

Instructors Resource
Golden Sage Martial Arts
How I teach
non-martial artist
DZR Restorative Massage
Manual by
Prof. Bob Karnes

Martial Arts and Ki- Energy Exercises

As this Massage is one half or more Energy or Ki (Chi) based the non-martial artist is taught these exercises that help develop the mind-body connection needed to be successful in performing this Massage. I call the receiver of the massage our partner as we are connected in this moving meditation or mutual healing dance called massage.

Centeredness

One Point or Hara DanZan Ryu Exercises. Using the arts of a few DZR Yawara Kata wrist escapes train you that all of the massage movements begin at your center point one inch below your navel. Your entire body is involved with a relaxed and expansive feel.

Breathing

As you do the Yawara Art you exhale upon execution of the movement while maintaining a relaxed intuitive curiosity about your connection with your partner.

Quiet Your Mind

By practicing this movement until you can do it like a moving meditation you are connecting to a place of awareness of your breathing and movement without judgement or unnecessary rambling thoughts.

Awareness of the Connection



Start in this position with your knees slightly bent. Be aware of your Center (Relaxed Posture)
And your slow deep breathing

Outside Wrist Escape #1



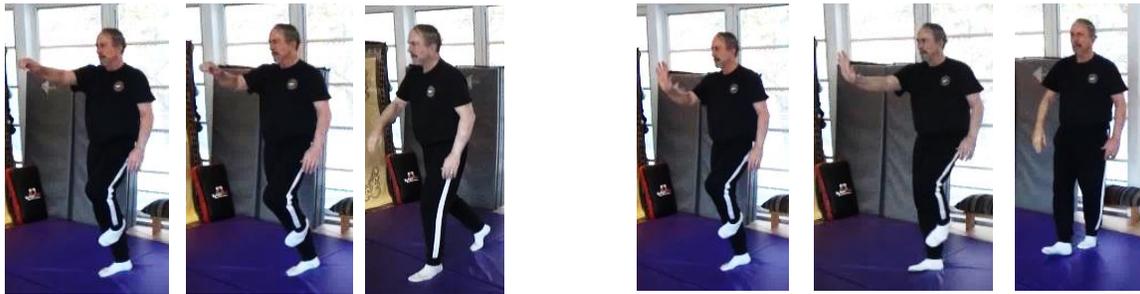
While applying the above feeling of centeredness and connectiveness to your body and breath do this movement. The mind will flow with the movement

More Ki Exercises

Ki in Hands

Clap your hands together and rub your palms together, then hold put your palms one inch away from your cheek to feel the heat of your Ki. The warmth of your ki can be soothing to others while placed on an injured area. After years of doing massage and DZR the warmth becomes automatic when you think about your hands.

Pushing and Hooking the Wall



Professor Herb taught an important visualization projection exercise from a one-legged stance. Stand facing a wall five feet away with one foot resting on the inside of the knee of the leg that you are standing on. Using your imagination, reach toward the wall as if you intend grab the wall and pull yourself forward. To keep from falling you will need to place your foot down on the mat. Do the same and push yourself backwards.

Unbendable Arm

By placing your straight arm, with a solid clinched fist palm up, on the top of your partners shoulder, your partner can place their hands on the bend of your extended arm and using strength they can bend your arm. If you slightly bend and relax your extended arm, with your hand on their shoulder, with your hand open something different happens. The more force that your partner applies you feel their force shooting out your hand hitting the far wall. It feels like a firehose that is impossible to bend.

Be a Facilitator

In our Massage we assist our partner in a guided path to their natural healthy balanced state. If you are tense, worried, or anxious you can transfer that to your partner. Without distractions or interruptions from electronic devices, animals, and kids. The massage is done in a secluded private area, with dim lighting and soothing massage music we begin and end each session.

I call my version of this Massage the Golden Sage Massage (GSM).

I use other descriptions for this massage like Japanese Restorative Massage for non-martial artist or DZR Restorative Massage for DZR students.

Massage and the Martial Arts are like moving meditations.

Be Relaxed and Connected to Ki

Do No Harm

Practice gently. With experience and advanced instruction you can do deeper massage.

After I learned to do the neck and face massage I started to learn the forearm chop and smooth up pattern down on line#1 below. I would first practice down my own upper thigh. personal instruction is needed, and this is not intended to replace qualified instruction but to assist the instructors in some ideas to promote this Massage as an important part of our Ryu.

