



# THE HIRATA COLOURING BOOK

ORAN KIVITY

A 33-PAGE  
MOXA IN  
MOTION  
STUDY BOOK



# A NOTE FROM THE AUTHOR

WELCOME TO THIS COLOURING BOOK

Hello reader,  
Thank you so much for getting hold of my book and taking the trouble to download this study aid.

When I was first learning Hirata Zone Therapy, what I found the hardest was figuring out where the zones were and how the zone numbers related to the zone names.

As the main book progressed, I got the idea to design a simple colouring book as a study aid. In personal growth and in education, we all find clarity through expression. Thus, my hope is that by drawing and colouring, you will be able to memorise these correlations and locations.

Of course, as with all my "simple" ideas, the project got bigger than first planned and I couldn't help myself from developing various other exercises and worksheets as well!

I hope you find this little study aid useful. It shouldn't take you long to do and it should be fun!

*Oran Kivity*

Oran Kivity  
Kaohsiung, Taiwan, 2021

# INTRO CHECKLIST

WHAT YOU NEED TO DO

**INSTRUCTIONS:** This workbook is designed to reinforce the information in the most crucial chapter of the book: Chapter 7, Regions and Zones.

If you've got this information, you've got HZT, and at the very least, the simplest level of Hirata treatment, Basic Hirata will be easy to perform.

As well as the diagrams, and blank pages for you to colour in, I've compiled a couple of worksheets that should help you acquire the material. Each worksheet is listed below. When you've completed it, celebrate by ticking it off the list!

- READ CHAPTER 7
- READ THE START OF THIS WORKBOOK
- COMPLETE SECTION 1
- COMPLETE SECTION 2
- COMPLETE SECTION 3
- REVIEW YOUR ACHIEVEMENTS
- HAVE A GLASS OF WINE (OR SIMILAR REWARD)!
- SHARE A QUESTOIN, OBSERVATION OR YOUR FAVOURITE DRAWING TO THE ONTAKE GROUP ON FACEBOOK

# LEARNING GOALS

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This is a planning tool to get you through Chapter 7 at your own pace. You might do it in an evening, a weekend, a week or a month. Use this planner to help you decide what you want to learn, and when. It's your call!

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUES				
WED				
THURS				
FRIDAY				

# SECTION ONE

## HOLOGRAPHIC MAPPINGS

### INTRODUCTION

This section is comprised of two short worksheets, drawing on information in the first part of Chapter 7. You can also refer to Chapter 6. The worksheets are self-explanatory: just answer each question.

# WORKSHEET ONE

## HORIZONTAL ZONES

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**INSTRUCTIONS:** Answer the worksheet questions below

**“The horizontal zones of the body were always hiding in plain sight in TEAM theory”.**

**QUESTION #1:** GIVE ONE EXAMPLE FROM CHAPTER 7 OF A HORIZONTAL LINE OF POINTS THAT JUSTIFIES THIS STATEMENT

**QUESTION #2:** GIVE ANOTHER EXAMPLE FROM CHAPTER 7 OF A HORIZONTAL LINE OF POINTS WITH SIMILAR INDICATIONS THAT JUSTIFIES THIS STATEMENT.

**QUESTION #3:** CAN YOU THINK OF ANY OTHER EXAMPLES, ANYWHERE ELSE IN THE BODY?

# WORKSHEET TWO

## NORMAL AND REVERSE IMAGES

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WHAT IS A NORMAL IMAGE? PICK THE ONE CORRECT ANSWER.

- It's a holographic representation of the body on a 1:1 scale
- It's a holographic mapping that goes from medial to lateral
- It's a holographic mapping that goes from top to bottom
- It's a holographic mapping that goes from bottom to top

WHAT IS A REVERSE IMAGE? PICK THE ONE CORRECT ANSWER.

