

"THE BOARD"
AYO... OFFICE OF CHIEF...
(Standard Style)



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“ NUAD BO-RARN ” ANCIENT MASSAGE OF THAILAND
by Chongkol & Atchara Setthakorn

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Father Doctor – Shivago Komarpaj

พระบรมครูแพทย์ชีวกโกมารภัถ แพทย์ประจำองค์พระพุทธเจ้า

พระศาสดาอัญเชิญพระบรมครูแพทย์ชีวกโกมารภัถ

โอม นะโม ชิวโก ฐิระธา อะทัง กุรุณโก
อััพพะสัตตดาโร อโธชะณะ ทัพพะมันนัง
ประภาโส สุริยาขันทัง โภมารภัตโต ปะภาเสสิ
อินทามิ บัณเฑิตโต ลุเมชะโส อะโรคา ลุมะนาโหมมิ

To : Father Doctor
Shivago Komarpaj
Nikorn Setthakorn
Sinthorn Chaichagun

OM NAMO
A MANTRA (PRAYER) TO THE
FATHER DOCTOR SHIVAGO

OM NAMO/ SHIVAGO/ SILASA/ AHANG/ KARUNIKO
SAPA SATANANG/ OSATHA/ TIPA MANTANG/ PAPASO
SURIYA JANTANG/ KOMARAPATO/ PAKA SESI/ WANTAMI
BANTITO/ SUME TASO/ AROKA/ SUMNA HOMI

(3 TIMES)

PIYO TEWA/ MANUS SANANG/ PIYO PROMA/ NAMUT TAMO
PIYO NAKA/ SUPAN NANANG/ PININ SIYANG/ NAMA MIHANG
NAMO PUTTAYA/ NAVON NAVIEN/ NASATIT NASATIEN
EHI MAMA/ NAVIEN NAWAE/ NAPAI TANG VIEN
NAVIEN MAHAKRU/ EHI MAMA/ PIYOUNG MAMA
NAMO PUTTAYA

(1 TIME)

NA A/ NA WA/ ROKA/ PAYATI/ VINAS SANTI

(3 TIMES)

TRANSLATION :

We invite the spirit of our Founder, the Father Doctor Shivago, who comes to us through his saintly life. Please bring to us the knowledge of all nature, that this prayer (mantra) will show us the true medicine of the Universe. In the name of this mantra, we respect your help and pray that through our bodies you will bring wholeness and health to the body of our client.

The Goddess of healing dwells in the heavens high, while mankind stays in the world below. In the name of the Founder, may the heavens be reflected in the earth below so that this healing medicine may encircle the world.

We pray for the one whom we touch, that he will be happy and that any illness will be released from him.

Preface

When I went to the U.S.A. to teach Thai Massage in 1991, Arthur Lambert and I had written a manual to help our students. At that time, it was not complete until now, after correcting many times, it has become my new book and I hope it will be used for learning Thai Massage at ITM, and everywhere.

Chongkol Setthakorn

September 9, 2001

Chiang Mai, Thailand

Acknowledgement

Thanks to all staff at The Old Medicine Hospital, Chiang Mai, Thailand.

Thanks to Richard Gold and Babara Clark at IPSB, The International Professional School of Bodywork in San Diego, California, U.S.A.

Thanks to Dr. Anja Lund, Amnart Manarat and Suree Bunma for the drawings.

And many thanks to Gray Weishipl for modeling, Lana David and all my students who spread Thai Massage around the world.

Chongkol Setthakorn

Acknowledgment

I would be deeply remiss to fail to acknowledge the kindness and the guidance of my teacher, Chongkol Setthakorn. It is my hope that something of his gentle inspiration will find a reflection in this work, and “good news of Thai Massage” to the Western world.

Arthur Lambert

Foreword

I am very pleased that Arthur has written such a good book to introduce NUAD BO-RARN to the western world. After reading it, you can feel that it is like a guide for the blind to do a good massage by yourself or learning in the school. I am very proud of Arthur because he started to be a good student in the U.S.A., then came to Thailand to learn from the master and at last he has a good chance to assist me in IPSB until he moved into the spirit of Nuad Bo-Rarn.

I hope that this will be a good of introduction to Thai Massage.

Chongkol Setthakorn

Chiang Mai, Thailand

February 14, 1992

<p>LEVEL I</p>	<p>FOUNDATION OF THAI MASSAGE [30 Hours/ 5 days]</p> <p>In the first segment of the program, students learn the concept of initiating "energy" movement through the body. Meridians, main energy lines, pressure points, and various manifestations of the body's physical, psychological and spiritual balance are all introduced. Additional emphasis in this massage is placed on deeply focused abdominal work. All the students will be able to do a complete of massage on the front part of the body after this segment, also with back and upper part [feet to face].</p>
<p>LEVEL II</p>	<p>INTERMEDIATE THAI MASSAGE [30 Hours/ 5 days]</p> <p>For the student who is interested in a more in-depth application of energetic system, Ancient Thai Massage II is the next step. Deeper sensitivity and awareness combined with new theory and techniques using thumbs, palm, elbows, knees and feet create a dynamic repertoire for application by the student.</p> <p>This internship will continue the massage to the positions of Ancient Thai Massage to Side, Back and Sitting positions, review and more detail of introductory class then work the whole body including the techniques of 1 HR or 2 HR Massage. All students will be able to do a full body NUAD BO-RARN session after this class, also with some acupressure points.</p>
<p>LEVEL III</p>	<p>ADVANCED SEN-ENERGY MAIN LINES [30 Hours 5 days]</p> <p>Prerequisites: Level I and II</p> <p>The lessons of Level I and II are practiced for greater skill and understanding. Several new subjects are introduced and practiced as well: [a] discuss the origin of Thai Massage and how it is used as a healing modality; [b] the theory of the Sen [Line] is introduced; [c] practice in using these energy meridians is experienced through hand-on instruction; and [d] the Sen lines are compared with the Chinese Meridians of the fourteen channels, and REIKI.</p>
<p>LEVEL IV</p>	<p>THERAPEUTIC THAI MASSAGE [30 Hours/ 5 days]</p> <p>Prerequisites: Level I and II</p> <p>Principle specific therapies including procedures for relief of back pain, pain in shoulder and scapula, headache, knee pain and numbness in legs and arms. Compare with the Chinese acupuncture/acupressure.</p>
<p>LEVEL V</p>	<p>TEACHER TRAINING [60 Hours/ 10 days]</p> <p>Prerequisites: Level I, II, III, IV</p> <p>Review, repeat and practice Level I-II to obtain the greater understanding needed to train others in these levels. Directly experience and learn to teach correct techniques through class demonstrations. Learn to be an assistant teacher by leading class sessions.</p>

NUAD BO-RARN Thai Massage



The Father Doctor – Shivago Komarpaj

ITM INTERNATIONAL TRAINING MASSAGE SCHOOL

นวดแผนโบราณ
NUAD BO-RARN THAI MASSAGE

Chapter 1
INTRODUCTION
What it is – Development and History

The vision of Thailand, or Siam as it was formerly known, invites lush, exotic, and sensuous images. Dancing girls, colorful costumes, and the night life of Bangkok capture the Western imagination more readily than the question: Is it possible that this is the home of a unique, powerful, and life-supportive system of body therapy that has been almost unknown in the West?

The Thai word “Nuad” is usually translated into English as “Massage.” However, this is very different from the type of tissue manipulation which we usually associate with this word in the context of Western practice. It is more accurate to think of Nuad Bo-Rarn Thai Massage as body manipulation such as Rolfing, Alexander Technique, Shiatsu, Chiropractic, etc. Nuad Bo-Rarn Thai Massage stands apart from these as a unique tradition.

Certain features are characteristic of this work. Nuad Bo-Rarn Thai Massage is performed on a mat on the floor rather than a raised table. This allows for many movements and procedures that are not practical or effective in table work, or are simply impossible. It allows for the most effective use of the practitioner’s body weight rather than muscular force for the transmission of pressure, force, or energy, which creates a highly therapeutic effect.

Because soft tissue manipulation is a subordinate part of Nuad Bo-Rarn Thai Massage, the client may remain fully clothed except for the feet. Lightweight clothing is most suitable, as heavy material such as denim makes the work more difficult. Lightweight pajamas are sometimes provided. The main consideration is that clothing should be light and allow for flexible movement. Women should wear pants rather than a skirt.

The work itself consists primarily of pressure on energy lines and points, and a large variety of stretching movements. These are combined in a comprehensive strategy that may be performed in as little time as an hour, or may be extended to two-and-a-half to three hours in length for a full program. Two to two-and-a-half hours is frequently considered an ideal length of time for Nuad Bo-Rarn Thai Massage, although a good massage can be performed in one-and-a-half hours.

A one-hour massage is often considered a “quickie” which may be necessary to perform due to time constraints, or the shorter time frame may be used to focus on specific problems, such as back pain.

The energy lines in Nuad Bo-Rorn Thai Massage, called “Sen”, are reminiscent of the meridians of Chinese acupuncture, and the theory of energy which lies behind this concept is similar. However, where the meridians follow the energy flow associated with specific organs, the Sen follow the form of the body. The Sen, therefore, may cross from one meridian to another. Thai tradition recognizes 72,000 Sen in theory, but in practice 10 Sen serve as the foundation. Pressure is exerted on these lines and points with the palms of the hand, the thumbs, and the feet. At some points the elbows may be used.

The stretching movements in Nuad Bo-Rorn Thai Massage affect the entire body by increasing flexibility, releasing both deep and superficial tension, and helping the body’s natural energy to flow more freely. The effect of these stretching movements, in which the client plays only a passive role, is similar to Yoga. This is sometimes referred to as passive Yoga, or “lazy man’s Yoga”! The result is an opening of the body which leaves one feeling both relaxed and energized at the same time.

The true origins of Nuad Bo-Rorn Thai Massage, as it is known in Thailand, are buried in the past. Tradition tells us that it was given to the world by a physician in India who was a contemporary of the Buddha. His name, Shivago Komarpaj, is found with different spellings which have their origins in different linguistic traditions. He is mentioned in texts in second millennia B.C., and is thought to be the father of medicine. These texts, written in the Pali language, were considered sacred, and were kept with the sacred Buddhist texts. Quite obviously, monks were the practitioners of this medicine, and the temples, or wat, were its home.

Unfortunately, Thailand was over-run by the Burmese in 1776, and the capital of Ayutthia was destroyed. The ancient texts dealing with Nuad Bo-Rorn Thai Massage were largely destroyed and lost. In 1832 King Rama III had the best of the surviving texts collected and inscribed in stone. These stone plaques were set into the walls of Phra Chetaphon Temple, commonly known as Wat Po, and can be seen today. Many questions surrounding these inscriptions abound, but the teaching had probably always existed as an oral tradition, and it is as an oral tradition that it is largely taught today.

Beyond this, little factual information exists, yet certain insights can be gained. It appears certain that the origin of Nuad Bo-Rarn Thai Massage has its roots in the ancient medicine of Indian Ayurvedic practice. The influence of Yoga is also apparent from the positions and stretching movements. These are thought by some to be largely the same roots from which traditional Chinese medicine may also have emerged.

Nuad Bo-Rarn Thai Massage is not based on a Western system of anatomy. Dissection was forbidden until the introduction of Western medicine so that reference to body structure was based on external observation. This is not to say that this implies an understanding of the body which is superficial; quite the contrary, it is profound, based on generations of experience. In this text, references to anatomical terminology will be kept to a minimum. Although this may initially be frustrating to the Western student, learning to “think Thai” helps one to move with greater freedom and intuitive sense.

It is inevitable that some correlations will be made with Western anatomical terms and also the meridians of Chinese acupuncture. While the relationship to meridians and points is obvious – they have their roots in a common history – one should be wary of trying to “explain” Nuad Bo-Rarn Thai Massage in terms of Chinese medicine. Even though cross- referencing may be ultimately enriching to both, each should be understood within its own terms and frame of reference.

