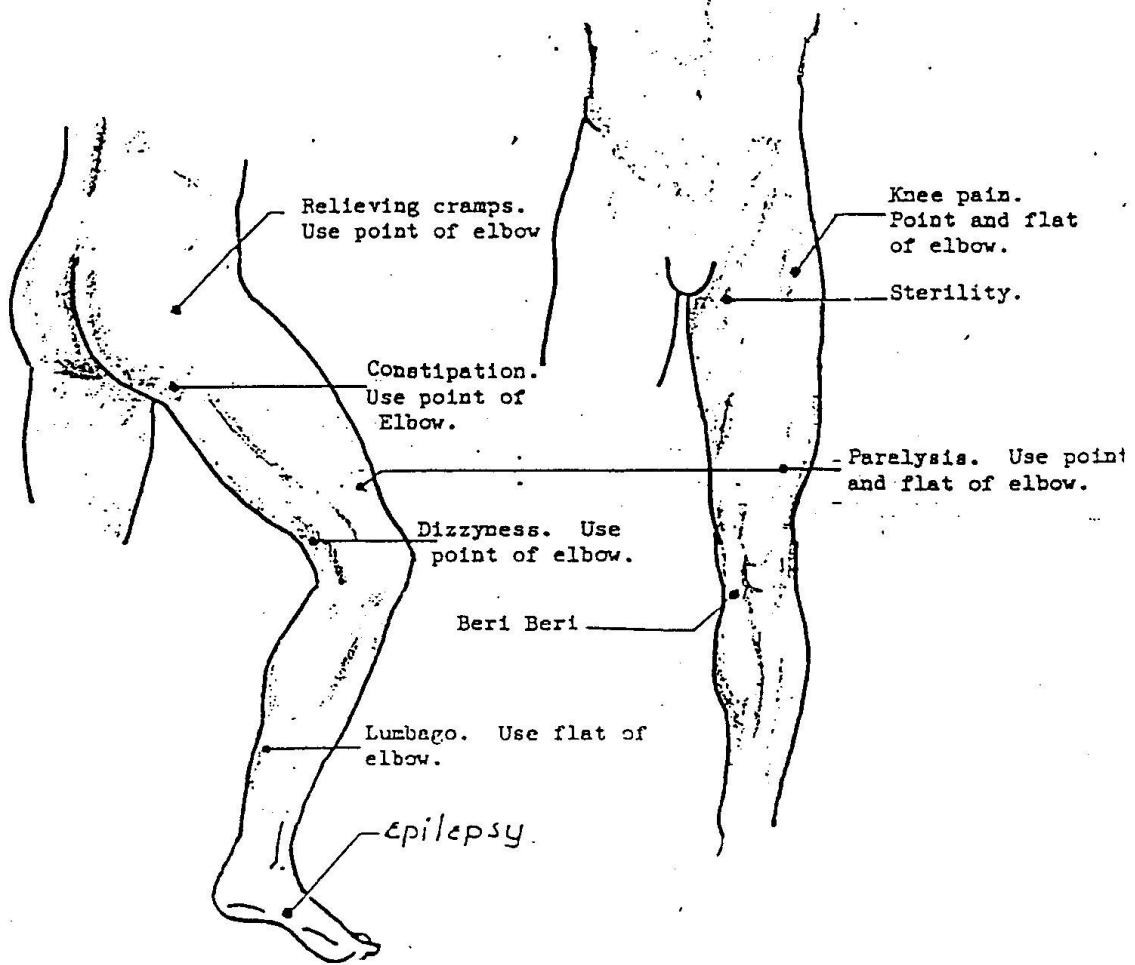


GENERAL MASSAGE

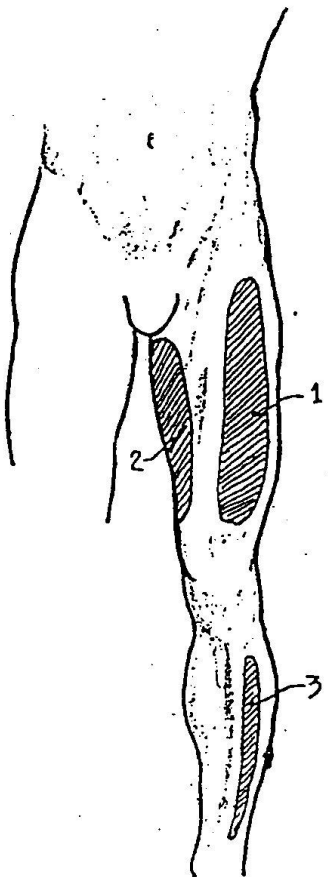
1. Person being massaged on back: Use point and flat of elbow.
- 2 and 3. Use flat of elbow in circular motion.
4. First use thumbs and then flat and point of elbow.

