

From the introduction to the Ampuku Zukai:

(Kindly offered for reading by Philippe Vandenabeele. Translation of Shinsai Ota introduction).

Since *ampuku* is not a skill that should be learnt or taught in haste, I could only treat a few patients a day. I wrote them down, and added accompanying illustrations. I published the manual to everyone, to ease the suffering of those afflicted with illness. If women and girls could easily learn these techniques, they would be able to treat their elderly parents, be blessed with the gift of children and live a full life, as well as raise their adorable children and grandchildren; blessing all generations in the family, and one could even say, the entire world.

Oh, how wonderful if even a tiny part of this ideal would become reality.

Ampuku technique from the Ampuku Zukai:

Kōki (Technique No. 4 – Push down rebellious *ki* in the arteries)

Apply pressure on the left and right “Celestial Pivot” acupressure points with your left thumb and forefinger, as depicted. Then, with your right thumb and forefinger, push down on each pair of acupressure points starting from “Not Contained” all the way to the “Celestial Pivot” as the patient exhales. Repeat the process several times.



Diagram: (In Descending Order)

- ST19 – Not Contained
- ST20 – Assuming Fullness
- ST21 – Beam Gate
- ST22 – Pass Gate
- ST23 – Supreme Unity
- ST24 – Slippery Flesh Gate
- ST25 – Celestial Pivot