With the advent of Western medicine in Thailand, Nuad Bo-Rarn Thai Massage suffered a decline. The wats, or temples, no longer served as the center of education, healing and social life. Today, with spiraling costs and complexities of Western treatment, there is a movement to reverse this process, particularly in the rural areas. Nuad Bo-Rarn Thai Massage is used to not only support and maintain wellness and a full functioning of life, but also to treat and assist in the reversal of degenerative conditions.

Nuad Bo-Rarn Thai Massage continues to be taught by individual Masters and a few schools that teach in the old tradition. The principal ones known to Westerners are at the temple of Wat Po in Bangkok, ITM International Training Massage, Institute of Thai Massage, and at the Foundation of Shivago Komarpaj, Old Chiang Mai Traditional Hospital, in Chiang Mai Thailand. While Wat Po Teaches “southern style” Thai Massage, which can be more invasive and vigorous, the Foundation of Shivago Komarpaj and ITM International Training Massage, Institute of Thai Massage teaches a gentler “northern style.” The Foundation, ITM International Training Massage, Institute of

Thai Massage has also become noted for its outreach to Farangs (Westerners), and classes are available which are taught in English.

This text is designed to follow the class procedure taught at ITM International Training Massage, Institute of Thai Massage and the Foundation of Shivago Komarpaj as closely as possible. These procedures and movements create a repertoire which follows the basic procedures of Nuad Bo-Rarn Thai Massage and which flows in an effective and logical sequence. This is not to say that no variations are possible. Quite the contrary, there are many procedures which are not covered in this foundation study. However, during the learning stages it is surely advisable to stay as closely as one can to a prescribed procedure.

The development of sensitivity to the client's body is essential. One must not ride rough-shod over the client without reference to reactions. Nuad Bo-Rarn Thai Massage is meant to be practiced with a certain energy and vigor, but outright pain is never appropriate. The amount of pressure, depth of touch, and the extent to which muscles and joints should be stretched and opened is "negotiable" in quality and the bodies of the practitioner and client seek to glide and flow in a common movement. This is a form of energy medicine.

Preliminary Procedures

With its origins deep within the traditions of Buddhist culture, it is not surprising that Nuad Bo-Rarn Thai Massage should have implications of a spiritual nature. While these are not necessarily emphasized, one that is unavoidable is the practice of WAI KHRU. Wai Khru is a ceremony or observance that is practiced at the beginning and end of each day's work at ITM International Training Massage, Institute of Thai Massage and the Foundation of Shivago Komarpaj at Chiang Mai. It consists of a series of prayers and recitations which end with the prayer, or Mantra, to "the Father Doctor," Shivago Komarpaj. Thus, each class always begins and ends with the following group recitation. (please refer to " Om Namó ", page 1)

In addition, there are Rules and Methods given for Nuad Bo-Rarn Thai Massage.

The Rules of Nuad Bo-Rarn Thai Massage are:

1. Study diligently the techniques and the practice of Nuad Bo-Rarn Thai Massage.
2. Do not practice in public places.
3. Do not hope for any gains.
4. Do not take patients from another doctor.
5. Do not boast about your knowledge.
6. Ask for advice and listen to people who know more than you.
7. Bring a good reputation to the Seven Schools.
8. Do not give out certificates in Basic Nuad Bo-Rarn Thai Massage to a person who is not qualified.
9. Give thanks every day to the Father Doctor : Om Namó.

While these rules are culturally oriented and may not be totally practical in all circumstances, they make clear the sense of altruism and responsibility which pervades the practice of Nuad Bo-Rarn Thai Massage, and one can see how deeply Nuad Bo-Rarn Thai Massage reflects the “Four Divine States of Mind” of Buddhist teaching. These are: loving kindness, compassion, vicarious joy, and equanimity.

The Methods of Nuad Bo-Rarn Thai Massage.






While many of the following points will also be discussed in more detail, it is appropriate to include this list as taught at ITM International Training Massage, Institute of Thai Massage, Chiang Mai, Thailand.

1. Work in a meditative and concentrated state of mind.
2. Before starting, ask if the patient has any illness or recent operation.
3. Work in a slow style; not too fast.
4. Before and after you work the lines (leg, arm, back) apply pressure with palms for relaxation.
5. Work by circular motion with thumb, finger, or palm pressure P.P. after pressing a point for relaxation
6. Never stop the blood flow at the groin or armpit in cases of high blood pressure, heart disease, varicose veins or pregnancy.
7. Work with straight arms and back. The strength of the pressure comes from the weight of the body. “Work slowly, be happy, save energy with a

rocking motion.”

8. Never work directly on the knee, or press directly onto bones.
9. Work with the ball of the thumb, not the tip.
10. Never press directly on bone; work with a circular motion of the fingers on bone.
11. Do not give stomach massage (Hara work) just after eating.
12. Clean the feet and hands of the given and receiver.
13. Recite the short prayer, Om Namó...before starting the massage

Directions and Abbreviations

P.P.	=	Palm Press
T.P.	=	Thumb Press
T.C.	=	Thumb Circles
F.C.	=	Finger Circles
P.C.	=	Palm Circles
	=	Stopping Blood Flow
	=	Stretching
	=	Together
	=	Walking
	=	Return

A number of directions and abbreviations are used throughout this text. It has not been felt that it is advantageous to be strictly consistent in the use of these terms, but rather to use either the term or its abbreviation within the logic of its context.

Palm Press – abbreviation: P.P. Palm Presses are used extensively on the feet, legs, and arms. It is a movement that prepares the body for deeper and more specific pressures. It relaxes the body in between different movements. Palm Presses P.P. are also used on the back.

1. Palm Press from one foot or leg to the other. Place the palms of the hands

appropriately on the feet or legs, one hand on the left and the other on the right. Keep your own body in a good working position with shoulders relaxed and elbows straight. Lean with your body weight into one side, and then transfer the weight to the other, back and forth. This is alternate Palm Press P.P. which is the most common, and is to be used if there is no other indication.

2. Occasionally you may use simultaneous Palm Press P.P. to open or close a series of alternate P.P. on the feet. In this case, pressure is applied to both sides together. If simultaneous P.P. is indicated, there will be a specific instruction. It is not used on the legs. Both simultaneous and alternate P.P. are used on the back.

3. When using P.P. along the sides of the leg or arm, begin with both palms against the limb toward the extremity or distal end. Then move the hand that is closest to the trunk of the body sideways, maintaining pressure with the other hand, and reposition the first hand farther along the limb. Transfer the pressure and move the hand at the distal end next to the first hand. Continue this "hand chasing hand" movement to cover the entire limb, and then return in the same way back to the point of origin.

Thumb Press - abbreviation: T.P. Thumb Presses are the heart and soul of working the energy lines (Sen) of the legs and arms. The method of working is the same as with Palm Presses P.P. (thumb chases thumb). Pressure is always applied from the ball of the thumb, never with the point or tip. Therefore, the ball of the thumb lies flat against the point being pressed. Initially, this may result in some strain and soreness until the strength of the thumbs is more developed. Be advised not to overdo the pressure, and, importantly, to use the thumb's flexor to give strength and support and not simply press with loose thumb joints. It is impossible to predetermine the amount of T.P. that is best. Each individual is unique in his response to pressure. On the one hand, the depth of touch should be sufficient so that the pressure is felt as "real." On the other hand, it should not produce pain. If the client shows evidence of pain, lighten the touch immediately.

Correct pressure can be learned by observation, practice, and receiving correct pressure from a skilled practitioner.

Stopping blood flow Stopping the flow of blood is usually diagrammed by drawing a small circle with a dot in the middle. In this text. It will be referred to by writing out the direction.

Thumb Circles-T.C. Thumb Pressure T.P. is never applied directly to the bone.

Whenever such pressure would occur, circular movement of the thumbs is substituted. This happens with both the hands and feet. It is applied to the face as well.

Finger Circles – F.C. Pressure applied through circular movements with the tips of the fingers, notably on the sternum, below the clavicle, and between the ribs.

Palm Circles – P.C. Circular movements made with the center or the heel of the palm for relaxation. The flat of the fingers may also be used as the point of contact, in which case the movement resembles Finger Circles F.C.

Chopping – Chopping is a movement indicated for the back and also the legs. Place the hands together, as in a position for prayer but with the fingers extended apart. Press the palms of the hands together so that the elbows are pointed outward, the forearms approximately horizontal, and the fingers pointed upward. Rotating the forearm from the elbow, make rapid rotating movements of the arm so that the sides of the fifth fingers will strike against the body. Keep sufficient pressure on the palms of the hands so that the hands do not slip apart, and keep the fingers spread out from each other.

The positions used in Nuad Bo-Rarn Thai Massage follow a definite order. While there are many different movements to learn, once it is seen that these follow a pattern, they are grasped more easily. What at first may seem like an isolated series of movements is in reality part of a natural and logical flow. Try to see this order and the pattern will come more quickly.

There are four positions in Nuad Bo-Rarn This Massage. They are:

1. front (client lying on back)
2. Side (client lying on side)
3. Back (client lying on stomach)
4. Sitting (client sitting)

In learning this work, each section is treated as a complete program. In actual practice, some steps may be combined, and some may be eliminated. This will be discussed in detail in the last chapter. However, it is necessary to learn how to treat the entire body. Therefore, no section should be skipped over because it may repeat work done in a different position. In practice there may be reasons why a particular position may not be possible to work so that it is necessary to know how to address the body as completely as possible from the different positions.

As we have stated before, Nuad Bo-Rarn Thai Massage includes movements and therapies which are not included in this study of basic massage. While some of these may be learned after one has become thoroughly familiar with the

repertoire, it is well to focus on becoming skilled in these basic procedures first.

Avoid rigidity and be flexible and open to new experiences and ideas as well as to your intuition. On the other hand, it is wasteful of time to become entrapped in useless experimentation. Every practitioner will evolve in his own way. Each student will find his own of making the work most effective based on body mechanics, size strength, and so on. However, it is suggested that one try to follow directions as exactly as possible as these have been refined through many generations of experience.

Developing your body mechanics. As you learn Nuad Bo-Rarn Thai Massage, you will come to the realization that it is like a dance. Like any dancer, you must not only learn the steps, you must learn how to use your body to express them. The perfection of your own body mechanics should be a primary aim in your practice. Of course, this is highly individual and much of this has to be learned through your own experience, even though a teacher can help. A few suggestions can help to guide you.

Never hurt yourself. If a particular movement is causing pain in your own body, stop. You do not help somebody else by damaging yourself. Realize that either the movement is not being done correctly, or that something in your body mechanics is not working. Ask your teacher for assistance. Sometimes it may not be possible to solve, as might happen if a practitioner is very small and a client is very large and heavy. Usually such problems can be solved, but if they cannot it may be best to skip a movement.

Learn to use your own body weight effectively. While it will help if you are in reasonably good condition, it is not necessary to be a superman or superwoman. Nuad Bo-Rarn Thai Massage does not use muscular strength so much as it makes efficient use of weight and balance. Remember when doing Palm Presses P.P. and Thumb Presses T.P. on the lines of arms and legs to keep your shoulders relaxed and low, your elbows straight, and allow the weight of your body to do the work.

Protect your knees. A great deal of Nuad Bo-Rarn Thai Massage is performed a kneeling position. Some people who have problems with their knees find that this creates difficulty for them. If necessary, use a pad or a small pillow to protect your knees. Learn to support yourself in a half-kneeling position, with one leg raised, whenever this will help. Such suggestions are given in the text. As you work giving Nuad Bo-Rarn Thai Massage, your own body will almost certainly become more flexible.

It is often asked if giving Nuad Bo-Rarn Thai Massage is not excessively tiring for the practitioner. The answer to this is: no, it should not be. While the movements

and the stretches are relaxing for the client, they should be beneficial to the practitioner as well. After doing a few months of Nuad Bo-Rarn Thai Massage, it would be surprising if one did not begin to find an improvement in his own sense of well-being.

Who can be helped – contraindications. Nuad Bo-Rarn Thai Massage is beneficial to an extraordinarily wide range of people. Because of its effectiveness in inducing deep rest and relaxation, it is beneficial to anyone in need of stress reduction or with stress related disorders. With its unique use of stretching movements, it is useful for everyone who would benefit from increased flexibility. This includes almost everyone, from the athlete to the elderly. Its emphasis on peripheral stimulation through pressure points make it useful in the alleviation of organic disorders. The combination of these attributes places Nuad Bo-Rarn Thai Massage in a unique position as a healing therapy.

