The Thirteen Techniques of Tui Na

I) The Three Types of Manipulation

1) Qi: stimulates the skin and sinews using
   – Knocking
   – Vibrating
   – Pressing
   – Pushing
   – Pinching

2) Qiao: rectifies both local and distal regions using
   – Shaking
   – Lifting
   – Opposing
   – Pressing

3) Sung dun: relaxes and mobilizes the limbs using
   – Rotating
   – Pulling
   – Lifting
   – Shaking
   – Opposing

II) The Thirteen Techniques

1) An – to press
   – Generates the effect of compression (done as patient breathes in)
   – Utilizes the finger, palm and elbow
   – Static techniques with focus on intention

2) Zhi – to tear
   – Stronger and sharper than An
   – Utilizes thumb nail to press acupoint followed with tearing
   – Used for emergencies (e.g., Du-26 for coma and shock)
   – Knead area after tearing to relieve pain you caused

3) Dim – to point
   – Stronger than An – smaller surface area of touch
   – Done for a shorter duration
   – Utilizes the fingers
   – Commonly applied to the interspaces between joints during paralysis, severe pain, and acute conditions

4) Ma (or zha) – to touch (or hold)
   – Press and keep still to obtain qi
- Generally done with the palm

5) Tui – to push
- Moving technique that regulates qi (no change in the color of skin should occur during the initial treatment of 5–15 strokes)
- Utilizes the thenar eminence, sward fingers, palm, fist (for bi obstruction), elbow (for strong stimulation), wrapping palms (to stimulate blood)
- Focus techniques in one direction

6) Cha – to scrub/scrape
- Moves in both directions to create friction and heat
- Utilizes the thenar and lateral eminences, or the whole palm
- Primarily applied to the chest, abdomen and back
- Subcategories include
  - Fa – to press and push
  - Wei – to wipe

7) Gun (or Yao) – to follow (or knead)
- Moves in a circular fashion to elicit a soothing/calming effect (starting with light pressure)
- Can also be stimulating (gradual increase of vertical pressure – like digging or drilling
- Most common technique that is combined with other techniques (e.g., pressing)
- Utilizes fingers, palms, palm root, back of the palms, eminences, and forearm
- Technique is known as Yun (to transport) when moving from large circles to small circles, and vice versa

8) Nie – to pinch/prod/snap
- Opposing forces are generated to create a tonifying and invigorating effect
- Especially good for digestive problems
- Utilizes the thumb and index finger, or interlocked palms when applied to joints

9) Na – to grasp
- Like nie, except all fingers are used in applying the stroke, which is wider and follows the contours of the body, grasping the muscles
- Keeping a relaxed wrist is important
- Subcategories are
  - Jow – to seize (used in bonesetting traditions to immobilize qi in an area
  - Chai – to squeeze (used to drain sha)

10) Chen dun – to vibrate
- Utilizes the palm and fingertips to vibrate an area (this consumes a lot of the practitioner’s Qi, so be sure to practice breathing when executing this method)
- High frequency (500-600x per minute) slows down blood and causes fatigue
- Low frequency (300–400x per minute) increases blood circulation and stimulates sinews

11) Pak – to knock and slap
- Utilizes light to heavy force
- Uses the fist (back, side and front), palm (side, root, cup, both palms in prayer), knuckles, fingers (pecking motion like a bird), and instruments (sticks, balls, etc.)
- Promotes blood circulation and dredges channels
12) Che – pull/wrench
   - Area is slowly wrung out like a wet towel
   - Regulates qi and blood in the sinews and joints

13) Zhuang – to rotate
   - Returns range of motion to joints
   - Used for shoulders, hips and neck
   - Releases sinews and latent conditions