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The first time I saw Dr. Yoshiaki Sato, the KAATSU inventor, do KAATSU with a group of older women in 2001 at his office in Fuchu, Japan, I was enthralled. His patience and care in understanding each of his patients' needs and injuries were beyond admirable.

He listened intensely to his patients' explanations of their physical condition and he watched carefully how each patient reacted to the KAATSU Cycles that he applied with them. He took their blood pressure first and asked them a series of questions about their health.

He looked at the color of their skin while the KAATSU Air Bands were applied. He made sure his patients were well hydrated and comfortable at each step of KAATSU.

He asked his patients to move slowly and steadily and his focus was uninterrupted and intense.

He explained, "We aim to get them to have a KAATSU smile. That is, they come in with various aches and pains, and we use KAATSU to help them smile again. Once they have a big smile, I know I have helped them."

His approach completely changed my mindset about what was possible with KAATSU as a rehabilitation and training modality.

There is so much to learn from Dr. Sato. It is no wonder that he was knighted and promised to share KAATSU for the betterment of mankind.

With the goal of sharing Dr. Sato's mindset and know-how with the rest of the world, the employees and Specialists of KAATSU Global enjoy teaching KAATSU protocols to people of all ages, abilities and backgrounds.

This digital magazine is one means of sharing this information and various stories and experiences of KAATSU users with many others in the 32 countries where KAATSU is currently distributed.

Thank you very much for your interest and support.

Steven Munatones
Steven Munatones, CEO & Co-founder
KAATSU Global, Inc.
Huntington Beach, California, U.S.A.
Shuhari (守破離 in Japanese) is a Japanese martial art concept. It succinctly describes the three stages of learning to mastery.

"When I first saw Dr. Sato use KAATSU to enable the human body to heal itself, to perform effective and efficient rehabilitation, and to build muscle and increase vascular elasticity in creative and unique ways, I realized that he followed the concept of shuhari," observed KAATSU Global CEO Steven Munatones.

Shu or 守 means to protect or obey traditional wisdom. This is the stage where the fundamentals of exercise or rehabilitation are studied, and the protocols of improving human physiology or healing injuries are learned from experienced coaches, teachers, masters, physicians or medical practitioners.

Ha or 破 means to detach or break away from tradition. This is the stage where KAATSU Specialists look beyond what has been done before - and study the mechanisms of KAATSU.

Ri or 離 means to separate from the past. This is where KAATSU Specialists achieve their own goals in the areas of human performance, rehabilitation and recovery for users of various ages, abilities, conditions and backgrounds.

Aikido master Endō Seishirō shihan explained, "It is known that, when we learn or train in something, we pass through the stages of shu, ha, and ri.

In shu, we repeat the forms and discipline ourselves so that our bodies absorb the forms that our forebears created. We remain faithful to these forms with no deviation. Next, in the stage of ha, once we have disciplined ourselves to acquire the forms and movements, we make innovations. In this process the forms may be broken and discarded.

Finally, in ri, we completely depart from the forms, open the door to creative technique, and arrive in a place where we act in accordance with what our heart/mind desires, unhindered while not overstepping laws."
KAATSU Training is a method of training carried out with a suitably controlled blood flow. Special pressurizing equipment is attached to the tops of the arms (at the top of the biceps) or legs (at the top of the thighs) at a level of pressure appropriate for the individual, who then performs the required training or movement.

**What is KAATSU Training?**

**Before applying pressure**
- Peripheral resistance = 1.0
- Incorrect pressure

**While applying pressure**
- Peripheral resistance = up to 1.7
- Incorrect pressure

**Glossary**
- **Peripheral resistance**: The measurement index of the resistance to blood flow.
- **Precautions**: Exercise with standard levels of exercise intensity to avoid serious injuries, in particular, sudden or extreme decactions, changing it to a moderate level.
- **Free fatty acids**: Released from the breakdown of fat and oxidized into the blood.

**Key points of KAATSU Training**

**Point 1**
- Reducing blood flow with anything other than KAATSU belts is very dangerous. Always use the correct equipment.