- It's a holographic representation of the body on a 1:1 scale but backwards
- It's a holographic mapping that goes from lateral to medial
- It's a holographic mapping that goes from top to bottom
- It's a holographic mapping that goes from bottom to top

# SECTION TWO

## MEMORISING THE ZONES

### INTRODUCTION

If you want to practise HZT with confidence, you're going to have to rise to a few challenges, the first of which is to find a way to correlate the number of the zone with its correspondence. If you have a patient with spleen deficiency, you're going to want to apply Ontake to zones 6 and 7 wherever you find reactions. If you see reactions at zone 8, you should be able to interpret that as a sign of kidney deficiency. Here is the list of the zones. This section explores how these same twelve zones repeat in each of the six regions.

But first, let's figure out a way to memorise them!



# ZONES AND COLOURS WORKSHEET 1

GET YOUR COLOURS READY

**INSTRUCTIONS:** In the left hand column, continue to list the numbers 1 to 12 with one number on each line. In the right hand column, list the correlating zone for each number. Finally, colour in each row in a single colour, or shading style. This will be your key to colouring in the zones and should be kept consistent throughout the workbook.

ZONE NUMBERS

ZONE NAMES

1.

Bronchi

2.

3.

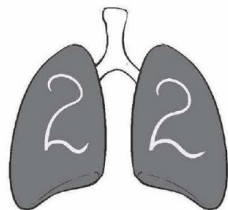
**INSTRUCTIONS:** On the following blank pages, list zones 1-12. Design your own memory hook for each one, or reproduce the ones here but adapted to your own words or visual style. Practise recalling these twelve hooks a few times a day until the numbers and zones are fully integrated and embedded in your mind, and you can call out numbers to zones, or zones to numbers with equal speed.

What mnemonic will you use for zones 4, 5, 6, 7 and 12? Write them down!

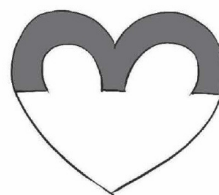
## Learning Exercise

# Bronch-1

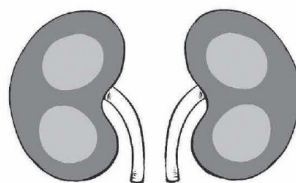
Spelt with a '1', not with an 'I'.



The bronchi split into two lungs.



There's a "3" in the heart.



There's an 8 in each kidney.



Can we connect toilet rolls with the large intestine?

# Small Intest-10

It's not the best spelling, but it is the best mnemonic!

# JUST DRAW!

WHAT YOU DRAW, YOU REMEMBER...

# JUST DRAW!

WHAT YOU DRAW, YOU REMEMBER...

# JUST DRAW!

WHAT YOU DRAW, YOU REMEMBER...

# NUMBERING (1)

SET YOUR STOPWATCH!

**INSTRUCTIONS:** This table lists the zones in alphabetical order. How quickly can you match the zone number with the name? Try doing this out loud, at first. Practise from top to bottom and from bottom to top. Write down your fastest time and the date.

ZONE NAMES

ZONE NUMBERS

BLADDER  
 BRONCHI  
 GALL BLADDER  
 HEART  
 KIDNEY  
 LARGE INTESTINE  
 LIVER  
 LUNG  
 REPRODUCTIVE  
 SMALL INTESTINE  
 SPLEEN  
 STOMACH

Today, my fastest time was.....seconds.

Today, my fastest time was.....seconds.

Today, my fastest time was.....seconds.

# NUMBERING (2)

BEAT YOUR TIME

**INSTRUCTIONS:** We're not done yet! Here's a randomised list of numbers from 1-12. Once again, try this out loud, at first. How quickly can you match the zone name with the number? Try doing this out loud, at first. Practise from top to bottom and from bottom to top. Write down your fastest time and the date.

ZONE NUMBERS

ZONE NAMES

10.

3.

6.

5.

2.

11.

9.

1.

12.

7.

4.

8.

Today, my fastest time was.....seconds.

Today, my fastest time was.....seconds.

Today, my fastest time was.....seconds.

# SECTION THREE

## GETTING TO KNOW THE REGIONS

### INTRODUCTION

By now, you should be very familiar with the 12 zones and able to list them in reverse order while standing on your head and juggling three flaming torches with your feet. This section is even more exciting, focusing on each of the six regions.