However, the Thai practitioner has the same responsibilities to know the client's needs and limitations as other therapists. This has already been alluded to in **The Methods of Nuad Bo-Rarn Thai Massage**. The following should always be taken into consideration.

1. Always inquire if there has been any recent illness or surgery.
2. Always inquire if there are any chronic health problems that would be affected adversely by Nuad Bo-Rarn Thai Massage.
3. Always inquire if the client has a history of any circulatory or heart condition. If there is DO NOT stop the blood flow. If the client suffers from varicosities it is better to err on the side of caution.
4. The practitioner should know if a woman is in menses. If so, certain steps should either be eliminated or performed with discretion. These steps will be indicated in the text when appropriate.
5. The practitioner should know if a client is pregnant. If so, more emphasis may be placed upon the front and side positions, while the back position may be eliminated. Do not do abdominal massage on a pregnant woman.

Many conditions will require a careful judgement on the part of the practitioner. For instance, while pressure should not be applied on a varicose vein, small "spider veins" do not require as much precaution.

One may not infrequently meet with edema in the feet and legs of an elderly client. Obviously, one should use great caution in applying pressure, and if in doubt

consult with the client's medical doctor, or by-pass this step completely. Do not touch any open sores.

One will often meet with very tight muscles and ligaments in the legs and hips. Do not try to "solve" the problem overnight. In the stretching movements which involve the legs and hips, work the full range of movement which is available. When the client's limitation is reached, it may be possible to hold this position for a few moments and then gently extend a little further. It is as if the client's body has said, "Aha, now we can go a little more." If this happens, gently take advantage of it, but if it doesn't, don't push the client beyond his resistance. If in doubt, be conservative. Do not insist on more than the client is able to handle.

BENEFITS OF THAI MASSAGE

1. Deep Relaxation. Pressure on feet and legs is sedating, sometimes inducing hypnotic or altered states of consciousness.
2. Releases points of tension in the body which block the natural flow of energy, inducing homeostasis, balance, and harmony. Releases stress and increases energy.
3. Increases flexibility and range of motion. Assists alignment and postural integrity of the body.
4. Improves circulation.
5. Strengthens the internal organs.
6. Relieves pain.
7. Improves neurological functioning and assists in relieving degenerative conditions associated with the aging process.
8. Promotes inner peace and a quiet mind.

Just as no two people respond to any stimulus in precisely the same way, people will vary in their response to Nuad Bo-Rarn Thai Massage. A person who is relaxed, open to growth and new experiences, will benefit the most. One who is more tense, rigid, or fearful, will benefit, but to a lesser degree. Some will find that a single treatment can radically alter their perception of their own body, and therefore their sense of Self, while others will require a longer time to achieve the same result.

"Isn't time to give yourself a gift of healing"

CHAPTER 2

A COMPLETE WHOLE-BODY MASSAGE

FRONT POSITION – Part 1

POINTS AND LINES OF FEET AND LEGS.

PREPARATION. With the client lying on their back, kneel at the feet facing the body.

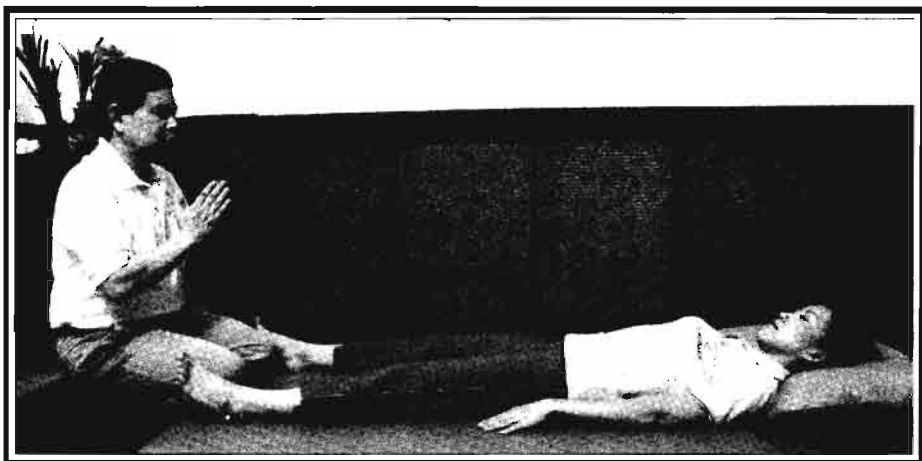
WAI KHRU (ไหว้ครู)

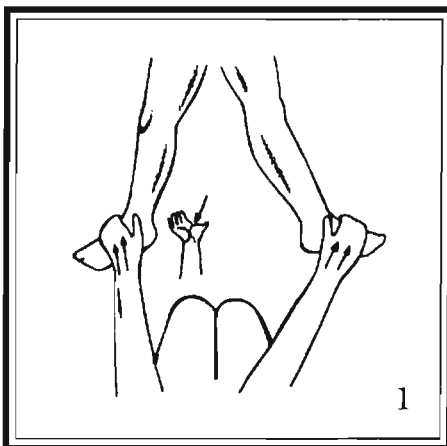
When doing **NUAD BO-RARN THAI MASSGE** first, place the hands together, as in a position for prayer so that the fingers are touched together. It is the way to make your hands warm and it is to help to focus and centre your mind on the massage. When your heart is warm then the energy moves to your hands and from your hands to the client.

- a. Quiet and focus your thoughts, creating harmony and balance within your self before beginning the massage.
- b. Give thanks to the Father Doctor (Shivago) and for a release from illness or pain and for a happy outcome of your work.

◇ 1. P.P.1 (WARMING UP OF FEET AND LEGS)

After finishing Wai Khru, rub your hands many times to make your hands warm. When they are warm enough hold your both hands above your client's feet for 5 seconds then, touch the feet of your client and stretch the feet 3 times from the heel down to the ball and back to the heel soft-hard-soft. (1-2-1 or 1-2-3-2-1 for big feet)





Place your cupped hand on the medial arch of each foot and begin by making alternate Palm Presses P.P. Pressing first on one foot and then the other, walk along the whole foot with a gentle, rocking movement of the body. Keep your arms straight and the shoulders low, so that you transfer body weight from one hand to the other with the walking Palm Press. P.P. This can be repeated as many times as appropriate.

Continue with alternate Palm Presses P.P. of the entire leg, from feet to groin, up and back. On the calf, keep the P.P. on the muscle of the calf, not on the bone. Do not press on the knee. Rather, cup the patela under the hand and make gentle circular movements. Above the knee, take care to distribute your weight across the entire surface of the palm rather than the heel of the hand.

Spread your hands so that the fingers are open. Divide the area of the thigh into 3 parts. P.P. soft near the knee, medium pressure at the middle of the front thigh and harder at the top front thigh near the groin.

After doing alternate P.P. of the legs, close with a final P.P. of the feet.

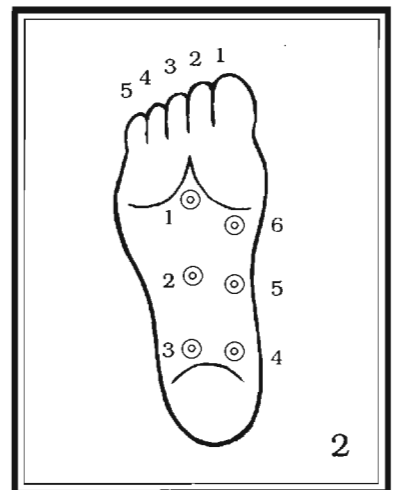
◆ **2. T.P. SIX POINTS OF THE FOOT.**

Place the flat of your thumb posterior to the ball of the foot in a line which runs from the middle toe to the center of the heel. This is point 1. Using the weight of your body rather than muscular force, Thumb Press (T.P.) into this point and hold the pressure for 5 seconds. Press the points on both feet together. Release slowly.

Follow with points 2 and 3. Point 2 is in the center of the foot between point 1 and 3. Point 3 is directly in front of the heel.

Shift to the medial side of the arch and T.P. points 4, 5 and 6 which runs from the big toe to the heel. Point 4 is directly in front of the heel. Point 5 is between point 4 and 6. Point 6 is directly behind the metatarsals in line with the big toe. Pay attention to the client's response to points 5 and 6, as these may be sensitive to pressure. Try to be aware of any sensitive areas in the feet.

Repeat this sequence two more times. The second sequence is performed with more pressure (hard/10/seconds for each points), while the third uses a lighter touch (soft) for 5 seconds. Follow with alternate Palm Presses P.P. of the feet.

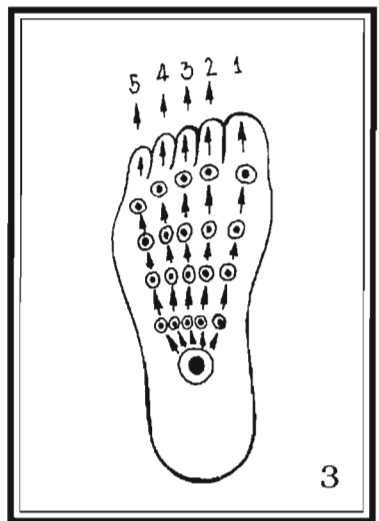


◆ **3. FIVE LINES OF FOOT TO TOE (SOLE).**

Begin with T.P. on the sole of the foot at the center point directly in front of the heel (calcaneus). T.P. from this point in a direct line toward the big toe. At the ball of the foot, do not press on the bone (metatarsals) but change the movement to small Thumb Circles T.C., continuing across the ball and out the big toe. At the end, press and pinch the tip of the toe and release slowly.

Repeat this, making T.P. and Thumb Circles T.C. down and out each toe in turn, work both feet together.

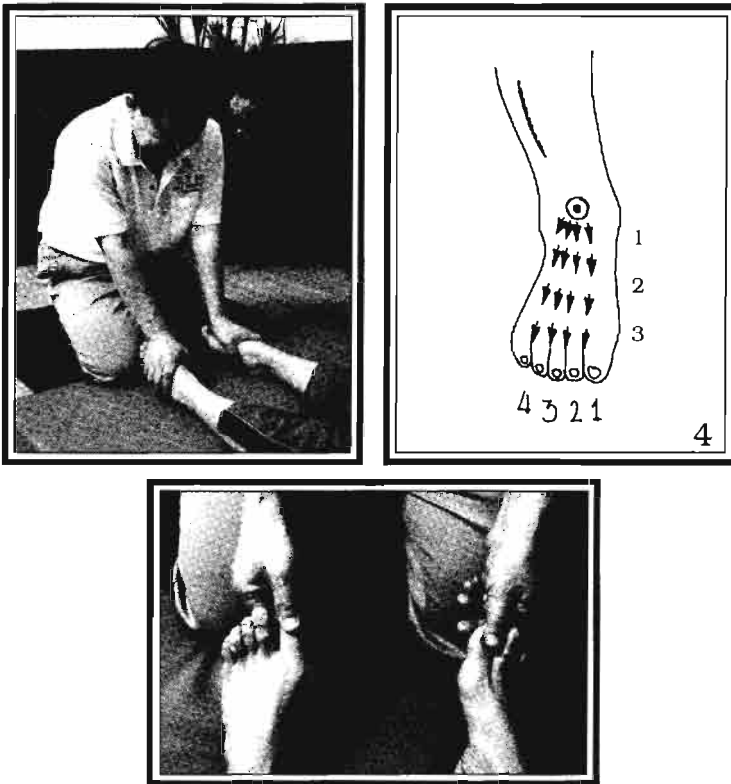
Follow with alternate P.P. of the feet.



◆ **4. FOUR LINES TOP FOOT.**

First turn the feet up. Begin with simultaneous P.P. on the top of the foot, stretching the foot and ankle. Make the first P.P. in front of the ankle, the second in the middle of the foot over the arch, and the third at the toes, and return to the starting point. (Such sequential movements will be referred to subsequently as 1-2-3-2-1.)