**Point 2**
- The maximum location of KAATSU belts is at the top of the arms and legs. However, you should fill the belts to the arms and legs at the same time.

**Point 3**
- Filling KAATSU belts to have arm and shoulder muscle strength and overall fitness; focus on using light compression to avoid injury.

**Point 4**
- Increasing the pressure yourself is absolutely dangerous. The pressure should be set by a qualified coach.

**The main feature of KAATSU Training**

The main feature of KAATSU Training is that it produces an effect in a short time using extremely light loads. One KAATSU Training session takes 10-20 minutes and results appear within a short time.
The dilation and constriction function of blood vessels is increased and blood flow improves.

The blood that circulates the human body is sent from the heart to the aorta and then around the body. Blood from throughout the body is then collected in the veins and returned to the heart.

By applying pressure to the top of an arm or leg, through which large arteries and veins both pass, the flow of blood above the heart is temporarily reduced. When this happens, the brain senses danger and sends a message to the heart to increase blood flow. As a result, the volume of blood flow rises, blood reaches the most remote capillaries, and blood vessels dilate. Repeatedly applying and relieving pressure increases the number of capillaries, and this improves blood flow.

Glossary

*Capillaries*

The tiny blood vessels at the points where arteries become veins. Capillaries transfer oxygen and nutrients from arteries to tissues, and they accept carbon dioxide and waste products from tissues and carry them to veins.
Vascular endothelial cells become softer, restoring the elasticity of blood vessels.

Blood vessels harden with age and their ability to convey blood is weakened. In particular, the vascular endothelial cells that form the innermost layer of blood vessels play a vital role in keeping blood vessels healthy. These vascular endothelial cells produce nitric oxide (NO) which is involved in the constriction and relaxation (the degree of hardness or softness) of blood vessel walls and also regulates inflammatory cells in the blood vessel walls.

Clinical data shows that continued KAATSU Training rejuvenates and increases the number of vascular endothelial cells by facilitating the secretion of this nitric oxide.

**Glossary**

*Nitric oxide (NO)*

A nitrogenous compound formed in the body which has various functions. Nitric oxide is thought to be one of the working substances in vascular endothelial cells that make blood vessels dilate.
Fast muscle and slow muscle can be toned at the same time.

Muscle can be broadly divided into two types, fast muscle (*1) and slow muscle (*2). Normally they cannot be toned at the same time, because fast muscle requires high intensity training while slow muscle requires training continually and for longer periods at lower intensity. When KAATSU Training is begun, there is insufficient blood flow volume because of the application of pressure and so in the slow muscle, which starts working immediately, there is a lack of oxygen. This is an artificial inducement of the state usually only achieved by high intensity exercise. The brain is therefore tricked into thinking there is a large load on the fast muscle, which would normally take more time to become active. In this way, KAATSU Training enables simultaneous toning of fast muscle and slow muscle using light loads.

Glossary

*1 Fast muscle
Fast muscle: Being able to contract instantaneously, fast muscle is suitable for exercise requiring great power, and it is used mostly in anaerobic exercise. Fast muscle is easily enlarged and needs to be toned if the aim is to increase muscle mass or strength.

*2 Slow muscle
Being able to contract continuously, slow muscle is suitable for exercise requiring stamina, and it is used mostly in aerobic exercises. Slow muscle is difficult to enlarge and needs to be toned if the aim is to tighten up muscles or build stamina.
Growth hormone is secreted in large amounts, activating the body’s metabolism.

Lactic acid is produced by the breakdown of sugar used for energy in muscle contraction due to movement action. When more lactic acid is produced and the blood concentration level of lactic acid rises, there is added stimulation to the hormone secreting sites in the brain leading to elevated secretions of growth hormone, adrenaline and anabolic hormones (1).

During the application of pressure, the concentration of lactic acid within muscular vessels suddenly rises due to the restriction of blood flow, and the intramuscular receptors (2) are strongly stimulated. The signals from these receptors induce the action of the pituitary gland (3), which secretes large amounts of growth hormone and other hormones. Growth hormone is extremely potent, and its impact on body tissue functions produces favorable anti-aging effects such as rejuvenation, beautiful skin, increased height, hair growth, reduced obesity, and longevity.