There are two worksheets for each region. One requires your artistic skills, and the other guides you to practise in different ways. There's a general checklist on the next page that lists what you should do for each region. In addition to those actions, complete the specific exercises on each worksheet.



# ZONE CHECKLIST

WHAT YOU NEED TO DO

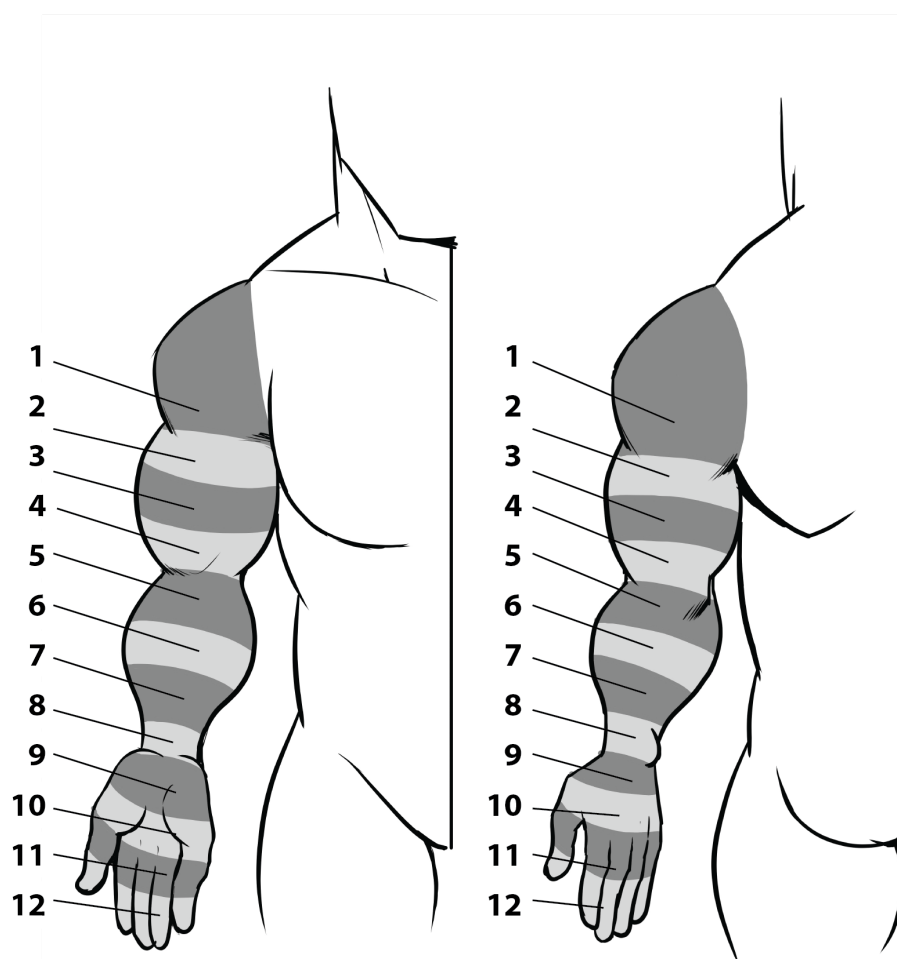
**INSTRUCTIONS:** To get the best results from each worksheet, you'll need to do the following:

- LIST THE LANDMARKS FOR THE REGION
- DRAW THE LANDMARKS ON EACH REGION IN BOLD
- COLOUR IN THE ZONES (USE THE SAME COLOUR EACH TIME)
- LIST ANY OTHER TIPS OR MNEMONICS FROM THE BOOK
- COMPLETE ANY OTHER INSTRUCTIONS OR EXERCISES
- REVIEW ONE HOUR LATER
- ENJOY THE REST OF THE DAY
- REVIEW 24 HOURS LATER
- PRACTISE ON A FRIEND OR FAMILY MEMBER, ON BOTH THE ANTERIOR AND POSTERIOR SURFACES.

# THE ARM REGION

## COLOURING

**INSTRUCTIONS:** Follow the steps of the Zone Checklist on page 17, using the information in Chapter 7 to list the landmarks, mnemonics and zones.