If you want to only practice traditional therapeutic massage on your family , friends, or students free of charge our system works.

If you want to become certified in commercial massage you need to go the years of training in a certified commercial massage school approved in your state

Meditation and Ki exercises work together

One example of a meditation: My first introduction to meditation was an exercise of being aware of my posture and of my breath. The meditation technique was to sit in a chair with your back away from the back of the chair, feet on the floor and your hands on your thighs. Keep your back straight as if someone is pulling the hair on the top of your head like you were a marionette on a string being pulled straight up. Tuck your chin slightly and place the tip of your tongue on the roof of your mouth. The breathing pattern is as follows: in through the nose filling up the belly then out of your mouth as the belly flattens. At the end of your exhalation press your diaphragm in and up to push out the last of breath. The exhalation is twice as long as the inhalation. Count your breaths to yourself backwards from 50.

First massage class

I was taught this part of the DZR Restorative Massage pattern first. This is a good and safe way to begin learning to help your partner with a minor stress related headache. Later I learned that this was the last sequence in the Basic DZR Restorative Massage pattern.

GSMA video link <https://youtu.be/r9louCtHi7E>

Golden Sage Restorative Massage (GSRM)

#1 Neck warm up massage and occipital press-massage



Neck massage, occipital point press with Uke laying on their back on the mat with a rolled towel under their knees. Roll your fingers in to the muscle along the side of Uke's neck as you lift their head slightly with the motion of your fingers. This warms up Ukes muscles on his neck. As you gently slide up into the occipital ridge, gently press and use a gentle circular massage with your middle fingers. The occipital point press (with a slight stretch) and massage is useful for releasing stress.

#2 Temple Massage



Use the pad of you thumb Smooth Down Do gentle circles Repeat this process three times
This is a combination forehead, temple and neck massage. As you do the above technique your fingers do the neck massage as above. Place the fleshy parts of your hand that are next to your thumbs on Uke's forehead and smooth down to the temple between Uke's eyes and their ear. Massage with circles. You have the option of massaging Ukes occipital points with your fingers at the same time.

#3 Facial and sinus massage

Eyebrow to ear lobe



Press to notch in the eyebrow with you thumbs. Slide your thumbs along the eyebrow to the earlobe. With your thumb and first finger snap off the energy.

#4 Forehead press to behind ear



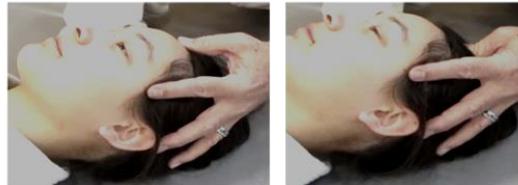
Press slightly off center of forehead and press every one half inch with your thumbs. Then use your middle and second finger to finish the pattern to behind Uke's ear. Squeeze earlobes and snap off energy with thumb and first finger.

#5 Face massage



Start with sinus points at the start of the bridge of the nose with the pad of the first fingers (apply slight pressure). Slide down to next sinus points with the pads of your first fingers besides the nostril (apply slight pressure). Lightly follow the line below the cheek bone with the pads of the thumb. Slide your fingers up below Uke's chin. Then with the pads of your fingers apply light pressure and pull down to the bottom of the chin. Next apply thumb sweep from the middle of their upper lip to the end of their mouth. Then with your thumb pads sweep the upper chin below their lower lips.

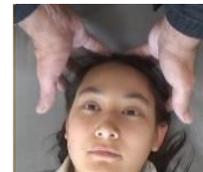
#6 Middle of head press



Turn Uke's head slightly towards your right. With your right middle finger pad, place it where the spine meets the skull. Pull with your middle finger then press with the pad of your left hand down the center line of Uke's head. Alternate pull with right push a new point every one half inch.

#7 Scalp massage ending

With your fingertips lightly massage the scalp. End with slow temple massage.



