The first time I did KAATSU in 2001, it completely changed my mindset on what was possible as I age.

I learned from Dr. Yoshiaki Sato, the KAATSU inventor, that I could be stronger, faster and fitter as I grow older. Everything that I knew before was upturned by Dr. Sato’s own personal lifestyle that is centered around the KAATSU Training concept.

Since starting KAATSU, I have indeed gotten stronger, faster and fitter. After over 30 years of not doing any weight training or exercises like pull-ups, I started to do pull-ups in my 50s as one example. I can now do a dozen at a time due to the positive effects of KAATSU. After over 30 years of gradually becoming slower in my swim practices, I started to swim faster.

After a relatively sedentary life in my 30s and 40s, my waist size inexplicably started to shrink as my upper body expanded ... all due to no more than 15 minutes of KAATSU 3-5 times per week.

Now thousands of people are learning the benefits of KAATSU and this KAATSU Magazine is one means to share their stories.

Share your stories of increased strength, speed, stamina and fitness with us and the global KAATSU community.

Steven Munatones  
KAATSU Global, Inc.  
Huntington Beach, California, U.S.A.
As 75.8 million American Baby Boomers either transition from the end of their careers or are in full or partial retirement, many of them have spent their most recent years raising children, financing college educations, paying for weddings, and culminating their careers. These pressures have played havoc with their fitness levels.

Previously over-stressed, overworked, and under-exercised, the Baby Boomers are now facing much more free time. But with their higher body fat percentages, lowered muscle mass, and lessened aerobic capacities, getting back into shape is not easy. A change of lifestyle and a change in mindset are required. But this is easier said than done.

KAATSU, a revolutionary form of blood flow moderation training developed in Japan, is used daily by hundreds of thousands of individuals over the age of 50 in Japan. “KAATSU can present an easy-to-implement catalyst for individuals over the age of 50 to return to their former selves,” says Paul Grzymkowski, the former president of Gold’s Gym Franchising and now an avid fan of KAATSU.
KAATSU is a Japanese word that means ‘additional pressure’ in English.

“10,000 Baby Boomers in America will celebrate their 65th birthday every day for the next 2 decades (3,650,000 new Baby Boomers per year). This is a huge market for every fitness professional to consider.”

A 65-year-old man or women sees the rest of their life much differently than they did at the age of 25 or 35. The quality of life is their focus, but it is at this time that their muscles have faded and various ailments have begun.

“We must recondition the 26% of the total U.S. population in innovative ways, using modalities that are self-sustaining and much more low-impact than what we used to do in our youth or even mid-age,” added Grzymkowski.

“Heavy barbells and dumbbells are not necessary ideal equipment to serve as a catalyst to whipping Baby Boomers into shape. Aerobics, spinning, and elliptical machines are also not for everyone. We have to look for something even more revolutionary.”

Grzymkowski, a 67-year-old veteran of the fitness industry, has spent his lifetime around barbells, dumbbells, and spinning bikes. But he has substituted the iron of his youth for the pneumatic bands used by his counterparts in Japan.

“I have not changed - I love feeling pumped when I exercise. When I feel my biceps bulge or my quads burn, it recalls my strength of former years.

But I am doing this and changing my body shape without heavy weights. I am doing it with pneumatic bands and the KAATSU equipment that are used so effectively by senior citizens in Japan and elite athletes around the world.

When I do use weights during my KAATSU workout I tend to use light dumbbells or weight plates of no more than 5-pounds.”

KAATSU is done with pneumatic bands that are inflated to safe levels by a mobile electronic touch panel device. The bands are a proven means to safely modify the blood flow in the limbs during exercise.

This modification leads to pooling of blood in the muscles that leads to significant human growth hormone secretion and a literal tricking of the brain into thinking the body into building muscle.

KAATSU athletes of all ages – from 14 to 104 - and abilities, including Olympians and professional athletes, perform simple exercises to generate a muscle pump: hand clenches and bicep curls with or without light weights or heel raises or leg curls while standing up.
We work on speed, strength and stamina every workout at the Gator’s Swim Club in Waltham, Massachusetts.

