

| Name of manipulation   |            | Subdivision of <i>Tui-na</i> manipulation |                          |
|--|------------|---|--------------------------|
| <i>Bai Dong Fa</i>   | Swinging   | <i>Yi-zhi-chan</i>                        | Single Thumb             |
|  |            | <i>Gun-fa</i>                             | Rolling                  |
|  |            | <i>Rou-fa</i>                             | Rotary-Kneading          |
| <i>Mo Ca Fa</i>  | Friction   | <i>Mo-fa</i>                              | Touching Skin and Muscle |
|  |            | <i>Ca-fa</i>                              | Rubbing                  |
|  |            | <i>Tui-fa</i>                             | Pushing                  |
|  |            | <i>Cuo-fa</i>                             | Kneading                 |
|  |            | <i>Moo-fa</i>                             | Daubing/massaging        |
| <i>Ji Ya Fa</i>  | Squeezing  | <i>An-fa</i>                              | Pressing                 |
|  |            | <i>Dian-fa</i>                            | Knocking                 |
|  |            | <i>Nie-fa</i>                             | Pinching                 |
|  |            | <i>Na-fa</i>                              | Pulling                  |
|  |            | <i>Nian-fa</i>                            | Holding-Kneading         |
| <i>Zhen Dong Fa</i>  | Trembling  | <i>Dou -fa</i>                            | Shaking                  |
|  |            | <i>Zhen-fa</i>                            | Vibrating                |
| <i>Kou Ji Fa</i>   | Percussing | <i>Pai-fa</i>                             | Patting                  |
|  |            | <i>Ji-fa</i>                              | Beating                  |
| Special manipulations for the passive movement of the joints |            | <i>Yao-fa</i>                             | Rocking                  |
|  |            | <i>Bei-fa</i>                             | Carrying                 |
|  |            | <i>Ban-fa</i>                             | Wrenching                |
|  |            | <i>Ba-shen-fa</i>                         | Stretching or drawing    |