Golden Sage Restorative Massage

Inspired by the Kappo, Seifukujitsu list, and the restorative healing arts of DZR

Open demonstrations of Kappo during public martial art demonstrations are not recommended. The availability of Western medicine, emergency rooms, CPR and basic aid certification is the accepted way to give aid or treat injuries. In the past, during peacetime the martial art instructor was the village "bone-setter". Like many martial artists, including Professor Okazaki, their income came from treatments, teaching massage, massage, acupuncture and many other healing arts before commercial chiropractor schools and corporate massage schools were available. I do teach the traditional DZR Kappo and restorative arts to select students as a way of transmitting this fascinating healing art into the future. My use is limited to my family, friends, my students and my therapeutic restorative massage clients today.

My instruction of the DanZan Ryu Prof. Okazaki style Restorative Massage is from one of Prof. Okazaki's Restorative Massage students Mr. LaRoy Wilson. My first instructor was Ginny Kitzke, Sensei then Prof Herb LaGue and many other students of Prof. Estes and Prof Law (they were second generation students of DanZan Ryu Martial Arts and Healing Arts).

Another connection between Healing arts and the Martial Arts

The story goes when Professor Kano, the founder of Judo, attended the Tokyo Imperial University in 1877, he started looking for Jujitsu teachers. He first looked for a bonesetter, called a seifukushi. His assumption was that doctors knew who the better martial art teachers were.

Golden Sage Restorative Massage (GSRM) created by Prof. Bob Kames

Using the basic pattern of DanZan Ryu Restorative Massage with added techniques to meet the current one hour time requirement used in commercial massage business is my GSRM. I learned our traditional Prof. Okazaki Restorative Massage pattern as taught by Prof. Estes and passed on to Prof. Herb LaGue and many other DZR teachers.

Upper left Quadrant

Uke is still face down. They turn their head to the right.

Line#5 through Line#8

This is the same as Line#1 through Line #4 but on the left side of Uke.

Lower left quadrant

Line #9 Massage the left glutes, top and sides of the thigh with forearm chop down and smooth up.

Lower leg and foot massage. Do foot massage. Do leg and ankle range of motion.

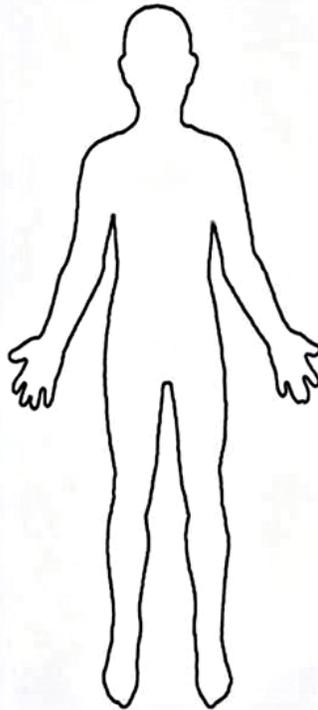
Line #10 Move to Ukes right side. Do lower right Quadrant same as Line #9

Line #11 Uke turns face up move to their left side and do shoulder, arm, under the scapula, and hand massage. Optional abdomen massage.

Line #12 Move to their right side. Do shoulder, arm, under the scapula, and hand massage.

Line #13 Move to their lower right quadrant. Massage their upper thigh and lower leg. Do range of motion.

Line #14 Lower left quadrant and do the same as Line #13. **Line #15** Abdomen **End the massage** with neck, face and scalp massage.



Beginning of the Massage

Uke is face down with their head turned to the left.

Warm up their back

Upper right quadrant

Line#1

With your forearm massage the side of neck to shoulder and back to the neck.

Line#2

With your forearm chop massage, the top of the shoulder down between the spine and scapula, pivot forearm and lightly massage to the lower back and drag forearm to smooth back up to top of the shoulder.

Line#3

Forearm massage to their side to the shoulder joint. Massage next to and under the scapula and the shoulder.

Line#4

Massage the right arm and the hands.

Golden Sage Restorative Massage (GSRM)

My Restorative Massage is from the DanZan Ryu Martial Art Restorative Healing Arts Tradition. GSM was created out of necessity. I needed to combine the traditional massage with the current laws of commercial massage in the city of Sparks, Nevada USA starting in 1986 to current 2020. I have worked as Outcall, at my own massage establishment, at a few Casino health clubs and a few commercial massage businesses. I added the art of draping of the massage client for warmth, personal privacy and comfort to follow legal and ethical needs. Below is a basic pattern that I currently teach and use at a US Army Garrison Fitness Center in Wiesbaden, Germany.



