



Tuina Chinese Medical Acupressure Certificate Examination

Preparation & Review Sheet

Please Review:

Basic 5 Element Theory

Pay particular attention to "The Eight Principals of Diagnosis"

Know the interaction of Yin and Yang e.g. Empty Heat, Full Heat, Empty Cold and Full Cold

Differentiate between an Interior and Exterior disharmony

All review questions, and any mock paper

Theory Examination

Theory consists of 100 Multiple Choice Questions covering everything.

Basic Diagnosis of 1 case history to include prescription of points (not including functions)

Practical Examination

Settling the Client on the plinth/bed - to include Tuina sequence

Demonstration of towel technique. (Make sure your model wears t-shirt and shorts)

Demonstration of Consultation taking

Diagnosis of 1 case history (not model) with prescription of points (see below)

AcuPoint Theory:

Lung	Lu-7, Lu-9, Lu-10,
Large Intestine	LI-4, LI-10, LI-11, LI-15, LI-20,
Stomach	St-08, St-25, St-36, St-40,
Spleen	Sp-03, Sp-04, Sp-06, Sp-09 Sp-10, Sp-15
Heart	Ht-05, Ht-06, Ht-07,
Small Intestine	SI-03,
Urinary Bladder	UB-13, UB-15, UB-17, UB-18, UB-20, UB-21, UB-23, UB-60,
Kidney	K-01, K-3, K-6, K-7,
Pericardium	P-6,
San Jiao	SJ-04, SJ-5, SJ-6, SJ-10
Gall Bladder	GB-08, GB-20, GB-21, GB-30, GB-34,
Liver	Liv-3, Liv-8, Liv-13,
Du	Du-4, Du-20,
Ren	Ren-04, Ren-06, Ren-12, Ren-17, Ren-22

Please know at least two function's of each of all the points

Please know the location of each of the points

There is no guarantee that the examiner will not ask about other points as well.



Necessaries for Theory Exam

What to bring with you! (All paper will be supplied for the Multiple Choice Exam).

A couple of pens, ruler, pencil, rubber, pencil sharpener etc.?

You must wear your uniform for theory exam.

A Clip board - for the practical consultation form.

A name label for your lapel - I will try to arrange also - (for benefit of examiner).

A ton of knowledge and a smile!

Necessaries for Practical Exam

You:

You are a professional this is the time to demonstrate it.

Shower and wash your hair.

Hair – tied back off the face and neat

Uniform – clean, ironed, with all buttons intact.

Shoes – clean, comfortable and safe.

Jewellery – don't wear any.

Make-up – day make-up

Eyebrow pencil for point location marking

Positive body language (smile)

Respect client modesty

Make sure that client is comfortable

Your underwear should not be visible

Your Model:

Please work on your model a least four times before the day.

Make sure that they know the time - get their mobile number just in case!

They should have loose clothing, easily removed, T-shirt and shorts.

Have they any contra indications

Remind them that this is an exam

Piercing: not advised especially if they interfere with treatment (even ears).

Your Work Area

(for practical exam)

Area preparation is your responsible and marked as part of the exam

Talc, oil, massage medium: If you intend to work with any please remind me on the day.

Your Examiner:

Your examiner is there to grade your performance and will not comment on any technique, skills, or treatment plan.

Your examiner is a guest in our college and should be afforded our full co-operation and politeness.

You have all the knowledge required to pass this exam, it is only to show you can exceed to higher marks. I am confident that you are ready to take this exam, enjoy it and you will succeed.

This is the final step towards a very rewarding and gratifying career



Practical Examination

Time: 60 Minutes

- Prepare your working area
- Only start when the Examiner asks you to start
- Do your Consultation while client is seated or lying down
- Assist model on the plinth
- Tongue and pulse while client is lying down
- Diagnose case history before you start Tuina sequence
- Complete your sequence
- Finish only when Examiner says stop

Possible Practical Case Histories to Diagnose immediately after consultation

Yang Rising

Qi Deficiency

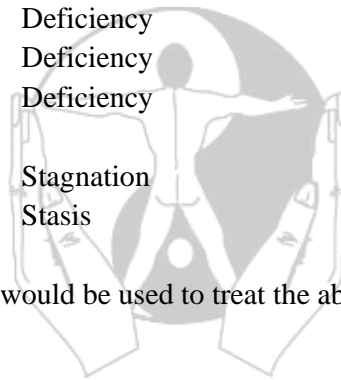
Blood Deficiency

Yang Deficiency

Yin Deficiency

Qi Stagnation

Blood Stasis



Please know at least 6 points that would be used to treat the above patterns of disharmony

Your Model: You cannot work on a classmate or any person who started a Tuina course anywhere.

You must sanitise the feet

You must provide foot paper before and after massage

Where did I go wrong?

Gentleness, duration, pressure, rhythm

bounce when stretching

no support behind knee during stretch

shoes left on during massage

Pulse Taking: no support for wrist

no sanitising feet

no foot paper before and after massage