

Fulford's Intermediate Percussion Hammer

Dr Richard KOSS D.O.

PRELIMINARY PROGRAM

Day 1

Welcome, introduction to the course, facility information

Class participation, techniques, spiritual practices, daily exercises, and self-care

Student's experiences with percussion hammer

Blue Sky vs. Green Sky world view

Evolution of spiritual Osteopathy

Commitment to rise to the next level

Goals

Overview of Basic, Intermediate, and Advanced concepts

Bill Doyle TED MED video

Field effect

Small group discussion with Dr. Koss

Cleaning and charging

Dr. Fulford exercises

Shrink Wrap

Breathing exercises, LBP Breath, Fulcrum of Breath

Vibration

Rhythmic Balance Interchange

Precipitate, Past-Present-Future

Splinter theory, Fish tank theory, cell phone theory, artist theory

Dr. Fulford's fulcrum

Table Time: Tube of water exercise

Magnet power point

Table Time: Magnets

Small group discussion with Dr. Koss

Blind Fold exercise

Transition Zone

Table Time: Shock release

Day 2

Questions, clarifications for understanding

Review of yesterday's concepts

Clear and charge

Fulford exercises, breathing

Percussion Hammer intermediate concepts

Percussion – Transition Zone

Red/Blue/Purple neutralization

Diagnosis

Physical body – energy body

Past, present

Delicate motion

Percussion of the knee, Basic review

Diagnosis, no physical motion, evaluation of Life Energy

Percussion hammer locations, adult and child

Percussion of the ankle/foot, Basic review

Diagnosis, no physical motion, evaluation of Life Energy

Percussion hammer locations, adult and child

Table time: diagnosis of knee, ankle, foot

Small group discussion with Dr. Koss

Percussion of the hip, Basic review

Diagnosis, no physical motion, evaluation of Life Energy

Use of triangles, body positions

Table Time: diagnosis of hip

Manipulation of lower extremity

Knee set

Triangle of lower extremity

Mental treatment of knee using past-present mental imagery

Day 3

Percussion of the pelvis, Basic Review
Diagnosis, subtle motion, evaluation of Life Energy
Lower linea alba shock release
Percussion 1)Standard points 2)Blockages
Sacrum/ Sacralcoccygeal changes
Ischium
PSIS

Table Time: Pelvis, sacrum
Lower linea alba shock release

Small group discussion with Dr. Koss

Percussion of the lumbar spine, Basic review, addition of Intermediate concepts
Diagnosis

Table Time: Lumbar spine

Dr. Fulford – Koss Power Point
Blue Sky People / Green Sky People

Video: Dr. Fulford treating a child
Discussion, Q&A

Percussion of the Thoracic Spine, Basic Review (no higher than C7)
Diagnosis, Basic and addition of Intermediate concepts

Percussion of the Diaphragm, Basic review
Diagnosis, Basic and addition of Intermediate Concepts

Day 4

Review
Treatment reactions
4 months to rewire your brain
Indications/Contraindications

Table Time: Thoracic spine, Diaphragm

Small group discussion with Dr. Koss

Percussion of hand, wrist, elbow, forearm
Percussion of Shoulder
Percussion of clavicle
Use of triangles
Diagnosis, Basic and addition of Intermediate concepts

Percussion of the Cervical Spine, Basic review
Diagnosis, Basic and addition of Intermediate concepts

Table Time: upper extremities, cervical spine, triangles

Percussion of cranium
Diagnosis, Basic and addition of Intermediate concepts
Deltoid recesses
Parietal ossification center
Manipulation

Percussion of Sternum, Basic review
First three cell divisions, establishment of XYZ axis
Diagnosis, Basic and addition of Intermediate concepts

Table Time: Cranium and sternum

Q&A

Distribution of Certificates

Final Adjournment