Warm up and introduction

After getting health and injury information, inquire about current pain and chronic and acute injuries that need treatment. Sit Seiza with the client's head turned to the left. Make physical and mental contact and maintain at least one neutral or grounding hand in contact with a non-sensitive area like the sacrum, their shoulder or their lower leg. A towel roll under their neck and their knees is good.

Upper right quadrant

Line#1 Move to Uke's right side near their right arm, with your left hand lightly resting on their sacrum. Knee with your right elbow on the mat and chop down across the top of their shoulder while turning your hand towards you. Smooth up to the neck and turn your hand away from you. Do this three times.

Line#2 Start on the top of their shoulder, chop down to slightly past their scapula, and turn your arm pointing to your left. With the soft part of your forearm massage the muscles along the spine without heavy pressure on the lower back. Smooth back to the top of the shoulder. Do this three times.

Line#3 Side massage from the ribs to where the arm meets the shoulder. Chop down smooth up. Do this three times. Demonstrated with left forearm.

Golden Sage Restorative Massage (GSRM)



Line#3 Continued right arm and scapula. With your right hand on top of your left, press deeply and slowly from the bottom muscle between their scapula and their spine, up to the top of their shoulder. Raise their shoulder up with your right hand and press four fingers under the scapula or put their arm behind their back to do the same technique on the lower ½ under the scapula. Press the pressure points on top of the scapula. Smooth the muscles of the front and back of the shoulder towards their arm. Press pressure point in the center of the deltoid.

Line#4 Massage right arm. With your hands or forearms, chop down from their shoulder to their elbow. If using your hands, squeeze and separate their biceps and their triceps down to their elbow. Then, using your hands, squeeze their arm muscles up to their shoulder, moving their circulation back towards their shoulder. While supporting their elbow, use a forearm chop down towards their hand and use the soft part of the forearm to smooth back to their elbow.

Massage the hand using Reflexology points. Support their hand with your right hand and press the tip of your left elbow into the middle of their palm as you use circular and slight vibrating motion in their palm. Massage the center of their palm and move to the balls of their fingers. Starting at their little finger, squeeze the sides of their finger, between your right thumb and your right first bent finger to the end of the little finger. Go back to the base of the little finger, grab the little finger between your first and second finger, and pull your hand back, snapping, the old energy off the little finger. Then open your right hand. Do the same massage snap off third, second, first finger and the thumb.

Golden Sage Restorative Massage (GSRM)



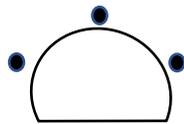
Left side with right forearm



Left side with left forearm



GB 30



Move to Uke's right side. They turn their head to the right.

Do their back, shoulder, arm and hand massage on their left upper quadrant.

Line#5 through #8. It is the same as Line #1 through #4 but working on their left side back, side, arm and hand.

Move to the Lower left quadrant

Line #9 Massage the left glutes, top and sides of the thigh. Massage the lower leg. Do foot massage. Do leg and ankle range of motion.

Uke is still face down with your bent right knee or a rolled up towel under Uke's ankles.

This is done so their knee is not hyper-extended. Massage the left glutes. Forearm chop down smooth up. Use GB 30 point for the elbow pivot point. See Kappo list. With fingers, trace the top of their hip from their sacrum. Do thumb for pressure points and your twisting fist to increase relaxation and circulation.

Lower leg and foot massage

Forearm chop down smooth up on the top and sides of Uke's thigh. Go lightly and not too far up on the inside of their thigh. Also massage on the I.T. band on the outside of the lower thigh.

Calf massage to the ankle

Using your hands or both forearms chop down and smooth up for massage. Be careful not to press directly down on the nerve on the center of the calf between the gastrocnemius muscle group.

Ankle massage

Cup your fingers and press down beside the Achilles tendon, pulling down to ankle pressure points, then smooth back towards the knee. Vigorously massage the ankle between your hands.

Golden Sage Restorative Massage (GSRM)



Continue **Line #9** Foot massage. Squeeze the heel. Apply thumb to pressure points to the outside and the middle of the heel. Use right first finger pressure below the heel. Seal the heel with double heel pressure. Use forearm chop down smooth up. Do not apply thumb pressure in the arch or finger pressure to the top of the foot.

