

Quick Reference

Shiatsu

Long Form

Back & Front

*New Moves (additions to short form)
are Bold and Underlined*

Back of the Body – Quick Reference

warm & energize your hands – fold hands over lower dan tian – center yourself

Torso

Partner face down, looking left – Place pillow under feet (shoulder width apart)

If necessary place a pillow under torso (lengthwise from clavicle to ASIS) (let head hang off)

Step to partners left side

1. Make Contact connect & synchronize breathing
2. Begin Rocking regular opening pattern **body toss** / colon rock / iliac rock / lumbar rock
3. *Move to right side* Rock again brief regular / colon / iliac / lumbar / **spinal rock**
4. **Stretch back:** **a. cross body** **b. elongate spine** (1st off table, then on)
On table – straddle torso (left toes to armpit, right knee at hip)
5. **Palm press back** (down erectors & up spine) (down: full palm up: palm over palm)
switch foot-knee position and repeat with the following variations
down: push laterally on erectors w/ hypothenar eminences up: palm over palm w/ scoop
6. **Get off table on Left side** (*opposite to get up side*)
7. Finger Kenbiki (up erectors on Right side)
8. *transition:* Squeeze neck, shoulder and upper arm
9. Thumb Kenbiki (back down erectors, R side)
10. Double-palm press gluteals/SI joint
11. **Right palm presses down thigh to knee and back to sacrum**
12. **Elephant walk palm press up back – then back down** (**down with torque**)
13. *Walk Around Table To Partners Right side – turn head & squeeze neck*
14. briefly rock – then lumbar rock
15. Repeat finger & thumb kenbiki thru elephant walk, on left side of spine
16. Thumb Press Jia-Ji pts. – **1x on each side** (**light to medium** pressure)
17. *Turn headward – left leg remains on table touching their side*
18. Squeeze & rub both shoulders (no thumbs)
19. Thumb-circles down erectors (to bottom of sacrum/S4)
20. Squeeze & Release skin over sacrum
21. Skin roll up GV 2x (use heels of palms to get leverage for lift on 2nd pass)
22. **Rapid, skin roll on upper back with both hands** (roll skin & clothing together)
23. Two-hand squeeze right shoulder – *transition to upper arm*
24. Squeeze & Twist triceps #1 **1x**
25. Palm-press forearm #1 **1x** (Ht channel)

Back of the Body – Quick Reference

Arm & Shoulder Girdle (all new)

Arm Stretches (R side)

26. **#1 Elbow flat** [coronal plane]
27. **#2 Elbow up (swimming)** [sagittal plane]
28. **#3 Vertical arm lift** (radius between fingers, other hand cradles shoulder)
29. **#4 Lateral arm lift** (stabilize shoulder with index finger along posterior axillary fold)
30. **#5 Rotate arm and thumb press axillary fold to acromion** (SI-9, Jian Hou, SI-10)
Place their hand on their low back
31. **Chicken wing ‘gravity stretch’** (weight of hand on elbow)

Scapula Series

32. **Pull down on shoulder - push in on elbow - pull up on thumb**
33. *Place your (left) knee under their elbow – Isolate scapula:* **a. Saw** (push down on back, pull up on shoulder)
b. Lift & Shake scapula, **c. Lateral Pull** (brace w/ leg), **d. Twist inferior angle back & forth**
34. **Thumb press around scapula** (up medial, across top, round the shoulder, down lateral border)
35. **Flat palm rub & rotate on scapula**
36. **Press & stimulate pts. SI-11–15** (11 = thumb, 12 = middle f., 13 = index f., off scapula 14 & 15 using thumb)
37. **Roll trapezius between thumb & fingers**
38. *repeat* Flat palm rub & rotate on scapula
39. **Triceps squeeze & twist #2 as you remove your knee**
40. Pull down on shoulder – push in on elbow – pull up on thumb
Remove hand from back – place flat on table
41. Palm press anterior forearm #2 **1x** (Pc channel)

Triceps / TB

42. *Hang arm over side of table and Sit on table*
43. **Duckbill Roll the triceps** (up & down)
Stand up and face elbow left hand to lateral edge of scapula
44. **R Thumb presses TB channel from elbow to acromion** (TB-10 to 14)
45. **fingers wrap around and both Thumbs press back down to elbow**

