



## Kobido Training Kata

古美道

*Japanese Facial Massage*

### Techniques for the Neck

*Light Stroking with Ample Lubrication*

1. **Stroke Side of Neck:** Warm up lotion in hands and apply simultaneously to both sides of the neck beginning at the upper trapezius. Reach one hand under the neck, fingers fanned with thumb on the opposite side resting at the base of the neck. With the other hand, flat extended fingers, use the inside edge of the index finger and hand to stroke from the upper trapezius, along the levator scapulae, splenius, and scalene muscles. Follow with a four-finger fan stroke with the other hand up the levator scapulae. Repeat combination 5-7 times and switch to the other side.
2. **Stroke Under Neck:** With flat four-fingers on both hands at approximately a 30° angle, reach under the neck in between C6 and C7. Elbows out, move finger tips up in-between C6 and C7 while pushing arms toward each other slightly, raising the neck. Hold this position while bringing your whole body back, stroking the whole neck up to the occiput.
3. **Stroke Clavicle Region & Front of Neck:** Lightly stroke along the top of the neck and clavicle region with both hands simultaneously or one side at a time with the head tilted slightly.

*Kneading Techniques – no lubrication. It is important to grip to the muscle without sliding over the skin.*

4. **Three-Finger Rotation on Side of Neck:** Cup left hand over ear to support head. With the right hand bring the index and ring fingers together supported by the middle finger behind. Elbow out and palm up at approximately a 45°, begin counter-clockwise rotations beginning at the base of the neck. Continue up the neck to the occipital bone, rotating 5-7 times in each spot. Repeat other side using clock-wise rotations.
5. **Shu Ken Fist Rotations on Side of Neck:** With relaxed fists, use the area of the finger between the 2<sup>nd</sup> and 3<sup>rd</sup> knuckles. Place both hands on opposite sides under the SCM and engage the levator scapulae and scalene muscles. Rotate up into the SCM clock-wise with the right hand 5-7 times while supporting with the left hand. Switch and repeat 2-3 times on each side.
6. **Two-Finger Hook:** Rest the head in the palm of your left hand. Reach the right hand under to the left side of the neck, thumb resting on the right side at the base of the neck. Hook flat finger pads of middle and ring finger starting at the upper trapezius at the base of the neck. Rotate clock-wise while squeezing with fingers and pulling back with shoulder to create a kneading effect, moving the entire body. Continue rotations in this manner engaging all the muscle next to the cervical spine up to the occipital ridge. Rotate 5-7 times in each spot. Switch hands and rotate counter-clockwise with the left hand. Repeat 2-3 times each side.

7. **Rotations on Occipital Ridge:** Continue to rest client's head in your left palm and rotate out 30°. Rest the palm pad of the right hand on the client's skull as a pivot point. Using flat two-finger pad hook, begin just lateral of the occipital protuberance and rotate along the inferior nuchal line of the occiput. Rotate 5-7 times in each spot and repeat on opposite side.
8. **Thumb Pressure in between Cervical Vertebrae:** Rest the client's skull in the palm of your left hand and rotate out. Rest the right arm on the table with elbow out. Keeping the arm, wrist, and thumb "stacked" in alignment, place the thumb pad in between C6 and C7. Rotate the head and neck into the thumb. Hold pressure for 1-6 seconds or the length of the client's breath. Rotate head back to release pressure and reposition thumb in between C5 and C6. Continue the process up the spine and repeat on the other side.

*Training Tip: Repeat any or all of the neck techniques until the neck loosens and relaxes.*

#### *Transition to Facial Massage*

- 9-11. Repeat Light Stroking Techniques 1-3 to relax the neck further and transition in to facial massage.

---

### Light Stroking for the Face

1. **Stroke Clavicle Region & Front of Neck:** Lightly stroke along the top of the neck and clavicle region with both hands simultaneously or one side at a time with the head tilted slightly.
2. **Paddle Stroke Under Chin (submental region):** With flat four-fingers, begin stroke above the hyoid bone, continuing up to and off the mental protuberance. Alternate hands with a slow, light stroke. As you gradually increase pace, use only the ring and pinky fingers, creating a light, butterfly-like percussion.
3. **2-Finger Stroke Unger Jawbone:** Using the full flat surface of the middle and ring fingers, alternate light strokes from the underside of the tip of the chin to the angle of the jawbone. Repeat 3-5 times.

*Perform these strokes and Medium Pressure Strokes on one side completely, and then switch sides.*

*Tilt the head at a 30° angle.*

4. **2-Hand Stroke Side of Neck (platysma):** Using flat four-fingers and palm, stroke from the clavicle up to the jaw-line. Alternate hand strokes and repeat 3-5 times.
5. **Paddle Stroke Under Jaw Bone:** Transition from 2-Hand Stroke above into light percussion stroke. See #2.
6. **2-Finger Stroke On Jaw Bone:** Using the full flat surface of the middle and ring fingers, alternate light strokes on the jawbone. Outside hand will stroke from the tip of the chin to the lateral angle of the jaw bone. Inside hand will stroke from the angle to the chin. This is similar to #3 performed on the angle of the jaw bone itself rather than underneath the bone. Repeat 3-5 times.