

BASIC HAND TECHNIQUES

1. PUSHING

Pushing can be performed with the palm, thumb or forearm. The body is behind the action, pushing forward with a strong force and returning lightly

Areas of Use:

Can be applied to a large number of areas.

Effects:

- Acts at the tendon-muscular level
- Moves Qi And Blood
- Warms and dredges channels and collaterals

Intention/Image:

- Apply pressure to reach the desired depth in the muscle tissue
- Push from the center of the body creating a wave of qi and blood that moves ahead of your palm/thumb/forearm
- Like ironing clothes

Practice Areas:

- PALM PUSHING
 - Back
 - Sides Of Legs
 - Forearm
- FOREARM PUSHING
 - Back
 - Sides Of Legs
 - Trapezius
 - Forearms
- THUMB PUSHING
 - Many Areas



2. PRESSING

Pressing can be performed with the thumbs, fingers and various parts of the palm, elbow, forearm, etc. Pressing can be light or heavy, starting light and progressing deeper.

Areas Of Use:

Anywhere on the Body.

Palm Pressing: Abdominal Area

Base Of Palm: Large, Thick, Muscular Areas (lumbo-sacral region)

Elbow: Deep, Heavy Stimulation

Finger: Channel Points

Knuckle: Channel Points, Deeper Stimulation; Resuscitation

Effects:

- Disperses local stagnation
- Relaxes spasm
- Resuscitation
- Apply to Channel Points for Acupuncture-Like Effects
- Removes Channel Obstructions

Intention/Image:

- Slowly sink into the tissue to the desired level
- Can either concentrate the Qi or disperse it outward from the point of contact
- Like letting your hand sink into a pillow

Practice Areas:

- PALM PRESSING
 - Back
 - Sacrum
 - Back of legs
- DIGITAL PRESSING
 - Back Shu Points
 - Ba Laio Points
 - GB 21 (JIAN JING) to LI 16 (JU GU)
 - LI 11 (QU CHI) to LI 9 (SHANG LIAN)
 - ST 36 (ZU SAN LI) to ST39 (XIA JU XU)
 - LU 1 (ZHONG FU)
- ELBOW
 - GB 30
 - Buttock Area
- KNUCKLE
 - KID 2 (RAN GU), SP 4 (GONG SUN), LI 4 (HE GU)

PRESSING:



3. PINCHING

The thumb and fingers and the whole hand are used like a pincer to lift and then release muscles. Avoid using the tips of the fingers.

Areas of Use:

Limbs

Effects:

- Lifts and separates muscles from each other.
- Lifts and separates muscles from the bone.

Intention/Image:

- Quickly lift and release the muscles
- When lifting you allow qi and blood to enter the empty space
- When releasing the qi and blood are pulsed forward
- Like sequentially opening locks in an irrigation ditch

Practice Areas:

- Forearm
- Medial Thigh
- Lateral Thigh
- Lower Leg
- Calf



4. HAMMERING

Rhythmic percussion with a loose fist.

Areas of Use:

Large Muscle Areas

Sacrum

Effects:

- Heaviest, but least precise percussive method
- Can go to level of bone
- Breaks stagnation, Strongly moves Qi and Blood

Intention/Image:

- Dropping the fist on the surface of the body to create strong vibrations that move outward from the point of contact
- Like a sandbag falling to the earth

Practice Areas:

- Back
- Sacrum



5. ROUND RUBBING

Rhythmic rubbing in a circular manner with moderate and even force along the entire circle. Round rubbing may be done in one place or may travel along the body's surface.

Areas of Use:

Can be done anywhere on the body

Effects:

- Can act at the level of the skin, muscle or tendon
- Moves the Qi and/or the Blood
- Disperses local stagnation
- Relaxes spasm
- Acts similar to kneading, but less general: more focused and Precise

Intention/Image:

- Keeping a wave of qi and blood in front of the point of contact
- Spiraling quality, like whirlpools in a stream but with a specific directionality and consistent force

Practice Areas:

- FINGERTIP ROUND RUBBING
 - Trapezius
 - Along the Spine
 - Forearm
 - Abdomen
- PALM ROUND RUBBING
 - Back
- THUMB ROUND RUBBING
 - Medial Border of Scapula
 - In Palm between metacarpal bones
 - Between metatarsal bones
 - Forearm
 - Scapula to occiput



1. GRASPING

Grasping can be performed with 3 or 5 fingers. The action is like squeezing water out of a towel with the hand and fingers exerting a slow even force to grasp, hold and release muscles and tendons.

