

BOOKING FORM

Name.....

Qualification.....

Address

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Postcode

Telephone.....

Email:

Each 2-day weekend, to include module notes and morning and afternoon refreshment:

ICAK-UK Members **£225.00**

Non-members **£250.00**

Repeat Course Participants **£175.00**
(of a Basic Course taught by Tracy S Gates)

10% discount for payment of the entire course in advance.

Please register by **FRIDAY 23rd DECEMBER** and send your payment (*non-refundable, excepting cancellation of the course by ICAK-UK*) to:

Administrator - Basic A.K. Course
Weald House
Worthing Road
Southwater
West Sussex RH13 9JB

Cheques made payable to: **T S GATES**

Further Enquiries:

Tel: 01403 730342

Email: admin@purebio.co.uk

Dates of the ICAK Modules 2012

Venue: Weald House SOUTHWATER, Nr Horsham, WEST SUSSEX RH13 9JB

SEMINAR TIMES

SATURDAY 10:00AM TO 6:00PM - SUNDAY 9:00AM TO 4:00PM

2012

January 14-15

I - THE DYNAMICS OF AK EVALUATION

The art of precise muscle testing—the importance of stabilisation, positioning, resistance direction and velocity. The proprioceptive model of muscles & muscle testing and developing proprioceptive skill as an amateur. Subluxations & Fixations. The practical testing of main muscles.

February 11-12

II - INTRODUCTION TO VISCERA AND THE EMOTIONS

Emotional stress release & Psychological Reversal. Retrograde lymphatics. Aerobic/anaerobic muscle function. Ileocaecal valve. Diaphragm. Cardiovascular system. Digestion. Neurological organisation and cortical dominance. The testing of more basic muscles.

March 10-11

III - EVALUATION OF STRUCTURAL IMBALANCES

The importance of searching for the weak muscle pattern. Pelvic categories. Sacral & iliac fixations. Disc lesions. Foot pronation and Gait testing. Muscle lesion patterns related to the golgi apparatus, fusi cells, fascia and trigger point problems.

Mar 31-Apr 01

IV - ORTHOMOLECULAR PRINCIPLES IN AK

The role of vitamins and minerals. Acid and alkaline metabolic states. Macro vs micro nutrients and AK testing. Essential Fatty Acids. Prostaglandins and their role in almost everything. Homocysteine; and the cholesterol myth.

The first three modules of this course will form much of the content of the Basics of Applied Kinesiology under the proposed re-structuring of the education of Applied Kinesiology leading to a Diplomate status. This re-structuring is currently being undertaken by the International Educational Council (IEC) of the International College of Applied Kinesiology (ICAK).

Following this basic education, the proposed format is a modular learning system which will fall under various categories: such as biomechanical, orthomolecular, visceral, sports specific etc; allowing the practitioner to follow an education most relevant to his or her practice and profession. The fourth module of this course will therefore create an introduction into the modular system.

AT THE END OF THE COURSE:

Attendance certificates will be issued at the end of the course and the hours covered will contribute to your ongoing education in Applied Kinesiology under the new educational system, so that there will be no requirement to repeat the topics already covered.

Upon completion of all four modules you will be entitled to associate membership within ICAK-UK, specifically described as a student of AK, until such time as your total hours of AK education exceed 100. (Current annual dues are £80.00)

ABOUT THE COURSE

This is a clinically relevant and powerful course of study that will expand the diagnostic skills of the young as well as the experienced practitioner.

In each of the four modules, innovative procedures will be combined with fundamental concepts in AK, so that difficult or more complicated patients may be better evaluated from the very start of your training.

This course has been designed for the thinking practitioner. Those who are or have been searching for the missing tools needed to understand difficult diagnostic situations need search no further:

In a step-by-step learning curve, each session will introduce an ever-increasing number of guiding principles that lead the practitioner to metabolic, structural and / or emotional therapeutic input.

Why, when, where and how to treat are the basic needs of every practitioner—the Fundamentals Seminar Series will provide the necessary tools to achieve these skills!

The International College of Applied Kinesiology - UK

The International College of Applied Kinesiology (ICAK) is an organisation dedicated to furthering the knowledge of health care professionals in Applied Kinesiology (AK).

AK is a totally dynamic method that allows a more complete evaluation and treatment of the structural, biochemical and mental aspects of dysfunction in a patient.

It employs manual muscle testing as a complement to other methods of diagnosis, enabling the practitioner to assess the unique needs of each patient.

AK is a valuable clinical tool for chiropractors, osteopaths, physiotherapists, medical practitioners and dentists.

Tracy S. Gates is a registered osteopath of 25 years standing.

Having practised for several years using osteopathy and cranial osteopathy, she studied Applied Kinesiology, successfully achieving her diplomate status in 1994.

As part of her diplomate she made a research study into the use of AK in treating Special Needs children. The research was further backed up by a period of time spent at the Peto Institute in Budapest; as well as study at the Institute for Research into Human Potential in Philadelphia.

Today, Tracy lectures in the UK and throughout Europe. She makes regular presentations of her ongoing research at various conferences in Europe and the USA. She is currently involved in working with and treating athletes competing at an international level.

Tracy is Vice-Chair of the International Committee (I.C.) of ICAK, Secretary of the International Educational Council (IEC) and the International Representative for ICAK-UK.



“AK has opened my eyes to so many potential areas of dysfunction that I would not have considered with only a structural education. It will change the way I work—Tracy, you are an inspiration!” *Ezra Levy MRCP.*

“For those wanting to understand and treat the underlying cause of patients' symptom patterns this course covers everything. Tracy's obvious deep wealth of knowledge and clear presentation style really animates the subject matter - with plenty of demonstrations and supervised practical to appreciate the intricacies of this work.” *Matt Bourne D.O.*

General Practitioners will find that Applied Kinesiology opens up exciting diagnostic and therapeutic possibilities in the day to day practice of medicine. Tracy's course is both relevant and useful, I recommend it to all GP's.

Michael O'Beirne M.B., M.R.C.G.P.



INTERNATIONAL COLLEGE
OF APPLIED KINESIOLOGY UK

2012

**ICAK-UK
presents:**

The Fundamentals of Applied Kinesiology

with

Clinical Applications

**- an accredited Basic Course of the
International College of Applied
Kinesiology—ICAK**

Lecturer:

Tracy S Gates D.O., DIBAK