



**Daghda Synergy**  
**Amatu Orthopath Academy**

**Training Programme**

# Daghda Synergy

## Amatsu Orthopath Academy

Greetings from Daghdha Synergy,

We are delighted to announce and present to you our brochure relating to our next intake of Amatsu Orthopaths in training - commencing in January 2019. All CLASSES ARE ON SAT/SUN.

We have learned a phenomenal deal about delivering this amazing course over the duration of the previous and current students training programmes. As we expect exclusively the highest standard in our course from both student/therapist/orthopath and tutor alike we have implemented of our desires and insights to create the most exquisite Amatsu training programme available today.

We shall run this course from January 2019 for 4 years with the Exam in typically in November each year (Dates and details are in the brochure). This arrangement gives you 6 Modules pre summer break. Followed by the summer study programme. Where you complete your case study requirement to Mod 6, preform directed and logged revision study, also polishing your practical skills. To return in September to 2 more exciting Modules, a orthobalance lesson and finally your assessment/examination. All which will bolster your final examination score. Thus reflecting the superior nature of your Qualification to be attained.

We are inviting application now for Jan 2019. A deposit will be required to secure your place once application is successful – the specific financial options within brochure.

Currently - we have more expressed interest in our course than we have places. Naturally we wish to select only individuals who shall make the finest practitioners. Please submit your application immediately for the best possible chance of confirmed enrolment. The successful applicants will be notified and required immediately to secure their place by deposit.

We will then delight in sending you your pre study pack so you can begin your studies in advance of the course.

Please enjoy the brochure and we welcome any questions.

Kind Regards

*Seán Beakey David M'Carthy*

Seán Beakey & David McCarthy

Daghda Synergy



Amatsu Orthopath Training Programme



“Every man takes the limits  
of his own field of vision  
for the limits of the world.”

Arthur Schopenhauer  
(22 February 1788 – 21 September 1860)

“The fingertips have the attention  
and power of the body behind them.”

Dr. Masaaki Hatsumi  
(2 December 1931 - )





## INTRODUCTION

The pursuit of the best configuration of factors to provide the most pure and true representation of Amatsu and the delivery of such through a course has been and remains the passionate objective of Daghdha Synergy.

The expectation of the highest standard, a standard not available in any other course globally is our primary objective. As such Daghdha Synergy has a collaboration of individual teachers who come together to propagate this level. The Daghdha Synergy has Seán Beakey and David McCarthy at the helm with guest presentations from Dennis Bartram the western father of Amatsu. Thankfully you and Amatsu as a therapy will be the beneficiary of this.

We are very pleased to announce that this course is now ready for applicants of a standard and motivation that will lead to the very best Amatsu Orthopaths.





## AMATSU - THE HISTORY



Anma is the first year of study for an Amatsu therapy qualification and it can be interpreted as the 'massage' level as it encompasses the application of natural movement principles on soft tissue structures, with the primary focus being on the musculature system. Unlike most western massages, Anma often uses no oils and can be done through the clothing with the client either sitting or lying down. This makes Anma an extremely flexible style of TREATMENT, suitable for a wide variety of client needs and environments.

Anma is over 5,000 years old and it means 'to push and pull' body tissue. It originated in ancient China and it is thought to have been first brought to Japan by warrior monks from China through Korea about 1,500 years ago. Anma's application on the body influences many structures and systems. The stroking, stretching and kneading of the tissue is an ancient art, not only in man, but in all animal species. These techniques were considered so effective in Japan that before the introduction of western medicine all doctors were trained in Anma. This only changed with the Meiji Restoration in 1868 when the government was focused on 'westernizing' Japan. Therefore they decided to abandon much of their traditional culture including the 'healing art' of Anma. As a special exemption only the visually impaired were allowed to continue to train in Anma and other ancient healing arts.