Begin each line with T.P. at the hollow at the center of the ankle. This is referred to as Stomach 41 (ST.41) of the acupuncture nomenclature. It is an important pressure point.

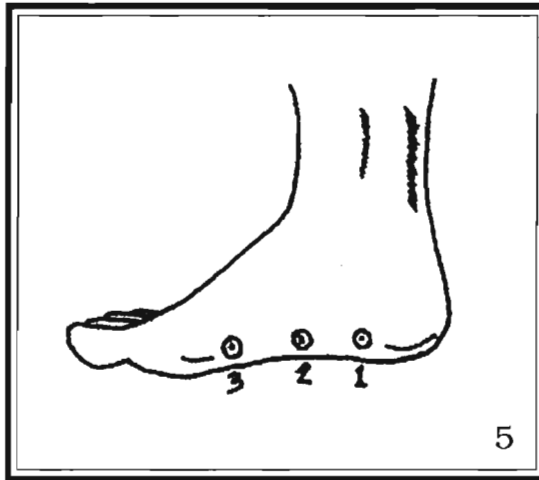
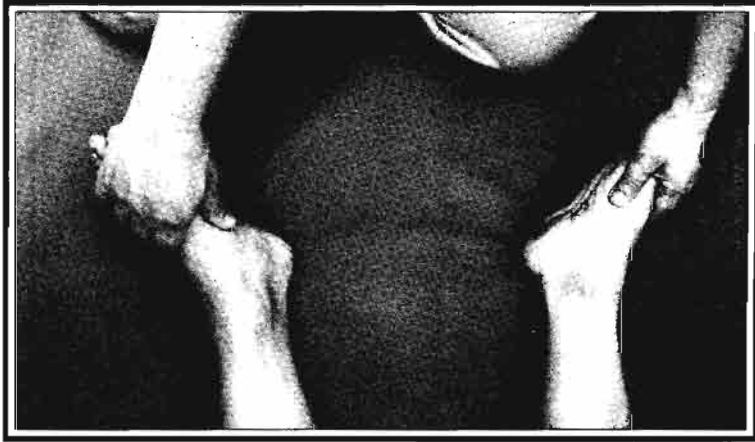


Beginning with T.P. at ST 41, make Thumb Circles T.C. down the groove between the first and second toes which is defined by the tendons, and then continue T.C. out the big toes. At the end of the toe, work with a gentle press and pinch, and release slowly.

Repeat between the second and third toes, with T.C. out the second toe, then with the third and fourth toes. For the fifth toe, make Finger Circles (F.C.) along the side of the feet using the three-four fingers of each hand and then continue with T.C. out the toe. Finish with P.P. top of feet together 1-2-3-2-1.

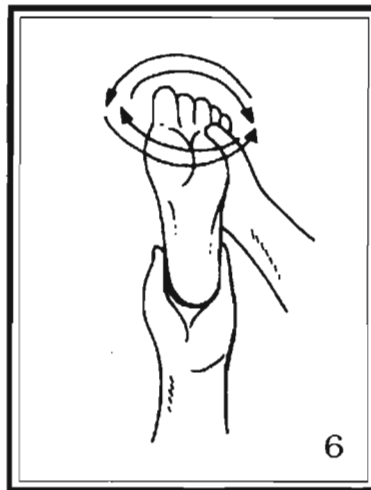
◆ **5. T.P. MEDIAL ARCH.**

Point the feet out laterally and make alternate P.P. on both feet. Starting in front of the heel along the medial arch, make 3 or 4 T.P., depending on the size of the foot, hands together, along the curve of the arch toward the ball of the foot behind the big toe. Walk back with alternate T.P. Relax with P.P. walk along the arch many times.



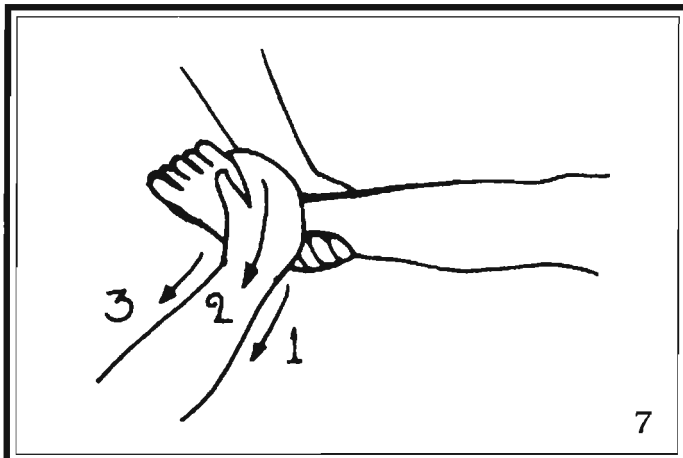
◆ **6. ROTATE ANKLE.**

Sit at client's feet with legs extended and client's leg resting on top. Begin with the left side for a woman: the right side for a man. Hold the foot behind the toes. Make a full, circular movement of the foot, rotating from the ankle, 5 times in one direction, and then reverse open and close. Lean back slightly and stretch the foot and ankle. Use both hands actively to make the rotation complete. This may also be done in a kneeling position. Holding the heel above your knees.



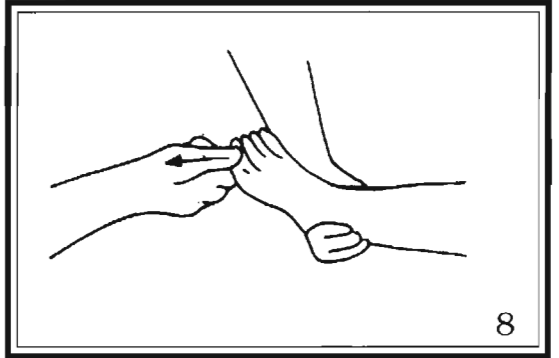
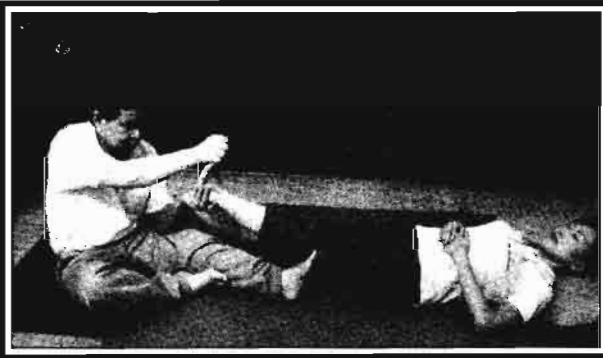
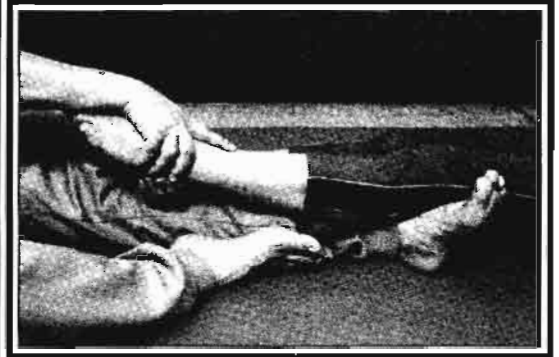
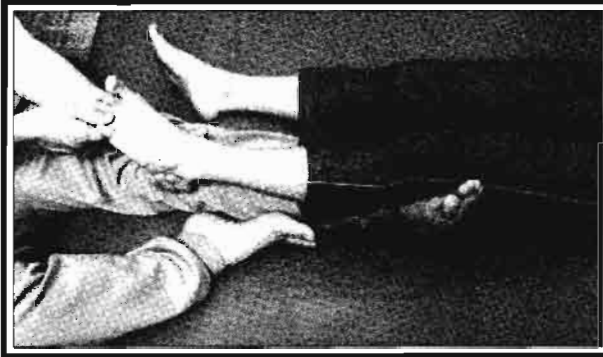
◇ 7. TWIST FOOT.

Grasp the foot, across the medial arch and lean back while twisting the foot. Repeat from medial arch to toes and back, 1-2-3-2-1. Switch hands and repeat with other side of foot. Make the movement softer at the arch and stronger toward the toes.



◆ **8. PULLING CRACK TOE.**

Hold the heel in one hand with the other hold one toe between the thumb and index finger. Rotate each toe several times in each direction to relax and loosen the joint. Then, holding firmly, pull back. If the toe makes an audible "cracking" sound, repeat gentle circling. If there is no sound, it is not necessary to repeat the movement. Be firm, but not rough.

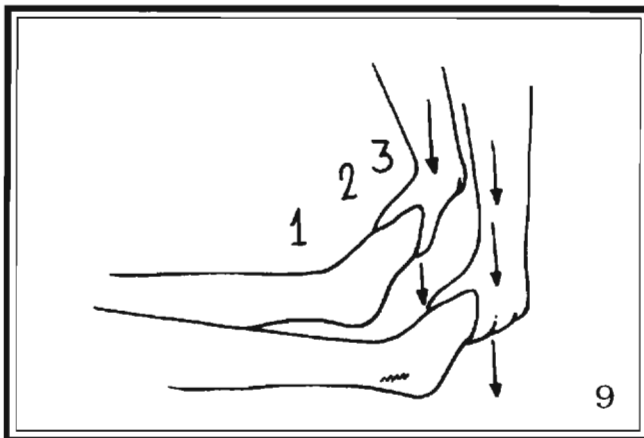


After you finish cracking all the toes, place your hands on top of the foot. Press and pull from the ankle to toe 1-2-3 then reverse your hand by grasping around the toes and the ball of the foot from the front and push with your body weight towards the client one time, at the same time as you lift the leg up so that you can move your leg out.

REPEAT 6-7-8 WITH OTHER FOOT.

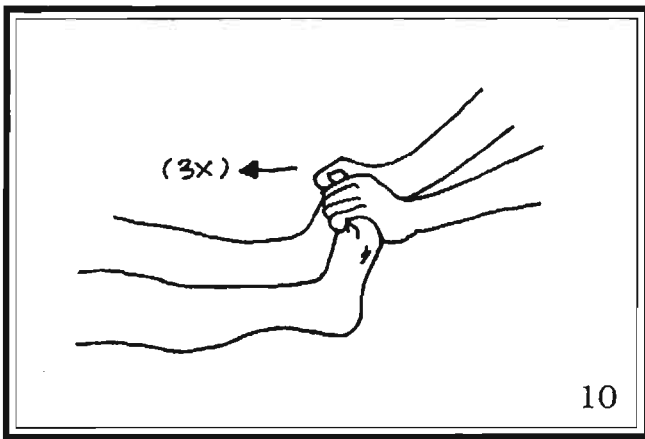
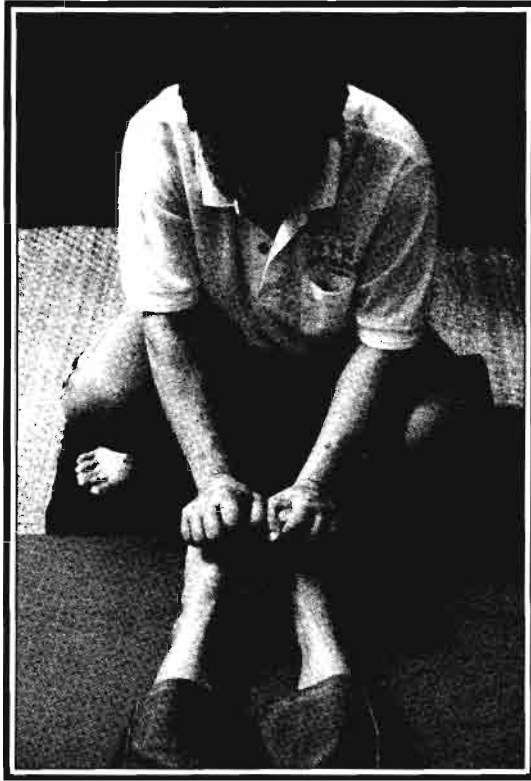
◆ **9. STRETCH TOP FOOT.**

Form a half kneel position, place the heels together and P.P. the top of the feet 1-2-3-2-1. Make the first press just below the ankle joint (soft pressure). The second is across the middle of the arch (medium pressure). The third is at the toes (hard). The second is across the middle of the arch (medium pressure). The third is at the toes (hard).