Glossary

1 [Anabolic hormones]
Hormones involved in the synthesis of proteins.

2 [Receptors]
Structures within animals’ bodies that have a mechanism for receiving various kinds of internal and external stimulation and changing it for use as information.

3 [Pituitary gland]
An endocrine organ located at the base of the brain almost in the middle. Its anterior lobe has the role of regulating hormone-producing organs throughout the body.
THE MOMENT OF DISCOVERY
In the fall of 1966, Yoshiaki Sato was 18 years old. He was attending a Buddhist memorial service and listening to the monk chanting sutras when, not unexpectedly, his legs went numb while sitting on the floor in the traditional Japanese position (“seiza” or 正座). With a straight back while kneeling on the tatami mat floor, he started to massage his calves in order to relieve the pain as his legs were bent underneath him.

While the discomfort continued during the long ceremony, he had a revelation.

Sato realized that his blood circulation was blocked in his calves as the weight of his body was directly upon his ankles. He reasoned that his legs must have gone to sleep as a result of the reduced blood flow to the periphery of his legs. Because his calves had the “pumped up” feeling after he experienced while bodybuilding, this was the initial KAATSU moment of inspiration where the original idea of blood flow moderation training began.

The swelling and hardness in his calves led to Sato asking himself the key question that began KAATSU.

“I wonder if purposefully constricting blood flow could artificially replicate the physiological conditions of hard training. If this were true, could benefits be realized by only lifting no loads or only light loads instead of heavy weights?”

YEARS OF QUIET EXPERIMENTATION
Over the next seven years between 1966 and 1973 in the quiet of his own house, the young man from Tokyo diligently experimented on himself by applying different bicycle tubes, ropes and bands at different pressures on different parts of his body. He methodically kept track of what type of bands and pressures worked and what experiments did not.

As a monk in his local Buddhist temple, he began to see results that could not be explained given the physiological knowledge of the day. But the resulting effects of KAATSU were clear, although the medical explanations did not come for another decade.

After detailed and documented trial and error, Sato gradually developed effective protocols to safely restrict blood flow and enable muscle growth. His self-research on his own body led him to determine what length and width of bands are ideal and the optimal degree and locations to apply KAATSU pressure in various activities.

MOMENT OF PROOF
By 1973 on his own body, Sato gradually developed the details and fine-tuned the protocols of KAATSU as it continues to be practiced. At the age of 25 he went on a ski trip when he badly fractured his ankle and torn the ligaments around his knee. The injuries were diagnosed and his own father, a local doctor, told Sato that it would take six months to heal.

With a plaster cast on his leg, Sato rehabilitated himself with his KAATSU bands applied to his upper leg. Because he could not withstand the discomfort of keeping the bands on for the usual duration, he released the bands and repeatedly tightened the bands while doing isometric exercises for 30 seconds on and a few seconds off three times per day.

The results of his regimen – now known as the KAATSU Cycle – surprised him to a certain extent, but really shocked his doctors because not only did his muscles not atrophy, but he fully recovered within six weeks.

YEARS OF CONFIRMATION
Word spread locally of Sato’s unheard of recovery. Demand for his new method grew.

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approach built rapidly around Tokyo, so Sato opened the Sato Sports Plaza in Fuchu where the KAATSU Japan headquarters still exists.

Sato conducted KAATSU on local people of all ages and abilities over the next decade. Injured patients, healthy athletes, older people and younger adults flocked to his office. While applying KAATSU to thousands of clients, Sato learned what worked best for people with various kinds of afflictions and injuries and from all walks of life between 1973 and 1982.

**MIND – BODY – SPIRIT CONNECTION**

Sato observed that KAATSU enabled the human body to improve and heal itself most effectively and most efficiently than any other therapy or modality.