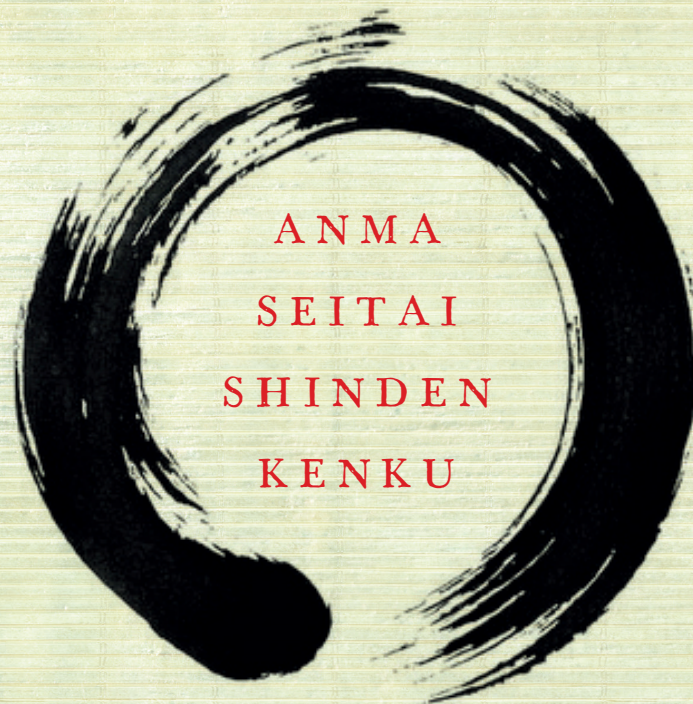
In the early 1900's a group of Anma trained practitioners formed the basis of Shiatsu, effectively re-naming this approach and using some of Anma's methods. (Tina Sohn Anma Therapy.) The modern day founder of physiotherapy, Professor Ling, also studied Anma/ Tuina in China prior to the establishment of his Swedish massage and exercise.





Dr. Hatsumi explained to Dennis Bartram that in the beginning ancient man had no real knowledge of pathology or deep anatomical structure. The kneading or stroking would be applied to injuries or pain according to instinctual feel. He explained that by coming from their hearts through their thumbs, ancient man would bring out the wellness in other people. Despite our extensive anatomical training we practice to insure we keep this instinct live and functional.

From the very beginning of their Anma studies our Amatsu Orthopaths are trained to evaluate, assess and treat the whole body incorporating all of the symptoms of your illness or injury. Once students have completed their first year of study they are qualified to treat clients in a professional capacity at an Anma level and begin their progression to the second of 4 levels.





## THE COURSE

This course is composed of 4 levels – the only course leading to Amatsu Orthopath status.

ANMA  
SEITAI  
SHINDEN  
KENKU

- On the successful completion of the Seitai level the Seitai Amatsu Practitioner may begin their professional practice.
- The Master Amatsu Practitioner award is granted on successful completion of the 4 levels.
- The Amatsu Orthopath award is granted on completion of the 4 levels under licence from the ATA/AOA renewable each year.

**The Daghdha Synergy Amatsu Orthopath Training Programme is the only Amatsu training programme globally which offers the full Amatsu syllabus with 4 levels and direct tuition from dennis bartram.**

**This is the only training Amatsu programme that leads to the recognised licenced qualification of Amatsu Orthopath.**



Amatsu Orthopath Training Programme



## THE LEVELS

### ANMA

Anma is the first year of study for an Amatsu therapy qualification and it can be interpreted as the 'massage' level as it encompasses the application of natural movement principles on soft tissue structures, with the primary focus being on the musculature system.

### SEITAI

The Seitai level of study incorporates the same principles and fundamentals as Anma but with the technique application now primarily focused on the ligamentous system. Ligaments act as a support and movement suspension system for the stability of joint and bone movement. Injury or illness alters the pulls on muscles and ligaments around these joint structures. Seitai works to balance, realign and integrate joint movement, which will aid the integration of all of the body's systems to help to re-balance and realign the key mechanical and energetic structures (eg: the spine, bones, joints, meridian circuits and cranium).

