

The Tuina certificate lesson 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 Seated 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	
Session 3 AM	Gun fa Tui fa An fa Rou fa	Ca fa/ Cou fa Dou fa/ Nian fa	Demonstrate Massage in prone	Posture and movement
Session 4 PM	Yao fa/ Ba shen fa Nie fa/ Bo fa	Massage In prone	Intro to the Bladder channel	Business and marketing. (produce flyer)
Session 5 AM	Review all hand techniques	Massage in prone	Massage in prone	Becoming a practitioner. Developing Qi
Session 6 PM	Intro Basic TCM	Massage in prone	Intro to cupping	
Session 7 AM	Review massage In prone	General massage in supine	Massage in supine	Tui fa and bo fa
Session 8 PM	Taking a case history	General massage in supine	Massage in seated	How to work in the clinic
Session 9 AM	Review massage In supine	All general massage	Massage in seated (gun fa /yao fa)	
Session 10 PM	Intro to the channels	Prone massage	Prone massage	Working with the Channels
Session 11 AM	Intro to the points	Calf and ankles treatments	Knees treatments	Confident practitioner
Session 12 PM	Shiatsu An, dou and yao	Shoulder treatments	Hip treatments	Working with the points
Session 13 AM	Treatment for the lumber area Ban fa	Massage of the neck	Full body treatment	
Session 14 PM	Review all of Tuina cert	Review gun fa/ tui fa Rou fa/	Marketing your business	

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