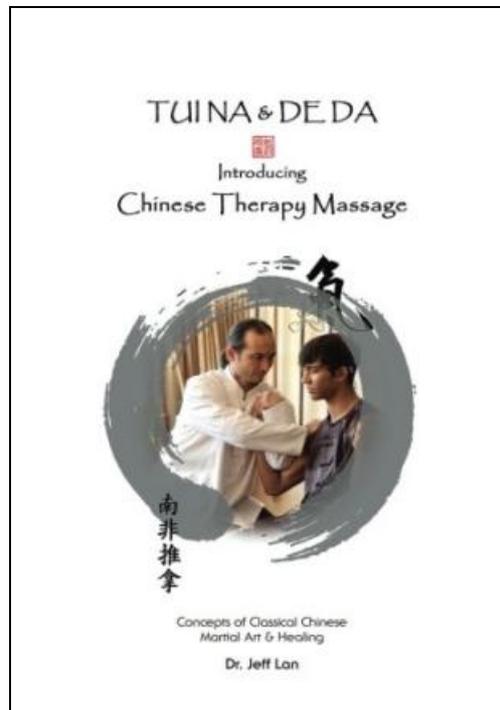# TUI NA DE DA Chinese Therapy Massage: Introducing Chinese Therapy Massage

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Reviews

Good electronic book and valuable one. It generally is not going to charge an excessive amount of. Its been developed in an remarkably straightforward way and is particularly simply following i finished reading this ebook through which really transformed me, change the way i think.
(Mr. Domenic Eichmann)

TUI NA DE DA CHINESE THERAPY MASSAGE: INTRODUCING CHINESE THERAPY MASSAGE

Dr. Jeff Lan. Paperback. Condition: New. 198 pages. Dimensions: 9.6in. x 6.7in. x 0.5in.About this book This book has been compiled for students that study Tui Na and De Da Sun Sang (Bonesetting) namely Chinese massage utilised as therapy. What is in this book is purely the basics and foundation of Tui Na and Bonesetting. To understand this book deeply and thoroughly, one needs to have the basic knowledge of the theory and diagnostics of Traditional Chinese Medicine (TCM). My wish is that everyone who uses this book has a proper under- standing of internal energy and Daoist philosophy, so that it may ease his or her knowledge and understanding. I have studied in the traditional way, from Master to disciple student. I first started my martial arts with external Shaolin Quan and Yong Chun, then Qi Gong, Daoist philosophy and Taiji. Through the understanding of the internal works, I finally started to learn De Da (Bonesetting) and Tui Na, which was followed by Acupuncture and herbs. My internal martial arts training has helped me a great deal in my TCM practice. My personal feeling, however, is that I am still learning day by day. Dr. Jeff Lan Liu Youyi Introduction to Tui Na and De Da The direct translation for Tui Na is pushseize(catch). De Da Sun Sang means fall, hit, damage, injury. Tui Na is a Chinese therapeutic massage, using variations of techniques to restore the body. De Da Sung Sang is called bonesetting, which is the name many people in the West know it by. It involves the manipulation of joints to re- store the bone to its normal function, e. g. when treating dislocations or fractures. Tui Na and De Da are examples of the ancient healing arts of Traditional Chinese Medicine (TCM), which has a...

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