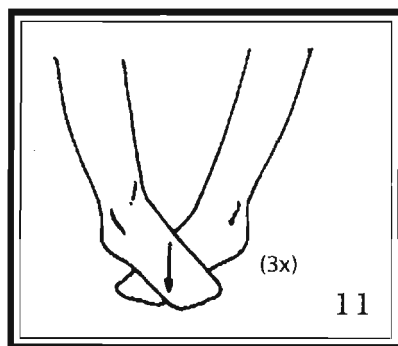
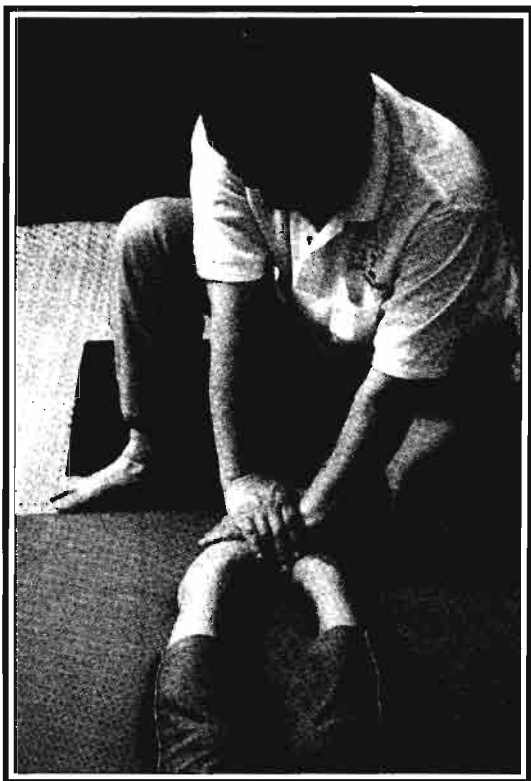
◆ **10. PUSH TOES.**

With both feet together, grasp the toes with the fingers curled into the top of the toe knuckles. Hold firmly and push back. Repeat 3 times, 2nd time firmer, 3rd time lighter. 5-10-5.



◆ 11. CROSS FEET PRESS DOWN.

Place one foot so that it lies across the top of the other foot. Put both hands on top of feet (palm on palm) and press down 3 times, the 2nd time stronger, the 3rd time lighter 5-10-5. Reverse the crossing of feet and repeat.



Follow with alternate P.P.1 of entire feet and legs. Starting with the feet. Move up the legs applying pressure to the muscle, not the bone. Make circular movements on the patella at the knees and then continue up thighs to inguinal crease and return. Keeping your arms straight, transfer the body weight from one hand to the other as you press. May be repeated. (same as P.P.1)

Working the energy lines of the legs.

To work the lines of the leg, shift your position to kneel by the side of the leg which is opposite to the leg with which you will begin. Start with the inside of the left leg for a woman. You will reach across the leg which is closest to you to work the inside of the far leg. Find a comfortable working position for your own body. While working the far leg it may help to raise one knee (usually the one toward the client's feet) to a half-kneeling position.

◆ **12. INSIDE LINES OF THE LEG.**

Begin with P.P.A. by placing one hand at the ankle or foot, and the other at or near the hip. Stretch the leg from pelvis to the ankle, then P.P. walk the inside of the leg from ankle and groin, to knee, then out to ankle and groin, into the knee, follow down to foot and stretch ankle.



FIRST INSIDE LINE.

All three of the inside leg lines begin in the hollow between the ankle bone (medial malleolus) and the Achilles tendon. Place your thumb on the top of the malleolus and then slide off in the direction of the Achilles tendon. Stop just before you touch the hollow and mark this point as beginning of line 1. From this point, draw a line with your finger upward around the malleolus and over to the inside edge of the shin bone (tibia). When pressed, there is a groove between the tibia and the muscle of the calf. Follow this groove upward to below the knee. At the knee, the bone will lead your finger in an inward curve. At the point where there is no more upward movement, stop. Shift your finger to the upper, inside (medial) border of the knee-cap (patella) and continue to draw this line with your finger parallel to the crest of the thigh up to the inguinal crease. You have traced the first inside line with your finger.

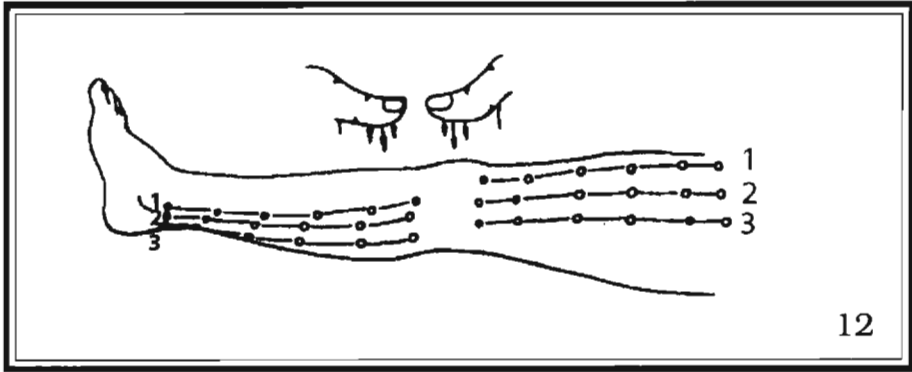
HOW TO WORK.

Starting next to the medial malleolus. Thumb Press T.P. up line 1. Lead with the upper hand (toward the hip) and then move the other hand adjacent to it and press. Continue this follow-the-leader pattern with your thumbs. This will be referred to as walking, or alternate, Thumb Press T.P. As you work along the tibia, notice that the T.P. is downward into the soft tissue and not against the bone.

At the knee, gently rotate the patella with one hand, and then continue with alternate T.P. to the inguinal crease. Then return back down the leg to the point of departure at the ankle.



As you practice to develop skill in working the leg lines, be aware of the spacing between Thumb Presses T.P. and the pacing of the movement. As a general procedure, move the thumbs about 2-3 inches between pressure points. However, this may vary considerably depending on the size of the leg. The amount of time available, and your intention.



Keep the movements even and steady. Do not move too quickly. If in doubt, follow the tempo of your own heartbeat. Remember you are working along lines of energy. Allow your thumbs to develop sensitivity to these lines so that you develop your own ability to feel your way. Concentrate on making each pressure point effective. The pressure should not be excessive so that it feels painful or rough, but neither should it feel flimsy. Your focus and intention should guide you.

SECOND INSIDE LINE.

Line 2 begins in the center of the hollow between the medial malleolus and the Achilles tendon. It follows upward along the medial border of the large muscle of the calf (gastrocnemius) to a point adjacent to, almost overlapping, the terminal point of line 1 below the knee. Above the knee, it continues beside line 1 and a distance from it which is equal to the length of the client's thumb. Learn to identify this point by feel in relation to the bone and the indentation in the musculature. The line then proceeds directly along the medial thigh to the pulse spot of the femoral artery.

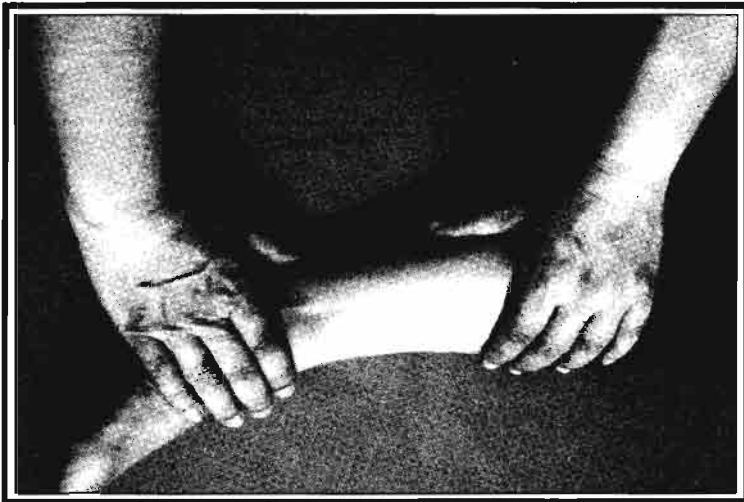
T.P. line 2 from ankle to groin and return.

THIRD INSIDE LINE.

Line 3 begins adjacent to line 2 against the edge of the Achilles tendon on its medial border. Follow this line as it leads into the belly of the gastrocnemius. Above the belly of the calf, the line curves toward the insertion of the tendon below the equivalent of the client's thumb length from line 2. It continues parallel to line 2 to the groin.

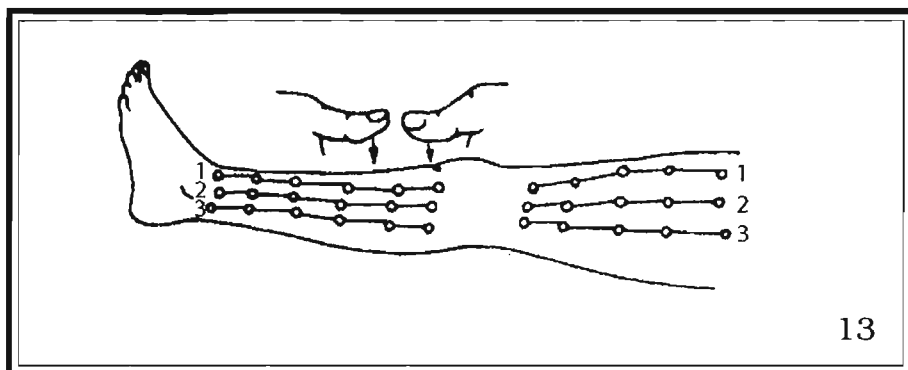
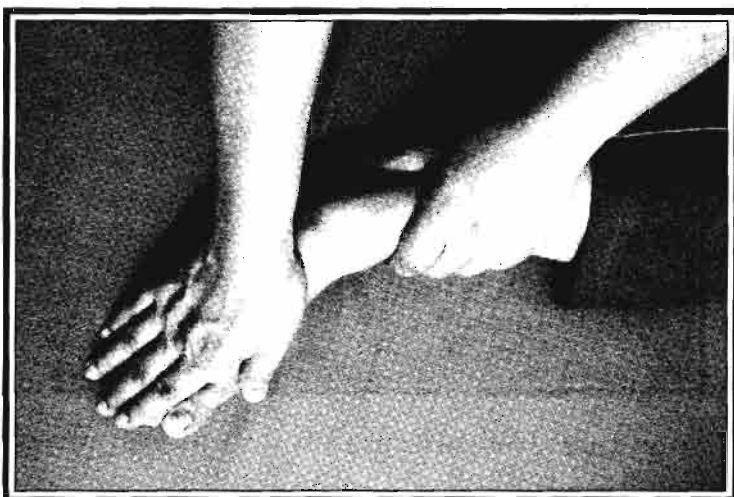
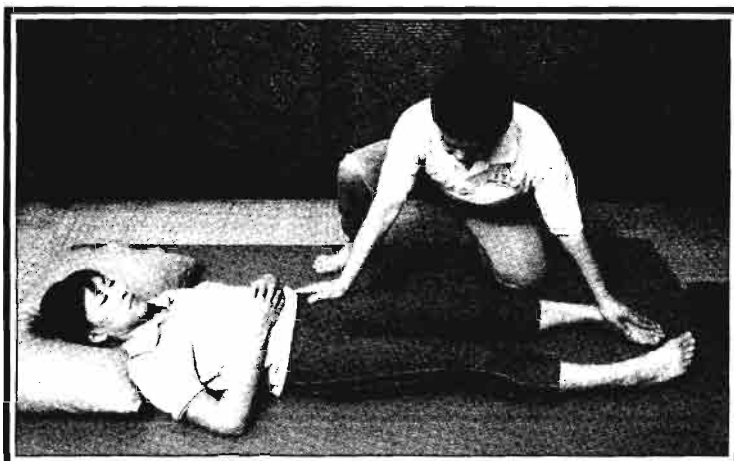
T.P. Line 3 from ankle to groin and return.

