

The six month Plan

(Two sessions = one tuina training day)



	1st third 10 to 12/2 to 4	2nd third 12 to 1pm/4 to 5	Theory 5 to 6	Theme of day
Session 1 AM	Gun fa Mo fa An fa Rou fa	Massage of the hand and forearm	Intro to tuina. Intro to oils and creams	Becoming a student Seared treatments
Session 2 PM	Tui fa Na fa Pai fa/Ji fa	Intro to general massage	Use of the elbow. Use of pressure during the massage	Seated treatments
Session 3 AM	Yi zhi chan Ca fa/ Cou fa Dou fa/ Nian fa	Massage in prone		Posture and movement
Session 4 PM	Yao fa/ Bei fa Ba shen fa Nie fa/ Bo fa	Massage In prone (all techniques)	Intro to the channels	Business and marketing.
Session 5 AM	Review all hand techniques	Moxa and its use Hair dryer (Zhen gu shui)	Massage in prone	Becoming a practitioner. Developing Qi
Session 6 PM	Intro Basic TCM	Massage in prone	Intro to cupping	Working with the Channels
Session 7 AM	Review massage In prone	General massage in supine	Intro tuina points	Tui fa and bo fa points
Session 8 PM	Taking a case history	General massage in supine	Exercise and Advice.	How to handle the limbs
Session 9 AM	Review massage In supine	All general massage	Review clinic internship	
Session 10 PM	Intro 20 tuina points	General massage	Diet	Working with the points
Session 11 AM	Intro to Sports massage	Calf and ankles treatments	Knees treatments	Confident practitioner
Session 12 PM	Shiatsu/thai An, dou and yao	Shoulder treatments	Hip treatments	
Session 13 AM	Treatment for the lumber area Ban fa	Treatment along the channels	Full body treatment	
Session 14 PM	Review all of Tuina cert	Review tuina	Feed back	

There are two more weekends that are added for review or to consolidate previous classes 15/16 and 17/18