# LEARNING THE ARM

## SOLO PRACTICE

**INSTRUCTIONS:** Using three fingers on one hand as a broad pointing tool, estimate where the arm zones are. Without worrying too much about accuracy, point to where you think zone 1 is on the upper arm. Now point to zone 2. Continue down the arm, till you've touched every zone, all the way down to the fingertips.

Repeat the process, calling out the names of the zones and touching them at the same time.

**THE THUMB:** When considering the thumb, divide the first metacarpal in half at the level of LU 10. This gives you the intersection line of zones 9 and 10. The middle and distal phalanges give you zones 11 and 12.

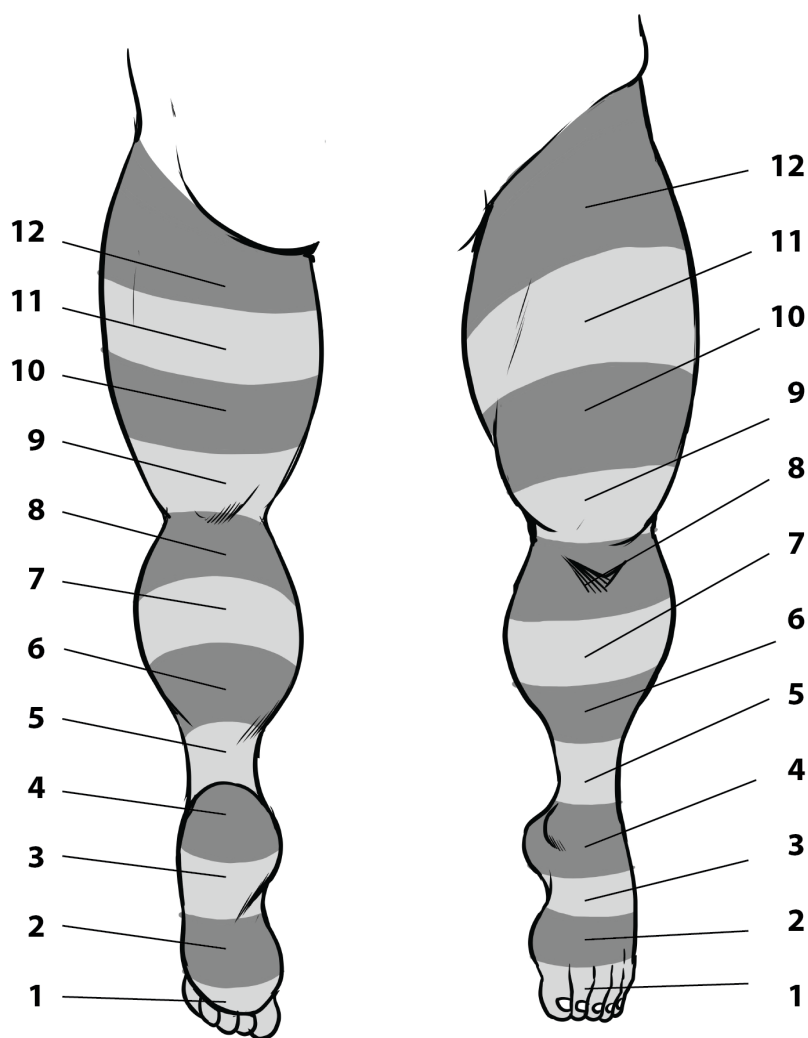
You can practise this by placing your right hand on your lap, facing up. Put your left thumb on the right LU 9, your left index finger on the right LU 10, your left third finger on the right metacarpophalangeal joint, and your left fourth finger on the right interphalangeal joint. You now can see zones 9, 10, 11, and 12 between your fingers.

Write down your observations in the space below.

# THE LEG REGION

## COLOURING

**INSTRUCTIONS:** Follow the steps of the Zone Checklist on page 17, using the information in Chapter 7 to list the landmarks, mnemonics and zones.



# LEARNING THE LEG

## SOLO PRACTICE

**INSTRUCTIONS:** Using three fingers on one hand as a broad pointing tool, estimate where the leg zones are. Without worrying too much about accuracy, point to where you think zone 1 is on the foot. Now point to zone 2. Carry on all the way up the leg until you're touching your upper thigh.

