



# Asanté Academy of Chinese Medicine

## 伦敦爱生德中医院

### 14-Day Certificate Course in Tuina Massage

#### Course Syllabus

**Day 1 + 2:** Basic Theory of TCM

- Yin and Yang; Five Elements; Vital Substances (Qi, Jing, Blood, Body Fluids, Shen); Zang-Fu organ Theory

**Day 3:** Diagnostics of TCM (Four Examinations)

- Observation; 10 Questions; Hearing & Smelling; Tongue & Pulse Diagnosis

Aetiology and Pathogenesis of disease in TCM

- Internal & External Causes; 4 Levels; 8 Principles; Fluids & Zang-Fu Pathology

**Day 4:** Anatomy and Physiology

**Day 5 + 6 :** Acupuncture Meridians and Points

- 14 Meridians; Common Acupoints; Point Location; Point Function

**Day 7:** General introduction to Tuina Massage Therapy

**Day 8:** Tuina Manipulations Part 1

**Day 9:** Tuina Manipulations Part 2 + Cautions / Contra-indications of Tuina manipulations.

- Including Cupping (Static and Moving)

**Day 10:** Clinical Applications of Tuina: Part 1

**Day 11:** Clinical Applications of Tuina: Part 2

**Day 12:** Clinical Applications of Tuina: Part 3

**Day 13:** Paediatric (infantile) Tuina + General Introduction to Acupuncture & Cupping

**Day 14:** Course Review & Examination

\*Clinical practice constitutes an ongoing component of the course and is not covered on a specific day.