This will promote healing whilst effecting change in the musculo skeletal system and improving the client's general well-being, as well as acting as a boost to the homeostasis (immune system) and the body's balancing sense known as proprioception.

### SHINDEN

The focus of study in Shinden (the heart feeling in Amatsu treatments) is to alter the pulls in the fascial tissues that surround and support our vital organs. Many organs are held in position by a negative suction reinforced by a tough tissue called fascia. As organs function they need to alter their space with surrounding organs e.g. the lungs filling and emptying. This delicate and subtle movement is finely balanced within our body's other structures. Injury, illness, and incorrect posture can lead to biased pulls on the fascial tissue surrounding the organs which can, in turn, lead to organic changes and eventually degenerate to disease in some cases.

Shinden Jutsu works to address these imbalances to bring about the freedom of movement and integration of organ structure and function.

### KENKU

The head (cranium) is the governing centre for many of the body's vital systems such as respiratory and breathing, blood pressure, blood sugar, digestion, hormones. In addition, amazingly around 90 per cent of the nervous system is under the control of the brain.







The cranial bones move in a gentle, synchronised way to accommodate the expansion and return of the brain’s fluid system. This fluid system stretches from the head to the pelvis nourishing our organs and balancing nerve activity. Trauma to this mechanism can result in a variety of physical ill health symptoms. This fragile and complex system can also be affected by birth trauma, blows to the head, dental occlusion problems and even stress.

Kenku helps to balance, regulate and maintain this vital system to complement the other levels of Amatsu.

The Amatsu Orthopath Title is offered post assessment by the ATA/AOA (Amatsu Therapy Association/Amatsu Orthopath Association) – Externally verified by National Register with the GRCCT and Registered by TM to the ATA/AOA.

## THE ASSESSMENTS

**Pre study** – material to be learned prior to each class which will be quiz tested

**Homework** – research to be conducted in a timeframe after each class

**Case study** – logged treatments to be submitted for inspection at predetermined times

**Summer log** – logged revision and practice over direct learning recess.

**Annual submitted project** - presentation or submission on a topic chosen by tutor

## THE EXAMINATION

Each year is concluded with 3 examinations.

AMATSU THEORY	(WRITTEN)	3HOURS
ANATOMY & PHYSIOLOGY	(WRITTEN)	3HOURS
AMATSU PRACTICAL	2 TREATMENT DEMONSTRATION	



# THE COMMITMENT

## To Anma Practitioner

### Anma

- 8 Weekends of direct learning
- 1 Weekend of examinations
- 10+ Hours per week of study & peer study group practice
- Submission of case study logs, homework, project.

## To Amatsu Practitioner

### Seitai

- 7 Weekends of direct learning
- 1 Weekend of examinations
- 10+ Hours per week of study & peer study group practice
- Submission of case study logs, homework, project.

## To Senior Practitioner

### Shinden

- 6 X 2 day blocks - weekends (Ireland)
- 1 X 4 day block - fri to mon (UK – with dennis bartram)
- Examination and assessment from dennis bartram
- Submission of case study logs

## To Master Practitioner – Amatsu Orthopath (licenced)

### Kenku

- 6 X 2 day blocks - weekends (Ireland)
- 1 X 4 day block - fri to mon (UK – with dennis bartram)
- Examination and assessment from dennis bartram
- Submission of case study logs





## THE TUTORS

### Seán Beakey



Sean has been involved in oriental clinical practices for over 25 years. His related skills and experience extend across a vast range of areas. A qualified Amatsu Sekkotsu Orthopath and chief tutor of Amatsu - trained under Dennis Bartram. Sean holds qualifications in Shiatsu, Aromatherapy, various massage techniques and is a Reiki master.

In addition, Sean is a fully qualified Personal Trainer, Fitness Instructor, Team Coach, Expert in Martial arts and has lectured on multiple courses qualifying individuals in a range of health and fitness arenas.

Sean holds seminars in Health & Life Management, Nutrition Management, Movement, Posture & Alignment and regularly features as a guest speaker and consultant expert on related topics in the media arena.

