

## BOOKING FORM

Name .....

Qualification .....

Address .....

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Postcode.....

Telephone .....

Email:.....

**Cost:** 1st weekend: remaining weekends:

ICAK-UK Members           **£225.00**           **£1575.00**

Non-members               **£275.00**           **£1925.00**

Repeat Course Participants   **£200.00**           **£1400.00**

*(of a Basic Course taught by Tracy S Gates)*

*Balance for remaining weekends to be paid at the end of Module 1. A 10% discount applies for payment of the entire course in advance.*

Please register by 19 August 2016 and send your payment for the first weekend's module or entire course (**non-refundable**) to:

**Administrator - Basic A.K. Course**

**Weaverswood**

**Storrington Road**

**THAKEHAM**

**West Sussex RH20 3ED**

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

**Please telephone or email to pay by credit/debit card or bank transfer:**

**Tel: 07903 112088**

**Email: [tracysgates@gmail.com](mailto:tracysgates@gmail.com)**

## Dates of the ICAK Modules 2016 - 2017

**Venue: Hilton London Gatwick, South Terminal Gatwick Airport, Gatwick RH6 0LL**

### SEMINAR TIMES

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

#### 2016

September 10-11

#### 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.

October 8-9

#### 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.

November 5-6

#### 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.

December 3-4

#### 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.

#### 2017

January 7-8

#### V - GLANDULAR/HORMONAL

Analysis of the endocrine system and the dynamics of glandular interaction. Evaluation of the pituitary, thyroid, adrenals, pancreas and reproductive system; and the use of AK to diagnose and treat the endocrine system as a whole entity.

February 4-5

#### VI - A RETURN TO STRUCTURE—STOMATOGNATHIC I

The cranium and craniosacral diagnostic principles and treatment. Classification of lesions. Review of the pelvis.

March 4-5

#### VII - STOMATOGNATHIC II & PERIPHERAL JOINT DYSFUNCTION

The TMJ & Hyoid. Tooth proprioception. Neurological tooth. Bite plates and splints. Peripheral joint dysfunctions and peripheral joint muscles.

April 1-2

#### VIII - THE ACUPUNCTURE MERIDIAN SYSTEM

Introduction to the Meridians and using AK for evaluation and treatment of the Acupuncture system. CLINICAL COMPETENCE TEST.

#### AT THE END OF THE COURSE:

Upon completion of the entire basic course and test of Clinical Competence, you will be entitled to one year's free membership within ICAK-UK (current annual dues are £90.00)

## 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 eight modules, advanced 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!*

**At the end of the course** you will also be entitled to take the test of 'Clinical Competence'. The cost of the test is £30.

### 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 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.**

Visit [www.icak.co.uk](http://www.icak.co.uk) for more information

**Tracy S. Gates** is a registered osteopath of 30 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 backed up by a period of time spent at the Peto Institute in Budapest; and study at the Institute for Research into Human Potential in Philadelphia.

Today, Tracy lectures in the UK and throughout Europe. She is Secretary of both the International Committee and the International Educational Council of ICAK.



Karen Willis is a Registered Osteopath and Naturopath, practicing in London since 2005. She studied Applied Kinesiology with Tracy Gates in 2006, and has organised UK courses in Professional Applied Kinesiology since 2008.

She obtained her diplomate status in 2014, which included research papers in Naturopathic treatment of Digestive Disorders and Injury Recall Technique. She also holds a degree in Biochemistry, and has worked in the fields of genetics, cancer research and disease diagnostics.

Karen is the current Chair of the ICAK UK chapter.



*“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.*

*“This course is essential to all those who want to help their patients beyond simple structural problems and understand true holistic health”*  
*Dr Anne French D.C.*



INTERNATIONAL COLLEGE  
OF APPLIED KINESIOLOGY UK

## 2016-2017

**ICAK-UK presents:**

# The Fundamentals of Applied Kinesiology

with

**Advanced Clinical Applications**

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

**Sponsored by:**  
*(UK suppliers of Pure Encapsulations  
nutritional supplements)*  
[www.purebio.co.uk](http://www.purebio.co.uk)



**Lecturers:**

**Tracy S Gates D.O., DIBAK  
Karen Willis D.O., DIBAK**