



American
Organization for
Bodywork
Therapies of
Asia

Jin Shou™ Tui Na: Five Criteria

Provided by Greg Steerman, July 2007

1. Study of Internal Martial Arts
 - a. All certified instructors of Jin Shou™ Tui Na are well versed in the practice of Chinese internal martial arts (including but not limited to: Xing Yi Chuan, Ba Gua Zhang, Tai Chi Chuan and various forms of Qi Gong.) Instructors are also certified by the North American Tang Shou Tao Association and are part of the martial and medical lineage of Master Hsu Hong Chi and H. Vincent Black.
 - b. Diligent study of internal arts develops awareness of body mechanics. It also enhances sensitivity to energy movements and fosters greater understanding of the inter-relationship between yin and yang in the body. Furthermore, cultivating one's own qi develops the ability to feel and affect changes in the patient's body. By applying these principles to tui na techniques, the practitioner can maximize power to correctly apply techniques, protect his/her body from injury or strain for longevity of practice and maintain a high standard of quality for the patient.
2. Knowledge of TCM theory
 - a. A certified instructor of Jin Shou™ Tui Na knows and can teach all the foundational theories of Chinese Medicine. These include: theories of yin and yang; five elements; zang fu organs; qi, blood and body fluid; eight principles; six divisions; the four pillars of diagnosis as well as the etiology and pathology of disease. Certified instructors also know and teach the meridian pathways and the location and uses of antique, front-mu, back-shu and other important acupoints.
3. Knowledge of Jin Shou™ Tui Na techniques
 - a. Certified instructors of Jin Shou™ Tui Na can demonstrate and use examples from the comprehensive system of hand techniques that comprise Jin Shou™ Tui Na. They are comfortable demonstrating proper sequences of techniques and discussing how each contributes to the treatment, in terms of traditional Chinese medicine.
 - b. Moreover, certified instructors understand the principles behind the protocols and therefore can customize treatments by using various techniques from the system that combine to best serve the patient. Use of appropriate and efficient method for diagnosis and treatment.

4. Use of appropriate and efficient method for diagnosis and treatment
 - a. The certified instructor of Jin Shou™ Tui Na proficiently accesses all diagnostic techniques fundamental to traditional Chinese medicine and tui na. By skillfully using diagnostic techniques that are appropriate for the situation, a well thought out TCM diagnosis and treatment plan are determined before treatment begins.
 - b. Techniques are then performed with the intent to maximize therapeutic benefits and to operate at a peak of efficiency. Certified instructors focus their intent throughout the treatment and remain calm even under duress. With concern that each patient be treated according to his or her needs and in harmony with the season, certified instructors can regulate the pressure, focus and duration of tui na techniques as each situation demands.
5. Employ traditional teaching skills
 - a. The transmission of Jin Shou™ Tui Na occurs within the context of learning traditional Chinese physical culture (qi gong and Chinese internal boxing.) As mentioned, certified instructors of Jin Shou™ Tui Na are also instructors recognized by the North American Tang Shou Tao Association (NATSTA). Within this martial arts lineage, Jin Shou™ Tui Na techniques have been passed down from teacher to student over the generations.
 - b. Students initially learn correct posture and movement through study of martial arts. Concurrently, they study and demonstrate a broad understanding of Chinese medicine theories. After these principles have been integrated, a NATSTA instructor guides the student using various methods: students perform Jin Shou™ Tui Na with and without supervision, and on their instructor; they also receive Jin Shou™ Tui Na from other practitioners of lesser and more advanced skill levels; and teach internal martial arts and Jin Shou™ Tui Na techniques to others. In this way, Jin Shou™ Tui Na instructors employ a traditional training method that has proven its worth as an effective means of transmission of tui na skill throughout the ages.