Areas of Use:

Neck

Trapezius

Limbs

Effects:

- Lifts and separates muscles from each other and the bone
- Realigns muscles
- Moves Qi and Blood

Intention/Image:

- Squeeze sequentially so that qi and blood are pushed in a particular direction
- Like squeezing water from a sopping wet towel

Practice Areas:

- Trapezius muscles
- Forearm
- Thigh
- Lower Leg
- Foot



7. KNEADING

The hand and fingers lift, hold, pull, twist and then release the tissues. This “kneading” action is slow and even in its application of force.

Areas of Use:

Muscles of the neck, back, shoulder and limbs

Effects:

- Disperses local stagnation
- Moves Qi and Blood
- Relaxes spasm
- Lifts and separates muscles from each other and the bone
- Helps to break adhesions

Intention/Image:

- Lift and roll the muscle tissue
- Like kneading dough

Practice Areas:

- Trapezius
- Forearm
- Lower Leg
- Thigh



8. PLUCKING

This technique is like plucking a guitar string with the thumb and fingers. It is performed primarily on tendons, and usually only a few times in a session. Done lightly it is relaxing and invigorating. Heavy plucking may produce a sore, swollen sensation. Heavy plucking is sometimes used in order to quickly relax tendons so that Zheng Gu techniques can be applied.

Areas of Use:

Many tendons such as the Achilles tendon, tendons in the armpit, or the tendons behind the knee

Trapezius muscle

Bicep and Tricep muscles and tendons

Around the Scapula

Effects:

Light Plucking:

- Relaxes tendons and muscles
- Stimulates movement of Qi

Heavy Plucking:

- For acute situations: falls; strikes; dislocations; loss of consciousness
- Strongly stimulates movement of Qi and Blood & disperses stagnation
- Stimulates the up-bearing and diffusing function of the liver (ex: to restore consciousness)
- To quickly relax spasms so Zheng Gu techniques can be applied.

Intention/Image:

- Draw your fingers across the fibers of the muscle
- Like plucking a harp string

Practice Areas:

- HEAVY PLUCKING
 - a) Trapezius
 - b) Armpit
 - c) Knee
 - d) Groin

- LIGHT PLUCKING

- a) Trapezius
- b) Forearm
- c) Triceps
- d) Armpit
- e) Achilles Tendon



9. SIMPLE ROLLING

The hand is used like a cylinder to roll rhythmically over large muscle areas. The contact surface is the whole back of the hand. The action of rolling should be even and smooth in both directions with no jerkiness. The rhythmic action of rolling allows deep stimulation and penetration without aggravating inflamed tissues.

Areas of Use:

Especially on the back, buttock, thighs and shoulders.

Large muscle areas of the limbs

Effects:

- Acts at the level of the superficial muscles
- Moves Qi (Ying and Wei Qi) and Blood
- Separates adhesions in the muscles
- Warms the channels
- Relieves spasm and pain

Intention/Image:

- Create a rolling wave that pushes forward and inward rhythmically
- Like rolling bread dough with a rolling pin

Practice Areas:

- Back
- Buttocks
- Back Of Leg
- Shoulder



10. DIGGING

This is an extension of pressing, performed with the fingers, knuckle of thumb. As the finger presses it rotates slightly gradually digging its way from superficial to deep, like digging a hole in the dirt with a stick. Work slowly from superficial to deep, avoiding any sudden force.

Areas of Use:

Channel Points

Depressions around joints

Effects:

- Can act at level of muscles and/or sinews (tendons; ligaments) and at acupuncture points
- Breaks Blood and Qi Stagnation
- At acupuncture points, can be used to strongly move Qi and Blood
- Separates sinews

Intention/Image:

- Apply a consistent downward spiraling pressure
- Like digging the pole of a beach umbrella into the sand

Practice Areas:

- GB 21 (JIAN JING)
- LI 4 (HE GU)
- LI 10 (SHOU SAN LI)
- ST 36 (ZU SAN LI)
- LIV 3 (TAI CHONG) Around the medial and lateral malleolus



11. WIPING

Wiping is performed by softly rubbing the skin with the surface of the thumbs. The movement is slow and gradual with an even, sustained pressure.

Areas of Use:

Primarily on the head and face or the hands and feet, but it can be used anywhere on the body.

Effects:

- Acts at the level of the skin and muscle
- Moves the Wei Qi
- Spreads and diffuses the Qi
- Calms and relaxes.