Massage the balls of the toes with your thumbs. Starting at the little toe, squeeze the sides of their toe between your right thumb and your right first bent finger to the end of the little toe. Go back to the base of the little toe and grab the little toe between your first and second finger knuckles and pull your hand back, snapping the old energy off the little toe and then open your right hand. Do the same massage, snap off third, second, first toe and the big toe press the sides and the center then snap off.

Ankle range of motion. Turn the ankle in all directions and flex the foot back and into itself.

Leg Range of motion Leg lift. Lift their left leg and flex it to their gluts. Bring it back the starting position. Do this three times. **Ankle and leg circles.** With your right hand on the top of their foot and your left hand on their heel (not shown) as you take the leg clockwise turn the ankle counter clockwise. Do this three times. Do the reverse three times

Golden Sage Restorative Massage (GSRM)



Line #10 Move to Uke's right side. Do **lower right Quadrant** same as Line #9

Line #11 Uke turns face up while using draping technique for their privacy and comfort. Use a towel roll under Uke's neck and one under their knees. Move to their left side and do shoulder, arm, under the scapula, and hand massage.

With Uke's arm across their abdomen this opens up the scapula so you can massage behind it. There are muscles where the ribs connect to the upper back that can be mistaken for a knotted muscle. Massage around or use broad strokes to be effective and safe.

Massage the upper arm, squeeze towards the hand, smooth back to shoulder.

Massage the forearm by lightly squeezing it toward the hand then smooth back to the elbow. **Lightly press the radial** and the ulnar nerve at the elbow as you rotate the forearm clockwise and counter clockwise.

Gently slide your fingers up the forearm along the radial nerve ending at the shoulder.

Do wrist compressions.

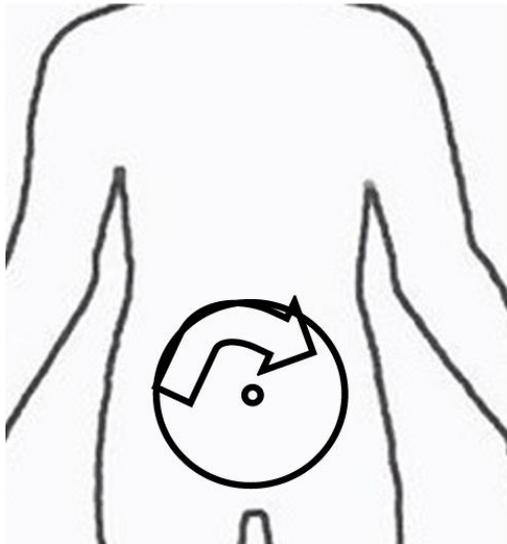
With your fingers on the back of their wrist flexed back, **press your thumbs into their palm**

Do wrist flex and wrist stretches.

While holding their hand palm to palm, **do clockwise and counter clock wise circles** to loosen their shoulder.

Put the back of their hand towards your belly and **extend their shoulder with a gentle pull with your left forearm in the bend of their elbow.**

Golden Sage Restorative Massage (GSRM)



Line #12 Move to their right side.
Do shoulder, arm, under the scapula,
and hand massage. This is the same as
Line #11

Line #13 Move to their lower right quadrant. Massage their upper thigh and lower leg. Do range of motion.
Massage upper right leg, knee and lower leg. Chop down and smooth up the top thigh muscles. Do this three times.

Massage around knee cap with the outside part of your hands.

Do leg range of motion. Push Uke's knee towards their abdomen.

Line #14 Lower left quadrant and do the same as Line #13.

Line #15 Abdomen:

With your fingertips, lightly massage in a clock wise circle around the outside of the navel. While using the boundaries of the bottom of the last rib and above the hip bones, use one hand on top of the other hand and gently rock in a larger clockwise circle to clear the large intestine to flow properly.

This is how I end this Basic DZR Restorative GSM massage

Golden Sage Restorative Massage (GSRM)

#1 Neck warm up massage and occipital press-massage



Neck massage, occipital point press with Uke laying on their back on the mat with a rolled towel under their knees. Roll your fingers in to the muscle along the side of Uke's neck as you lift their head slightly with the motion of your fingers. This warms up Ukes muscles on his neck. As you gently slide up into the occipital ridge, gently press and use a gentle circular massage with your middle fingers. The occipital point press (with a slight stretch) and massage is useful for releasing stress.

