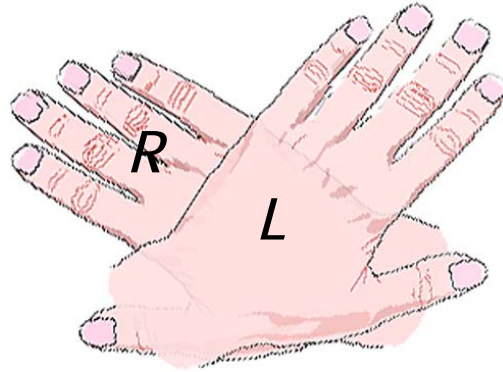


EMT Protocols - The KI Method®

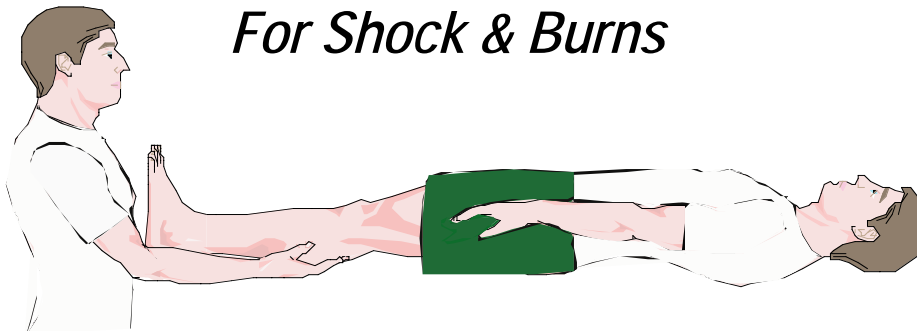
Provided For US Army

Stop Bleeding and Seal the wound (S&S)



Left hand **over** right hand as close to the wound as possible
Right hand **MUST** be placed down first!
Center of Palm is the focal point.
NO PRESSURE REQUIRED!