Due to Sean's extensive career in the Health, lifestyle, fitness and wellness arena his ability to relate to students and portray the subject matter is second to none. Boosted with a practitioner license in Neuro Linguistic Programming, modular studies in Psychology and behavioral science, Sean brings a wealth of knowledge and experience to his presentation which leaves the student feeling informed and catered for.

Sean is the owner operator of Daghda Amatsu Injury Clinic and hosts a clinic in Kimmage - Dublin - Ireland. Sean's extensive client lists extend from the lady, gentleman & child who require assistance in their recovery from an ailment or condition. To Ireland's A list celebrities and sports stars. Sean has performed as physical trainer and injury consultant for several GAA club teams including the Dublin, Leitrim & Longford County Teams, Club basketball, cycling teams, martial art clubs, etc. and welcomes new associations and groups to Amatsu all the time. Sean believes that Amatsu is a way of thinking, behaving, living and in particular moving. He delights in sharing his insights with both clients and prospective Amatsu Orthopaths.





## David McCarthy



David has been involved in Amatsu Therapy since 2000. He has been running a very successful clinic since, with over 30,000 treatments to date. His vast clinical experience in treating a variety of ailments through the years is demonstrated in his teaching. David is very passionate about Amatsu and he believes it is important for him to keep educating himself. He regularly travels around the world to improve his skill set for the benefit of his 3500+ clients and Amatsu students.

David has taught beside Dennis Bartram (Principal Teacher and Researcher of Amatsu in the world) for four academic years now and has benefitted extensively in relation to his own teaching practices.

David's strength as a teacher is his ability to digest technical information and to break it down through clear bite size explanation. David is patient and non-judgemental & will give time to all students as they need throughout the course. He is an expert in muscle testing (Applied Kinesiology) and all techniques of Amatsu through his knowledge, expertise, qualifications in a variety of fields.

David is also qualified as a Fitness Instructor, Personal Trainer, Exercise and Fitness Coach, Massage & Sports Massage, Sports Therapy, N.L.P practitioner, Sports Nutrition, Reiki & Train The Trainer, as well as partaking in many additional workshops throughout the years, such as Feldenkrais, Advanced Massage techniques, Trigger Point Therapy, Muscle Energy Techniques and Fitness for Golf.





## THE VENUE

**Citywest Hotel, Conference Centre,  
Saggart Co. Dublin**

Tel: +353 (0)1 401 0500

Email: [info@citywesthotel.com](mailto:info@citywesthotel.com)

The room is spacious and well aired and natural light greets you on two sides. There is water available in the room and full professional catering services in the hotel or associated bar. You can explore the City West Complex on the following link.

<http://www.citywesthotel.com/index.html>





## DENNIS BARTRAM

My journey began in 1969 when I qualified in Swedish remedial massage. This introduction to the complexities of the human body inspired me to further my studies and, in 1974, I studied remedial sports massage and manipulative therapy. I then went on to qualify as an Osteopath in 1984.

Over the next 10 years I attended many seminars on osteopathic and chiropractic techniques. At that time some research was presenting the idea that the standard thrust manipulative techniques of osteopathy may not be necessary.<sup>1</sup> This research fascinated me as it was a less forceful approach and also seemed kinder to the body. These gentler techniques utilised body positioning and the tensegrity of the tissue to facilitate the correction. One of the eminent researchers at this time was Dr George Goodheart, a chiropractor, who studied and utilised eastern methods of therapy and from these theories he developed new physical techniques to match the criteria. From a basis of ancient Chinese meridian theory, he developed a series of muscle tests that correlated with the diagnostic method of pulse diagnosis used in acupuncture. This was to form the basis for Applied Kinesiology (AK) which he originated in 1964.<sup>2</sup>

These AK muscle tests soon became a reliable and empirical backdrop to enable a deeper understanding of the links between eastern and western thinking. Goodheart also demonstrated the effectiveness of the AK muscle testing techniques as a reliable form of diagnosis and post checking of a treatment's effectiveness. This groundbreaking research and the evolution of new techniques firmly based on ancient fundamentals sparked my interest in eastern methods of therapy and lifestyle.

