

# **JRA Advanced Training**

**Instructor : Ray McCall  
Co-teacher: Hiroyoshi Tahata**

**Dr. Rolf said, “It is easier to see the likenesses among people and to work on them in the same way than it is to see their radical individuality and to tailor our work to that distinctiveness.”**

The purpose of the Advanced Training is to explore how to develop a client centered series or session based on the principles of intervention and the client’s needs and goals. We will review the internal logic of Dr. Rolf’s ten series and how the goals of the 10 series evoke integration, which is one of the most important aspects of our work. We will review neck work, back work and tracking as ways to evoke integration. We will also explore positional strategies and movement interventions, including core connectivity, to bring about higher levels of change and integration. Along with specific manipulation skills, including increasing our range of contact, we will enhance our ability to be present with ourselves and with our client.

When we are truly present we can perceive what needs to be done. Developing perception is a life-long process that leads to the deliberate and appropriate use of self, precise interventions, and the ability to evaluate and track the effects of our work. The course material will be explored through lectures, practicums and instructor demonstrations.

Practitioners will exchange a supervised series with one another, and with an outside classroom client. Through these activities we will learn to strategize and perform a principle guided series which addresses the structural, functional and integration needs of each practitioner and each client. Also, a portion of the course will include the instructors’ latest interests, innovations and discoveries.

**“We must learn how to feel our way into the person and wait for what the body wants to show us, not impose our will on the body.”**

**-Hokaku Jeffrey Maitland**

**Instructors** : Ray McCall & Hiroyoshi Tahata



**Ray McCall** first experienced Rolfing in 1975. As an Advanced Instructor in the Rolf Institute he teaches basic classes, advanced classes and workshops in the States and abroad. He is interested in people being who they are and expressing that in the world and how Rolfing facilitates that process. The last several years he has been exploring the energetic taxonomy.



**Hiroyoshi Tahata**

For over 26 years, Hiro has been practicing Rolfing session. As a Rolf Movement instructor, he enjoys offering the Rolf Movement certification workshop since 2009. He has been developing the Art of Yield with Carol Agneessens. Using the concept of Ma and yielding, he is exploring the energetic taxonomy.

**Interpreter** : Satomi Furukawa

The class will be taught mainly in English and there'll be an interpreter between Japanese and English.

**Dates:**

1st Part : Tuesday, April 8th, 2025 - Friday, April 25th  
(Days Off: 12th - 14th, 19th - 21st)

2nd Part: : Tuesday, June 24th, 2025 - Friday, July 11th  
(Days Off: 28th - 30th June, 5th - 7th July)

Time : 10 : 00~18 : 00

(The start and end times are expected to be slightly earlier on April 18.)

**Venue:** Lutheran Ichigaya Center, Tokyo, Japan  
1-chōme-1 Ichigaya Sadohara-chō, Shinjuku City, Tokyo 162-0842  
<https://www.l-i-c.com/community/access/>

**Minimum number of participants:** 10 (Maximum: 18)

\*If this minimum number, of the participants who will pay the full amount, is not reached by 18:00, December 20th, 2024 (JST), the training will be cancelled by JRA.

\*Application deadline is 12:00, Jan. 31th, 2025.

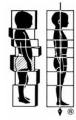
**Training Fee:** It will change according to the number of the participants.  
 1,284,000 JPY (10participants) - 904,000 JPY (18 participants) .  
 (Please see the table below for the details.)  
 20,000 yen discount for applications received by Friday, December 20.  
 \*The fee will be decided based on the number of the applicants as of January 31st, 2025. Decided by fee-based number of participants, not by actual number of participants. Counting standard participants as 1 and retake participants as 0.5.

**Retaking:** The Certified Advanced Rolfers can retake the whole training at half the price, if there is a free space in the capacity as of Fri. Dec. 20. The Advanced Rolfers are welcome to participate at full price, even if the class is fully booked (18 participants.)

**Auditing:** The Certified Advanced Rolfers can sit in on morning lectures only, but no participation in the practicum part of the class. Participation fee will be 12,000 yen/day. Instructor approval is required. The dates for the lectures are to be decided. →Please wait for a while with details and to register for auditing.To be announced after January 2025, based on the number of participants and available space.

Number of applicant	Training fee (Sum of Part 1&2)	Number of applicant	Training fee (Sum of Part 1&2)
10	1,284,000	14*	1,078,000
10.5	1,223,000	14.5	1,052,000
11	1,205,000	15	1,038,000
11.5	1,162,000	15.5	1,012,000
12*	1,176,000	16	988,000
12.5*	1,142,000	16.5	965,000
13*	1,131,000	17	943,000
13.5*	1,098,000	17.5	920,000
		18	904,000

\* In the case of 12-14, the price may be reduced by 30,000 yen each due to the change in the size of room depending on the actual number of participants.



