

## BOOKING FORM

*Please note a completed application form  
is required in all instances*

Name .....

Qualification .....

Address .....

.....

.....

Postcode .....

Telephone .....

Email: .....

### COST:

Both 2-day weekends to include module notes and morning and  
afternoon refreshment:

Non Members                **£650.00**

ICAK-UK Members        **£575.00**

Repeat Participants       **£550.00**

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

Please register and pay by 16 December 2022  
**(Payment is *non-refundable*, other than due to  
cancellation of the course by ICAK-UK )**

**Cheques, payable to T S GATES to be sent to:**  
**Administrator - Core Fundamentals A.K. Course**  
**Weaverswood**  
**Storrington Road**  
**THAKEHAM**  
**West Sussex    RH20 3ED**

**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 Core Fundamentals Course 2023

**Venue: Hotel Sofitel, North Terminal, Gatwick Airport RH6 0PH**

### **SEMINAR TIMES:**

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

### **2023**

**January 28-29**

#### **I - THE DYNAMICS OF AK EVALUATION**

The art of precise muscle testing—the importance of stabilisation, positioning, resistance, direction and velocity

Manual muscle testing—terminology and science; and developing muscle testing skills as an amateur

Subluxations & Fixations

Pelvic categories

The practical testing of main muscles

**February 25-26**

#### **II - INTRODUCTION TO VISCERA AND THE EMOTIONS**

Introduction to the craniosacral mechanism.

Adrenal stress and the emotions.

Lymphatic system. Ileocaecal valve. pH balance.

Essential Fatty Acids and their role in almost everything

The testing of more basic muscles.

At the end of the two modules, should you wish to continue  
your education in AK, you will be able to enrol on the five  
weekend Foundation course, commencing in October 2023.  
Your attendance at the Core course will exempt you from  
Foundation modules 1 and 2.

Once you have made payment and completed a booking form, you will be registered on  
the course and will receive a receipt and a welcome letter with full details about the course,  
plus T&C's.

Free parking and special B&B rates have been negotiated at the Arora for the course—full  
details will be included in your welcome letter.

## ABOUT THE COURSE

This course is an exciting new opportunity to learn the absolute fundamentals of Applied Kinesiology (AK), focusing on muscle testing skills and a handful of techniques that will allow you to integrate AK quickly and easily into your existing practice.

The course is specifically designed for both those who may feel that the five weekend course is more information than is appropriate for their existing clinical environment; as well as for those who are looking for a basic entry-level education of AK which can feed into the full course at a later date if they wish.

This course is 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: Each session will introduce a practical 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 Core Course will provide the necessary tools to achieve these skills!

## ICAK-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.

Tracy S. Gates qualified as an osteopath 36 years ago, and qualified as a homeopath in 2017. She is a member of the Institute for Functional Medicine.

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, Russia and throughout Europe. She makes regular presentations of her study projects and ongoing research at various conferences in Europe and the USA.

Tracy is the current Past-Chairperson of the International Council (I.C.) of ICAK, and is also the International Representative for ICAK-UK. In 2017, Tracy was awarded the prestigious **George Award**—the highest award within ICAK – for her tireless work within the organisation.



“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 definitely change the way I work!” *Ezra Levy MRCP.*

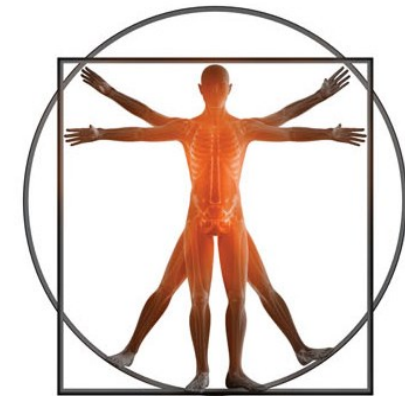
“For those wanting to understand and treat the underlying cause of patients' symptom patterns this course covers everything. Tracy's obvious deep wealth of knowledge and clear presentation style really animates the subject matter - with plenty of demonstrations and supervised practical to appreciate 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.  
General Practitioner, Galway*

# ICAK

INTERNATIONAL COLLEGE  
OF APPLIED KINESIOLOGY UK



**2023**  
ICAK-UK presents:

## The Core Fundamentals of Applied Kinesiology

a TWO WEEKEND accredited  
Course of foundational material

Approved by the  
International College of Applied  
Kinesiology—ICAK

Lecturer:  
**Tracy S Gates D.O., DIBAK, L.C.P.H.**

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