In the 1970s I had also begun to study Japanese karate. During my studies, I discovered many of the Japanese masters of karate were also doctors of Japanese medicine. In 1985 I began to study an ancient form of Japanese warrior principles. The grandmaster of this school was Dr Masaaki Hatsumi who was the holder of ancient scrolls of nine schools of martial arts and a school of ancient medicine.

I initially met with Dr Hatsumi when he came to England for the first time in 1986 to demonstrate his martial arts principles. Although his martial skills were amazingly effective, another quality shone from him. He was gentle and his body movement was graceful. He seemed to have

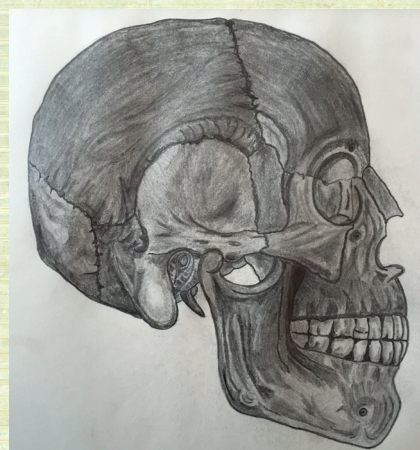




plenty of time to evade attacks made on him during demonstrations and seemed to float as he walked through various techniques.

I watched in awe as a man 20 years my senior worked with ease and fingertip precision to lock his opponents in tangled body configurations. I then learnt that this man practised as a therapist and this made me think seriously as to his methodology. As he practised martially, he would say “Budo... [martial] and medicine are the same!” He told us to study and learn from nature and that natural movement was all that was required to maintain health and to defend oneself effectively in combat.<sup>3</sup>

That day in 1986 changed my outlook forever. I had found my mentor, a man who practised my hobby and my occupation and described them as being one. I changed from hard, physical, disciplined karate techniques to a softer, evasive body defence method. This also influenced my decision to stop practising the standard manipulative osteopathic method and study Dr Hatsumi’s natural movement approach.



I utilised body positioning and gentle movement into my practice methodology and I began to get the results I wanted from this amazing body orientation approach. In 1995, I went to visit Dr Hatsumi to ask for guidance and the opportunity to demonstrate these principles to him. He was impressed with my progress and started to teach me on a one to one basis. He then granted me the Menkyo Kaiden (full teaching rights) of the ancient school of Hichi Buku Goshin Jutsu Ryu.

In addition, during the 1970s, Dr Oschman PhD, began to study the effects of pressure on the tissues of the body. His breakthrough in cellular make-up led to a new understanding on the evolution and makeup of body tissues. It also demonstrated the scientific basis for the interconnectedness and continuity of all parts of the living organism.<sup>4</sup> This was another valuable piece of the puzzle in my quest for Dr. Hatsumi’s natural movement principle.

Also in the 1970s Dr Stephen Levin conceived of the ‘Law of Tensegrity’ entitled biotensegrity. This law states that the body is a tensegrous structure, implying that the soft tissues of the body provide tension and the bones and incompressible fluids in the body compartments provide compression.<sup>5</sup>





He describes the body as: “A soft tissue entity, with local bony spacers rather than a hard tissue entity with soft tissue motor units”.<sup>6</sup>

Hence the laws of physics and tensegrity created a base of evidence to support the concept that correctly angled and controlled pressure could change the nature of the body's soft tissue when it is in trauma. The common denominator between this western scientific research, and the ancient eastern art of healing in which Amatsu has its roots is that Dr Hatsumi utilises both martially and clinically a pressure

technique described in Japanese as San kaku jime.

