

Muscles

Supraspinatus
Pectoral Major Clavicular (PMC)
Psoas
Latissimus Dorsi (Lats)
Anterior Deltoid
Quadriceps (Quads)
Tensor Fascia Lata (TFL or FL)
Pectoral Major Sternal (PMS)
Teres Major
Subscapularis
Deltoids – Middle and Posterior
Sartorius
Teres Minor
Gluteus Medius
Sacrospinalis
Levator Scapulae
Neck Muscles
Hamstrings
Piriformis
Upper Trapezius
Abdominals
Quadratus Lumborum (QL)
Infraspinatus
Iliacus
Pronator Teres
Supinator
Opponens Pollicis Longus (OPL)
Rhomboids
Brachioradialis
Adductors
Peroneus
Tibials
Subclavius
Anterior Serratus
Pectoralis Minor
Popliteus
Lower and Middle Trapezius
Coracobrachialis
Gastrocnemius
Gracilis
Soleus
Gluteus Maximus

Techniques

Neuro Lymphatic Points
Neuro Vascular Points
Introduction to Meridians
Concept of Strong Indicator Muscle
Cross Crawl
Dealing with and testing for Dehydration
Emotional Stress Release - ESR
Techniques to aid Learning Difficulties
Visual Inhibition
Introduction to MEI/Tonification points
Pulse Synchronisation
Energetic Switching
Diaphragm Breathing
Fears and Phobias
Gaits and Figure 8 Energies
Self-talk and Balanced Affirmations
Pause Lock
Emotional Tissue Memory Scanning
Checking for Priorities
Chinese Five Elements / Wrist Pulses Under Energy
Food Testing and Protein / Mineral Test
ESR Past Present and Future
Hypertonic muscles
Breast Congestion
Realms Finger Modes
Thymus Tap
Fix in Motion
Fixations Piriformis, Psoas Hamstrings,
Pulling it all together
Testing multiple supplements
Music and stress relief
Pause Lock Stacking and Two Pointing
Emergency Modes
Contact Locating – skin / pain / joints
B&E points
Surrogate Testing