Overhead Arm Stretches

- Rotate arm/shoulder as you walk to overhead position*
 46. *Hold arm securely at wrist & elbow –* **Traction entire arm** (use your wt.)
 47. *Grasp fingers and fold arm to place palm on scapula –* **Lift elbow to stretch triceps**
 48. *Wing elbow out & lay arm on table, hand above head*
 49. Push down on shoulder/scap – **Flatten armpit press** (work acromio-humeral articulation)
 50. **Palm press down arm to elbow** (LI-11) and **forearm to hand** (LI-1)
 51. *Hold fingers and once again extend arm overhead*
 52. **Traction and vibrate** – then looser traction & **Shake arm as you walk around table**
 53. *Drop arm & catch wrist (with L hand)*
 54. *Carry arm up onto table –* Triceps squeeze & twist #3 **1x**
 55. Palm-press forearm #3 **1x** (Lu channel)
- option: Triceps Squeeze & Twist into Palm-press forearm #4 (all 3 yin channels collectively)

Back of the Body – Quick Reference

Shoulder – Neck & Head

Step to position above their Right shoulder - (their head facing Left)

56. **Palm press across shoulder** 3x *then **stretch*** (pull head–push shoulder in opposite directions)
57. Thumb press across right shoulder/traps **with both thumbs** 3x (from C7 to ‘V’ LI-16)
58. Thumb press right side of neck/traps **with both thumbs** 3x (from C7 to occiput)
59. Massage & Pull occipital ridge
60. Finger-squeeze around scalp (pattern as in short form)
61. *Turn their head, sweep hair from face* – Squeeze neck
62. Repeat scalp massage & occipital pull on this side reversing directions
63. Shoulder stretch & presses on left side
64. Neck presses on left side
65. *Step back to position above shoulders*
66. Thumb press across both traps simultaneously 3x (medial to lateral)
67. Thumb press 3 lines on upper back from T1 to T5 (jia-ji, BL inner & outer columns)
68. **Press & Flick upper back** (flicking can be light or heavy)
69. **Palm walk/press down back to ilium’s** (kind of-like elephant walk)
70. **Alternate pressure on ilium’s** (watch their heels, they should move)
71. **Hold stretch on sacrum with left hand** **Slide/stroke up spine (GV) with right**
Transition to Left arm
72. **Repeat entire arm sequence on Left arm** (start with 2 handed shoulder squeeze)

Bladder Channel

Climb on Table – Straddle Torso

73. Even shoulders and smooth clothing – Place thumbs next to T3 (spine of scapula level)
 74. **Thumb-press Jia-ji pts. bilaterally** (thumbs point headward)
continue onto sacrum – Press sacral foramen 1 to 4 (BL-31-34)
body-toss back up sides – smooth clothing, then
 75. Thumb-press inner column BL pts. – continue along lateral edge to bottom of sacrum (BL-13-30)
*body toss back up sides – **have them turn their head** – smooth clothing, then*
 76. **Thumb-press outer column BL pts.** (follow medial border of scapula – continue to gluteal fold (BL-36-50))
 77. Double Palm press beside sacrum gently rock as you release
Kneel behind L foot then quietly Step down off table to partners left side (same side you got up on)
- Percussion Sequence**
78. • Cupped hands • Crane beaks • Raindrops • Duck-quacks • Hitchhike • Pillows

Back of the Body – Quick Reference

Sacrum, Buttocks

- 79. Thumb press & rock along sacro-iliac joint and edge of sacrum 2x (down then up)
- 80. Thumb press & rock laterally from edge of sacrum to side 4 horizontal lines
- 81. Thumb press & rock down ITT to knee (GB channel)