#2 Temple Massage



Use the pad of your thumb Smooth Down Do gentle circles Repeat this process three times

This is a combination forehead, temple and neck massage. As you do the above technique your fingers do the neck massage as above. Place the fleshy parts of your hand that are next to your thumbs on Uke's forehead and smooth down to the temple between Uke's eyes and their ear. Massage with circles. You have the option of massaging Ukes occipital points with your fingers at the same time.

#3 Facial and sinus massage

Eyebrow to ear lobe



Press to notch in the eyebrow with you thumbs. Slide your thumbs along the eyebrow to the earlobe.

With your thumbs gently snap off bad energy

Golden Sage Restorative Massage (GSRM) continued
#4 Forehead press to behind ear



Press slightly off center of forehead and press every one half inch with your thumbs. Then use your middle and second finger to finish the pattern to behind Uke's ear. Squeeze earlobes and snap off energy with thumb and first finger.

#5 Face massage



Start with sinus points at the start of the bridge of the nose with the pad of the first fingers (apply slight pressure). Slide down to next sinus points with the pads of your first fingers besides the nostril (apply slight pressure). Lightly follow the line below the cheek bone with the pads of the thumb. Slide your fingers up below Uke's chin. Then with the pads of your fingers apply light pressure and pull down to the bottom of the chin. Next apply thumb sweep from the middle of their upper lip to the end of their mouth. Then with your thumb pads sweep the upper chin below their lower lips.

#6 Middle of head press



Turn Uke's head slightly towards your right. With your right middle finger pad, place it where the spine meets the skull. Pull with your middle finger then press with the pad of your left hand down the center line of Uke's head. Alternate pull with right push a new point every one half inch.

#7 Scalp massage ending

With your fingertips lightly massage the scalp or end with a slow temple massage.



No Kappo plus other treatments

Head ache restoration

Compress head with knees



Uke is laying on their back. By asking questions make sure that this is a simple reoccurring moderate headache and not due to a recent trauma. Asking questions about the type of pain and the location and size of the head ache will assist on deciding which Kappo will work best. Asking Uke questions will engage them into participating in the technique. Kneel in Seiza with your knees near Uke's shoulders and with the fleshy part of your bent knees over Uke's temples. Place your claw like fingers on the outside of your knee and project Ki through Ukes head you slowly squeeze Uke's head until they signals a slight compression Release the pressure SLOWLY. Repeat two more times if needed. Follow up with the following Hoku press, temple, head and neck massage.

Compress head down with forearm



Usually do three compressions with a temple massage in between

Along with the Golden Sage or DZR neck and face Massage these basic massage techniques are helpful. This is good for sinus headaches. Support Uke's head by resting it on a towel or a soft firm surface. Slowly press Uke's forehead down with the fleshy part of your right and left palm pad until (near your thumb) you sense a slight skull compression or until Uke signals it is enough pressure then release SLOWLY. The second illustration is using the soft part of your forearm for the downward compression. After the compressions do a temple massage. Use other temple, neck, and face massage to follow up.

Hoku (acupressure point LI 4)



With your thumb and 1st finger, press in a pinching movement a spot in the hollow on the inside of Uke's thumb joint (LI 4). Smooth it out and apply to the other thumb. This for headache, facial and tooth pain.

The first arts in this manual were taken from my Manual
MARTIAL ARTS KATA AND BEYOND Part 2 Green belt to 1st Black Belt.

The following text was taken from my Manual
MARTIAL ARTS KATA AND BEYOND Part 3 Nidan to Yodan

If you are a DZR Instructor, if you have this Basic DZR or GSM Massage with one or more years practice I offer to you at www.bobasan.net my advance healing arts and advanced massage studies from my manual MARTIAL ARTS KATA AND BEYOND
Part 3 Massage and Introduction to Chinese Medicine

Master Henry Seishiro Okazaki

Henry S. Okazaki was born in Japan on January 28, 1890. He moved to Hawaii as a teenager and, at the age of 16, learned he had tuberculosis. Through hard training in the martial arts, Okazaki recovered completely and vowed to dedicate his life to propagating Jujitsu and Judo. Master Okazaki was given the honorary title of Professor to match the changing times and to reflect the service he gave to others in teaching the self-defense and healing arts of his DanZan Ryu System of Jujitsu. Professor Henry Okazaki was well known as a massage therapist and healer. His Long-Life Restorative Massage is practiced by thousands of dedicated people worldwide for over fifty years. This massage treatment begins with a full-body, deep tissue massage which is primarily done with the therapist's elbow crux. Although he is often remembered for his martial arts, Prof. Okazaki made his living as a massage therapist. In fact, his clinic was at the front part of the building that housed his Kodenkan Dojo. Today, that building has been replaced by a more modern one and the family Massage business is carried on by his son, Hachiro.