Like other competitive age-group swim teams, the Gator’s augment those hard training sessions with a focus on proper technique, good balanced nutrition, and all kinds of “outside the box” dry-land training. This year, our athletes began an innovative addition to our entire training regime that has resulted in some unprecedented drops in time:

Over a 3-month period, some of our representative swims include: Henry Gaissert (17 years old)
- 100 freestyle: from 47.0 to 44.8 (44.1 relay split)
- 100 butterfly: from 52.4 to 49.8
Maddie Wallis (16 years old)
- 100 backstroke: from 57.1 to 54.9
- 200 backstroke: from 2:07.9 to 2:00.3
Johnny Prindle (17 years old)
- 100 freestyle: from 48.1 to a 45.9 relay split
- 200 freestyle: from 1:47.2 to 1:41.5
- 100 breaststroke: from 59.0 to 57.5

Our secret...?

KAATSU.

KAATSU is the secret advantage that Olympic and professional athletes from Japan, and increasingly in the U.S., Switzerland and Hungary, have been using to gain specific strength in order to improve speed and increase stamina.
The new KAATSU Cycle unit enables blood flow moderation exercise that involves 8 cycles of a set amount of pressure.

The KAATSU Cycle can be used as (1) a warm-up for KAATSU performance training, (2) a part of rehabilitation, (3) a form of recovery, and/or (4) serve as an entire workout in itself.

It can be done anywhere – at the office, at school, in an airplane, at home, or before and after a hard workout.

There are two basic types of KAATSU Cycles: (1) the KAATSU Cycle function on the KAATSU Master unit and KAATSU Nano unit, and (2) the KAATSU Cycle functions on the KAATSU Cycle unit.
The KAATSU Cycle is great for exercising in the office, exercising without the need to change out of your work clothes, exercising without the worry about perspiration, exercising in your airplane seat or on long rides in a car, bus, or train, reducing atrophy when injured or in a cast, sling, or brace, warming up for a traditional workout, cooling down from an intense workout or weight-training session.

During the KAATSU Cycle, users can simply sit still while reading, watching television, writing emails, playing games, stretching, yoga, doing isometric exercises or doing the standard KAATSU 3-point exercises.

The KAATSU 3-point exercises on the arms includes 3 sets of hand grips, 3 sets of bicep curls, and 3 sets of tricep extensions. The KAATSU 3-point exercises on the legs includes 3 sets of toe curls, 3 sets of toe raises, and 3 sets of heel raises, or alteratively 3 sets of squats, leg extensions, or leg curls.

On the KAATSU Master, the KAATSU Specialist or the KAATSU user can select their preferred SKU pressure from 0 – 500 SKU. As the pressure increases, the amount of venous blood flow back to the heart decreases and the exercise becomes more difficult.

On the KAATSU Nano, the KAATSU Specialist or the KAATSU user can select the preferred SKU pressure from 0 – 500 SKU. As the pressure increases, the amount of venous blood flow back to the heart decreases and the exercise becomes more difficult.
For example, if a KAATSU user selects 200 SKU in the KAATSU Cycle mode on their arms, the KAATSU user will experience the following protocol that continues for a total of 3 minutes 40 seconds:

**Cycle #1:** 20 seconds of 130 SKU pressure on followed by 5 seconds of pressure off (0 SKU)

**Cycle #2:** 20 seconds of 140 SKU pressure on followed by 5 seconds of pressure off (0 SKU)

**Cycle #3:** 20 seconds of 150 SKU pressure on followed by 5 seconds of pressure off (0 SKU)

**Cycle #4:** 20 seconds of 160 SKU pressure on followed by 5 seconds of pressure off (0 SKU)

If a KAATSU user selects 300 SKU in the KAATSU Cycle mode on their legs, the KAATSU user will experience the following protocol that continues for a total of 3 minutes 40 seconds:

**Cycle #5:** 20 seconds of 170 SKU pressure on followed by 5 seconds of pressure off (0 SKU)

**Cycle #6:** 20 seconds of 180 SKU pressure on followed by 5 seconds of pressure off (0 SKU)

**Cycle #7:** 20 seconds of 190 SKU pressure on followed by 5 seconds of pressure off (0 SKU)

**Cycle #8:** 20 seconds of 200 SKU pressure on followed by 5 seconds of pressure off (0 SKU)

In the new specialty KAATSU Cycle unit, there are 3 levels of KAATSU Cycle:

