Wonder Mechanism of KAATSU Training

KAATSU IMPACT

KAATSU JAPAN Co., Ltd.

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The inventor of KAATSU Training Yoshiaki Sato took an interest in body building in junior high school and has been training ever since. With no access to a special gym at the time, he developed his own method through trial and error.

One day, while listening to the chanting at a Buddhist memorial, his legs became numb from sitting with his legs bent under him for a long time. When he massaged his legs to try to get rid of the numbness, he noticed that the swelling in his calves was very similar to what happened after performing strenuous exercise.

Sato later verified what condition his own legs were in at that time. “Blood flow is hampered after training as well as after sitting on one’s heels. So I wondered whether constricting blood flow could artificially replicate the condition produced by hard training. If so, couldn’t a significant training effect be obtained using only light loads?” This was the inspiration behind KAATSU Training. He went on to perform repeated experiments to determine how to restrict blood flow, the optimal degree of pressure to apply, and so on. To make this training possible for anyone to perform, he also had to ensure safety while developing his method.

KAATSU Training of today is the result of more than 40 years of further testing and research. Research is still underway to find applications for KAATSU Training in a wider range of fields.
Training

Inventor Yoshiake Sato is born upon the idea of KAATSU Training when he was sitting on his knees at a Buddhist memorial. Yoshiake Sato performs KAATSU Training experiments on his own body. Creates a basic methodology through trial and error.

Yoshiake Sato injures himself badly skidding and uses KAATSU Training in rehabilitation, confirming its effectiveness by recovering quickly. Rehabilitation that would normally take six months takes him only 15 months, after which he is even able to help carry a moose shrine at a festival.

Conducts KAATSU Training for gym members.

Establishes knowhow on applying pressure to other people.

Gains further knowhow on KAATSU Training through implementation and research.

Applies for a patent for KAATSU Training methodology in Japan. (Patent No. 2670421)

Applies for a patent for KAATSU Training methodology in the US. (Patent No. 8148618)

Launches a project for KAATSU Training methodology in Europe (UK, Germany, France, Italy). (4930546.0)

KAATSU Training receives acclaim after being used on the arms of the then all-Japan champion Toshiro Konuma on the request of Hitoshi Tamari, Chairman of the Japan Bodybuilding Federation.

Joint research launched with Professor Naotaka Fm, Department of Life Sciences, Graduate School of Arts and Sciences, The University of Tokyo, and others.

Various research results released at academic conferences.

Launches project to cultivate KAATSU Strength Training Coaches.

Meetings are set up for KAATSU Strength Training Coaches.

Launches project to cultivate KAATSU Strength Training Instructors (Kinyoku Up Kun Instructors).

Research results announced in prominent overseas academic journals.

Research results announced at the Japanese Society of Clinical Sports Medicine.

KAATSU Strength Training public symposium held.

Launches KAATSU Master and starts to develop KAATSU Training General Coaches able to handle it.

"KAATSU sportswear" goes on sale. (Developed jointly with Phenix Co., Ltd.)

Launches KAATSU Master Instructor training project to cultivate KAATSU Training General Coaches.

Corporate Contract KAATSU Training Instructor system introduced.

Japan KAATSU Training Society inaugurated.

Participation in the University of Tokyo Hospital’s 22nd Century Medical and Research Center project is decided.

Research results announced at the Japanese Association of Rehabilitation Medicine.

Saito Sports Plaza KAATSU Training and ischemic circulatory physiology course opened at the University of Tokyo Hospital.

Held a course anniversary symposium at the University of Tokyo’s Yasuda Auditorium, the University of Tokyo Hospital.

Japan KAATSU Training Society’s First General Conference

Joint development agreement signed with Japan Manned Space Systems Corporation (JAMSS).

Advanced medical R&D cluster launched at the University of Tokyo Hospital.

Also participates in KAATSU Training and ischemic circulatory physiology course.

Joint development agreement signed with Aisin Takaoka Co., Ltd.

KAATSU Training demonstrated in the Toyota booth at Homecare & Rehabilitation Exhibition 2005 (Tokyo Big Site).

Launches KAATSU Master Mini and starts to develop KAATSU Master Mini Advisors able to handle it.

KAATSU Training demonstrated at International Astronautical Congress 2005 in Fukuoka.