Thigh – Knee, Ankle and Hip Joints

- 82. Squeeze & Lift & Rock hamstrings (up-down-up – usually ending at gluteal fold)
- 83. **continue squeeze & knead onto gluteals** then down GB channel and back up to gluteal fold
- 84. Palm press hamstrings
- 85. Fist press hamstrings
- 86. Elbow press hamstrings – **3 lines instead of usual 1** (middle-medial-lateral) w/ traction on heel
- 87. **Forearm cross-press** (from gluteal fold to popliteal crease)
- 88. **Forearm Rolls**
 - 1. one arm (maintain traction on heel)
 - 2. add help from other hand
 - a. slow roll
 - b. quick roll
- 89. **Knee Stretches**
- 90. *Pick up left foot* **Pump leg w/ R while pressing pts.** (BL-53, 54, Kd-10) in popliteal fossa w/ Left hand
- 91. *Change hands* **Pump & rotate tibia while stabilizing knee w/ Right**
- 92. *Slide hands up* **Push heel toward buttocks and plantar-flex ankle/foot/toes**
- 93. **Release and catch foot**
- Upright Ankle ROM**
- 94. **Slow shake, then fast vibrate ankle** (extend thumbs to protect ankle during vibrate)
- 95. **Dorsiflex foot & toes while rotating ankle** (knee is bent 90°)
- 96. **Tap bottom of foot**, hold & flex toes w/ other hand (1 handed hitchhiker – heel, lat. edge and across ball)
- Hip, Pelvis & Low Back Stretches**
- 97. **Leg Lifts** – (cup heel & foot – dangle, drop, bounce leg – stretch in 3 directions)
- 98. **Frog-leg stretch** – knee to armpit 6-8x
On last stretch, leave leg at 90° angle – Support their knee with your knee/thigh
- 99. **Heel of palm press & rotate at gluteal hollow** (GB 30)
- 100. **Heel of palm press down IT tract (GB) to knee** 2-3x
- 101. **Thumb press along GB channel from knee to ankle** (GB-34-40)
- 102. **continue pressing GB channel across dorsum of foot to toe** (GB-44)
Cradle knee w/ right hand while stabilizing SI joint w/ left (keep leg from flopping with your arm)
- 103. **Psoas & Sacro-iliac stretch** – lift thigh several times (raise up using your toes or climb onto table)
Extend leg, cup patella w/ L hand – place leg so weight is lateral

Back of the Body – Quick Reference

Calf & Foot

104. Duckbill Rock lower leg (down then up)
105. **Palm press & rock calf from side** 3x (lateral, middle, medial)
106. Butterfly press gastroc
107. Thumb press medial & lateral heads (end behind malleoli at BL-60 & Kd-3)
108. Thumb on thumb press between heads – follow achilles to heel
Turn and face footward
109. **Claw press heel w/ left hand** – *Turn back and*
110. Thumb press 5 lines on sole **from heel to ball**
111. **Thumb press laterally across ball, thumb press line at jct. of ball & toes** (~ 3-4 passes)
112. Palm & Fist press both feet 3 positions 3rd pass – Palm or Fist press
Step to Right side
Repeat entire leg sequence on Right leg (start at waist w/ lumbar, colon & iliac rock)
- At Feet (after Right leg)**
113. *Kneel below feet* – **Heel Pull** (cup both heels and traction, then quickly release 3x)
114. Palm & fist press feet 2x • 3rd pass: Pinch lateral edges of feet to little toe
115. Thumb press & rotate each toe (start with little toe)
116. Palm press - Fist press 2x • 3rd pass: Thumb Press Bubbling Spring (Kd-1 Yong Quan)
117. Thumbs lightly cover points (mind & breath in lower dan tian – listen/feel)
focus on Yong Quan
energetically connect: Yongquan to lower Dan Tian
then lower Dan Tian to Bai Hui

Turtle Position

118. Hold shirt-tail w/ L hand – R index & middle finger slide up & down alongside spine to C7
119. Duckbill Squeeze & Knead neck (one hand then both) [brace head with thigh if necessary]
120. *Stand above head* Massage & pull occiput and occipital ridge
121. *Move to right side* Duckbill Squeeze & Knead neck again
122. options: **Elbow slides, presses, levers, waggles alongside spine** (jia-ji valley)
a. mid-back to sacrum b. change arms mid-back to shoulder
change sides repeat on other side
123. Sit up or Roll over (*good time for bathroom break*)

Front of the Body – Quick Reference

Part I – Limbs

Anterior Lower Limb

Stand below partners feet – Grasp tops of feet

1. Traction legs & Shake
2. Push feet in & out to loosen hips (windshield wipers)
3. *Lift their legs and* Place pillows under knees
4. *Step to your Left (their R)* – straighten arms, place hands on belly – flatten low back
option: Drape upper body
5. *Face right knee–patella in R palm* – Rock leg
6. Squeeze & Lift quadriceps from knee to hip (up-down-up) **option: Lift & Squeeze & Rock**
7. Fist press thigh (hip to knee) 3x (each pass gets wider)
8. **Tap (one handed hitchhiker) down ST and up Sp** 3x
9. Thumb press around patella 1st circle
10. **Thumb Pull patella four directions** (down, up, left, right)
- option: Raise knee and sit on their foot* **Thumb press ‘eyes of knee’**
11. *continue* Thumb presses around patella 2nd & 3rd circles

