



American  
Organization for  
Bodywork  
Therapies of  
Asia

## Tuina: Five Criteria

Provided by Bill Helm in December 2004

1. Hand technique proficiency. The person must demonstrate proficiency in the application of Tuina hand techniques appropriate to their style of Tuina (i.e., if rolling method is used then it must be demonstrated)
2. TCM theoretical understanding. The person must demonstrate an understanding of TCM theory and its relevance for Tuina applications. This would include the AOBTA ABT level of requirements and the specialized applications relevant to their style of Tuina.
3. Western anatomical understanding and knowledge. The person must demonstrate knowledge of western anatomy and how it is used in the application of Tuina hand techniques for therapeutic purposes.
4. Acupoint and channel locations and functions. The person must demonstrate knowledge and understanding of the locations and functions of the required AOBTA acupoints and channels and any additional acupoints and channels used in their specific style of Tuina.
5. Assessment and treatment skills. The person must demonstrate a knowledge and understanding of appropriate assessment and treatment skills for their specific style of Tuina. This would include the ability to apply the main assessment methods of TCM (tongue, pulse, palpation, and questioning) and a basic knowledge of western kinesthetic methods.