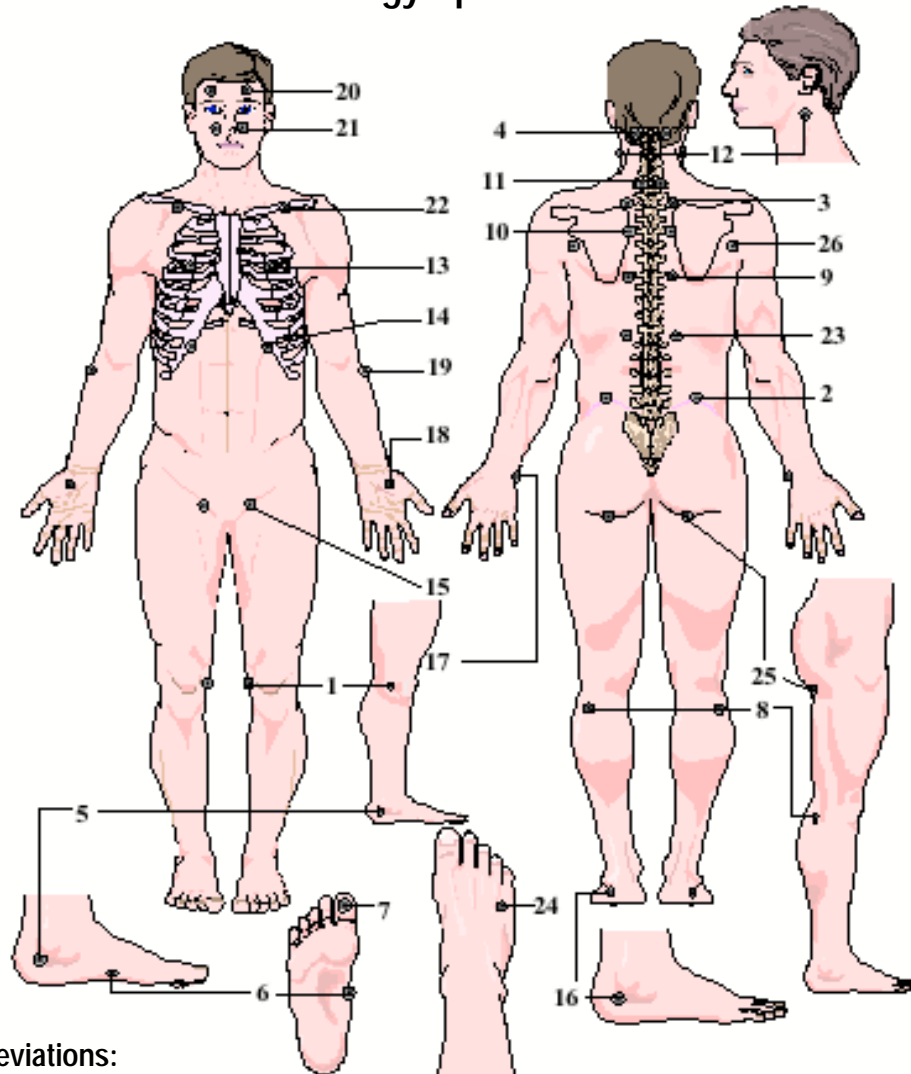
For Shock & Burns



Palming the Calves

Place left hand on right calf and right hand on left calf – No pressure.
Fingers are together (pointed towards head) and palms on largest part of the calves!

TKM® Energy Sphere Locations



Abbreviations:

ss = Same side of the body (example: 15ss6 = hold 15 & same side of body 6)

opp = Opposite side of the body (example: 3opp13 = hold 3 & opposite side of body 13)

L = Left hand (exception when a number follows: L5 = Left side of body 5)

R = Right Hand (exception when a number follows: R5 = Right side of body 5)

Center = midline of the body or median of the body

Both = hold left and right sides at same time or apply left side then right side

Note: Every application involves a position for each hand. All applications need 2 hands

Vital: Watches and batteries greatly inhibit effectiveness, esp. for acute situations.

Median Application

Alertness, Stamina and Immune Stimulator (Rejuvenation as well as Rest)

Preparation: Sit, stand or lay in a comfortable position. Optimal results: remove metallic objects and batteries from body.

Length of time: Hold each step a minimum of 4 -5 minutes, or up to 20 minutes if needed.

Application: Apply with pads of fingers (palm side) of index, middle, & ring to each location. Or, you may use all fingers (pads) for better contact.

Always hold two locations when applying any step, one with each hand.

Important: No Pressure necessary! In fact, it can inhibit the process. Only contact is needed.

When to apply: When possible, first in morning and last of the day. Although, it can be applied at any time.

Application Steps:

Procedure For the <u>Hands</u>	(to)	Locations On the <u>Body</u>
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step 1 Right fingers to Top center of Head
and Left fingers to Center of the Forehead
(above and between eyebrows)

step 2 Left fingers to Nose (Tip - light touch)
Note: Right remains on head until step 8.

step 3 Left fingers to Center of Collar Bone
(center on interclavicle notch)

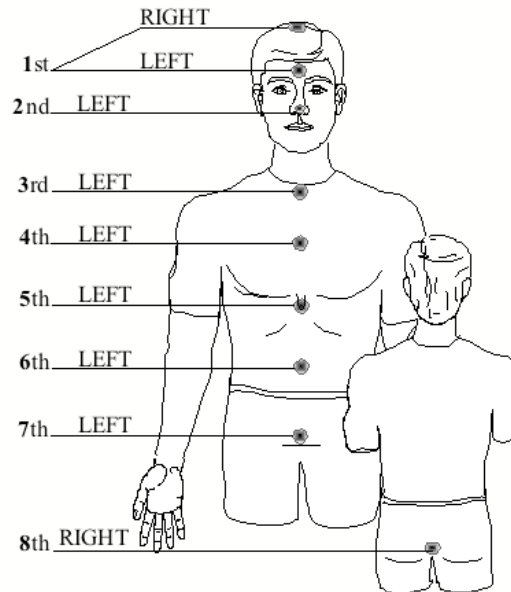
step 4 Left fingers to Center of the Chest
(on sternum at center of gladiolus)

step 5 Left fingers to Bottom of Sternum
(tip of sternum, ensiform or xiphoid appendix)

step 6 Left fingers to Umbilicus (Navel)

step 7 Left fingers to Center of Pubic Bone
(above & against top center of pubic bone)

step 8 Right fingers to Coccyx (tip of tail bone)
(Note: Left hand remains on step 7 during step 8)



Purpose for application: Stamina, strength, alertness, immune stimulator, Central nervous system, all organs, calms mental, stress, relaxes body, rejuvenate, helps healing process of all wounds, calms fear, insomnia, quick rest, strengthens, an excellent preventative procedure which helps most physical, mental and emotional functions.

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