Lower Leg

12. Thumb press 3 lines of ST channel – from knee to ankle **2 hand version**
13. 4th line – Press GB channel from head of fibula to sinus tarsi anterior to fibula
5th line – Press GB channel posterior to fibula
- Place achilles over your left thigh*
14. Clamp ankle and rotate foot (both directions)
15. *pivot hand* (fingertips toward heel) and dorsi-flex foot
16. **Press ankle points:** (thumb press: BL-60 & 62; GB-40 & ST-41 // finger press: Lr-4 & Sp-5; K-6 & 3)
17. Four-finger press up medial leg 3x (Kd-3 to Sp-9, Lr-7 & Kd-10)
18. **Squeeze pes anserine** • **Skin Roll down & back up 3 yin channels**
19. Smooth yin channels

Stand at foot of Table

20. Spread dorsum of foot • Arch sole • Alternate spreading & arching
21. Manipulate metatarsals with **shearing** motion
22. Thumb slide between metatarsals to web spaces
23. **Thumb press Lr-3 & GB-41** (simultaneously)
24. *Cup heel and toes* Vibrate toes & MP joints
25. **Pull each toe** (start with little toe – pull straight)
26. Squeeze & Press each toe 3 lines per toe (lateral-middle-medial)
27. Thumb press medial arches from heel to MP jt. 2x
2nd pass press points: (lower Kd-6, Kd-2, Sp-4, Sp-3)

** *Step to Left leg* – Repeat leg sequence on left side

Front of the Body – Quick Reference

Leg Stretches (all new)

Go back to Right leg

28. **Opening the hip** – up to neutral / cradle & arc / press to chest (3 directions)
29. **Hamstring stretch** – cup heel and brace knee – alternately push foot headward & relax
Climb onto table – place heel over shoulder – Hold knee w/ L hand & ball of foot w/ R
30. Traction entire leg, then push leg headward with your torso, then dorsiflex foot
slip hand under achilles and release foot from your shoulder as you step down from table
31. **Adductor stretch** (brace their foot against opposite leg – place their L hand over ASIS, your R hand on top – your L hand at knee)
32. **Palm press up yin channels** on inside of thigh (face headward, R hand stabilizes ASIS, L hand works)
33. *Straighten leg by pulling heel footward – Climb onto table – support ankle with knees*
34. **Hip/Knee rock** (fingers behind knee, thumbs at eyes of knee – **push & pull**)
Clasp fingers around thigh just proximal to knee and lean back into
35. **Knee pull** (also stretches hip & low back)

Push knee headward then across body into

36. **Lumbar twist** – lift at low back to assist roll over – long & short traction stretches
37. *Push knee headward and roll partner onto back – get off table and carry leg to full extension*

option: **Side Position: Scapula loosening, Shoulder/Neck Stretch** (see #155)

Dismount and walk backwards cradling foot into

38. **Lateral leg swing** 2 versions: 1) toes point sideways 2) toes point toward ceiling
39. **Rotate leg** while fingertips, then thumb, press into lateral hip/TFL (GB-29)
40. then reach thumb forward to anterior thigh and **press ST-31**, while still rotating leg
41. *Step to foot of table* **Traction & shake legs**

Move to left leg – Repeat entire leg stretch sequence on left limb (remember to reverse specific L/R instructions)

42. option: **Quadriceps stretch** • Palm press quads/ST channel
bring leg back to full extension and get person centered on table again
43. Repeat two leg traction-shake & windshield wipers following second leg
44. *Upon completion check leg length*
if one leg is short: wrap fingers around dorsum of foot, thumbs on sole, **dorsiflex & traction, then rock whole body**

Place pillow back under knees

Step to Right and up to left arm

Front of the Body – Quick Reference

Part II – Torso

Arms – Shoulder, Elbow, Wrist

Step R to their left side & take hand from abdomen – 2 fingers in each hand

45. Traction shoulder & shake arm
46. Pump & Circle forearm – Press & Roll cubital fold
47. Flex & Extend Wrist
48. Clamp wrist & Rotate hand
49. **Wrist flops**

