



Association for Traditional Studies (PDA Provider 296) Test for Distance Learning Course

Name of Course: The Energy-Bodywork Basic Hand Techniques of Yin Style Bagua

Type of Course: Distance Learning (video only)

Number of Hours: 20

Course Presenter: Dr. Xie Pieqi

THE ENERGY-BODYWORK BASIC HAND TECHNIQUES OF YIN STYLE BAGUA

Program description:

Having the skills to tangibly create and guide sensations of Qi in your patients is critical to increasing your effectiveness in a clinic setting. A detailed description and demonstration of each of the 24 hand techniques used in the Yin Style Bagua Medical system are available in this 10 disc set .

Goals and Objectives:

- To demonstrate the hand positions and parts of the hand used in each of the 24 bodywork techniques.
- To explain each technique's use and how the technique is changed for different parts of the body.
- To explain the illnesses that can be treated with the techniques, and illnesses and places of the body where each technique should not be used.
- To give listeners the tools and understanding to practice these techniques on their own and use them in the clinic setting to treat patients.

Detailed Content:

Disc 1-1. (1 hr 31 min) Demonstrates and explains the technique of pushing, the different parts of the hand used in the pushing technique, and how pushing is applied to different parts of the body to treat illness. Dr. Xie outlines indications for use of the pushing technique as well as contra-indications.

Disc 1-2. (2 hours, 20 minutes) Demonstrates the grasping, rubbing and rolling techniques, and how they are applied to different parts of the body to treat illness. Dr. Xie outlines indications for use of the grasping, rubbing and rolling techniques as well as contra-indications for their use.

Disc 2-1. (1 hour 38 minutes) Demonstrates pressing and palpating techniques, and how they are applied to different areas of the body to treat illness. Dr. Xie outlines indications for use as well as contra-indications.

Disc 2-2. (2 hours) Demonstrates patting, striking and vibrating techniques, and how they are applied to different areas of the body to treat illness. Dr. Xie outlines indications for use as well as contra-indications.

Disc 3-1. (2 hours, 25 minutes) Demonstrates rocking, gentle shaking and drawing techniques, and how they are applied to different areas of the body to treat illness. Dr. Xie outlines indications for use as well as contra-indications.

Disc 3-2. (2 hours, 20 minutes) Demonstrates the combing, plucking and lifting techniques, and how they are applied to different areas of the body to treat illness. Dr. Xie outlines indications for use as well as contra-indications.



ASSOCIATION FOR TRADITIONAL STUDIES

PRESERVING DOCUMENTING & DISSEMINATING TRADITIONAL KNOWLEDGE

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Disc 4-1. (1 hour 44 minutes) Demonstrates the scrubbing technique, and how it is applied to different areas of the body to treat illness. Dr. Xie outlines indications for use as well as contra-indications.

Disc 4-2. (2 hours) Demonstrates the pinching, squeezing, brushing and shaking techniques, and how they are applied to different areas of the body to treat illness. Dr. Xie outlines indications for use as well as contra-indications.

Disc 5-1. (2 hours, 11 minutes) Demonstrates pressing down, shocking & squeezing together techniques, and how they are applied to different areas of the body to treat illness. Dr. Xie outlines indications for use as well as contra-indications.

Disc 5-2. (2 hours, 20 minutes) Demonstrates the pressing point technique, and how it is applied to different areas of the body to treat illness. Dr. Xie outlines indications for use as well as contra-indications.



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Test Questions for The Energy-Bodywork Basic Hand Techniques of Yin Style Bagua

Disc 1-1: The Pushing Technique

1) In what manner should you perform the energy bodywork techniques of the Yin Style Bagua Medical Bodywork system?

- a. Use strength 1st, qi 2nd
- b. Use qi 1st, strength 2nd
- c. Use qi only
- d. Use strength only

2) The system of medical bodywork evolved from what root?