P.P.B After finishing 3 lines, P.P. the entire inside leg, up and back down. Ending with stretching ankle.



◆ **13. OUTSIDE LINES OF THE LEG.**

Change to the outside of the leg which lies closest to you. With one hand at the junction of the ankle and the foot, the other at the hip, lean in with your body and stretch the leg. Then P.P.A along the outside leg.



FIRST OUTSIDE LINE.

Place the foot your outside leg against the client's foot to rotate the client's leg medially and prevent it from folding outward as you work the outside lines.



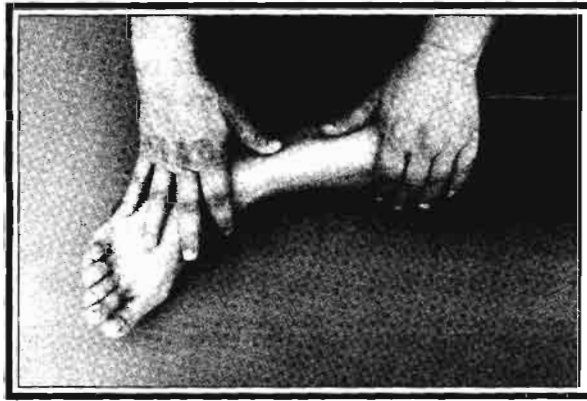
Line 1 begins in the depression at the front of the ankle, St. 41, and moves up the groove adjacent to the lateral aspect of the tibia to the knee. Pressure is applied into the soft tissue adjacent to the bone, not on the bone itself. Above the knee, it continues from the lateral superior border of the patella in a line parallel to the crest of the thigh to a point slightly below the inguinal crease.

T.P. Line 1 from ankle to hip and return. As you approach the groin, twist the upper hand so that fingers are on the outside of the thigh.

SECOND OUTSIDE LINE.

Line 2 begins approximately 4 finger-widths above St. 41 (below this, one would be pressing into bone rather than the soft tissue) and slightly in front of the upper edge of the maleolus. It follows the depression between the tibia and the fibula to the knee. Above the knee, it continues one thumb-length from line 1 and follows to the upper part of the leg. If the client's leg is extended out to the side, a depression will be felt at the end of this line. This point at the top of the second line allows for a deep penetration which is beneficial for sciatic pain.

T.P. Line 2 from ankle to hip and return.



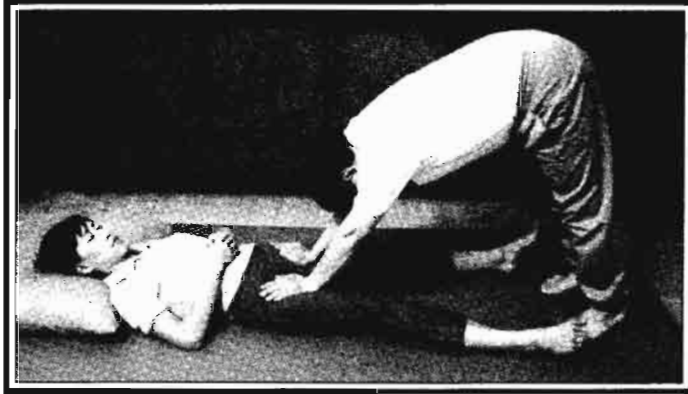
THIRD OUTSIDE LINE.

Line 3 begins in the hollow between the maleolus and Achilles tendon. It follows up the posterior border of the fibula to the tendon at the back of the knee. Above the knee it begins on the border of the tendon which can be felt above and behind the knee. From this point it proceeds up to the hollow which can be felt just posterior to the bony prominence at the head of the femur.

T.P. Line 3 from ankle to hip and return.



P.P.B/P.P. the outside of the leg from ankle to hip, up and back, ending with stretching ankle.



MOVE TO THE CLIENT'S OTHER SIDE AND REPEAT STEPS 12 AND 13.

STOP THE PULSE.

After completing both legs, return to the position at the client's feet and Palm Press P.P. both legs. At the groin, check for the pulse spot of the femoral artery and place the heel of the hand below the pulse spot and raise up over the client's body (push-up position). Keeps arms perpendicular and straight. Hold for 10-20 seconds, then lower your body to your knees and release pressure. Wait for several seconds to allow the blood to flow before returning with alternate P.P. to the feet. **BEFORE DOING THIS MOVEMENT BE SURE TO CHECK WITH CLIENT FOR CARDIAC OR CIRCULATORY PROBLEMS. IN THIS EVENT, OMIT THIS STEP.**

◇ **14. HALF LOTUS.**

A. Begin with the left leg with a woman and the right leg with a man. Shift the client's leg out so that the foot of the bent leg is next to the extended knee. With both hands above both knees on the thighs, touch and stretch the knee area. Do alternate P.P. on both legs from knee to groin and return.

B. Shift your position so that you are facing down the line of the bent thigh.

Step 1. With one hand on the foot, the other above the knee on the thigh, alternate P.P.along the foot and the thigh.

Step 2. When you have covered the foot, move the hand from the foot to the calf and P.P. the calf and thigh, keeping a continuous movement along the line of the thigh.

Step 3. When you have covered the calf, place both hands above the knee, with the fingers outward, and make simultaneous butterfly hand P.P. on the thigh up and down.

Repeat "2" – calf and thigh.

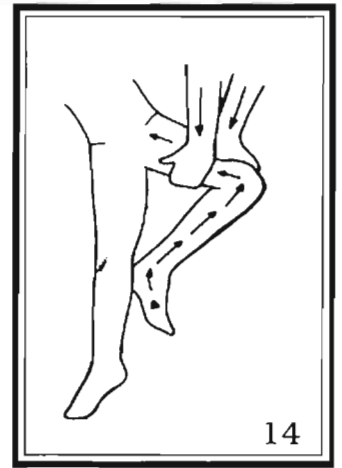
Repeat "1" – foot and thigh.



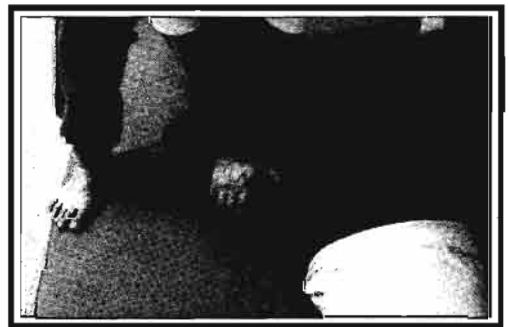
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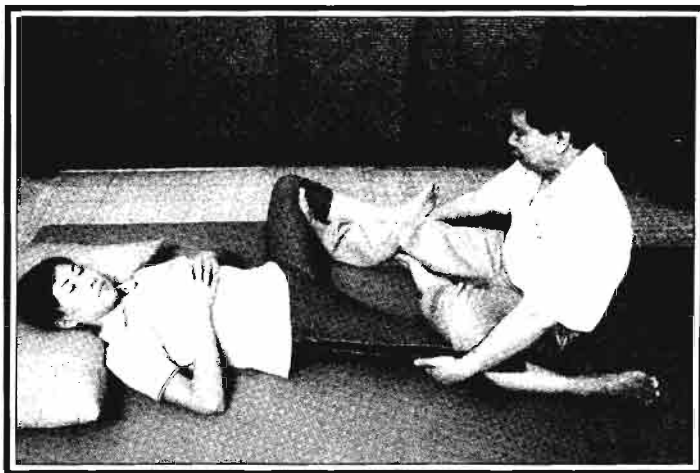
B.(2)



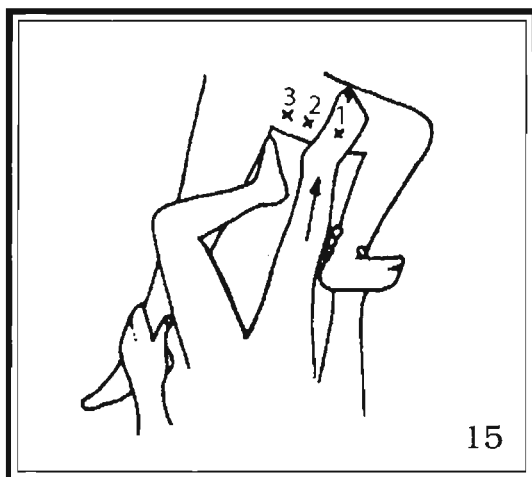
B.(3)

◆ **15. OPEN GROIN.**

Sit between the client's legs, holding the foot of the bent leg in one hand, the other resting on the knee or ankle of the extended leg. With your knee bent, place the sole of your outside foot against the client's thigh behind the knee. Your other foot is free and can be placed between the legs or extended across the top of the client's straight leg.

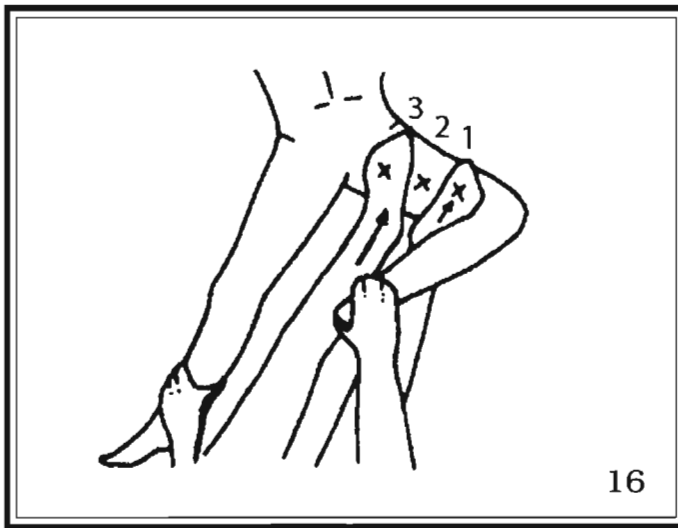


Using the sole of the foot and not the heel, extend your leg and push into the back of the client's thigh while holding the foot either across the arch or around the ankle. Push against the thigh 1-2-3-2-1 with moderate pressure while holding the leg 5 seconds each, do not pull the ankle.



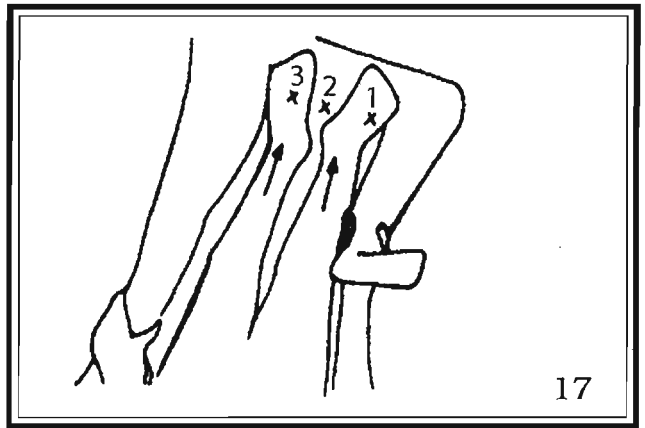
◆ **16. LOCK LEG.**

Lift the foot up over knee and lock the client's foot behind your knee, cup hand around the heel for stability (0%) while your outside foot remains pressed against the thigh directly behind the knee. Use the inside foot to press against the thigh (100%) 1-2-3-2-1. With each press, straighten the leg so that the knee extends fully. Hold each point 10 seconds. In this position the client's leg is very secure, and the presses are more forceful than #15.



◆ **17. FEET WALK.**

Release the client's foot from behind your knee to the position in # 15, and walk both feet alternately along the thigh. Walk slowly and repeat as many times as appropriate. Stop with the outer foot at the middle of the thigh, while the inner foot can be lowered on the thigh near the groin or withdraw.



17

◆ **18. HIGH LOW HOOK HIT.**

Lift the client's foot across both of your legs. Shift your position in so that you can reach across to the first outside line of the thigh with the ball of your fingertips.

A. Starting above the knee, hook your fingertips into the first outer line and pull back. Shift and pull back, hands together, until you have covered the line from the knee to the hip and back. The movement hands together is quite strong. 1-2-3-2-1.