Hand & Fingers

50. Spread dorsum of hand • Arch palm • Alternate spreading & arching
51. metacarpal **shearing**
52. Thumb slide between metacarpals to web spaces (lateral, medial; and repeat)
53. Squeeze & press each finger (sides-top & bottom-sides – from web to fingertip)
54. **Finger snaps** (along sides to nail points) *Turn their hand over – palm up*
55. **Thumb press 3 yin channels on forearm elbow to wrist** (one or both versions)
Lace your fingers between theirs and spread their palm
56. **Slide thumbs across palm** **then between metacarpals**
57. **Press points on palm and wrist** (Ht-8, Pc-8; Lu-10, then, Lu-9, Ht-7, Pc-6 & 7)
Turn hand back over and drape over your thigh
58. **Massage the ‘tigers mouth’** then **Press points:** (LI-4, SI-3-4-5-6; TB-5; Pinch Lu-7 to LI-5)

Arm continued

59. **Press up yang channels** (TB & LI) to elbow with lateral edge of hand (hypothenar pad) 3x
60. **Thumb press & rotate LI-11**
61. **Overhand squeeze up bicep and anterior deltoid to shoulder**
62. **Cup and rotate shoulder with palm**
thumb circle on anterior deltoid pt. (Jian Qian)

Clamp wrist securely with both hands

63. Arm Stretches a. toward ceiling 3x b. **lunge into overhead stretch** c. **laterally & down**

option: **Side Position: Scapula loosening, Shoulder/Neck Stretch** (see #155)

Move to position above head

64. Straighten shoulders Push toward feet Push toward table
65. *Slide fingers under shoulders* – massage upper back
Stand up – massage traps & squeeze scalenes with thumbs
66. *Slide up neck – easy traction on occiput*

Move to right arm

67. Repeat arm sequence (*reverse all L/R instructions*)
68. *upon finishing R arm – Even shoulders by pulling on both wrists*
Place Arms on table slightly away from their sides – Stand Facing Abdomen

Front of the Body – Quick Reference

Abdomen

Place your hands on belly – make contact – reconnect with breath

69. **Diagonal-abdominal stretch**
70. Rock abdomen
71. Rectus rock (Sp channel)
72. Cat paws (end in lower right quadrant)
73. Skin lift & dangle (9 positions around abdomen)
74. Palm press 8 positions around colon (with exhalations) • **Repeat 8 colon presses a second time**
75. Diamond press up Ren Mai/CV (pubis to xiphoid) (CV-2–14) (ID Mu pts & organ correspondences)

Chest

76. Continue up sternum with 3 fingers of right hand – Press & Rotate (CV)
77. *Hook middle finger over sternal notch and gently Pull down (CV-22)*
Spread fingers to intercostal spaces on either side of sternum
78. Press Kidney channel points from clavicle to 5th ICS (6 presses/points) (Kd-27 to 22)

return to Abdomen

79. Thumb walk costal arch 3x – 3rd time press around sides (Lr-13)
80. *Reach around & under to low back – Massage low back & kidneys with fingertips (GB-25)*
81. Thumb circles at mid-rectus at level of umbilicus (ST-25)

return to Chest

Move hands to sides and lower thoracic cage (heels of palms on attached ribs)

82. Compress & churn ribcage
83. **Thumb press (ST-18), Lr-14, GB-24**
84. Pat Spleen & Liver areas with cupped hand
85. Tap up & down sternum (2x)
86. **Thumb-walk costal margin one more time to low back/Kd**
87. **Arch & bounce low back**
88. **Drag between ribcage & ilium on L side** (alternate hands)
Walk around & repeat on R side
89. **One arm walk-around's L & R** (3x – 3 variations)