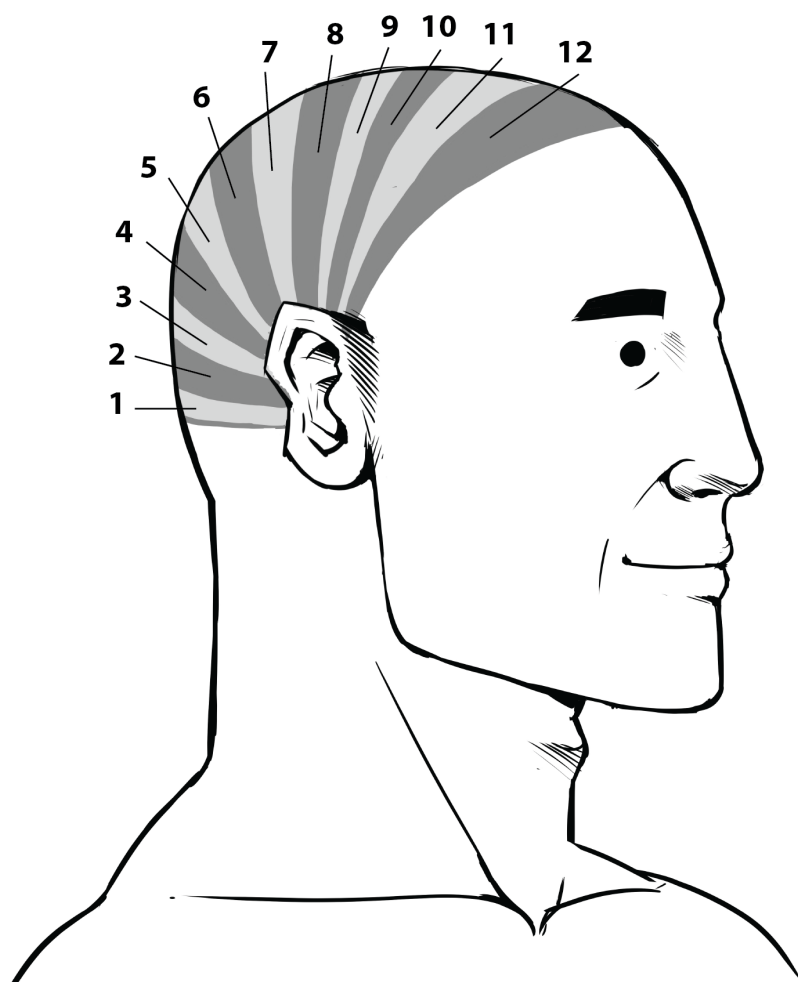
Repeat the process in both directions, calling out the names of the zones and touching them at the same time.

Write down your observations in the space below.

# THE HEAD REGION

## COLOURING

**INSTRUCTIONS:** Follow the steps of the Zone Checklist on page 17, using the information in Chapter 7 to list the landmarks, mnemonics and zones.



# LEARNING THE HEAD (1)

SOLO PRACTICE

**INSTRUCTIONS:** Draw an image of a fan with twelve segments in the space below and number the segments from 1-12. Write the word "anterior" by the "12" and the word "posterior" by the "1".

Sitting quietly in a chair, imagine a cat perched on your head. Her head is facing behind you, so her tail dangles irritatingly in front of your nose. This means that her zone 1 (bronchi) is posterior and her reproductive zone 12 is parked nonchalantly on your anterior hairline.

**Write** down your observations in the space below.

# LEARNING THE HEAD (2)

MIRROR MIRROR

**INSTRUCTIONS:** If you consider that this mapping, when viewed from the side is like a fan, then to practise, you can place an Alice band or a band of cloth over these four landmarks.

You can even use your designer sunglasses as a cool zone location practice tool. Simply push your shades from one of the four landmarks to the next, or use your whole collection.