Japan KAATSU Training Society’s Second General Conference

The University of Tokyo holds sponsored course (Saito Sports Plaza) in Sport and Exercise Biomechanics at Graduate School of Frontier Science. (Kasaihama Campus, University of Tokyo).

Starts to develop KAATSU Master Mini Instructors.

Launches Kinyoku Up Kun EX and starts to develop qualified Kinyoku Up Kun EX Trainers able to handle pressure sensors.

2007 Feb

Japan KAATSU Training Society’s Third General Conference

May

New Type KAATSU Training equipment (Quick KAATSU Chair, KAATSU Master A (Ace), Quick KAATSU Mini) unveiled at Keidanren Kaikan.

Jun

Quick KAATSU Chair exhibited in THINK FITNESS Corporation booth at Health & Fitness Japan exhibition (Tokyo Big Site).

Joint research underway with five major US universities (Rutgers University, University of Oklahoma, West Point, University of Texas, and Indiana University).

Many paper published in prominent overseas academic journals to date.

Dec

KAATSU Training License system revised. Former KAATSU Training Coach and Kinyoku Up Kun Instructo qualifications changed to new system (currently four categories: KAATSU Training General Coach, KAATSU Training Assistant General Coach, Advanced KAATSU Training Instructor, KAATSU Training Instructor).

2008 Feb

KAATSU Training License course held at Toch Central Sports Management Inc. NPO.

May

Japan KAATSU Training Society’s Fourth General Conference

May

KAATSU Master A goes on sale.

Aug

Global research development project launched with ACSM (American College of Sports Medicine).

Sep

KAATSU Beauty Belt goes on sale, press release by KAATSU Training Research Institute with Ms. Aya Sugimoto.

Oct

Ms. Aya Sugimoto appears as panelist at the Tenth KAATSU Training Anniversary Conference. Press conference on joint projects with ACSM held at the National Press Club in Washington DC.

Nov

Granted a PhD from the Open International University (founded based on the involvement of WHO and UNICEF).

2009 Jan

Highly Advanced Medical Technology Training Center established in Sri Lanka.

Feb

Japan KAATSU Training Society’s Fifth General Conference

Apr

Inventor Yoshiake Sato appointed Knight Commander, Order of St. John of Jerusalem.

May

Inventor Yoshiake Sato holds a meeting with the President of Sri Lanka.

KAATSU Training research working group launched by ACSM Interest Group.

KAATSU Training License Renewal Credit system launched.

Jun

KAATSU International University founded, inventor Yoshiake Sato appointed president.

KAATSU Training special symposium held at University of Tokyo to commemorate the visit to Japan of the Assembly President of WHO.

Research recruitment started at ACSM for KAATSU Training research fund. Joint presentation held with Genadijs Sokolovs, ph.D.

Sep

Joint development agreement signed with Jilin University and the State General Administration of Sports in China.

Nov

KAATSU Highly Advanced Medical Technology Training Center receives approval from the Board of Invest of Sri Lanka (BOI) to establish KAATSU International University.

Dec

Press announcement made at the Great Hall of the People in Beijing on the launch of joint research with the Research Institute of Sports Science of the State General Administration of Sports.

KAATSU Center established at the Research Institute of Sports Science of the State General Administration of Sports.

2010 Feb

Japan KAATSU Training Society’s Sixth General Conference

Mar

KAATSU Golf publication press launch and celebration party held at the Imperial Hotel.

Apr

KAATSU Therapy Research Center established at Jilin University, China-Japan Union Hospital.

Genetic research started at the Research Institute of Sports Science of the State General Administration of Sports.

Sep

Shibaura Campus of KAATSU International University established.

Oct

Celebration of appointment as president of KAATSU International University held at Kamakura Shiten'o.

Nov

Course started for developing Licensed KAATSU Training Coaches backed by KAATSU International University.

Dec

Course started by KAATSU International University to develop KAATSU Training Instructors.

2011 Feb

Japan KAATSU Training Society’s Seventh General Conference

Mar

KAATSU presentation given to Russian government.

KAATSU International (intellectual property rights holding company) established.

Jun

Exhibition and academic displays at the 28th General Assembly of the Japan Medical Congress.