Professor Bud Estes

After becoming a student of Prof. Okazaki's in Hawaii, Prof. Estes moved to Chico California and helped to perpetuate Prof. Okazaki's self-defense and healing arts system. Prof. Estes was known as a Master Martial artist as well as an exceptional practitioner of the healing arts of Restorative Massage. Prof. Estes passed on this knowledge to many students including Prof. Fisher, Prof. Musselman, Prof. LaGue and many others. Prof. Herb LaGue the current Professor at the Bushidokan in Sparks, Nevada was my most comprehensive instructor in both Martial Arts and in the Healing Arts.

Mr. La Roy A. Wilson

He was a student of Prof. Okazaki in Restorative Massage and in Karate. Several of us in Reno, Nevada in the 1980's studied under him in several healing arts based around Prof. Okazaki's teachings.

Ginny Kitzke, Sensei

She was my first Sensei, and she was the person who first taught me DanZan Restorative Massage.

Golden Sage Massage

From my knowledge the name Okazaki Long Life Massage is used by the descendants of Prof. Okazaki in Hawaii. I use the term DZR Okazaki massage as the healing art teachings through Prof. Okazaki's DZR martial art system in the mainland USA. Golden Sage Massage is my extension of the basic DZR massage that I developed in my commercial practice.

After learning the basic DanZan Ryu Okazaki Restorative Massage kata in 1983 I practiced it under supervision of my instructors as part of my DanZan Ryu martial arts training. In 1985 I started Sunday classes with LaRoy Wilson a first generation student of Prof. Okazaki in the Therapeutic Arts of Restorative Massage. In 1986 I passed the Reno, Nevada outcall massage license. I started working full time at Harrah's Casino Health Club. I did this for two years until Harrah's sold to Holiday Inn. I continued to hold the business license Restorative Therapeutic Massage and I was grandfathered in when the Nevada State Board of Massage Therapy was established in 2005. I have kept this state massage license current to this year 2021.

Doing the DZR Okazaki massage additions were needed to meet the City and State massage regulations. I learned therapeutic draping, how to do extended massage times, and how to work on a massage table.

Massage Times in Commercial Massage

Working for the health clubs I also needed to extend the massage time to 60 minutes, 90 minutes up to two hours per massage. The DZR Okazaki massage kata that I was taught was forty minutes to be therapeutic. This is where marketing and client expectations over rule therapeutic value for the client and the therapist. This creates the conditions for permeant therapist injuries and over working the clients sore muscles. While doing traditional Okazaki massage you do longer or shorter times if needed but if I did commercial massage I had to adapt without causing harm to myself or to my clients and meet the business model.

Deep tissue and light Swedish commercial massage

These are the two basic categories that most massage business owners and massage clients know about. Some clients only want one or the other. Some clients are brought in by a friend or relative and have no idea what a therapeutic massage is.

Swedish commercial massage

It is called western massage as western science and understanding of the human body provides possible answers as to its benefits. Google definition: "The most common type of massage is Swedish massage therapy. It involves soft, long, kneading strokes, as well as light, rhythmic, tapping strokes, on topmost layers of muscles. This is also combined with movement of the joints. By relieving muscle tension, Swedish therapy can be both relaxing and energizing". The DZR Okazaki massage uses all of these techniques but it is medium to deep pressure therapy. Using my research and over 30 years' experience I explain to the client that Swedish massage is not necessarily Swedish but was influenced in the 1830's by using French friction techniques that a Dutch Doctor used in combination with simulated gymnastic movements to increase health and vitality. It can be particularly good as an introduction to other massage modalities. It is a good system for the sensitive stressful person as it is relaxing. This massage is generally not good for the elderly as their skin is thinner and they can bruise them if done too vigorously. The other extreme is called a "cruise ship massage" which feels more like a lotion bath as it is so light. A massage therapist can do 10 of these thirty minute massages without injury to themselves or to their client.

