



# KINETIC CHAIN RELEASE™ (KCR)



## Gentle Techniques, Powerful Results.

**2 DAY**  
FOUNDATION  
COURSE

Relieve Chronic Pain Faster  
Without Straining Your Hands.

When Your Clients Improve Faster,  
Your Practice Grows.

### OUR POPULAR FOUNDATION COURSES

- ♥ KINETIC CHAIN RELEASE™ (KCR)
- ♥ INTRODUCTION TO CONNECTIVE TISSUE RELEASE



FULLY INSURABLE  
PROFESSIONAL  
TRAINING



contact us  
MB. (+44) 7500 734646

Follow us on :  
@ kineticchainrelease  
f kineticchainrelease

Find us at :  
[www.kcracademy.com](http://www.kcracademy.com)

# A Clear Path for Massage & Bodywork Professionals



## Teaching Opportunities for Experienced Practitioners

*Most of our students  
join simply to improve  
their clinical results  
and confidence.*

*Teaching is an option.  
Never an  
obligation.*

## Start Simply. Grow Confidently. Go Further If You Choose.

A clear, hands-on training pathway designed to support better client outcomes, sustainable practice, and professional confidence.

KCR Academy offers hands-on practitioner training designed to help you work more effectively with the body gently, confidently, and with lasting results.

Developed by Scottish physiotherapist Hugh Gilbert, Kinetic Chain Release™ (KCR) and Connective Tissue Release (CTR) support a natural shift from mechanical techniques toward more responsive, intuitive practice.

Most practitioners begin with foundation training and progress at their own pace. Some continue further into the pathway or explore teaching opportunities, supported every step of the way.



# Where Most Practitioners Begin

Most massage and bodywork professionals begin with foundation training to experience the KCR approach and see how it fits into their own practice.

## Kinetic Chain Release™ (KCR) — Level One



A two-day, hands-on foundation course designed to help you achieve meaningful client results quickly, without force or strain.



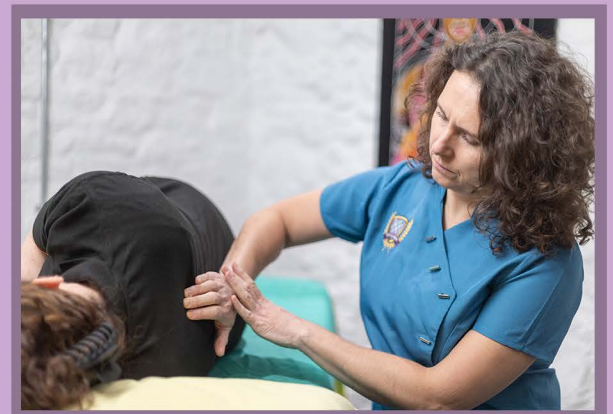
## Introduction to Connective Tissue Release (CTR)

For practitioners who feel ready to go deeper, this course builds on KCR foundations and introduces a slower, more sustained approach to working with fascia and long-held patterns.



## Progress at Your Own Pace

Some practitioners choose to continue further into the Connective Tissue Release pathway, developing greater depth and sensitivity in their work. Others remain happily at foundation level, integrating what they've learned into daily practice.





# Finding the Right Way Forward

**You don't need to decide everything today.**

Many of our students begin by getting in touch for a simple conversation - to ask questions, explore options, or talk through what training might look like for them.

Whether you're ready to begin with foundation training, curious about funding support, or considering a faster learning pathway, we're here to help you find the right fit.

---

## Funding Support Available

For those on a low income or currently out of work, funding support may be available to help access KCR Academy training (eligibility criteria apply).

If this is something you'd like to explore, we're happy to talk you through the options and point you in the right direction.

---

## Fast-Track Options

For practitioners who have completed Kinetic Chain Release™ and feel ready to accelerate their learning or professional development, we offer Fast-Track options that combine key courses into focused training blocks.

This pathway is entirely optional and designed to support those who already feel confident in their direction.

## The next step is simply a conversation.

We're always happy to answer questions and help you decide what feels right. We regularly support students travelling from across England and the wider UK. Get in touch today at:

**Email: [admin@kcracademy.com](mailto:admin@kcracademy.com) Mb: (+44) 7500 734646**



Follow us on :

 [kineticchainrelease](#)  
 [kineticchainrelease](#)

Find us at :  
[www.kcracademy.com](http://www.kcracademy.com)