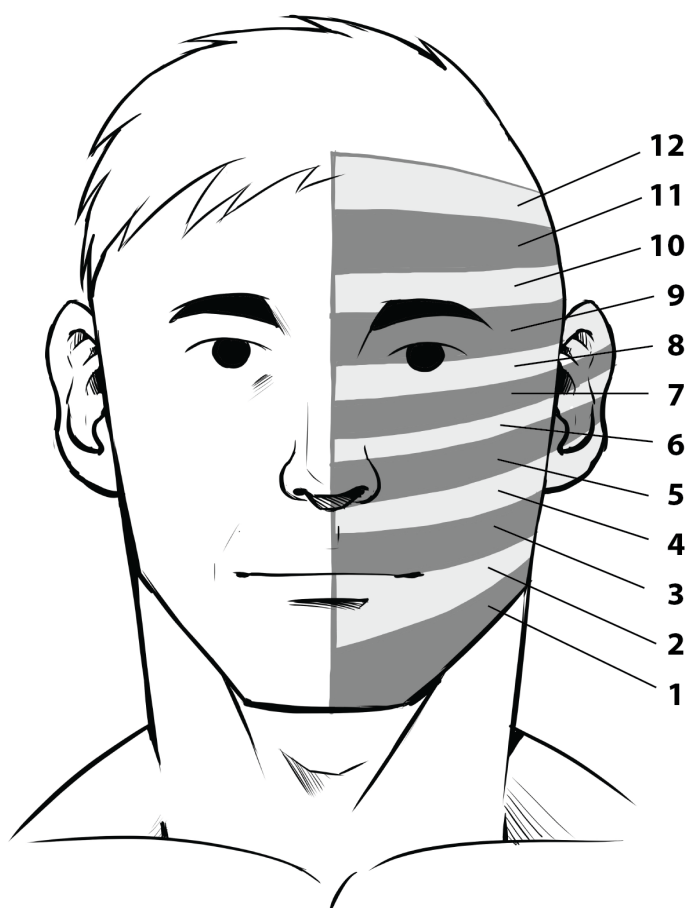
Write down your observations in the space below.



# THE FACE REGION

## COLOURING

**INSTRUCTIONS:** Follow the steps of the Zone Checklist on page 17, using the information in Chapter 7 to list the landmarks, mnemonics and zones.



# LEARNING THE FACE

## MIRROR MIRROR

**INSTRUCTIONS:** Stand in front of a mirror and put both index fingers together at the base of your chin. Stroke laterally until they reach the angle of the mandible. This is zone 1. Now place them both at the horizontal groove above the mental protuberance and stroke laterally and posteriorly until you reach the jaw. This is zone 2.