Dec

KAATSU Japan (Saito Sports Plaza) signs a license agreement for the intellectual property rights of KAATSU International.

2012 Jan

Japan KAATSU Training Society’s Eighth General Conference
In recent years, KAATSU Training has spread rapidly throughout the world. KAATSU Training is now welcomed in China and Russia.

Joint research launched at Jilin University from 2010

Clinical research into diabetes and basic research on osteogenic stem cell and genetic levels has started on a full scale.

Joint research with the Russian Federal Space Agency launched in 2011

Research begins to find a way to prevent physical deterioration (loss of muscular strength, reduced bone mass, decline in cardiac function) while staying on the International Space Station, a major issue in space development.

In a weightless environment, muscle strength, bone mass and cardiopulmonary function all decrease.

The following kinds of adjustment and training have been performed on the International Space Station to date.

- **LBNP** (lower body negative pressure) loading equipment
- **Adjustment of body fluid**
- **TVIS / RED** (2.5 hours/day of training using treadmills and resistance exercise machines)

Performing KAATSU Training could significantly shorten training times.

- About 30 minutes/day of KAATSU Training
- Two-hours less every day!

Talking with the Head of the Space Agency

Research staff at the Space Agency's Science Academy

Space Agency facility
the world and been used in research projects in a wide variety of leading-edge fields.

raising expectations worldwide

Partnership formed with the American College of Sports Medicine (ACSM) from 2008

joint research program with the American College of Sports Medicine (ACSM), the world's largest academic organization in the sports field, was launched with the aim of popularizing KAATSU Training worldwide.

Programs underway

- International KAATSU Training Coach License system
- Establishment of development curriculum

etc.

Press conference at the National Press Club, Washington, D.C.

KAATSU International University will open in 2012

Currently under construction, KAATSU International University will open in Sri Lanka later this year.

KAATSU International University has a Faculty of KAATSU Technology that will teach five subjects.

Faculty of KAATSU Technology

Department of KAATSU Technology
Department of KAATSU Training
Department of Basic Sciences
Department of Clinical Sciences
Department of Technical Engineering

Press conference at KAATSU Highly Advanced Medical Technology Training Center

Receiving an award from the President of Sri Lanka

Yoshiaki Sato's Knight Commander award ceremony

Special symposium held to commemorate the WHO Assembly President's visit to Japan

Hon. Nimal Siripala de Silva, WHO Assembly President and Health Minister of Sri Lanka
KAATSU Training

5 immediate effects

Here we describe the five main effects brought about by KAATSU Training.

Surprising effects obtained from 15 minutes per week!

Many benefits for the body!
**Weight loss effect**

KAATSU Training increases the release of growth hormone, reducing the likelihood of getting fat. Also, increased muscle resulting from training means the body burns fat more easily.

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**Improved circulation**

Repeatedly applying and removing pressure restores the elasticity of the blood vessels. Because circulation and blood flow rate increase, the body's metabolism is revived. Conditions such as intolerance to cold and stiff shoulders are improved.

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**Improved recovery**

Research data shows that KAATSU Training speeds up recovery from injuries including broken bones, pulled muscles, and strained ligaments. This is probably because growth hormone aids the recovery of muscles and the body as a whole.

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**Increased muscular strength**

The large effect obtained from lighter loads makes it easier to continue training. It is also easier to avoid injury, making it suitable for anyone regardless of age and gender.

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**Anti-aging/beautiful skin**

According to research results, 290 times the normal amount of growth hormone is secreted during KAATSU Training. Growth hormone restores the tone and youthfulness of skin and decreases the possibility of putting on fat.
What is KAATSU Training?

Before applying pressure
Peripheral resistance (1) = 1.0

Key points of KAATSU Training

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

Point 2
The optimum location to fit KAATSU belts is at the top of the thighs and arms. However, you must not fit the belts to the arms and legs at the same time.
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.

**Glossary**

1. **Peripheral resistance**: The measurement index of the resistance to blood flow.
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. **Free fatty acids**: Produced from the breakdown of fat and dissolved into the blood.

By moderately restricting the arterial blood flow and strongly restricting the venous blood flow, a lot of blood is retained in the limbs and flows into normally unused capillaries.