Intention/Image:

- Apply light, even and smooth pressure
- Like wind shield wipers on a car

Practice Areas:

- Forehead
- Yin side of Forearm
- Under Eyes
- Along Cheekbones
- Palms and dorsum of the hand



12. DREDGING/ DRAGGING

Dragging is performed by pressing downward into the tissues with the palm, thumb, fingertips or forearm. Once proper depth is reached, the contact surface is slowly pulled or pushed through the tissue with the intent of dispersing/ dredging or clearing the channels.

Areas of Use:

Thick muscle areas of the back, arms and legs.
The yang surfaces of the head and body

Effects:

- Dredges the channels
- Strongly moves the Qi and Blood
- Acts at the level of the muscles, but can go down to the bone

Intention/Image:

- Use deep pressure to create a furrow that fills with qi and blood as you go forward
- Like dredging a river, or plowing a field

Practice Areas:

- FINGERTIPS
 - a) Head
 - b) Between Ribs
- THUMBS
 - a) Hua Tuo Jia Ji Points
 - b) Back - Bladder Meridian
 - c) Yang Meridians of Head
- CLASPED HAND PALM PUSH
 - a) Erector Spinae
 - b) ITB - Gallbladder Channel



13. KNOCKING

Knocking can be done with different parts of the hand. It is a lighter percussive method performed in an even, rhythmic manner. Although relatively light, knocking can penetrate deeply into the body reaching the internal organ and strongly activating the Qi.

Areas of Use:

The head, chest, back, Waist and limbs

Effects:

- Light percussion method – superficial
- Acts at Qi (Wei Qi) level
- Activates (Arouses) the Qi
- Disperses phlegm
- Penetrates stagnation



Intention/Image:

- Light strike that rebounds off the surface of the body
- Like knocking on a door

Practice Areas:

- CUPPED PALM
 - a) Upper Back
 - b) Dispersing
 - c) Packing
- HALF CLOSED HAND
 - a) Back
 - b) GV 20 (BAI HUI) w/ Other hand Protecting
 - c) Trapezius
- BACK OF HAND
 - a) Back
 - b) DU 13 - release throat
 - c) BL 17 - release diaphragm
- REVERSE KNOCKING
 - a) GV 20 (BAI HUI)

14. SQUEEZING

The affected tissue is squeezed between the two palms or between the thumbs and forefingers.

Areas of Use:

Wrist, shoulder, calf, and forearm

Effects:

- Acts at the level of the skin and muscles
- Realigns muscles, bones, tendons
- Relaxes spasms
- Stimulates local circulation – Brings qi and blood to local area

Intention/Image:

- Diffuse qi and blood outward from the center in all directions
- Like squeezing water of a sponge

Practice Areas:

- PALMS
 - a) Shoulder
 - b) Calf
 - c) Forearm
- THUMB AND FOREFINGER
 - a) Wrist



15. GOLDFISH/ ROCKING

Pushing rhythmically on one part of the body to create a wave-like effect in the whole body, resembling the waving of a fish's tail. A small or large amplitude may be used.

Areas of Use:

Anywhere on the body or the body as a whole may be rocked.

Effects:

- Relaxes tendons and muscles
- Softens spasms
- Disinhibits joints
- Regulates qi and blood
- Calms the mind and relaxes the nerves

Intention/Image:

- Create a rhythmic, directional, oscillating wave through the body
- Like a dog's hindquarters when it wags its tail

Practice Areas:

- Ribs
- Sacrum
- Hold spine
- Hold feet
- Legs
- Rock patient like a ball (with arms clasped around legs)



16. RUB-ROLL/ FOULAGE

The two palms face each other and simultaneously rub and roll the held part of the body (usually a limb) while moving up and down. The amplitude is even and somewhat rapid, and the limb should rotate freely and smoothly.

Areas of Use:

Limbs

Costal region

Effects:

- Works at the level of the muscles, tendons and bones
- Relaxes Muscles and tendons
- Disinhibits joints

Intention/Image:

- Creates wave of qi and blood that circles back and forth around a central axis
- Like rolling a cylinder between your hands that

Practice Areas:

- Upper arm
- Forearm
- Thigh
- Costal Region



FULL BODY TUI NA SEQUENCE

BACK

Patient prone

PALM PUSHING: Three rounds of Palm Pushing on each side down the Bladder Meridian from shoulders to feet.

ROLLING along the back, buttocks and the back of the legs

ASSESSING AND TREATING SPINE

Step I – Compression

Thoracic Spine:

- Hands on top of each other, press down the spine, the hands simultaneously cupping and pressing.
- As you press accent or emphasize the thoracic kyphotic curve
- Time compression with patient's exhalation.
- Heat the spine with the palm.
- Move slowly, one vertebrae at a time. 3 compressions at each position.