B. With the same position of hands and fingertips, walk with alternate pulls up and back. The walking movement is softer. Do once.

C. With the outer hand, hold the knee. Make a loose fist with the inner hand and pound lightly along the line, up and back.



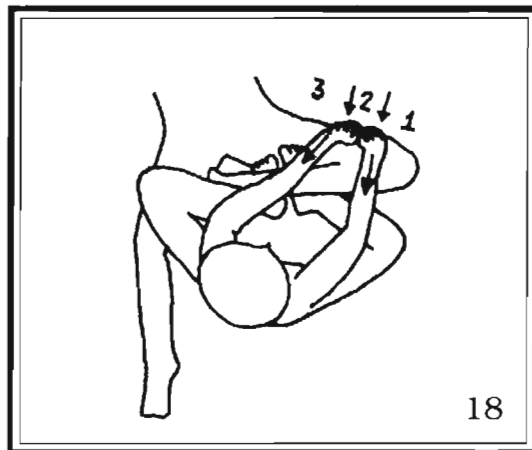
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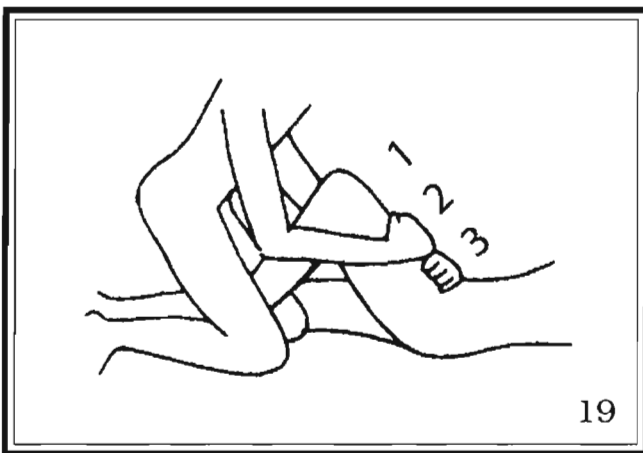
C.



◆ **19. FINGERS CROSS PULL #1.**

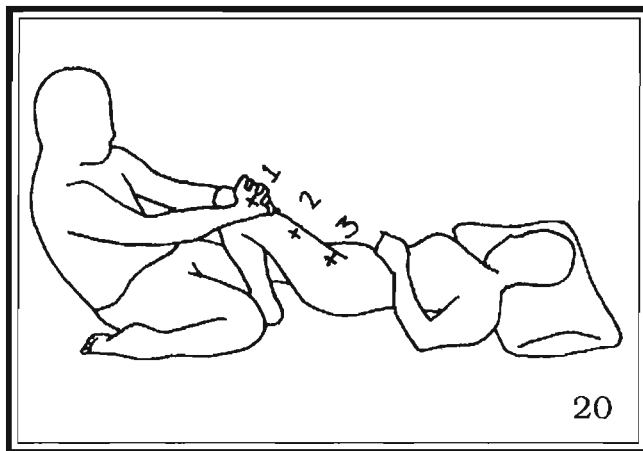
Kneel at client's feet, facing the body. Position the knee upright with the foot secured between your knees and thighs.

Change the position of the hands so that the hands cross over the top of the thigh and the ball of the fingertips hook into the first line on the other side. With a firm, twisting movement, pull the ball of the fingertips across the muscle fiber. Walk the hands from the knee to the hip and back. 1-1, 2-2, 3-3, 2-2, 1-1.



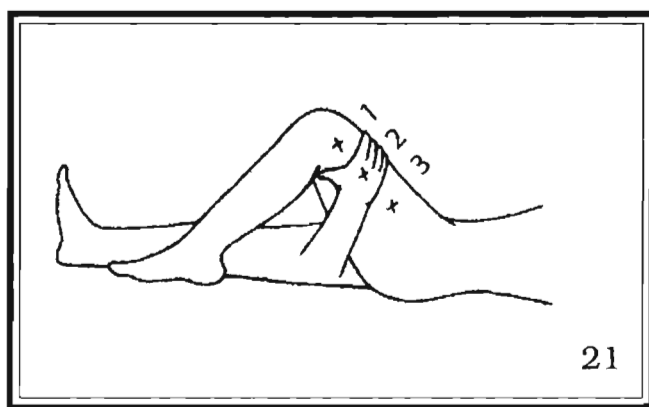
◇ **20. NUT CRACKER #2.**

First move the heel to the buttock. Interlace the fingers and place the heel of your hands against the second inside and outside lines. Firmly press and squeeze against the second inside and outside lines of the thigh. Then lean back with the body weight and pull from the knee to the hip and back. 1-2-3-2-1.



◆ **21. ICE PICKING #3.**

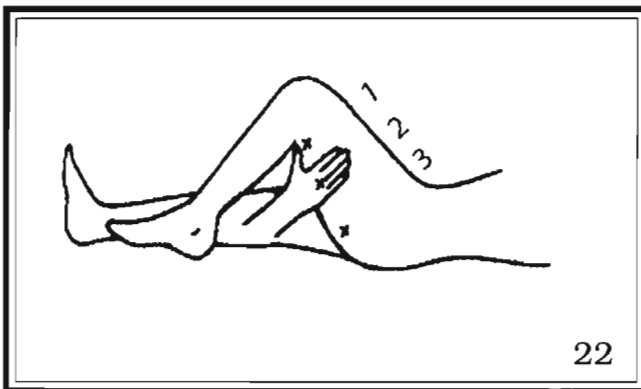
With the fingers interlaced, turn the palms away with the thumbs pointing down. With the thumbs on the third inside and outside lines, press and release from the knee to the hip and back. 1-2-3-2-1. Finish with Palm Circles P.C. along the inside and the outside of the thigh to relax.



◇ **22. MID LINE HAMSTRING.**

Open the thigh by moving the client's foot forward slightly. With thumb on thumb, press down the center line of the posterior thigh. Because of the more massive amount of muscle, this line is worked with deeper pressure than the front of the thigh. At the end of this line, you will feel the bony prominence of the pelvis (ischial tuberosity). Hold this point for a few moments with firm pressure and then return. 1-2-3-2-1.

Repeat the line with walking thumb over thumb down and back with a softer pressure.



◆ **23. CALF.**

A. MIDLINE CALF. Using fingers touching each other along the middle line of the calf, pull both hands together from behind the knee, down the gastrocnemius, and back. 1-2-3-2-1. Pay attention to the client's reaction to your pressure as this line can sometimes be very sensitive.

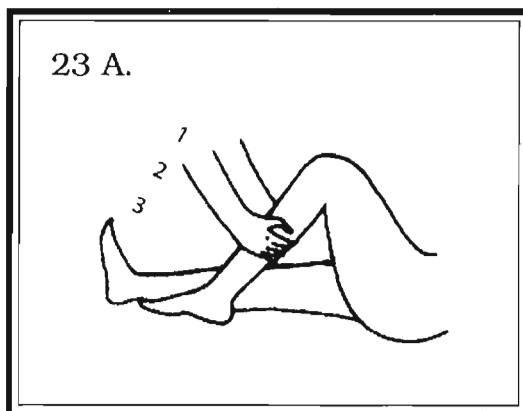
Repeat the movement with alternate hands, walking.



A.(1)



A.(2)

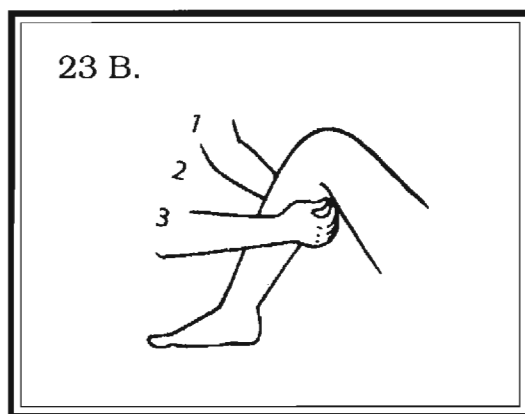


B. NUT CRACKER CALF. Interlace your fingers and grasp the muscle between the palms of the hands. Press the sides of the calf firmly between the heel of the hands and push forward, as if pushing the muscle away from the bone. Work from the knee down the belly of the calf and back. 1-2-3-2-1.

Close with Palm Circles P.C. along the sides of the calf.

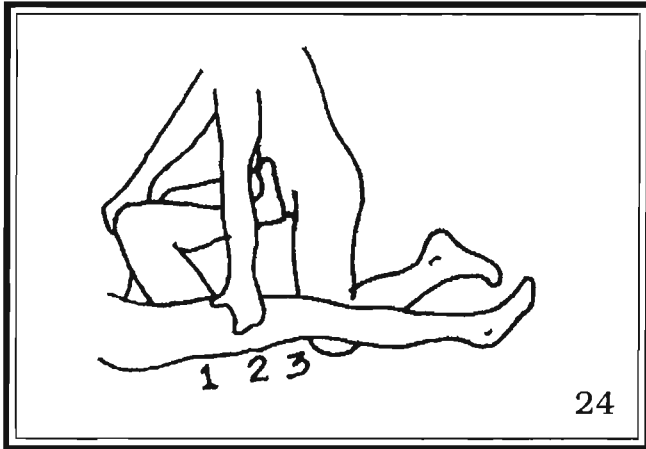


B.



◆ **24. KNEE TO CHEST.**

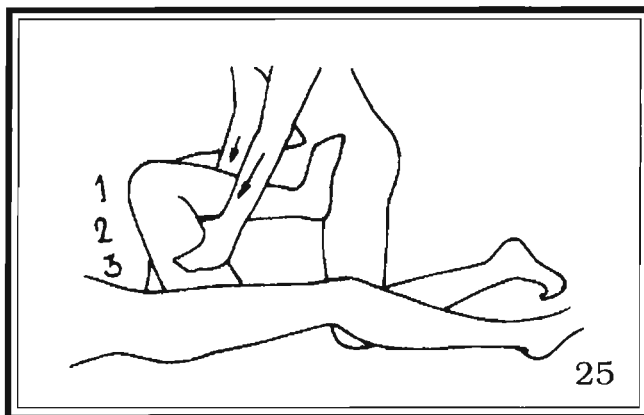
Shift to a half-kneeling position with the knee by the client's bent leg raised, your foot placed outside and next to the client's hip. Hold the client's leg with one hand supporting the knee.



Place the client's foot in the groin of your raised leg. Keep one hand on the client's knee to steady the leg, the other placed on the prone thigh below the inguinal crease. Lean well forward to stretch and open the hip. Repeat 1-2-3-2-1 from the hip to the knee and back. Be careful to go into the stretch slowly enough so that you can gauge the client's resistance and not overdo the stretch. Close by placing the hand below the pulse spot, press and hold for 10 seconds.

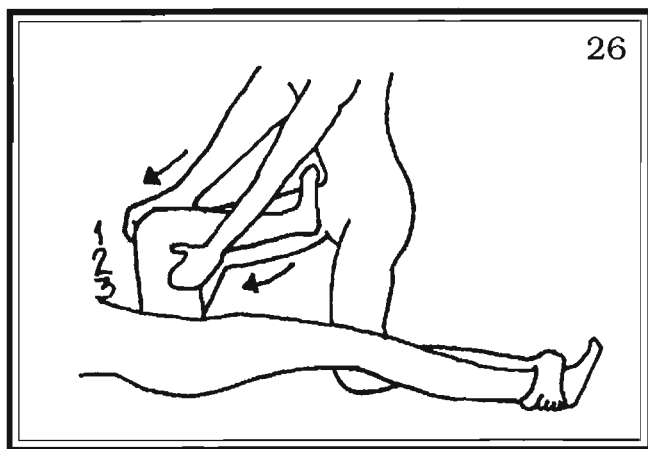
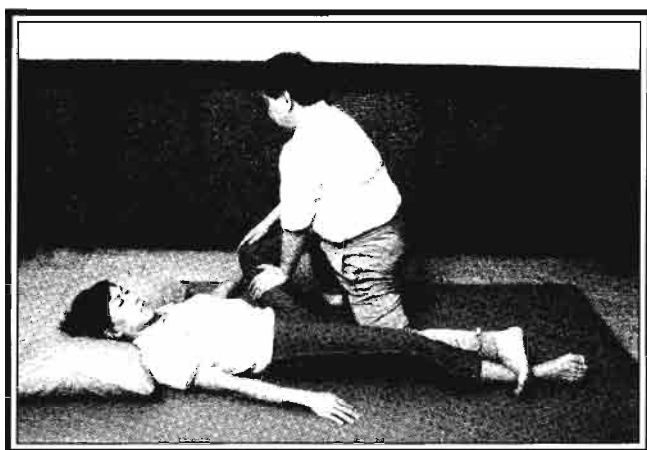
◆ **25. BUTTERFLY HAND HAMSTRING.**

In the same position, you turn your outside foot out, place the butterfly hands on the back of the thigh. Push with the hands and lean your body forward to continue the opening of the hip. Repeat 1-2-3-2-1 from behind the knee to the buttock and back.