Deep Tissue Massage

Deep tissue massage is used by DZR Okazaki massage and by another name Japanese Restorative Massage (JRM). JRM was used by non Okazaki martial art students taught by high ranking DZR instructors. A good deep tissue definition by google: Deep tissue massage is a massage technique that is mainly used to treat musculoskeletal issues, such as strains and sports injuries. It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues..

Deep tissue massage It is very therapeutic but not commercially viable. It is popular at discount massage companies as they pay the same for a light Swedish circulatory massage. At 55 years of age and to my current 64 years of age I am not able to do enough deep tissue therapeutic massages a day to earn even a part time wage without doing permanent physical harm to myself.

Eastern Massage Techniques



Acupressure

Eastern massages are all about balancing and calming the flow of energy in your body. By using varied pressure, rocking, rolling and striking movements, the massage therapist stimulates and soothes areas of energy flow. These energy paths, called meridians, run throughout your body, so by stimulating and soothing areas on one end of a meridian, the rest of the pathway is affected as well. While this massage is more vigorous than a Western massage, its focus is to channel the inner energy of the body, to connect body and mind, and to reach an improved feeling of consciousness. Eastern techniques include the following massage styles and more: Shiatsu, Reiki Healing, Acupressure, Thai Massage and Amma.

From <http://www.thermocaresolutions.com/the-differences-between-eastern-and-western-massage-techniques/>

Most commercial massages are a combination of many different styles both western and eastern
Men and Women Massage Therapist

As a male therapist working at one health club in 1986 I only worked only on male clients. Working on large men is exceedingly difficult. Working on athletes or businessmen was easier. As the men's side of the health club clients had only had two male therapist so it was steady work at \$11.00 and hour plus tips. I could do five a shift. As the massages were comped by the casino for celebrities and high rollers the tips keep us housed and fed. After two years Harrah's sold out to Holiday Inn and there was no longer tips as there were no longer comps. I left the commercial massage world for a while.

At other commercial massage companies with men and women clients there was always a problem how to deal with the clients preference for women therapist. I had both men and women regular clients, but it only was enough for a side income in Reno, Nevada. A male therapist was not popular as they were in larger cities with more well-traveled massage therapy knowledgeable clients.

Massage environment, ethics, and draping.

Draping is the technique of uncovering only the part of the body that is being worked on during massage. Draping allows the client to be undressed to their comfort level underneath a sheet to feel safe, warm, and unexposed. We also used these and other professional protocols to separate the therapist from the old massage parlors stigma that did not do therapeutic massage.

Muted lighting and soft massage type music. No phones, animals, kids should interrupt the massage. Using a private environment before you leave the room let them know that when you leave the room to dress down to their comfort level, lay face down and cover themselves up. Be sure to announce yourself and ask if they are ready for you to enter the room. Uncover just the area that you are going to work on. Be aware of all parts of your body so you do not have incidental or accidental contact with parts of your body that are not doing the massage. While the client is face down use a towel roll or round cushion under their ankles. Then place it under their knees and a small one under their neck when they are on their back. **Only use the pressure that they can relax for. No Pain!** They should be able to breathe through the pressure and remained relaxed. It will feel better after the pressure is off. If it hurts before and after massaging the area massage may not be what they need.

Do No Harm!

SATSUZAI or Okazaki liniment for Restorative Massage

Modern name Satsuzai also called “bug juice” by some of Prof. Okazaki’s students (possibly to keep people from drinking it). It is a massage liniment used in the Okazaki Restorative Massage

Okazaki Liniment 1 part Oil of Turpentine (not spirits)

1 part oil of eucalyptus

1 part camphorated oil (not oil of camphor) and let sit 15 minutes

Add 1 part rubbing alcohol

2 parts water Shake well store in dark bottle in dark location for two weeks before using Variation: for more pleasant smell use only 1 1/2 parts water and 1/2 part oil of wintergreen

From Prof. Ron Jennings

Studying The Martial Arts and the Healing Arts of DanZan Ryu and DZR Zenyo Bujutsu

As a teacher and as a student serving others is the greatest honor.

It works for me and I hope what I share adds value to fellow travelers on this path with heart.

Prof. Bob Karnes and Alicia Karnes

Wiesbaden, Germany

5-30-2021