Lumbar Spine:

- Continue as above, but press the hand flatter on the lumbar curve in order to accent the lordotic lumbar curve.
- Avoid pressing straight into the deepest part of the curve (usually around MING MEN (DU 4).
- Move slowly, one vertebrae at a time. 3 compressions at each position.

Sacrum:

- Continue as above again emphasizing the sacrum's natural lordotic curve. Compress the sacrum as a whole several times

Note: Make one pass down the spine with three compressions at each position and several compressions at the sacral area. Alternatively perform one compression at each position and make three passes down the spine

Step II - Traction/Decompression

Thoracic Spine:

- On the thoracic area, use the 2nd and 3rd fingers and the thumb to stretch apart and separate the vertebrae.
- The hand will stretch to span several vertebrae.
- Move slowly and lean in with patient's breathing. Start light and work deeper.
- Move down one vertebrae at a time, 3 decompressions at each position. Alternatively perform one decompressions at each position and make three passes down the spine
- Lean forward to create the pressure, rather than using finger strength.

Lumbar Spine:

- On lumbar area, cross the arms - one on lower thoracic and one at the top of the sacrum: lean in to decompress lumbar spine. Time with the patient's breath and release slowly. Repeat several times.
- Press in the hollows just above the sacrum on either side of the spine. Hold and wait for a release. One side may release first. Wait for both to release. The sacrum will feel as if it drifts toward the feet. This releases ligaments like the ilio-lumbar ligament which attach the sacrum to the lumbar spine.

Sacrum:

- On sacrum, cup hands as in step one.
- Traction the sacrum towards the feet and rotate the sacrum several times while holding the traction.
- Note which side of sacrum is more restricted

Step III - Lateral Decompression

Thoracic Spine:

- With the thumbs in the groove on either side of the spine and fingertips on the sides of the body, push out with thumbs away from the spine in a small semi-circular motion, following the line of the ribs.
- Force is applied only on the outward movement away from the spine not on the inward returning movement.
- Pull up with muscles in palm as you lean forward to achieve the push.

- Perform 3x at each vertebrae moving slowly down the spine one vertebrae at a time.

Lumbar Spine:

- Continue as above pushing outward from the spine in a small semi-circular motion, following the line of the transverse processes of the vertebrae.
- Perform lateral decompression 3x at each vertebrae moving slowly down the spine one vertebrae at a time. Alternatively perform the thumb pressing movement one time at each vertebrae from the top of the thorax to the 5th lumbar vertebrae and make three passes in total.

Sacrum:

- Push out from the sacrum with the thumb in small circular motion in order to loosen sacral attachments.
- Work slowly from top of sacrum to tip of tailbone.
- Find the tip of the tailbone, move your thumbs to the sides of the tailbone and press upward and underneath the edges of the tailbone in the direction of the navel. This releases the sacro-tuberal ligament. Hold until you feel the tissue soften and release.
- Digital pressing of the BA LIAO points (BL31-34)

Finishing Techniques

- Rocking Areas of Restriction
- Palm Press Shaking on Bladder Meridian
- Goldfish Areas of Restriction
 - 1) Goldfish by holding spine: to release specific areas of restriction.
 - 2) Goldfish with palms on ribs, hips and sacrum: to release soft tissue and bony restrictions over larger back segments.
 - 3) Goldfish the whole body from feet: to consolidate and integrate the previous by globally activating the back and spine.

BACK OF LEGS

Patient Prone

ROLLING

Simple Rolling of the Buttock Area

PRESS and hold GB 30 (HUAN TIAO) with Thumb

PINCHING from the crease of the buttocks BL 36(CHENG FU)
to the foot

DIGITAL PRESSING from BL 36 to BL 60 (KUN LUN)

BENDING – knee

PINCH and PLUCK the Achilles Tendon

BENDING/EXTENSION/ ROTATION of Ankle

FOULAGE of Leg

FRONT OF LEGS

Patient Supine

PINCH/KNEAD the 3 compartments of the
thigh from the inguinal area to the knee.

FOREARM or PALM PUSHING on the lateral side of the thigh to dredge
the gallbladder channel

PALM-EDGE RUB ROLL patellar ligament above and below
patella. Use sawing motion.

HAMMER over the Patella

Move the patella gently side to side (note restrictions)

PINCH/KNEAD lower leg

SINEW DIVIDING of the inter- osseous membrane between tibia and fibula

THUMB PRESSING & ROUND RUBBING around the
head of the fibula and along the lateral compartment of the lower leg

THUMB PRESSING & ROUND RUBBING between the
calf and the tibia.

