

**COURSE 3: Prevention
Medicine, Self Treatment &
Early Intervention with
Chinese Medicine**

**STUDENT INTERACTIVE
WORKBOOK**

**SESSION 9: Introduction
To Tui Na Chinese Massage**

Learning Outcomes By the end of this 3-hour class, students will be able to:

1. Demonstrate correct practitioner posture (shoulders down, elbows down, wrists flexed) to ensure safe and efficient technique delivery in a variety of situations for partner treatment and self treatment.
2. Identify the three common styles and associated techniques of Tui Na: Rolling (Gun Fa), Pressing, and oil-based techniques.
3. Perform the core techniques: Rolling (Gun Fa), One-Finger Digitation (Yi Zhi Chan Tui Fa), Palm Kneading (Mo Fa – both full palm and thenar eminence), Pressing, Kneading, and Press-Kneading (including deepening with breath).
4. Apply oil-based techniques correctly: Ca Fa (rubbing along channels) and Wiping (focused on one point).
5. Understand how to combine techniques in a flow for treatment on a partner or self-treatment.
6. Recognise which techniques (especially mobilisation-based) require supervised in-class training and are not suitable for self-practice at this stage.
7. Set up and use the required equipment (rice bag or folded towel, calico/cotton sheet, oil) for both practice and self-treatment.

This class is highly practical. The workbook is designed to give you space to write notes about particular techniques where you feel these are relevant.

POSTURE

What are the 3 most important aspects to remember about your posture as a tui-na practitioner?

STYLES OF TUINA

Rolling or Gun Fa Style includes :

Pressing Styles – More familiarly what we consider “acupressure”
Includes these techniques:

Oil-based techniques include:

Lets learn the techniques:

1. Rolling – Gun Fa
2. Palm Kneading – Mo Fa
3. Pushing - Tui Fa
4. Pressing – An Fa
5. Kneading – Rou Fa
6. Press-kneading An Rou Fa
7. Rubbing (Ca Fa)
8. Wiping
9. One Finger Digitation - Yi Zhi Chan Tui Fa

Rolling – Gun Fa

Palm Kneading – Mo Fa

Pushing - Tui Fa

Pressing – An Fa

Kneading – Rou Fa

Press-kneading An Rou Fa

Rubbing (Ca Fa)

Wiping

One Finger Digitation - Yi Zhi Chan Tui Fa

Hitting Methods – Bird-pecking method, Open fist knocking, finger tapping