Performing KAATSU Training increases the mobilization rate of muscle fibers, even though the intensity is low, and the lack of oxygen leads to a sharp rise in the concentration of lactic acid in the blood. The high level of lactic acid during pressure application stimulates intramuscular receptors (2) which accelerate the secretion of growth hormones from the pituitary gland.

The increased growth hormone burns body fat and releases it into the blood as free fatty acids (3). Growth hormone circulating throughout the body also has an effective impact on various body tissue functions.

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.

**Point 3**
Fitting KAATSU belts to bare skin can cause a rash. Always fit them over clothing such as a t-shirt or tights/compression shorts.

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

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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 (*) and slow muscle (**). 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**

*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.

**Slow muscle**

Slow muscle: Being able to contract continuously, slow muscle is suitable for exercise requiring stamina, and it is used mostly in aerobic exercise. Slow muscle is difficult to enlarge and needs to be toned if the aim is to tighten up muscles or build stamina.
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 Japan KAATSU Training Society pursues KAATSU

Frontline KAATSU Training®
new possibilities in medical

KAATSU Training is a revolutionary method of training by stimulating a wide range of muscle fibers irrespective of low intensity. Recently KAATSU Training has also been used for muscle strengthening.

AATSU Training applied to cardiac rehabilitation

Because KAATSU Training can be performed at lower intensities than ordinary muscle training, it has great potential as a training method for cardiovascular patients who would otherwise be unable to exercise with sufficient loads.

Aims of cardiac rehabilitation

- Restoration of physical and mental function and early social rehabilitation after cardiac disease (myocardial infarction, etc.) or cardiac surgery
- Improved quality of life for patients with cardiovascular disease
- Prevention of recurrence (especially secondary prevention of ischemic heart disease)

AATSU Training’s impact on orthopedic disorders

Research to date shows how KAATSU Training has some effect on bone metabolism. The potential of focusing on bone in the stimulated area (where improvement is desired) has also been suggested.

Research cases to date

- Degenerative disease in arm and leg joints
- Spinal disease such as lumbar disc hernia
- Osteonecrosis of the femoral head
- Arm and leg injuries such as broken bones, ligament ruptures, and pulled muscles

The Japan KAATSU Training Society was founded on June 20, 2004 with the application of research results, and planning international exchanges and acupuncturists, nurses, physiotherapists, and occupational therapists; physical researchers at universities and other research institutes.
AATSU Training’s physiology and research into its cardiovascular effect and mechanism

Observational research has been done into the various cardiovascular changes caused by the stimulation of pressure application. More recently, there have also been case reports and clinical research into KAATSU Training done not by healthy subjects but by patients with illnesses.

AATSU Training applied to astronauts and bedridden patients

It has been confirmed that simply applying pressure to the tops of the thighs to make venous blood collect in the legs creates the apparent effect of "standing up while lying down". Pressure application holds the promise of preventing cardiovascular changes caused by the lack of gravitational stimulation, such as in patients forced to lie down for a long time or astronauts in a non-gravity environment.

Physical changes that occur in space

1) Muscle loss
2) Calcium levels
3) Circulatory system

Sympathetic nerve activity is strongly inhibited in space

Low sympathetic activity leads to low cardiac output, which results in decreased oxygen delivery to the muscles.

Space Shuttle: 35-45%

Physical activity: 80% “zero gravity”

LEMS: Emotional stress
Significant sympathetic activity

LEMS: Emotional stress
Significant sympathetic activity

LEMS: Emotional stress
Significant sympathetic activity

Low sympathetic activity

Plasma renin activity

Vasopressin

Blood volume

“Standing up while lying down”

150-200 mmHg

Steady state

Space return

Decreased plasma volume

Symptomatic return

Plasma renin activity

Vasopressin

Systemic pressure

KAATSU IMPACT 14
KAATSU Training® will support the health society of the future

The aging of Japan has created an urgent situation, and countries around the world are currently paying attention to how Japan deals with its aging population.

Percentage of people aged 65+ in major countries


Estimated population by age in 2030


There is huge potential demand for KAATSU Training among the elderly and patients!

Arteriosclerosis Stroke Cardiac disease Dementia Diabetes Rheumatism
Prevention Improvement Rehabilitation

For a better quality of life

Japan KAATSU Training Society launches its Certified KAATSU Therapy Facility System!