He also encouraged people to focus mentally on their injured body part while doing KAATSU and observed how the intake of food and water before and after KAATSU also led to positive results. The mind-body-spirit connection was clearly evident.

**PATENTING KAATSU**

In 1994, Sato applied for his first patents in Japan (Patent No. 2670421), U.S.A. (Patent No. 6149618), and Europe (UK, Germany, France, Italy with 94206403.0) as he produced and commercialized the first KAATSU Training bands. He worked on injured professional golfers and Japanese Olympians as his reputation grew.

**Introduction of the KAATSU Instructor Certification Program**

In 1997, Sato introduced the KAATSU Instructor educational program in Japan where his defined protocols were shared with coaches, trainers, physical therapists and physicians throughout Japan. Over 3,000 KAATSU Instructors were certified and hundreds of more experienced KAATSU Special Instructors were licensed. These instructors conducted tens of thousands of KAATSU sessions annually and safely without complications.

Media attention and public acceptance grew in Japan after KAATSU was named one of the collaborative projects of the University of Tokyo Hospital's 22nd Century Medical and Research Center in 2000.

Sato also began to offer an ischemic circulatory physiology course at the University of Tokyo Hospital and conducted joint development work with the Japan Manned Space Systems Corporation.

**KAATSU RESEARCH**

Beginning in the mid-1990’s, Sato began joint research with Professor Naokata Ishii of the Department of Life Sciences, Graduate School of Arts and Sciences, at the University of Tokyo. Other researchers in Japan, including cardiologists Dr. Nakajima and Dr. Morita at the University of Tokyo Hospital, started to explore the benefits of KAATSU and various research results were submitted to peer-review publications.

**KAATSU INTERNATIONALIZATION**

In 2014, KAATSU Global was established in Huntington Beach, California and the Center for KAATSU Research at the Harvard Medical School was started in Boston, Massachusetts. Dr. Sato and his partners, Steven Munatones, Richard Herstone, David Tawil, retired Navy SEAL Captain John Doolittle, Robert Heiduk in Germany, Péter Lakatos in Hungary and many others began expansion to the markets in the North America, South America, Oceania, Europe and Asia. Eventually, KAATSU Global developed the next-generation products that were also sold to and distributed by Dr. Sato in Japan.

**KAATSU FUTURE**

Future applications and the third generation of KAATSU products are currently being explored in the military, medical, sports performance and corporate wellness markets in the United States with plans for further expansion in Asia, South America, Europe, and Oceania.
Physicians and patients in Japan are leading the way on how best to incorporate KAATSU to combat sarcopenia and address a host of other health issues. A 104-year-old female patient in Kawasaki, Japan shows what is possible with KAATSU under the guidance of her physician Dr. Odagiri and KAATSU inventor Dr. Sato.

The video above was presented by Dr. Odagiri at the first KAATSU Training Symposium held in Tokyo, Japan in 2005.

The patient was bedridden and uncommunicative for two months with severe dementia. She was transferred from her local hospital to Odagiri Hospital where she was treated with KAATSU. Initially for the first month, she simply did KAATSU Cycle as she remained in bed. Gradually, she became communicative and was able to get out of bed. Eventually, over the course of two months, she was able to do a variety of exercises and found herself wishing to live to be 200 years old [see video above].

During the video, she was asked how old she is and she answers as 104, holding a document confirming her age and birth date. She is shown doing a variety of exercises with her KAATSU Air Bands on (120 Optimal SKU level).

Her doctors also documented her muscle gains in her upper legs (quadriceps + hamstring) via before-and-after comparative computed tomography scans (3 months apart):
Retired Navy Captain John Doolittle is shown holding a Japanese sword owned by KAATSU inventor Dr. Yoshiaki Sato at the headquarters of KAATSU Japan in Fuchu just outside of Tokyo.

The unique sword is made from a meteorite that had fallen in Japan.

Dr. Sato acquired the raw meteorite years ago and commissioned one of Japan’s most renowned sword makers to create an otherworldly long bladed weapon.

The sword is so strong that it was tested by cutting cleanly through the chassis of a motor vehicle.

