

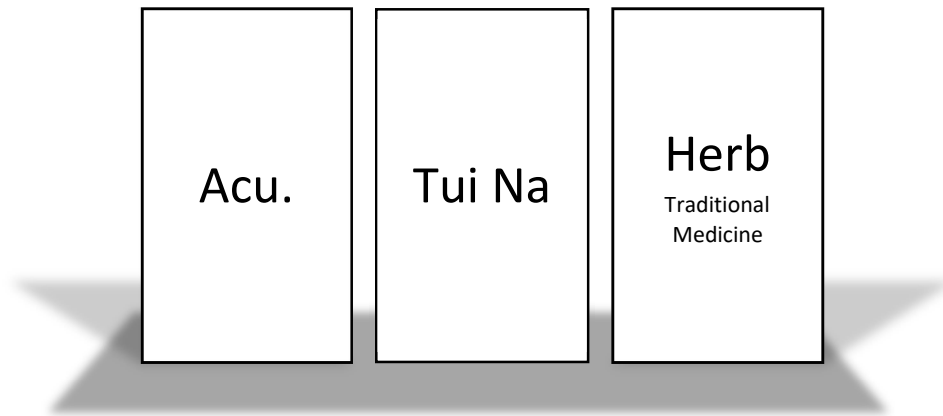
What is Tui na?

Tui Na is the Official Medical Chinese Bodywork therapy that was developed in China over 3,000 years ago and known as needle-less acupuncture. It is an integral part of the healthcare system in hospitals throughout China today. It works with the energy system in the body known as the meridian system. Like Acupuncture, Tui na works with the Qi energy of the patient to bring a balanced state of health. But unlike, acupuncture, needles are not used. The work is done entirely with the practitioner's hands to help increase the beneficial flow of Qi through the patient's meridian system.

Tui Na is one of the oldest hands-on therapies that exist today and is used by one fifth of the world's population.

This is a natural therapy with no side effects and no interference in the body. The massage is performed through clothing.

Traditional Chinese Medicine is based on three main pillars. As with Acupuncture and Chinese Herbal medicine, Tui na is inseparable from the rationale and philosophy of Chinese Medicine.



Our attitudes as a practitioner

The most important thing as a practitioner is your heart!

Can you accept every customer like they are a member of family?

As a practitioner, take care of yourself: physically, emotionally, spiritually. Please be careful about these things in your private life: don't lie, don't steal, be honest, keep rules, always be nice to others, and don't be vain or have conceit in yourself. Part of our mission of helping others is touching a patient's body. If we are not emotionally and spiritually clean, we will not be able to take care of customers well. We will not be able to fix their problem much because we use "qi" which comes from inside of our body.

When you start working as a practitioner, your thoughts during treatment should also be about your patient, not about your favorite hobby, because you are a practitioner! So, now we can recognize that our body is a "treatment tool."

Finally, even if you are already working as a professional therapist or practitioner, please put away your knowledge in a drawer for now, and then learn new ideas and methods. You can add many new candies to an empty jar, but if it's already half full there isn't much room for adding more candy.

Tui Na 1 Instructor Takeshi Muro

Cautions and contraindications associated with the general practice Tui na and its treatment techniques.

- Infectious case
- Stomach of during a pregnancy.
- An Ongoing cancer patient.
- Fractured affected area.
- Wound after suturing.
- Suturing which bleeding.
- A Psychiatric disorder who are can't judge good and evil.
- A drunken person.



You shouldn't touch your patient in these cases. You should ask their condition before the session.

Primary Importance of useful techniques in this class.

You are going to learn "Rolling style" Tui na, this method is standard in mainland China.

The following techniques must be mastered as they are the most used during specific treatments:

Rolling, about 40%

Pressing, 15%

Kneading, 15%

Other manipulations, 30%

Basic Tui na uses less pressure points than acupuncture.

Please don't misunderstand! "Tui na is not relaxation massage, a patient may have "PAIN" during a session sometimes.

Tui na Qi Gong

You are going to practice a few kinds of simple "Tui na qi gong" this is a practical qi gong for most of practitioners to help you maintain your 'Qi'.

Also, Xing yi quan, Ba gua zhang, and Tai Chi are Chinese martial art, not TCM. Sometimes we are misunderstood Qi gong and Tai chi, because look very similar. But Tai chi use a fan and fake weapons like a sword.

Let's enjoy!

History of Tui na



Before 770 BC. The earliest treatment of Tui na originated from central China during the reign of Emperor Luo Yang, Henan which was part of the "**Huangdi Neijing 黄帝内经**" Dynasty. Records found in the burial grounds of the Emperor indicate that Tui na, Ammo, old school Qi gong (with special breathing technique) were all used as clinical treatments. The central area is very humid and wet all year long. This was not a good environment and people easily got sick. In the summer rainy season people had a lot of food poisoning and couldn't work. The humidity caused a lot of joint problems and muscle/tendon issues so Tuina and Ammo treatments naturally developed.

BC221 - AC220: During the Qin and subsequent Han Dynasties Tui na and Acupuncture, Qigong, massage with balm were used for methods of health care prevention.

581-907: During the Tang Dynasties, with the development of productive forces and the prosperity of culture, medical education began to gradually improve. Tui na was included in the official subject of national medical education.

960-1368: Song Jin Dynasty, Tui na was more extensive.

1368-1912: During Ming and Qing Dynasties, Chinese medicine had developed remarkably, and Tui na became more and more mature. Tui na treatment for children became popular. During this time, there was a compilation of medical books for "Child Tui na" published. This can be regarded as China's earliest existing Tui na medical textbook. Tui na techniques for gastrointestinal pain and pregnant woman became popular at this time. Also, in this period TUINA become the official name in China.

Present China and around the world: Today in China, Tui na treatment is available in most major hospitals. In TCM, Tui na together with Acupuncture and medical herbs form the pillars of alternative medicine. Once common only in China and Asia, Tui na and TCM Treatment is now common alternative medicine around the world. If you search Tui na in London, Tui na in Ireland, Tui na in Germany many treatments are available.