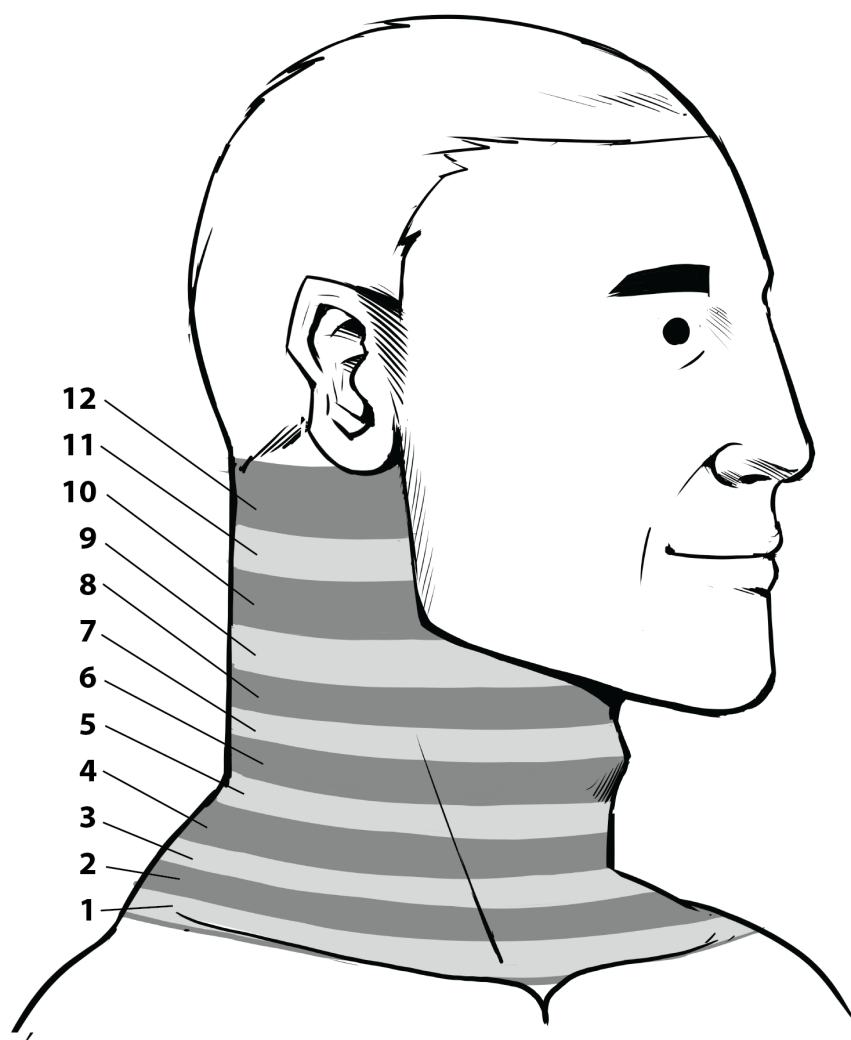
Continue this process up the face until you reach zone 8 and 9 at the eyebrow. You can use two fingers to mark out these zones. When you get to zones 10-12, lace the middle three fingers of each hand on your forehead and stroke out with your fingertips until they reach the hairline.

Write down your observations in the space below.

# THE NECK REGION

COLOURING

**INSTRUCTIONS:** Follow the steps of the Zone Checklist, using the information in Chapter 7 to list the landmarks, mnemonics and zones.



# LEARNING THE NECK

MIRROR MIRROR

**INSTRUCTIONS:** Standing in front of a mirror, rest your fingers directly on your clavicle on one side. This is zone 1.

Place one finger on each side of ST 9, at the level of the tip of the Adam's apple. Above this level is zone 7, below is zone 6.

Place one finger into the little hollow behind the flap of each ear (just behind the temporomandibular joint). Now move them medially, so they meet at the centre just below the external occipital protuberance. This is the level of zone 12.

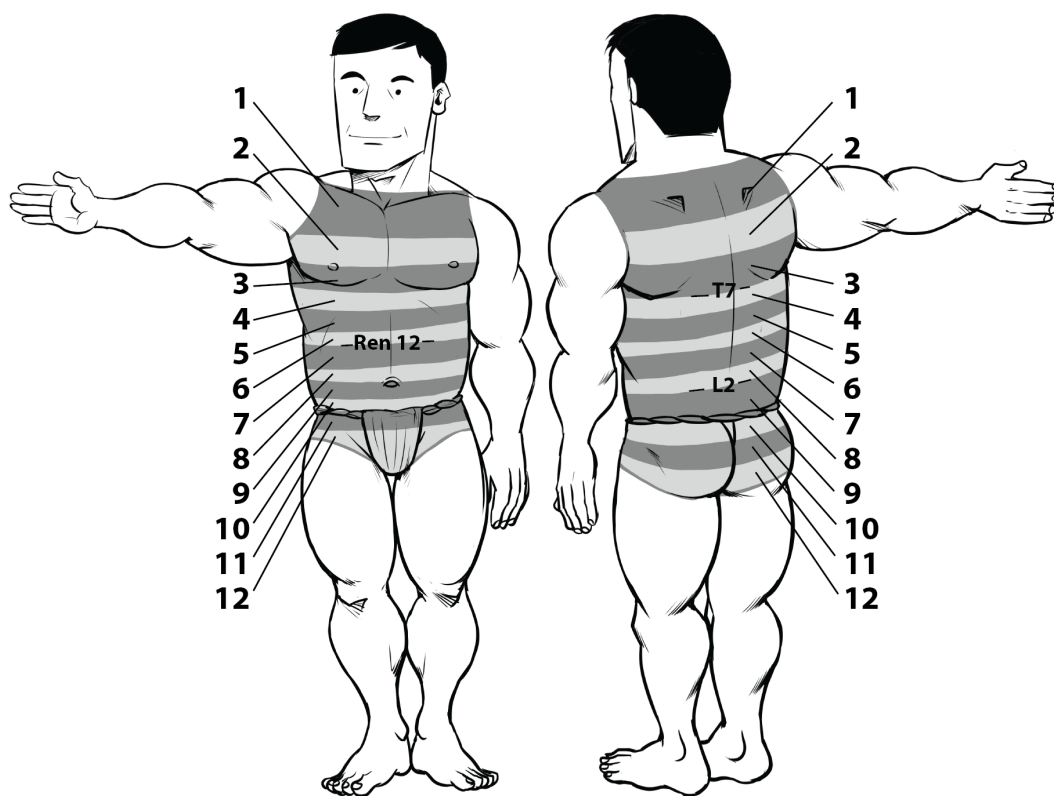
Now you have these landmarks, try stroking each zone in-between.