The unique vision of Dr. Sato - whether it comes to KAATSU or a sword made from a meteorite - is always a pleasure to behold.
John Welbourn, a 9-year veteran of the NFL, is the CEO of Power Athlete and creator of CrossFit Football. He interviewed Dr. Yoshiaki Sato, chairman of KAATSU Global, at last week’s 2016 Biohacking Convention in Pasadena, California about KAATSU from its invention to its applications.

A graduate of the University of California at Berkeley in 1998, Welbourn was drafted with the 97th pick in 1999 NFL Draft and went on to be a starter for the Philadelphia Eagles from 1999-2003, appearing in 3 NFC Championship games, and for the Kansas City Chiefs from 2004-2007. In 2008, he played for the New England Patriots until a pre-season injury ended his season. Over the course of his career, Welbourn started over 100 games in addition to 10 playoff appearances.

Since retiring from the NFL in 2009, Welbourn has trained athletes in MLB, NHL, NFL, CrossFit and the Olympics. He has also worked in the same capacity for Naval Special Warfare, teaching performance and training for Navy SEALs, and travels the world lecturing on performance and nutrition and as an expert on food for performance.

Welbourn started experimenting with BFR (Blood Flow Restriction) training, but was introduced to KAATSU by his colleagues in the NFL. He has since become a KAATSU Specialist and wanted to learn more directly from Dr. Sato during his visit to the Bulletproof Biohacking Convention.

Dr. Sato’s interpreter Manako Ihaya assists with the communications between Welbourn and Dr. Sato that will be edited and broadcast in full soon on Welbourn’s POWER ATHLETE™ Blog. This is only the beginning of the full program.
Dr. Alan Mikesky On KAATSU

Alan Mikesky, Ph.D., FACSM, Professor Emeritus, Department of Kinesiology, School of Physical Education and Tourism Management at Indiana University-Purdue University Indianapolis discussed his experience with KAATSU. "I was first introduced to the concept of KAATSU Training, also known as blood flow restriction training, at the national convention of the American College of Sports Medicine in 2006.

KAATSU Training has been and continues to be one of the most exciting innovations involving resistance training that I have run across in my professional career of over 30 years.

It has become a very active research area and rarely does a month go by that one or two new studies have not been published in reputable professional journals. The cumulative results from these studies indicate that KAATSU training is safe, effective and deserving of all the research attention it is getting.

There is still much to be learned about the physiology of how it works, how it is prescribed and its potential applications, but it is clear that KAATSU training has unlimited potential as a means for maintaining and improving muscle function in populations ranging from the infirmed patient to the elite athlete."

Below is a listing of Dr. Mikesky's published abstracts and papers related directly to KAATSU:


In the January-February 2016 issue of the Japanese-language Fitness Business Magazine, KAATSU inventor Dr. Yoshiaki Sato explained his founding principles for KAATSU.

His principles serve the foundation for the KAATSU concept and the underlying goals of KAATSU Global, Inc. and KAATSU International University in Colombo, Sri Lanka.

The article in Japanese reads, "My principles were established to improve the health and elicit smiles of people around the world."

This year marks the 50th anniversary of the invention of KAATSU Training, which I was inspired to invent when I was a student sitting on my knees at a Buddhist ceremony in 1966. I went on to build my know-how through trial and error and ongoing research and development.

During this period, KAATSU Training’s official, globally-consistent method, known as ‘Dr. Sato’s KAATSU Protocol’, was established so that physicians and trainers around the world could offer the training to prevent and treat ailments. It is my hope to share KAATSU Medicine around the world to help prevent and treat ailments.

A turning point came in 2008.

The year before, China and Sri Lanka began adopting KAATSU Training. In Sri Lanka, where the then-Chairman of the World Health Organization (WHO) hailed from and where the South Asia regional office of WHO was located, KAATSU spread like wildfire. It started with Sri Lanka’s president, high-ranking government officials, and other key individuals in the
country. This adoption eventually led to an offer from Sri Lanka to establish KAATSU International University there.

