

Rubrics - Shiatsu I

Name _____

PROFESSIONALISM

Grade _____

Date: _____

Time Management

5	4	3	2	1
Uses full hour appropriately for the Kata + head, neck, shoulders, hands and feet.	Session short on appropriate work or long by 5 minutes	Session short on appropriate work or long by 10 minutes	Session short on appropriate work or long by 15 minutes	Session short on appropriate work or long by more than 15 minutes

Uniform-sheet-towel

5	4	3	2	1
Official shirt, blue pants White socks, sheet and towel All clean and complete. Well-groomed	1 item not correct, but clean	1 item not clean, uniform complete	Uniform not complete or no sheet. More than 1 item not clean	Not in uniform or no sheet or both very dirty

ACCURACY

Sequence + Completeness

5	4	3	2	1
Student follows the complete and appropriate sequence of kata	Student makes one mistake in sequence or completeness of Kata	Student makes more than 1 mistake in the sequence or completeness of Kata	Student makes more than 1 mistake in the sequence + omits meridian(s)	Student misses the appropriate sequence + omits meridian(s)

Meridians

BL - KI - ST - SP - LU - LI - LR - GB - HT/PC - SI/TE

5	4	3	2	1
Student follows all pathways accurately	1 meridian pathway is not accurately palmed or thumbed	2 meridian pathways are not accurately palmed or thumbed	3 - 4 meridian pathways are not accurately palmed or thumbed	None of the meridian pathways are accurately palmed or thumbed

Direction of flow

BL - KI - ST - SP - LU - LI - LR - GB - HT/PC - SI/TE

5	4	3	2	1
Student addresses each meridian in appropriate direction of flow	appropriate direction of flow in most meridians	appropriate direction of flow in some meridians	inappropriate direction of flow most meridians	inappropriate direction of flow for all meridians

Tsubos

BL - KI - ST - SP - LU - LI - LR - GB - HT/PC - SI/TE

5	4	3	2	1
Student is accurate in locating or working the tsubos	Not accurate in locating or working tsubos on 1 meridian	Not accurate in locating or working tsubos on 2 meridians	Not accurate in locating or working tsubos on 3 - 4 meridians	Not accurate in locating or working tsubos on more than 4 meridians

TECHNIQUES

Positioning of the practitioner to have access to the meridians

5	4	3	2	1
Student positions self optimally to address all meridians	Not in optimal position for one meridian	Not in optimal position for two meridians	Not in optimal position for 3 - 4 meridians	Not in optimal position for any of the meridians

Positioning of partner's body

BL - KI - ST - SP - LU - LI - LR - GB - HT/PC - SI/TE

5	4	3	2	1
Student properly positions partner to have best access to meridians worked	Best access to all but one meridian	Best access to all but two meridians	Best access to all but 3-4 meridians	Not good access to any of the meridians

Stretches

5	4	3	2	1
Student executes stretches appropriately and safely for each element in the Kata	Execution not always safe or appropriate, or misses an element	Execution not always safe and appropriate, or misses several stretches	Execution not always safe and appropriate, and misses a lot of the stretches	Execution not safe and not appropriate, or didn't do any stretches

BODYMECHANICS

HARA

10	8	6	4	1
Student keeps hara open, leans from hara, initiates movement from hara	Student works from hara most of the time	Student works from hara half of the time	Student works from hara occasionally	Student compresses hara, does not lean in from Hara, does not initiate from hara

For this and the following categories look in your Shiatsu Workbook, chapter "Basic Techniques"

Spine

10	8	6	4	1
Student keeps spine neutral, head erect, lower back straight	Student keeps spine neutral, head erect, lower back straight for most of the time	Head mostly in forward position or lower back too arched half of the time	Head forward + lower back too arched a lot of the time	Head forward + lower back arched all of the time

Shoulders

5	4	3	2	1
Student keeps shoulders relaxed, chest open	Student shows these qualities most of the time	Student shows these qualities but not consistently	Student shows these postural qualities only occasionally	Student keeps shoulders elevated, elbows extended, wrists overextended, thumbs extended

Elbows, Wrists, Hands, Thumbs

5	4	3	2	1
Student aligns elbows, wrists, hands and thumbs properly	Students uses proper alignment most of the time	Student is inconsistent in alignment of elbows, hands, wrists and thumbs	Student rarely aligns elbows, hands, wrists and thumbs properly	Student does not align elbows, hands, wrists and thumbs

CONNECTION

Tempo/Rhythm

5	4	3	2	1
Student has a steady tempo, appropriate to the client	Student loses tempo only once or twice	Students loses tempo repeatedly	Student does not have a steady and appropriate tempo most of the time	Multiple and inappropriate tempo changes

Focus

5	4	3	2	1
Student is attentive with all senses to client and actively engaged all of the time	Student is attentive with all senses to client and actively engaged most of the time	Student is attentive with all senses to and actively engaged with client some of the time	Student is distracted often	Student is distracted most of the time

Transitions

5	4	3	2	1
Student moves fluidly from one meridian to the next or from one side of the body to the other.	Student has 1 or 2 breaks in transition.	Student has 3 - 4 breaks in transitions.	Student has 5 - 6 breaks in transitions.	Student is not able to connect fluidly from meridian to meridian or one side to the other.

Listening

5	4	3	2	1
Student listens to partner consistently with hands and eyes, uses mother-son technique, adjusts technique if needed	Student listens to partner most of the time, uses mother-son technique. Adjusts to feedback.	Student listens to partner about half the time + adjusts accordingly. Uses mother-son technique some of the time.	Student listens to partner rarely and fails to adjust sufficiently. Does not use mother-son technique	Student applies techniques mechanically, not listening to partner. Does not use mother-son technique.

Miscellaneous (May include mu-point, sidelying, back zones or other)

5	4	3	2	1