With Leg bent and foot flat on floor, SQUEEZE the calf with clasped hands

PRESS/KNEAD/ROUND RUB with the
thumb around the medial malleolus and the lateral malleolus of
the ankle.

PRESS/ KNEAD/ ROUND RUB along the sides of the calcaneus and in between the metatarsal bones

Finishing Technique: Foulage of Leg

NECK

Patient Seated

GRASP & KNEAD below occiput

GRASP the posterior neck, one side at a time

GRASP the trapezius muscle

FOREARM PUSH down the trapezius muscles from the neck to the shoulder while holding the head with one hand. Repeat on the other side.

ROUND RUB from the base of the neck through GB 21 (JIAN JING) to LI 16 (JU GU).

Gentle PLUCKING of the trapezius.

PALM EDGE HAMMERING on trapezius

UPPER LIMB

ROUND RUBBING with the thumb along the medial border of the scapula, and at the attachment of the levator scapulae

PRESS & ROUND RUB from the medial corner of the scapula up to the occiput.

PRESS/ROUND RUB SI 11 (TIAN ZONG)

PLUCK lightly the pectoral and latissimus dorsi muscles

GRASP posterior deltoid –pull towards anterior

GRASP anterior deltoid – pull towards posterior

GRASP the bicep and tricep muscles – be careful of Heart Channel

DIG & ROUND RUB the brachialis

KNEAD/GRASP forearm

WIPING yin side of forearm, and yang side of forearm

SINEW DIVIDING inter-osseous membrane between radius and ulna

WIPE the wrist crease of the palm and dorsum of the hand

ROUND RUB the thenar and hypothenar eminences

DIG with the thumb at LI 4 (HE GU)
KNEAD/ FOULAGE the fingers

*Can Add FOULAGE to arms at end of this section

FACE

Supine

WIPE acupoints YINTANG to TAIYANG (from between eyebrows to temples) and flick upwards

WIPE alternately from YINTANG to DU 24 (SHEN TING)

WIPE under eyes, along the orbit of the eye, from BL 1 (JING MING)
To TAI YANG

WIPE along the underside of the zygoma from LI 20 (YING XIANG)
To TAI YANG

WIPE from CV 24 (CHENG JIANG) to ST 7 (XIA GUAN)

ROUND RUB ST 7 (XIA GUAN) with thumbs

ROUND RUB ST 5 (DA YING) & ST 6 (JIA CHE) with thumbs

PUSH/DREDGE the scalp with the five fingers from front of
hairline to back of hairline

REVERSE KNOCKING at DU 20 (BAI HUI)

GOLDFISH Whole Body From Feet

QI GONG EXERCISES

HAND STRENGTHENING QI GONG

PART I SINEW TRANSFORMING EXERCISES

1. Ball Holding
2. Wei Tuo Presents The Pestle
 3. Plucking & Resetting The Stars
 4. Pulling Nine Oxen By Their Tails
 5. Three Dishes Falling To The Ground
 6. Prone Tiger Pounces On Its Prey

PART II NEI GONG EXERCISES

1. Stretching The Arms & Supporting The Palms
2. Pushing 8 Horses Forward
3. Pulling Nine Oxen Backward
4. The Overlord Holds Up The Tripod
5. The Wind Sways The Lotus Leaf
 6. The Black Dragon Enters The Cave

5 ELEMENT QI GONG

1. METAL (LUNG/ LARGE INTESTINE) EXERCISE
 2. WATER (KIDNEY/BLADDER) EXERCISE
 3. WOOD (LIVER/ GALLBLADDER) EXERCISE
 4. FIRE (HEART/SMALL INTESTINE) EXERCISE
 5. EARTH (SPLEEN/ STOMACH) EXERCISE
 6. PRESSING PALMS
 7. TIGER PLAYS WITH BALL
 8. ALTERNATING PALMS
 9. HOLDING THE 4 POSTS
- EMBRACING THE MOON
 - PUSHING THE MOUNTAIN
 - TIGER POUNCES ON ITS PREY
 - LOWER BASIN

PRACTICE TREATMENTS

It is suggested that before proceeding to the next level students complete at least 40 full body treatments on at least 20 different people in order to practice the skills learned in this level. Choose healthy vital people to practice on at this time.

Working on healthy people will give you a sense of what relatively healthy tissue feels like.

At this stage it is best to avoid working on people with the following conditions:

Diabetes

High blood pressure

Pregnant women

Recently had a stroke

Cancers and tumors

Recent surgery

Angina and heart disease

Skin lesions or serious dermatological conditions

Blood clots

For notes: