

#### 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 are designed to correct a variety of physical problems, internal conditions, gynecological conditions, pediatric conditions and traumatic injuries.

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#### 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.

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#### COURSE PREREQUISITES

Meridians II

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#### REQUIRED TEXTS

No required text

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#### 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.

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#### 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

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#### SPECIAL NOTES

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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.

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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**

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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)**

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CLASS THREE

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

**Section 6**

**Zhenfa-Vibrating, Baifa-Waving**

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CLASS FOUR

**Section 7**

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

**Section 8**

**Tuofa-Supporting**

**Section 9**

**Yaofa-Rotating**

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CLASS FIVE

**Midterm Examination**

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CLASS SIX

**Section 10**

**Beifa-Carrying**

**Section 11**

**Banfa-Thrusting**

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CLASS SEVEN

**Section 12**

**Bashenfa-Pulling/Traction**

**Section 13**

**Duantifa-Lifting**

**Section 14**

**Doufa-Shaking/Trembling**

Course Code **AC380**  
4 Units  
40 Hours

**EMPEROR'S COLLEGE**  
**MTOM COURSE SYLLABUS**  
**TUI NA**

**Lin, Benny**  
Spring 2018

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CLASS EIGHT

**The routine techniques on the neck and back regions**

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CLASS NINE

**The routine techniques on the head and limbs regions**

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CLASS TEN

**Final Examination**

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CLASS ELEVEN

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REFERENCE MATERIAL

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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.