The University was established in 2009 [see below]. After that, there was no stopping as KAATSU Training as it spread globally to Russia, to the United States and to other countries.

Yet, there is one country where the spread of KAATSU Training is lagging behind the others: Japan. Can you guess why?

It’s because the Powers That Be do not practice it. Once they do, they will be aware of its value. In the rest of the world, not only fitness-club owners and physicians, but also key government officials have personally experienced KAATSU Training, becoming aware of its benefits and incorporating it in their own personal training regimens.

Last September, we applied to the WHO for KAATSU to become the “Third Medicine” after Western Medicine and Eastern Medicine. It is certain to be approved within three years. What I ultimately want to do with those trained in KAATSU Medicine is to create “KAATSU Doctors Without Borders” and send them off to the world to help those in need.

If we wanted to see Japan’s fitness industry grow, we will need to regain what we Japanese had in the past: our compassion for others. If more people said, “Let’s use what we have to bring smiles to the faces of others in need. Not to do it for the money, but for the joy it brings to us,” I believe the fitness industry in Japan will begin to thrive.

As the Japanese saying goes, “Compassion is not for the benefit of others."

I’m sure that someday the reward will come back to us.

Sri Lanka has 2,400 years of Buddhist history. That is twice as long as that in Japan. People in Sri Lanka are compassionate and courteous. So were the people in Japan, but not so much today. I believe that the Japanese people must get back to their roots of being compassionate, courteous, pious, and thankful of others and our ancestors.

But when we think of Japan in the future, rather than thinking of how the Japanese should be, we should think of how the Global Citizen should be. After all, it’s because we are all one world.

In the movie Independence Day, when the aliens came to attack our earth in the end, the whole world united to fight them. When I saw that scene, the realization that we are all but one world came over me.

The content of health has the power to make the world one. There is no country in the world where people do not wish for good health. My hope for the young in the fitness industry is to have a world vision in creating original contents for health in order to help make the world a better place."

Professor Sir Yoshiaki Sato, M.D., Ph.D., FNAI was born in 1948 and currently serves as the Chancellor of KAATSU International University in Sri Lanka [see below] and the Chairman of the Center for KAATSU Research at Harvard Medical School.
Occasionally, individuals with multiple sclerosis (MS) ask if they can do KAATSU. The answer is YES. With individuals with multiple sclerosis, the KAATSU Specialist ask the individuals to do what they can with KAATSU. Individuals with multiple sclerosis fatigue early, but are otherwise normal. KAATSU Global fundamentally recommends the following:

- * exercises that are safe to do (e.g., no falling off spinning bikes)
- * get muscle mass distal to (below) the KAATSU Air Bands contracting rhythmically
- * exercise the affected muscle mass to the extent the individuals can, regardless if it is distal to the KAATSU Air Bands
- * exercises can include push-ups, leg squats, hip raises (on back), holding a weight ball and moving side to side, walking, or any kind of resistance training
- * individuals should always be well-hydrated and never feel numbness in the limbs or lightheadedness
- * individuals should always have a rosy/pink KAATSU color in their limbs due to the blood engorgement
Below is a standard regimen for individuals with multiple sclerosis developed by Dr. Yoshiaki Sato in Japan after thousands of sessions:

**REGIMEN:**
Includes KAATSU Cycle (on either arms and/or legs) + KAATSU 3-point exercises (on either arms and/or legs) or KAATSU Performance Training (on either arms and/or legs)

**Frequency:**
2-3 times per week minimum, but sometimes more frequent if desired/possible

**KAATSU Cycle Regimen (Standard):**
Step 1: Find the user's Optimal SKU (e.g., 200 SKU)
Step 2: Do 1-2 sets of the standard KAATSU Cycle (i.e., 8 cycle of 20 seconds on + 5 seconds off)
Step 3: Proceed to either Advanced KAATSU Cycle** or KAATSU 3-point Exercises on arms