Note: No 3 and 4 (on forearm) works on Arthritis, Etc., of the hands

Hand Figure: Arthritis - Rotate each joint - "a", "b", "c" - of each finger clockwise and counter-clockwise. (Remember patience) Pull each finger afterward.



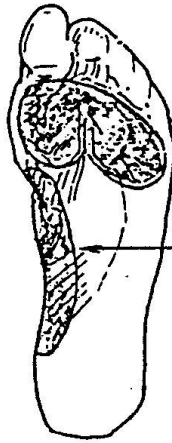
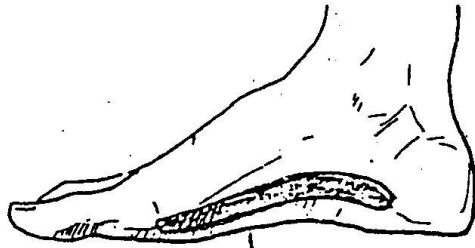
PRESSURE POINTS:



GENERAL MASSAGE

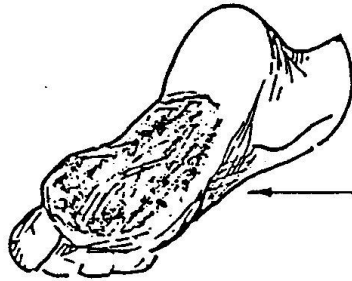
1. Use the flat of elbow in a circular motion working down. (Fascia Lata muscle)
2. Use the flat of elbow in a circular motion working down (Adductor Longus muscle)
3. Use the point of elbow in a rocker motion working down and guiding the elbow with fingers and thumb of the other hand. (Helps increase appetite, etc.)

Note: Do 1 through 3 three times each and repeat on other leg:

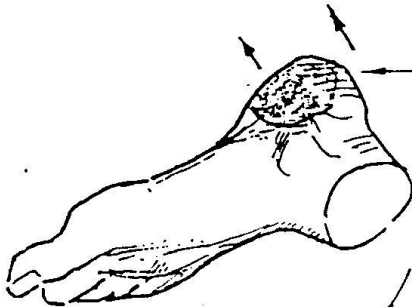


For Eyestrain Relief.
Use Thumbs.

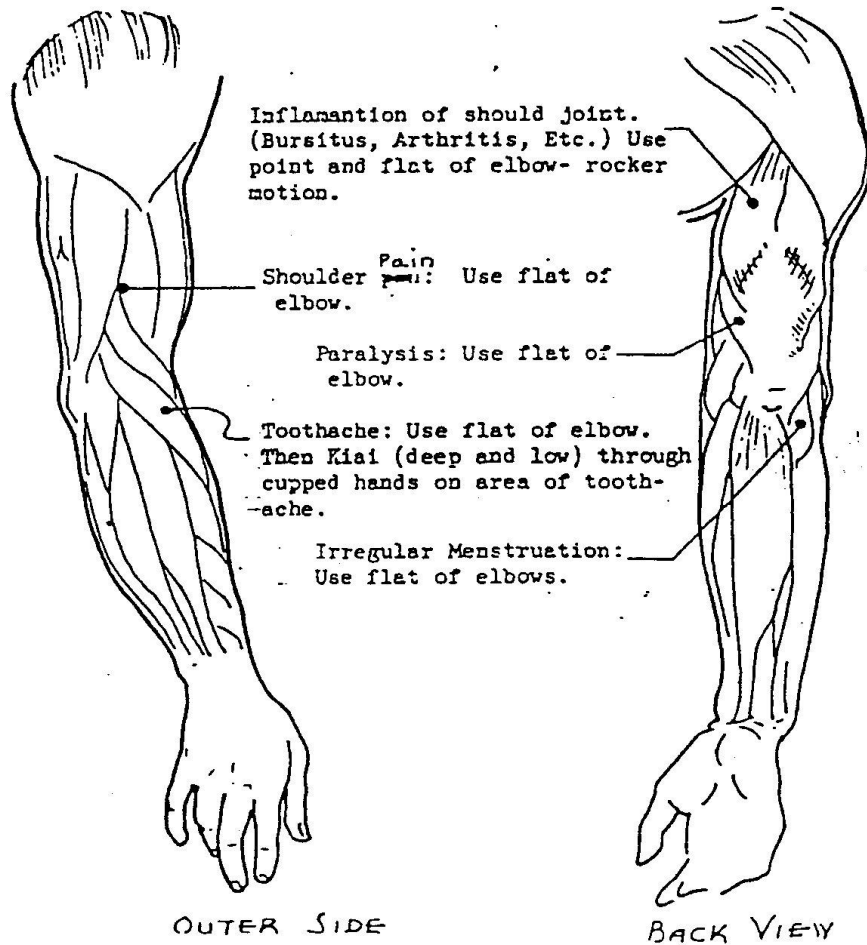
For Sleep - Relaxation.
Use Thumbs.