KAATSU Training facilities and medical facilities form a partnership to provide patients with KAATSU Training as a form of medical exercise treatment by the KAATSU Robo System*.

*In the KAATSU Robo System, the proper pressure is accurately and automatically detected by a KAATSU Robo and the patient's history is managed on a network. Installation of a KAATSU Robo is required when certification is received. Details of the KAATSU Robo currently under development will appear on kaatsu.com.

Healthy person Appropriate treatment given

Introduces partner Certified KAATSU Therapy Facility and issues a prescription

Certified KAATSU Therapy Facility
Facility where KAATSU Training is conducted by a KAATSU Therapist†.

KAATSU Training facility

Medical record

University hospital or clinic
Facility where KAATSU Medical Doctor§ works

Sick person

Introduces a KAATSU Medical Doctor‡

A KAATSU Training License requirement for giving medical related therapy

†Certified KAATSU Therapy Facility: A facility approved by the Japan KAATSU Training Society's facility standards review (Certified KAATSU Medical Doctors and KAATSU Therapists may apply for certification)

‡KAATSU Therapist (not doctor): Person qualified to provide KAATSU therapy according to prescriptions issued by a KAATSU Medical Doctor

§KAATSU Medical Doctor: A medical person qualified to issue prescriptions for KAATSU therapy

Details of the certification system of the Japan KAATSU Training Society will appear on its website when they have been fixed.
Points for receiving safe and proper KAATSU Training guidance

**POINT 1:** Always receive guidance from a person qualified in KAATSU Training

KAATSU Training guidance is licensed and may only be provided by a qualified person who has received certification from the KAATSU Training headquarters. Always receive guidance from a qualified person with KAATSU Training headquarters certification. Qualified people are issued with a certificate and an ID card with photo, so please check beforehand.

**POINT 2:** Always receive guidance when using the special KAATSU Training equipment

You must receive guidance when using the special KAATSU Training equipment (KAATSU Master, KAATSU Master Mini, Kinryoku Up Kun, etc.). It is forbidden to give guidance using equipment other than KAATSU Training belts which enable the right level of blood flow restriction for exercise. It is dangerous to exercise with a tourniquet. Also, beware of unauthorized or fake items sold on online auctions etc.

**POINT 3:** Always receive one-on-one guidance

KAATSU Training requires guidance on a one-on-one level that is tailored to your goals. Each person has a different appropriate pressure and reacts differently during training so the coach gives careful one-to-one guidance until the end of the session. At present, it is forbidden for safety reasons to give guidance to two or more people at the same time in group lessons, etc.

**POINT 4:** Have your KAATSU coach check the pressure is correct every time

The appropriate pressure varies from person to person and, like blood pressure, continually varies in each person due to factors such as his or her physical condition on that day and his or her exercise condition, so have the pressure checked every time to make sure it is appropriate. Safe and effective pressure setting is a key point.

**POINT 5:** Do not continue to apply pressure for a long time

To perform KAATSU Training safely, release the pressure once within 10 minutes for arms and within 15 minutes for legs. In particular, beginners, people with low strength, and people with little experience of exercise should release the pressure once within 5 minutes to avoid overexertion.

**POINT 6:** Do not fit belts onto bare skin

When performing KAATSU Training, avoid wearing clothes that allow the belts to directly touch your bare skin such as sleeveless tops or shorts. Fitting the belts directly onto bare skin can damage the skin.

**POINT 7:** Do not apply pressure to arms and legs at the same time (There are exceptions)

Simultaneous KAATSU Training of the arms and legs must be avoided, especially by beginners and people with low strength, because it causes extreme pooling of blood in all four limbs, thereby greatly increasing the intensity. Also, the KAATSU Training sequence should be “arms → legs” because working on the arms exerts a lighter load on the heart, making it an ideal way to warm up.

**POINT 8:** If you feel unwell before or during training, stop training that day

Overexertion during KAATSU Training is harmful in spite of the low intensity, so if you feel unwell before or during training, do not do any more training for the rest of that day, even if you start to feel better.
Q1 What effect does KAATSU Training have on the body?

⇒ A It enhances the flow of blood.

Using a KAATSU belt to restrict blood flow and then releasing the pressure makes blood flow more easily. If the resistance to blood flow before applying pressure is taken as 1.0, the resistance when pressure is applied is 1.7 times that. Then when the pressure is released, the resistance is 0.6, which means the blood flow has improved.