日本ロルフィンング協会  
The Japanese Rolfing® Association

### **Admission requirements:**

- . A minimum of three years full time Rolfing practice
- . 18 Continuing Education Credits including;
  - 10 Intermediate Credits,
  - 5 Movement Credits,
  - 3 Elective Credits

(Please see the Advanced Training Policy, for more details.)

### **Application procedure:**

1. Fill in the application form in the following link (applicant's information, CE credit, etc.)  
[https://docs.google.com/forms/d/e/1FAIpQLSd6saWJ4yHFfh2Q-WkSCD0pugxI4D3aeP4uBK9NGDMO3hiRSQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSd6saWJ4yHFfh2Q-WkSCD0pugxI4D3aeP4uBK9NGDMO3hiRSQ/viewform?usp=sf_link)
2. The application form will be reviewed by the JRA and Yuta Otomo, one of the coordinators of this training, will get back to the applicant. Then send the registration form at the end of this document and submit it to Yuta Otomo, via email (education@rolfing.or.jp).
3. Down payment of 50,000 JPY is required to complete the registration.

※If the applicant do not fulfill all requirements, they can apply for a waiver:

- 1) The JRA will review the information submitted in the application form, and discuss the case with the instructors and decide on the admission to the training, and get back to the applicant.
- 2) After the admission is approved, submit the registration form, and pay the down payment of 50,000 JPY.
- 3) Once all the requirements are fulfilled and the advanced training is completed, you can become certified as Advanced Rolfer.  
(You will not be certified as an Advanced Rolfer until you meet all of the requirements.)

If, after certification as an Advanced Rolfer, it is found that the credit requirements are not fulfilled, due to an error in counting the number of credits for which you have registered, etc, your certification will be temporarily suspended. You will be asked to re-apply for certification once the sufficient credits have been collected and the requirements are actually fulfilled. (Re-application fee: 15,000 yen)

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## JRA Advanced Training Payment and Refund Policy

### [Registration / Payment]

1. First, the applicant submits the online application form. The JRA will review it, and get back to the applicant.
2. Then the applicant submits the registration form below, with the signature, and pay the down payment, to complete the registration.

\*For those who does not fulfill all the requirement yet; after the admission to the training is approved by the instructors, the applicant submit the registration form, and pay the down payment.

3. The down payment (deposit), 50,000 JPY is due within two weeks after the JRA's reply about the admission.
4. If the down payment is not paid by the deadline, the applicant's right to hold the seat won't be secured.
5. The remaining tuition is to be paid, after the training fee is confirmed. It is to be transferred by the deadline set by the JRA, to the JRA's bank account specified below.

✓ Send the down payment and the tuition by the bank transfer.

#### [Bank information]

Bank name: MUFG BANK,LTD.

SWIFT code: BOTKJPJT

Branch name: Shinjuku-Chuo Branch

Address of the Branch: 1-6-1 Nishishinjuku Shinjuku-ku Tokyo 163-1533 Japan

Account Number: 469-5938168

Account;

Name: Tokuhi ) nihon rolfing kyokai

Address: Omotesando-plaza 5F 5-27-2 Minamiaoyama Minato-  
ku Tokyo 107-0062 Japan

Currency: JPY (Japanese Yen)

You are also welcome to use Wise to send money internationally from an overseas bank. (In many cases, the fees are lower for both sides.)

### [Cancellation and Refund Policy]

If the training is cancelled by the JRA and the instructors;

- (1) If the minimum number of the participants, 12 is not reached by July 31st, the training can be cancelled by JRA. In this case, the down payment you already paid will be refunded. (JRA will bear the transfer fee.)
- (2) If the training is cancelled because of the other reasons, the payment the applicant already paid will be refund. (JRA will bear the transfer fee.)

(We are assuming these cases would be natural disaster, disease of instructors, some problems about instructor's entry to Japan, etc. )

If the applicant cancels their registration by their individual reasons;

- (1) If they cancel after sending the down payment, the deposit will not be refunded.
- (2) If they cancel after the decision on AT to happen and before Feb. 24, 50% of the training fee will be charged as a cancellation fee. (The applicant will bear the transfer fee.)
- (3) If they cancel within 6 weeks from the start of the class (after Feb. 25th), any of the fee they paid will not be refunded. 100% of the training fee will be charged as a cancellation fee

We strongly advise confirming with JRA that the class has a minimum number of students registered before making nonrefundable travel reservations. We will not be held responsible for any loss of travel fees paid.

About your entry to Japan, JRA cannot issue a student visa.

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Registration:

I have read the conditions above to register for the JRA Advanced Training 2025 and agree to the conditions.

Name

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Address

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Signature

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Date

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If you have any question, etc. , please contact and ask freely to Yuta Otomo  
(education@rolfing.or.jp)

—Update—

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- 1) Modified the date from 23rd to 20th Dec. when it is judged whether the space are available for retaking Advanced Rollers who have applied before that.