Front of the Body – Quick Reference

Move to position above head

90. Thumb press & rotate delto-pectoral triangle (Lu 2 & 1) *pivot on thumbs and*
 91. Palm press chest & sides (3 anterior positions, then 3 lateral positions up sides to armpits) 3x
 92. **Thumb walk along superior borders of clavicles** (medial to lateral) 2x
 93. **Thumb press inferior borders of clavicles** (out to Lu-2) 1x
 94. **Thumb press intercostal spaces** laterally from sternum 1st to 5th ICS, out to ST-18, around to sides
 95. Lightly palm or thumb press up sides following Sp channel (Sp-17-20 back to Lu-1)
 96. **Stretch pects:** slip fingers under inferior margin between muscle and ribcage, grasp pects and traction headward
Slide hands down arms – grasp wrists – raise to rest on elbows then allow hands to flop overhead
 97. **Pump both arms a few times, then Stretch arms overhead, & finally down toward floor**
 98. *option: Fold their arms across chest their hands clasp opposite shoulders*
*Toss torso back & forth to work your arms under their back – **Arch back/spine** (work from ~T12 headward)*
- Re-position their hands on abdomen, then slide back up to shoulders (women R hand on belly, men L)*
99. Even the shoulders
 - Push toward feet
 - Push toward table
 100. • Massage upper back with fingertips (your forearms on table)
 - *Stand up and* work traps with thumbs along anterior margin (end at neck and turn thumbs into sides of neck)
 101. Thumb circles up sides of neck to occiput
 102. Finger circles up sides of neck to occiput

Front of the Body – Quick Reference

Neck

103. **Head & neck toss** • **Finish with light traction to neck**
104. **Thumb walk along superior borders of clavicles again** (medial to lateral) 2x
105. **Isolate & Squeeze/Pinch SCM's L & R**
106. *Slide one hand under neck* – Squeeze back of neck • other hand stabilizes head
107. Arch & straighten neck (3 positions C6, C4, C2) 2-3x slower to faster
108. **Crossed arm neck stretch** (stretch head toward feet – push down on shoulders) 2-3x
109. **Ear to shoulder stretch** 3x, then hold steady, cross hand to opposite shoulder & push down (1x)
110. **Look Left & Right** (3-4x in each direction)
111. **Figure-8 stretches** (6-8x)
112. Drag hands up back of head – alternate hands (smooth & straighten hair, lengthen neck)
113. option: **Strong traction on neck** (cradle jaw with one hand, occiput with the other)

Ears

114. Massage ears (with thenar eminences) then begin stretching ears (easy to stronger)
115. Massage lobes, then follow the rim/helix to attachment (with thumbs)
116. back down antihelix with wiping movement of thumbs
117. Rub back of ears with fingertips
118. Squeeze tragus then **Gently lift/pull toward ceiling with index finger to open ear canal**
119. Slide finger down to floor of ear (cavum concha) and begin "S" sweeps
120. Churning (forefinger in front – other fingers behind ear)
121. *transition to TMJ*

Front of the Body – Quick Reference

Face

Ears to Chin

122. Fingertips massage TMJ – then follow masseter to jaw & mandible to chin
123. Thumb circles back along jaw to angle of mandible (support jaw w/ fingers)
124. Finger walk underneath jaw back to chin
125. Massage root of tongue with one finger
126. **Gently push jaw to open & close mouth**

Chin to Nose

Thumb press horizontal rows of points (from midline laterally across face to ear)

127. Tip of chin – follow mandible to earlobe
128. Mento-labial midpoint & foramen (CV-24 & extra pt.) – lower gum line
129. Philtrum (GV-26-27-28) – upper gum line
130. Beside nostrils (LI-20), under maxilla to tragus
131. **Skin Roll & Slide across cheeks** (3 lines several times) **then Squeeze lips**
132. **Light finger tapping around face**

Face (cont.)

Nose to Eyes

133. Thumb press side of nose (jct. of bone & cartilage) follow cheekbone line to ear (SI-19)
134. Press infra-orbital ridge (from bridge of nose to outer canthus – across temples to ear)
135. Press supra-orbital ridge (approach bridge of nose from above)
136. **Press around eye between orbit and eyeball (thumb along infra & forefinger on supra)**
137. **Lay thumbs over closed eyes** (span orbit bones) *Check about contacts*
138. **Press gently moving laterally across eyeballs, then turn thumbs sideways, Press & Rotate**
139. **Place fingertips around eyes – gently stretch in all directions** (expanding circle)
140. **Rest hands over face & eyes – Slowly move hands laterally and end covering ears**

Eyes to Hairline

141. Thumb Press between eyebrows ‘Yin-Tang/Tian Mu’ – then follow eyebrow line (BL-2 – TB-23 to TB-20)
142. **Thumbs stroke nose and forehead** (opposite directions – away from bridge)
143. **Thumb squiggle on forehead** (zigzag back & forth) finish with a few quick lateral wipes
144. Thumb press 3 lines on forehead (eyebrows to anterior hairline) (these lines go to ear apex line)