Low or CYCLE 20 for older users or individuals with the lowest level of fitness: 20 seconds on + 5 seconds off

Medium or CYCLE 40 for middle-age users or individuals with an average level of fitness: 40 seconds on + 20 seconds off

High or CYCLE 60 for younger users or individuals with the lowest level of fitness: 60 seconds on + 20 seconds off

**CYCLE 20** provides the lowest and shortest amount of pressure and is meant for older KAATSU users (i.e., those over the age of 50) or those individuals with the lowest level of general fitness. CYCLE 20 can be done more than once and repeated up to 15 minutes in total.

**CYCLE 40** provides the medium amount of pressure and is meant for middle-age KAATSU users (i.e., those over the age of 30) or those individuals with an average level of general fitness. CYCLE 40 can be done more than once and repeated up to 15 minutes in total.

**CYCLE 60** provides the highest amount of pressure and is meant for younger KAATSU users (i.e., those younger than 30 years) or those individuals with the highest level of general fitness. CYCLE 60 can be done more than once and repeated up to 15 minutes in total.

If you or the users are in any doubt, it is always better to start conservatively with lower pressures than recommended above. Once the user becomes accustomed to KAATSU - which will be very quickly - then higher pressures can be used.

The Base and Optimal pressure for each KAATSU Cycle is shown above in a chart and summarized below:

- **CYCLE 20:** 8 cycles @ 15 SKU Base pressure + increasing to 100 SKU Optimal pressure
- **CYCLE 40:** 8 cycles @ 20 SKU Base pressure + increasing to 150 SKU Optimal pressure
- **CYCLE 60:** 8 cycles @ 25 SKU Base pressure + increasing to 200 SKU Optimal pressure
How Do You Use The KAATSU Cycle?

The duration for each KAATSU Cycle is below:
- CYCLE 20: 3 minutes 20 seconds
- CYCLE 40: 6 minutes 40 seconds
- CYCLE 60: 10 minutes 40 seconds

In summary, pressures during a CYCLE 20 session are shown below:
- **Cycle #1**: 20 seconds of 30 SKU pressure on followed by 5 seconds of pressure off (0 SKU)
- **Cycle #2**: 20 seconds of 40 SKU pressure on followed by 5 seconds of pressure off (0 SKU)
- **Cycle #3**: 20 seconds of 50 SKU pressure on followed by 5 seconds of pressure off (0 SKU)
- **Cycle #4**: 20 seconds of 60 SKU pressure on followed by 5 seconds of pressure off (0 SKU)
- **Cycle #5**: 20 seconds of 70 SKU pressure on followed by 5 seconds of pressure off (0 SKU)
- **Cycle #6**: 20 seconds of 80 SKU pressure on followed by 5 seconds of pressure off (0 SKU)
- **Cycle #7**: 20 seconds of 90 SKU pressure on followed by 5 seconds of pressure off (0 SKU)
- **Cycle #8**: 20 seconds of 100 SKU pressure on followed by 5 seconds of pressure off (0 SKU)

Pressures during a CYCLE 40 session are shown below:
- **Cycle #1**: 40 seconds of 80 SKU pressure on followed by 10 seconds of pressure off (0 SKU)
- **Cycle #2**: 40 seconds of 90 SKU pressure on followed by 10 seconds of pressure off (0 SKU)
- **Cycle #3**: 40 seconds of 100 SKU pressure on followed by 10 seconds of pressure off (0 SKU)
- **Cycle #4**: 40 seconds of 110 SKU pressure on followed by 10 seconds of pressure off (0 SKU)
- **Cycle #5**: 40 seconds of 120 SKU pressure on followed by 10 seconds of pressure off (0 SKU)
- **Cycle #6**: 40 seconds of 130 SKU pressure on followed by 10 seconds of pressure off (0 SKU)
- **Cycle #7**: 40 seconds of 140 SKU pressure on followed by 10 seconds of pressure off (0 SKU)
- **Cycle #8**: 40 seconds of 150 SKU pressure on followed by 10 seconds of pressure off (0 SKU)