**KAATSU CYCLE REGIMEN (ADVANCED)**:

**Option 1**
Step 1: Find the user's Optimal SKU (e.g., 200 SKU)
Step 2: Purposefully increase SKU to a higher pressure level than Optimal (e.g., 260 SKU)
Step 3: Do 1-2 sets of the Advanced KAATSU Cycle for longer at this higher level as possible (i.e., 8 cycle of 40 seconds on + 10 seconds off)

**Option 2**
Step 1: Find the user's Optimal SKU (e.g., 200 SKU)
Step 2: Purposefully increase SKU to a higher pressure level than Optimal (e.g., 260 SKU)
Step 3: Do 1-2 sets of the Advanced KAATSU Cycle for longer at this higher level as possible (i.e., 8 cycle of 60 seconds on + 20 seconds off)

**Option 3**
Step 1: Find the user's Optimal SKU (e.g., 200 SKU)
Step 2: Purposefully increase SKU to a higher pressure level than Optimal (e.g., 260 SKU)
Step 3: Do 1-2 sets of the Advanced KAATSU Cycle for longer at this higher level as possible (i.e., 8 cycle of 60 seconds on + 20 seconds off)

**KAATSU 3-POINT EXERCISES FOR ARMS:**
Step 1: Find the user's Optimal SKU (e.g., 200 SKU)
Step 2: 3 sets of the hand grips (note: the number of repetitions should decrease with each subsequent set)
Step 3: 3 sets of bicep curls
Step 4: 3 sets of tricep extensions
Step 5: Proceed to KAATSU 3-point Exercise on legs

**KAATSU 3-POINT EXERCISES FOR LEGS:**
Step 1: Find the user's Optimal SKU (e.g., 200 SKU)
Step 2: 3 sets of the toe curls (note: the number of repetitions should decrease with each subsequent set)
Step 3: 3 sets of heel raises
Step 4: 3 sets of either squats (quarter or full) or leg curls

**KAATSU PERFORMANCE TRAINING FOR EITHER ARMS OR LEGS:**
Step 1: Find the user's Optimal SKU (e.g., 200 SKU)
Step 2: Do the preferred activity of the patient (e.g., walking, resistance training, stretching, mobility exercises, rehabilitation)

**Note:** The number of repetitions should decrease with each subsequent set. Alternatively, if the user is walking on a treadmill, the total time should be limited to 20 minutes. If the user is using his upper body, the total number should be limited to 15 minutes. Users can elect to do both arms and legs during the same session if they wish.
Master David Tawil Discovers His Niche

David Tawil played basketball in his youth, but he mostly studied long and hard in yeshivas from New York City to Israel. After studying philosophy at Oxford University in the UK, he returned home to Manhattan and began weight lifting and traditional training under the watchful eye of celebrity trainer Jim Clarry. As he gradually added bulk to his 193 cm (6 foot 4 inch) frame, he added exercise physiology and nutrition to his myriad interests.

Jim, one of the earliest adopters of KAATSU, introduced David to KAATSU — and it transformed his view of athletic performance, strength building, rehabilitation and recovery. He took the time to travel multiple times to Tokyo to visit Dr. Sato. He listened intensely and learned directly from the inventor of KAATSU, becoming one of the most experienced Master KAATSU Specialists outside of Japan.

On any given day, David can be seen packing his bags with the KAATSU Air Bands on his arms and doing slow isometric exercises in an airport lounge or in his seat en route to sharing KAATSU protocols with companies, organizations, teams or coaches around the world. He sometimes skateboards with his KAATSU Air Bands on his legs and does KAATSU Cycles every day without fail.

He has taught KAATSU to Olympic medalists and fashion models, to billionaire entrepreneurs and family members, to competitive swimmers and basketball players, to military personnel and aging Baby Boomers. He shares the KAATSU protocols with a deep-seated passion and an increasing understanding of the profound implications of KAATSU on people of all ages and from all walks of life.

Constantly on the road with his KAATSU Master, KAATSU Nano, KAATSU Air and Aqua Bands along with resistance bands and KAATSU squeeze bands, David has found his niche in the world of athletic performance, rehabilitation, wellness and recovery.