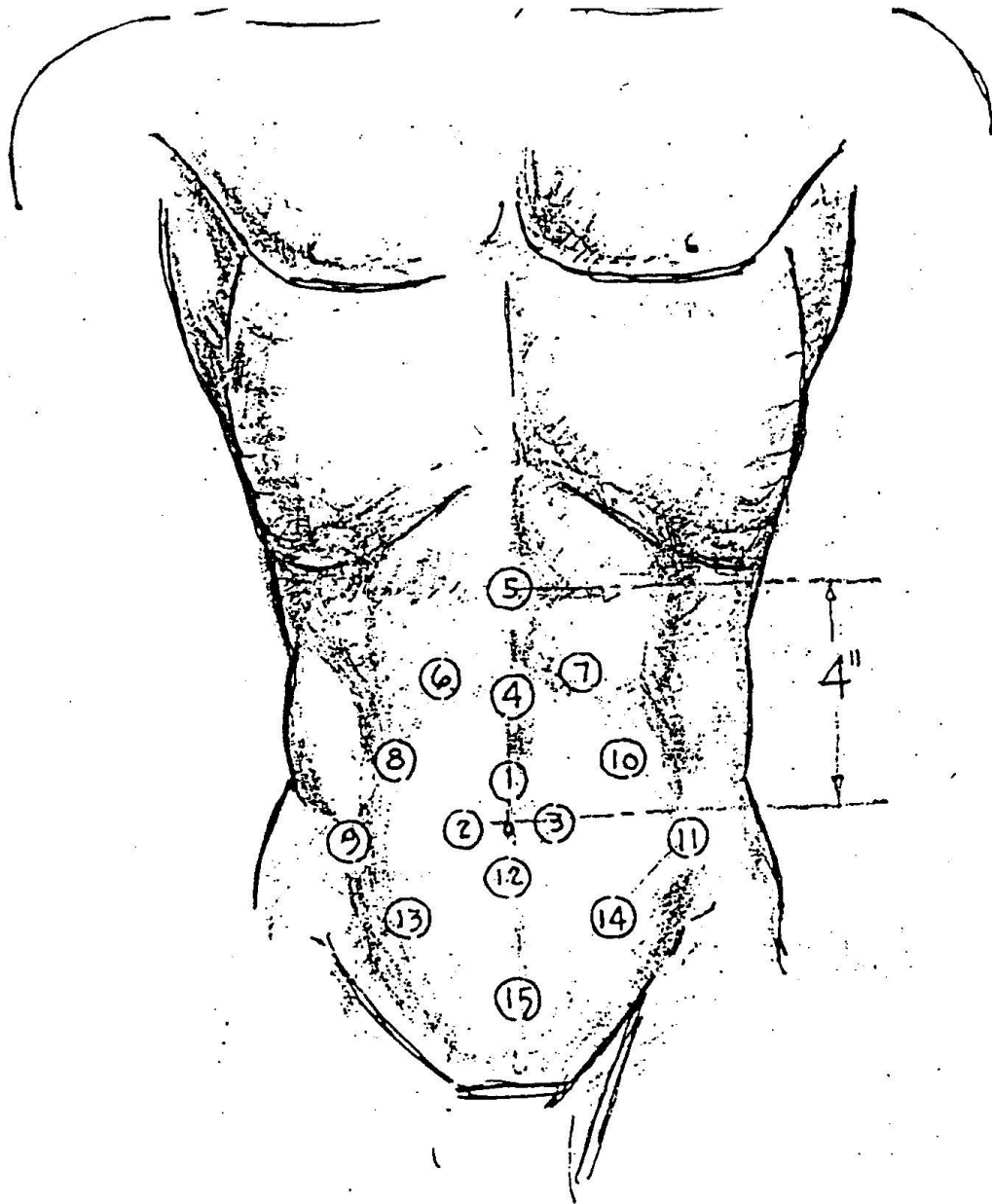
For Relief of Head Pressure.
Use Flat & Point of Elbow.
Rocker Motion.



For Relief of Tight Head
Use Finger & Thumb -
Thumbs each side of Heel.
Push towards tip of Heel.



PRESSURE POINTS



ABDOMINAL PRESSURE POINTS

- 1, 2, 3 and 12 - Stomach ache.
- 4 and 5 - Gas.
- 6, 7, 8 and 10 - Intestinal Soreness
- 9 and 11 - Side Pains.
- 13 and 14 - Urination
- 15 - (You too can be a better man.)

Use point of elbow in firm but gentle pressure in rocker motion. Release pressure slowly almost allowing abdominal wall to push elbow back to starting position.