Pressures during a CYCLE 60 session are shown below:
- **Cycle #1**: 60 seconds of 130 SKU pressure on followed by 20 seconds of pressure off (0 SKU)
- **Cycle #2**: 60 seconds of 140 SKU pressure on followed by 20 seconds of pressure off (0 SKU)
- **Cycle #3**: 60 seconds of 150 SKU pressure on followed by 20 seconds of pressure off (0 SKU)
- **Cycle #4**: 60 seconds of 160 SKU pressure on followed by 20 seconds of pressure off (0 SKU)
- **Cycle #5**: 60 seconds of 170 SKU pressure on followed by 20 seconds of pressure off (0 SKU)
- **Cycle #6**: 60 seconds of 180 SKU pressure on followed by 20 seconds of pressure off (0 SKU)
- **Cycle #7**: 60 seconds of 190 SKU pressure on followed by 20 seconds of pressure off (0 SKU)
- **Cycle #8**: 60 seconds of 200 SKU pressure on followed by 20 seconds of pressure off (0 SKU)

In summary, there are some important points to remember:
- The KAATSU Cycle has pre-set pressures and time durations.
- The higher the Base SKU, the more challenging the Optimal SKU will feel.
- The lower the Base SKU, the easier the Optimal SKU will feel.
- The critical pressure is the combination of the Base SKU and the Optimal SKU.

Regarding age, the highest pressures generally occur between ages 20-30 and decrease for older individuals. Dr Jim Stray-Gundersen, the Chief Medical Officer of KAATSU Global, explains, “There is an overlay of ‘physiologic’ age that modifies the chronological age. That is, for elderly users who may have stiff, damaged arteries, use relatively low pressures.”

Regarding relative fitness, the fitter the subject is, the higher the pressures can be. That is, a more fit individuals or those who have been doing KAATSU for some time can increase from the Cycle 20 to the Cycle 40 to the Cycle 60.
The Founding Principles of 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, its 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. 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 and the Chairman of the Center for KAATSU Research at Harvard Medical School.

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years ago today, Japanese golf professional Teruo Sugihara (Japanese: 杉原輝雄) sadly passed away at the age of 74. The KAATSU Specialist community and his family and friends remember Sugihara fondly as he was one of the first professional athletes in Japan to transform his career later in life.

Sugihara won 63 tournaments over the course of his career and played professionally even after his diagnosis of prostate cancer in 1997.

There were many valuable lessons in his career that he has shared with the younger generations of players.

In 2006, at age 68, he became the oldest player to make the cut in a top-tier Japanese tour event. His final appearance came at the 2010 Mizuno Open, the same year that he authored a book called KAATSU Golf together with KAATSU inventor Dr. Yoshiaki Sato.

Sugihara-san used KAATSU to improve his health and his game. His book, KAATSU Golf, describes how he used KAATSU to:
• strengthen his upper body
• improve his swing
• enhance his mobility during his swing
• increase his grip strength
• improve his leg strength with squats and practice swings
• enhance his overall strength and club head speed

To purchase this DVD book in its original Japanese language, visit Amazon Japan here.
KAATSU is has received recognition and coverage in prominent and prestigious publications.

"Can You Work Out Less, Get More Results?"
By Eleanor Warnock and Rachel Bachman
The Wall Street Journal
With Kaatsu, people do a light workout while wearing pressurized belts, first on the upper arms and then on the legs.

"Could the Kaatsu Workout Be the Most Efficient Exercise?"
By WSJ Video
The Wall Street Journal
Japanese bodybuilder Yoshiaki Sato says he has a way for Hollywood’s aging action stars to stay as youthful and fit as ever.

"Kaatsu training is blowing fitness researchers’ minds"
By Jon R. Anderson, Staff Writer
MilitaryTimes
Read the article and discover why so many people are so excited about KAATSU Training.

"You Should Probably Try This Japanese Blood-Flow Routine"
By Devon Jackson, Staff Writer
OutsideOnline.com
Footballers of both kinds have caught on. Here’s what you need to know.

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