- a. The lack of proper medical equipment and medicines created a need for barefoot doctors that could work with only their hands
- b. Performing medicine on the imperial family without being allowed to actually touch the skin
- c. The instinctive soothing behavior of a mother, for instance patting the back of a child or blowing on a wound
- d. The study of acupuncture points and meridians

3) How can the pushing technique assist in the healing of a wound?

- a. The technique pushes the damaged blood out of the wound to quicken healing
- b. The technique pushes on the area and creates pain that the nervous system will respond to
- c. The pushing technique should not be used in cases of wounds
- d. The technique stimulates the body's self healing function, tonifies the immune system and health maintenance functions

Disc 1-2: The Grasping, Rubbing & Rolling Techniques

4) How is the Yin Style Bagua grasping technique unique?

- a. It does not require helpers, the practitioner does the technique on the patient alone
- b. The grasping is only done with the thumb and middle finger
- c. The grasping is very forceful, whereas other systems use a light grasping technique
- d. It does not use fingers, relying on body parts alone.

5) What is the natural order of qi?

- a. Qi easily sinks down
- b. Qi easily goes up
- c. Qi easily gathers and congeals
- d. Qi easily scatters and disperses

6) Where is grasping performed on the body?

- a. Ankle, foot and toes
- b. Shoulders, neck and head
- c. answers a, b and d are all correct
- d. Hips, knees



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Disc 2-1: The pressing and palpating techniques

- 7) Why are the pressing and palpating techniques considered the most compassionate of the 24 hand techniques?
- Because they feel very comfortable to the patient, and there are no sensations of pain
 - Because they balance yin and yang and warm and flow the meridians and channels
 - Because they can enliven the blood, nourish the blood and dissolve stasis
 - All of the above
- 8) What is the difference between hollow hand pressing and solid hand pressing?
- Hollow hand has the lao gong point raised above the fingers, whereas solid hand pressing has the lao gong point flat against the patient and the fingers raised up
 - Hollow hand pressing makes a circle with the fingers to allow the qi to come out
 - Solid hand pressing uses a strong push into the body
 - Solid hand pressing requires the whole hand to be pressed into the patient
- 9) Dr. Xie says that qi and strength must be applied with skill. What is important to remember in order to use correct force?
- To look at the constitution of the patient before deciding how much force to use
 - That qi must move first, strength is almost completely non-existent
 - Support the patient with the other hand so that force is only applied to the area of treatment
 - After pressing and using strength to enter the body, you can start to deliver qi to the patient

Disc 2-2: The patting, striking and vibrating techniques

- 10) What is most often used to perform the patting and striking techniques?
- A flat object with a handle so that you can perform the technique on a wide area of the body
 - The forearm is used
 - The practitioner uses his/ her hand
 - The practitioner uses his/ her foot
- 11) Patting and striking the cranial cavity is used for what purpose?
- To revive an unconscious patient
 - Treating cardio-vascular illness
 - Increasing sweating in case of a head cold
 - The technique stimulates and strengthens the front, back and center of the brain
- 12) Patting and striking the pelvic cavity is used for what purpose?
- Tonifying the kidneys, bladder and reproductive organs
 - To treat sciatic pain
 - To encourage birth in an overdue pregnancy
 - Tonifying the liver, gallbladder and spleen



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Disc 3-1: The Rocking, Shaking & Drawing techniques

- 13) What is the main difference between the rocking and shaking techniques?
- Rocking is gentle and slow, whereas shaking is more forceful and fast
 - Shaking is gentle and slow, whereas rocking is more forceful and fast
 - Rocking is done in a horizontal direction, whereas shaking is done in an up and down direction
 - Rocking is done on the whole body, and shaking is done with one limb at a time individually
- 14) Rocking's distinguishing feature when compared to the other hand techniques in the Yin Style Bagua Medical Bodywork system is:
- It can put a patient to sleep quickly
 - It is used only on babies and small children but not on adults
 - It has very few hand positions, usually using both hands at a time
 - It can make a patient feel nauseous and should be used with caution
- 15) Dr. Xie teaches that by combining traction and rocking while treating the neck we can treat what kind of problems?
- Paralysis
 - Sciatica
 - Putting misaligned vertebrae back into place
 - Poor vision

