

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