Q2 Does restricting blood flow mean stopping the blood?

⇒ A No.

It does not mean completely stopping the blood. It means slowing it down with an appropriate level of pressure.

Q3 What is the appropriate level of pressure?

⇒ A It varies from person to person.

The pressure to be applied will be an appropriate value for that person. A specialized coach will set the correct pressure so keep to that value when training.

Q4 Doesn’t restricting blood flow have a bad effect on the body?

⇒ A There is no problem if the correct pressure is applied.

The most important thing in KAATSU Training is applying the correct pressure. Restricting the blood flow in this way enhances the effect of exercise. Restricting it too much stops the blood flow into the muscle and sends it into an ischemic state. Applying pressure based on the judgment of a non-expert is extremely dangerous.

Q5 What should I do to start KAATSU Training?

⇒ A Get guidance from a qualified KAATSU Training Coach.

You need a qualified KAATSU Training Coach to set the correct level of pressure.

Q6 Can any method be used to restrict blood flow?

⇒ A Only use special KAATSU belts.

It is not a case of simply restricting the flow of blood. Using something other than the special belts is extremely dangerous because it could cause an excessive level of pressure due to the way it is worn when the muscle works or gets larger.

Carry out KAATSU Training properly with a qualified coach.
Q7 Can I perform KAATSU Training in my own way?

A No, it would be extremely dangerous.

Not using special KAATSU belts and not receiving guidance from a qualified KAATSU Training Coach would be dangerous. Never use rubber belts etc. to apply pressure by yourself.

Q8 I heard that the effect of exercise is enhanced even with small loads...

A A 500ml plastic bottle is enough.

People think that training means having to lift heavy dumbbells and the like, but KAATSU Training produces sufficient results with just 500ml plastic bottles.

Q9 How different is the effect of KAATSU Training compared with ordinary training?

A The difference is clear.

Experiments to compare the appearance of increased muscle mass due to KAATSU Training and ordinary training show that low intensity KAATSU Training is more effective than high intensity ordinary training.

Comparison of added muscle mass in KAATSU Training and ordinary training

D: Ordinary training (low intensity) +6%
C: Ordinary training (high intensity) +9%
B: KAATSU Training (low intensity) +13%
A: Before training

(Source: KAATSU Training no Zenninshu)

Q10 What if I don’t want to put on extra muscle?

A You will not become like a bodybuilder.

You will not produce rippling muscles like a bodybuilder without a certain level of diet and training. Normally, the aim is to achieve a suitable balance of muscle.

Q11 Will KAATSU Training be more effective the more I do it?

A Basically the limit is twice a week.

Leave two to three days between training sessions. KAATSU Training is much more effective than ordinary training so you do not need to struggle every day. Continuing a suitable level of training for a long time will produce better results.

Q12 Can I train even after an injury?

A You need to consult your doctor.

Because KAATSU Training can be done without putting much strain on the body, it is an ideal form of post-injury training following treatment from a doctor.

questions about KAATSU Training.

TSU Training®

KAATSU IMPACT
Join the newly launched Certified KAATSU® Therapy Facility system!

Benefits for KAATSU Training facilities

Becoming a Certified KAATSU Training Facility enables the facility to provide treatment to sick or injured people previously unable to undergo KAATSU Training upon receiving a prescription for KAATSU exercise from a KAATSU Medical Doctor.

Process of approval of the Certified KAATSU Therapy Facility System

Qualification requirement → Japan KAATSU Training Society member with a KAATSU Training License

Must have at least one year’s experience of giving KAATSU Training since receiving a license.

Study

Course / Test Certification including a clinical report, test etc. set by the Japan KAATSU Training Society

Pass

KAATSU Medical Doctor → KAATSU Therapist (not doctor)

Application to be Certified KAATSU Therapy Facility

University hospital or clinic Facility standards review and approval

Approved as a Certified KAATSU Therapy Facility

Japan KAATSU Training Society’s (Compliant) mark granted

(Proof of compliance with the facility standards of the Japan KAATSU Training Society)

Details of the facility certification system of the Japan KAATSU Training Society will appear on its website when they have been fixed.

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