This tactile pressure (San kaku jime), when applied to the body's soft tissue, allows the practitioner to engage with the soft tissue without resistance and initiate movement at an injury site, in order to release spasms and restrictions around the joints. It also reconnects proprioception to the previous injury site as part of its protocol. Proprioception is the body's internal sense of the physical self and a 'knowing' of where all parts of our body are at any time. It is essential to rehabilitation, whilst also accelerating the body's balance to movement and healing.<sup>7</sup>

I originally coined the phrase 'Active Balance' as the name of my clinic as it described the link between movement integration and well being and in 1989 I wrote a book called Active Balance: Body-Mind Integration for client's home rehabilitation. I have written several articles on the nature of our upright evolvment and its maintenance in health and longevity and am a contributor to the Biotensegrity Information Group, which presents papers annually in order to further research into biotensegrity and health. I have actively taught therapeutic principles since 1986, and from 1995 headed Amatsu therapy schools to teach both practitioners and teachers the art of Amatsu, thereby initiating a network of Amatsu practitioners spanning England and Ireland.







## WHY THIS COURSE

THE ONLY COURSE COMPOSED OF THE FULL AMATSU SYLLABUS WITH ALL 4 LEVELS.

FULLY REGISTERED, REGULATED, RECOGNISED SCHOOL AND QUALIFICATION.

THE ONLY SCHOOL WITH RECOGNITION FROM MR. DENNIS BARTRAM.

**ATA/AOA & National Register GRCCT APPROVED.**

DIRECT TUTORING FROM THE 2 MOST SUCCESSFUL AMATSU PRACTITIONERS IN IRELAND SEÁN BEAKEY & DAVID MCCARTHY WITH GUEST PRESENTATION EXCLUSIVELY BY MR. DENNIS BARTRAM.

DIRECT ROUTE FROM STUDENT TO PRACTICING AMATSU ORTHOPATH™

**THE ONLY SCHOOL IN IRELAND WHICH CAN GRANT YOU ORTHOPATH STATUS FROM THE ATA/AOA & GRCCT**

MOST COMPREHENSIVE AMATSU COURSE – HIGHEST LEVEL OF RECOGNITION – BEST POST GRAD CLASSES





## COURSE DATES

19-20	JAN 2019	MOD 1-2
09-10	FEB 2019	MOD 3
09-10	MARCH 2019	MOD 4
27-28	APRIL 2019	MOD 5
18-19	MAY 2019	MOD 6
07-08	SEPT 2019	MOD 7
12-13	OCT 2019	MOD 8
16-17	NOV 2019	EXAMINATION
31-01	NOV /DEC 2019	ORTHOBALANCE



## APPLICATION & FEES

**Course Investment €3950 – PER YEAR**

Online Transfer Preferred

Narrative = Initial & 2<sup>nd</sup> Name and year of course.

Eg. Peter O’Toole – P.O’Toole19

## BANK DETAILS

**IBAN** IE20AIBK93339227879079

**BIC** AIBKIE2D

**A/C NO.** 27879079

**NSC** 933392

**Cheques Payable - DAGHDA SYNERGY**

**Post to**

Daghda Synergy, 104 Sundrive Road, Kimmage,

Dublin, Ireland, D12 R7W1

**Full course fees are required so you may to take your place in the final examinations.**

Payment Options. – note a financial contract will be required on any financial option other than full payment on successful application.



**ONCE YOU HAVE BEEN OFFERED A PLACE ON THE COURSE AND YOU HAVE ACCEPTED YOUR PLACE THE FINANCIAL OPTIONS ARE AS FOLLOWS.**

**OPTION 1.**

On confirmed successful application €3950.00

**OPTION 2.**

On confirmed successful application €1950.00

Instalment First Weekend of Course €2000.00

**OPTION 3.**

On confirmed successful application €1000.00

Instalment 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Weekend of Course €1000.00

**OPTION 4.**

On confirmed successful application €1000.00

Instalment 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Weekend of course €620.00

**ALL INSTALMENT PLANS WILL BE PAID DIRECTLY TO THE BANK**

**Please note that THIS IS A 4 YEAR PROGRAMME - You are required to commit to attending and financing the first 2 years Anma and Seitai.**

