

COURSE DESCRIPTION

Tui Na literally means pushing and grasping. Tui Na is a pillar of Traditional Asian Medicine and refers to a wide range of massage and hand manipulation techniques such as pushing, rolling, kneading, rubbing, scrubbing, grasping and pressing. Tui Na manipulations, including instruction in using mechanical devices, are designed to correct a variety of physical problems, internal conditions, gynecological conditions, pediatric conditions and traumatic injuries.

LEARNING OBJECTIVES

This course aims to teach students the theory and practice of Tui-Na. Each session will consist of a lecture that introduces and summarizes the topic, followed by supervised hands-on practice. I expect students to actively participate in class. Furthermore, you should try to understand the purpose and logic behind each technique as well as connections between techniques. You can not learn the material well by blunt memorization.

COURSE PREREQUISITES

Meridians II

REQUIRED TEXTS

No required text

RECOMMENDED TEXTS

Tui Na Jin Hong-zhu, Secondo Scarsella, Ding Xiao-Hong, People's Medical Publishing House

Chinese Massage, Dr. Zhang Engin (Editor-in-Chief); Publishing House of Shanghai, College of Traditional Oriental Medicine, Shougha, 1990.

Tuinaology, Dr. Yu Da-Fang (Editor-in-Chief), Shanghai, 1990.

COURSE REQUIREMENTS

Out-of-Class Work

To successfully complete the program, students need to plan studying a minimum of 2 hours out-of-class for each academic in-class hour; and half an hour out-of-class for each hour of clinical training.

10% - Regular attendance & Class Practice

40% - Mid-Term Examination

50% - Final Examination

Methods of Presentation include: Lecture, Demonstration and Class Practice

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

SPECIAL NOTES

Course Code **AC380**
4 Units
40 Hours

EMPEROR'S COLLEGE
MTOM COURSE SYLLABUS
TUI NA

Lin, Benny
Winter 2019

There will be a midterm and final exam, both in class. The exams will cover both theoretical and practical aspects of the material.

Professionalism and Full and Prompt Attendance: To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. Professionalism includes full and prompt attendance: Students who miss more than 2 class meetings in a 10-week course will earn an F in that course. Additionally, students who arrive more than 15 minutes to class or leave class before it ends will be marked tardy. Two tardies equal one absence. NOTE: Students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may be referred to the Academic Dean for professionalism.

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

Introduction, historical overview and general theory of Tui-Na

Section 1

Anfa-Pressing, Dianfa-Pointing, Qiafa-Nipping

Section 2

Tuifa-Pushing

CLASS TWO

Section 3

Caifa-Rubbing, Mofa-Circular-Rubbing, Roufa-Kneading

Section 4

Gunfa-Rolling, Yizhichan-One finger meditation

Section 5

Nafa-Grasping/Holding, Niefa-Pinching (nieji-spinal pinch)

CLASS THREE

Zhuafa-Seizing, Jifa-Squeezing, Cuofa-Laying/Twisting

Section 6

Zhenfa-Vibrating, Baifa-Waving

CLASS FOUR

Section 7

Koufa-Knocking, Paifa-Patting, Chaifa-Thumping, Zhuofa-Pecking, Tanfa-Flicking

Section 8

Tuofa-Supporting

Section 9

Yaofa-Rotating

CLASS FIVE

Midterm Examination

CLASS SIX

Section 10

Beifa-Carrying

Section 11

Banfa-Thrusting

CLASS SEVEN

Section 12

Bashenfa-Pulling/Traction

Section 13

Duantifa-Lifting

Section 14

Doufa-Shaking/Trembling

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CLASS EIGHT

The routine techniques on the neck and back regions

CLASS NINE

The routine techniques on the head and limbs regions

CLASS TEN

Final Examination

CLASS ELEVEN

REFERENCE MATERIAL

FACULTY INFO

Lin, Benny

Please check with instructor during class to get updated contact info.

310.819.6019

drbennylin@gmail.com

Benny Lin is an apprentice of Master Kong Bohua, one of the leading TCM practitioners in China. He was associate professor and chief clinician at Guangxi University, and pioneered treatment methods for complex diseases. Benny Lin specializes in orthopedics, muscular strains and pain management. With a private practice in Lake Forest, Lin teaches classes in the MTOM Program including Tui Na and trains MTOM clinic interns as a Supervisor in the Emperor's Clinic.