Write down your observations in the space below.

# THE TORSO REGION

FOLLOW THE LANDMARKS!

**INSTRUCTIONS:** Follow the steps of the Zone Checklist, using the information in Chapter 7 to list the landmarks, mnemonics and zones



# LEARNING THE TORSO

## PARTNER UP

**INSTRUCTIONS:** The torso region is the biggest part of the body and probably the hardest to learn, as it's not something you can easily map on yourself.

There are two ways to approach this:

- The first is with a partner, mapping them out with a marking pen.
- The second is by simply treating one or two of these areas on your next patient, using the landmarks and related back-*shu* points as starting points.

Once you have treated zones 6 and 7 using Ren 12 as a landmark a few times, the torso region will start to seem more familiar.

Write down your observations in the space below.

# SECTION FOUR

ONWARDS AND UPWARDS!

## THAT'S CHAPTER 7!

Well, you've done it! Hopefully, by now, you can list the twelve zones and point to their locations in any of the six regions. There's not much in this section, except a blank page for you to write down questions and a list of resources that you can access online. If you've done some artwork that you'd like to share, feel free. The Ontake group on Facebook is a friendly and interested online community, and we'd love to see what you came up with!

Your next quest is to figure out how to apply Ontake on these zones. For that, you need to go back to the book and read on! I'll be devising courses, both online and in-person, so watch out for emails from Moxa in Motion, which will have news of study opportunities to come.





## FINAL THOUGHTS

*“If there's a book that you want to read, but it hasn't been written yet, then you must write it.”*

TONI MORRISON

First of all, thanks are due to my good friend Reza Gunawan in Jakarta, who read the first draft of the main book and advised me to go more "workshopy" with the material. Reza is a gifted trainer and his suggestion set me in motion on the path that ended up here, with the completion of this accompanying study book.

Creating this learning aid was fun! I learnt a lot for myself, not just about conceiving study materials but also about book design and layout. Thank you to Jiet Wong for a two-hour Zoom call picking out all my "challenges" in graphic design.

This side-project has also given me new ideas for how to teach this material in the future. I hope you found it useful and that it helps you on your Ontake path and Hirata mastery.

Of course, study is an ongoing process that is helped by being in a community. Feel free to join the Ontake group on Facebook, to check out the videos on Youtube and of course, to sign up to my website so you can get Hirata and Ontake news and updates.

See you soon

*Oran Kivity*

Kaohsiung, Taiwan, 2021

## FEEDBACK



It's always good to get feedback! Feel free to leave an honest review on Amazon or Goodreads, letting me know what you thought of the main book and this 33-page study book.

If you enjoy a book, there's no better way to say thank you to the author than by leaving a review.

If you've got suggestions to improve the study book, feel free to email me.

## ONLINE RESOURCES

[Youtube.com/theontakechannel](https://www.youtube.com/theontakechannel)

[Facebook.com/groups/ontake/](https://facebook.com/groups/ontake/)

[orankivity.com/shop/](https://orankivity.com/shop/)

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