

## Massage Techniques

指壓 Zhǐ Yā	= <u>finger/digital pressure</u>	(shiatsu)
aka 點穴 Diǎn Xué	= <u>spots &amp; points or check points</u>	(acupressure)
壺 Hú	= <u>pot or kettle, jar; the shape of an acu-point</u>	(tsubo) Mochizuki p. 30
推拿 Tuī Ná	= <u>push &amp; grasp / push &amp; pinch/squeeze / kneading</u>	(medical massage therapy)
揉 róu	= <u>rub</u> soft rubbing	usu. circular Yang p.112
摩 mó	= <u>rub/friction</u> harder rubbing/sliding	usu. linear
磨 mó	means to grind i.e. rub with a stone; sharpen	
抹 mǒ	means to apply, rub on or in; wipe pronounced mò or mā it means to smear or brush (on or off), to wipe clean	
按 àn	= <u>press</u> pressing	
推 tuī	= <u>push</u> pushing	
拿 ná	= <u>grab</u> grabbing	grasping
mo	= <u>caress</u> caressing	
dian da <sup>3</sup> , qiao	= <u>spot, knock or strike</u>	striking or knocking (tapping percussion)
zhen <sup>4</sup> chan <sup>4</sup>	= <u>shake &amp; vibrate</u>	
duan	= <u>hold</u> holding	
ti	= <u>raise or lift</u> lifting	
la	= <u>pull</u> pulling	
nie	= <u>knead</u> kneading	
ding	= <u>support</u>	
yao	= <u>shake</u>	
pai	= <u>slap</u>	
tan	= <u>flick</u>	
shuai	= <u>swing</u>	
cuo	= <u>file</u>	
fen	= <u>divide</u>	
he	= <u>combine</u>	
die	= <u>fold</u>	
gun	= <u>roll</u>	
dou	= <u>wave</u>	
pi	= <u>chop</u>	
qia	= <u>pierce</u>	
dian	= <u>point</u>	
yun	= <u>transport</u>	
che	= <u>quick pull</u>	
shen	= <u>extend</u>	stretching = extension
qu	= <u>bend</u>	stretching = flexion
da	= <u>strike</u>	
nuo	= <u>shift, slip</u> pinch	and let skin slide/slip out of fingers
le	= <u>reigning</u>	
ba	= <u>uproot</u>	
ji	= <u>squeeze</u>	
ban	= <u>twist</u>	

## Massage Techniques

dao	= <u>threshing</u>
zhuo	= <u>pecking</u>
huang	= <u>swaying</u>
xuan	= <u>rotate</u>
shu	= <u>comb</u>
sao	= <u>scratch</u>
chan	= <u>reeling</u>
gua	= <u>scrape</u>
lu	= <u>jab</u>
guan	= <u>pound</u>
qie	= <u>cascade</u>
cha	= <u>wipe</u>
tao	= <u>dredge</u>
kou	= <u>cup cupped hand percussion</u>

推 Tuī	pushing or dragging
拿 Ná	grasping
按 Ān	pressing/compression
摩 Mó	rubbing
揉 Róu	kneading
点 Diǎn	spotting, i.e. pointwork
擦 Cā	rubbing
滚 Gǔn	rolling
震 Zhèn	vibrating
搓 Cuō	twist and rub
摸 Mō	wiping
提 Tí	lifting
击 Jī	beating and drumming/percussion
拍 Pāi	slapping, clapping
抖 Dǒu	shaking
摇 Yáo	rotating
扳 Bān	pulling
伸 Shēn	<b>stretching</b> (extending, extention)
摸 Mō	gliding
搔 Sāo	scratching
刮 Guā	scraping
敷 Fū	rubbing
喬 or 躑 Qiáo	trampling (use feet to press or walk on)