Disc 3-2: The combing, plucking and lifting techniques

- 16) Which of the 24 hand techniques of the Yin Style Bagua Medical Bodywork system is not usually found in other bodywork systems?
- Plucking
 - Lifting
 - Combing
 - They are all taken from a previously known system
- 17) Why was combing developed?
- To make use of jade hair combs as a medical instrument
 - To treat children who were afraid of needles
 - To treat surface conditions
 - To treat the imperial family, where clothing could not be removed and results were expected but strong touch was not allowed
- 18) What part of the body can not be treated with the combing technique?
- The combing technique can be used on the entire body
 - The combing technique should be used only on the head.
 - The abdomen
 - The back of the neck



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Disc 4-1: The scrubbing technique

- 19) Scrubbing on the flesh generates heat, thus it is applicable for what kind of conditions?
- yang conditions
 - answers c & d
 - yin conditions
 - cold conditions
- 20) Why is scrubbing used to reduce fevers in children?
- Because it opens the pores and allows the cold to get in and cool the body's temperature
 - Because the body reacts to the heat and activates its self cooling function
 - Because you can use one finger on the pericardium meridian and bring the heat to the surface to cool
 - Because it breaks the skin and causes bleeding, which allows the pernicious influence to leave
- 21) What common rule should be followed when treating patients with the hand techniques
- Dispel the evil pernicious influence, then tonify the patient
 - Treat distally only
 - Treat locally only
 - Support the upright then remove the evil pernicious influence

Disc 4-2: The pinching, squeezing, brushing and shaking techniques

- 22) The squeezing and pinching techniques were very popular during what Dynasty?
- Qing Dynasty
 - Ming Dynasty
 - Han Dynasty
 - Northern Song Dynasty
- 23) Squeezing and pinching techniques are particularly effective for what children's illness?
- Colic in a baby
 - Bloating and blocked digestion
 - Insomnia
 - Chicken pox and measles
- 24) Why do you have to switch from lifting & squeezing to grabbing & squeezing when working on the scalp?
- Because you can pull the hair which is painful for the patient
 - Because the head should not be treated with specific points, but with a broad area for optimal results
 - Because the skin is very taut and will not lift easily
 - So that you do not cause loss of hair



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Disc 5-1: The pressing down, shocking & squeezing together techniques

25) What does the shocking technique do that the pressing technique cannot do?

- a. Shocking can gather and contain
- b. Shocking can regulate an irregular heartbeat
- c. Shocking can create a deep warm qi sensation
- d. Shocking can enter and disperse

26) What does the pressing technique do that shocking cannot do?

- a. Pressing can gather and contain
- b. Pressing can enter and disperse
- c. Pressing can create a deep warm qi sensation
- d. Pressing can stop bleeding from a wound

27) Pressing down has the use of:

- a. Dispersing qi in the area before inserting acupuncture needles
- b. Allowing the spirit to return, closing qi in, gathering qi and essences
- c. Distracting the patient by pressing in an area not injured
- d. Creating a blood stop that will increase circulation when the pressure is released

Disc 5-2: The pressing point technique

28) Why is the pressing point technique the foundation of the "Healing Without Medicines System"?

- a. Because you always have your fingers with you
- b. Because people will not be afraid of your fingers
- c. Because you can use your finger to press any point of the body, including points that are usually contra-indicated for acupuncture.
- d. Because pressing is the most basic technique, and can be done easily on the self

29) One special benefit to using a finger to press instead of using an acupuncture needle is

- a. You can use a fingernail for a stronger sensation
- b. You don't have to carry medical supplies with you
- c. It is safer than needles to use if your patient has a contagious disease
- d. Finger pressing does not damage the qi, and can be used in the case of a deficient patient.

30) In the Yin Style Bagua Medical System, there are considered to be how many types of headaches?

- a. 10
- b. 24
- c. 8
- d. 12