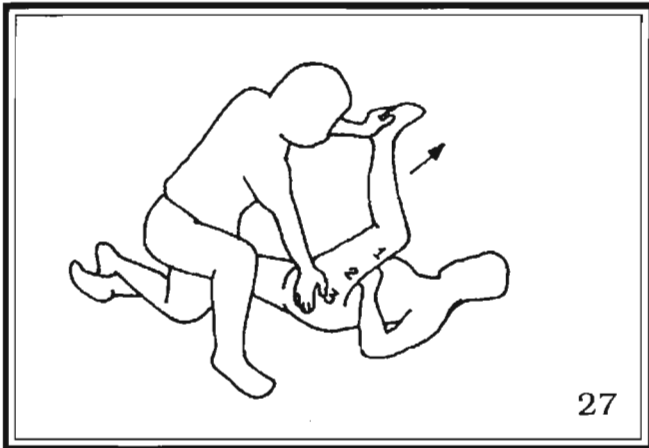
◆ **26. OPEN LEG.**

Point your toes and drop your raised knee outward, away from the client's body. Support the client's knee against your leg with your outer hand, and with your inner hand press from the knee to the groin, 1-2-3-2-1. With each press, continue to use your body for the forward stretch while you simultaneously press down against the inside of the thigh. You may hold the extended leg in place by placing your other foot across the client's ankle.



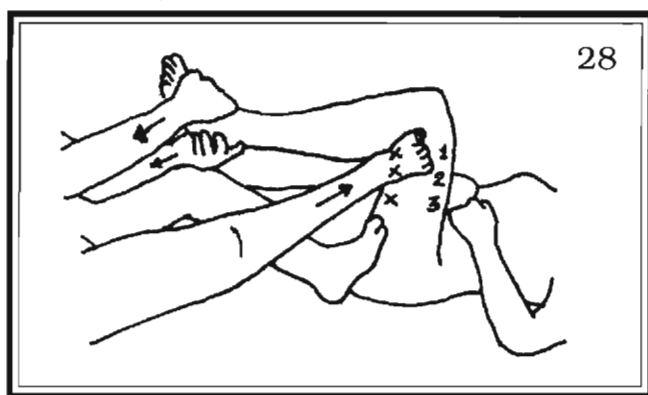
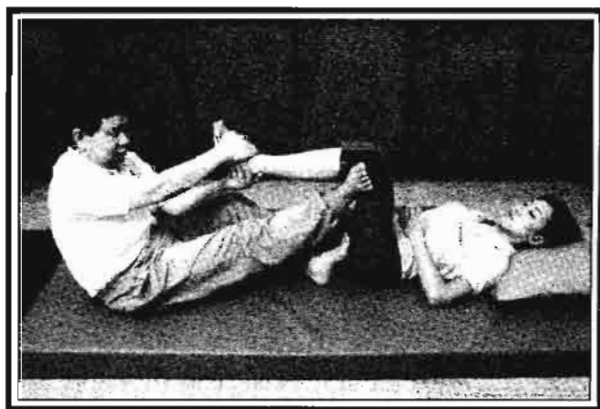
◆ **27. TWIST HIP.**

Keeping your position, take the client's ankle or heel with your inside hand and raise the leg forward and up. Hold the leg towards the center axis of the body. Place your outside hand above the knee. With your outside hand, press and push on the back thigh from the back knee to the buttocks, 1-2-3-2-1. The pressure on the thigh should be diagonal, as if you are aiming towards the opposite shoulder. As you press the thigh (50%), push the foot forward (50%) and up, directly towards the head.



◆ **28. NINETY DEGREES 90°.**

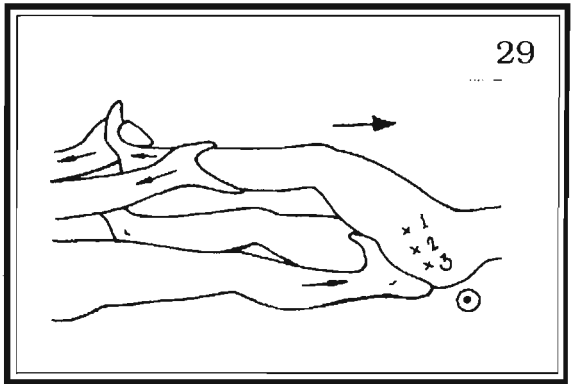
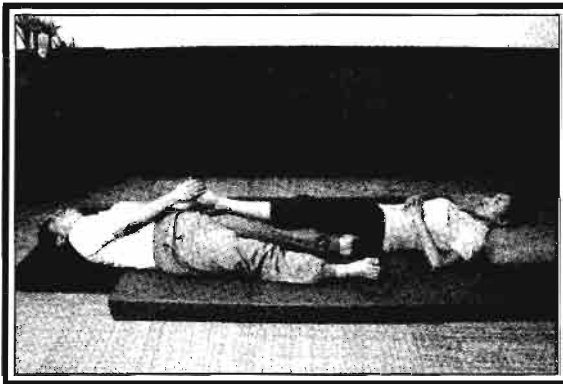
Sit at the client's feet, close enough so that your feet can reach the client's hips. Hold the leg with the outside hand above the ankle, the inside hand holding the foot at the arch above the toes. Hold the leg and thigh upright at a 90° angle with your outside foot against the thigh next to the knee, the inside foot pressing the buttock. Start with a bent outer leg with the foot angled outward, crosswise, so that the thigh is cradled against the sole.



Push against the thigh (50%) by straightening your leg, at the same time pulling at the foot (50%). Initiate the push first in order to maintain the 90° angle. Repeat down the back of the thigh 1-2-3-2-1. This may also be varied by keeping the foot parallel with the thigh rather than crosswise. Use whichever foot is the most comfortable and gives the most control.

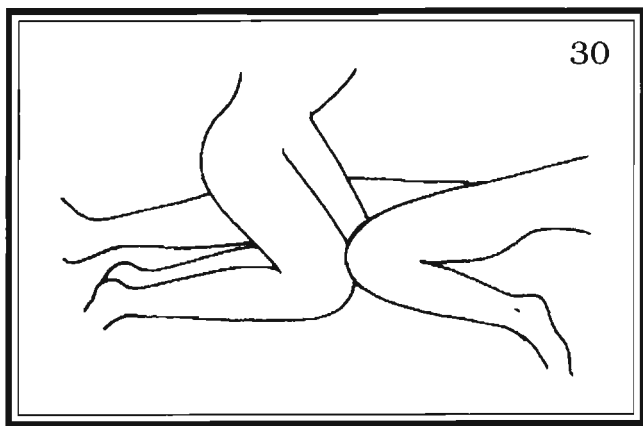
◇ **29. 1-2-3 AUTOMATIC.**

Fix the inside foot securely against the buttock. The outside leg may be moved to one side, or it may be kept lightly in place below the client's knee to help steady the leg. Lean all the way back, straightening the client's leg, with the hip and the thigh rising up over the toes of your foot. Push the leg up and far forward without changing the position of the foot against the buttock. Pushing the leg forward will automatically shift the position of the buttock against the foot. Repeat 3 times 1-2-3. On the last pull-back, be sure the client's leg is fully extended and hold in this position for 10 seconds.



◆ **30. LEG BENT OUT.**

Move the foot and the leg out and back so that the leg is bent with the foot pointing backward towards the head. Shift your position so that you are kneeling at the knee in line with the thigh. Support the client's knee on your thigh for comfort as much as necessary so that the stretching of this movement is not painful. Encourage the client to relax as you work on opening the hip.



◇ **31.** This movement parallels # 14 in a different position.

Step 1. P.P. foot and thigh.

Step 2. P.P. calf and thigh.

Step 3. P.P. thigh with hands together (butterfly hands).

Repeat "2" – calf and thigh.

Repeat "1" – foot and thigh.

Chop down the thigh (down-up-down) and then down the calf.

Release the bent leg by raising the knee up and pushing it towards the body and then straighten the leg and rub the knee.



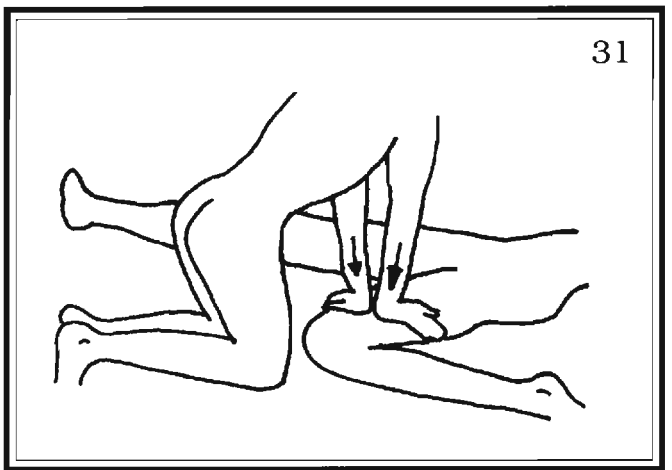
31.(1)



31.(2)

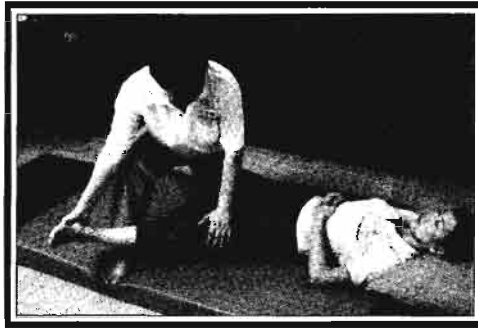


31.(3)



◆ **32. PLAY BOWLING.**

Shift position between client's legs, facing across the leg you are working. Open the leg out by moving it back and forth with the hand closest to the client's feet. Do this in 3 stages, and then hold the leg out in this position with your foot at the client's ankle 1-2-3-2.

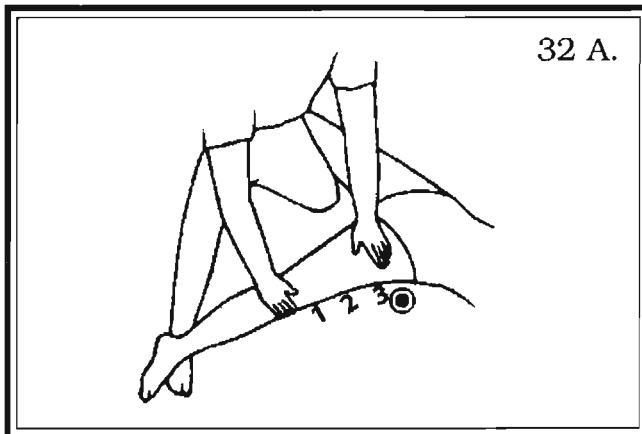


32

A (1). P.P. INSIDE THIGH. P.P. the inside of the thigh from knee to groin with your inside hand, 1 (soft) -2 (medium)-3 (deep). As you P.P., push away or out, rather than down, on the inside of the thigh 5 seconds each.



32 A1.



A (2). STOP. At the groin, stop the blood flow below the pulse spot for 10 seconds.
For added strength you may use palm on palm.



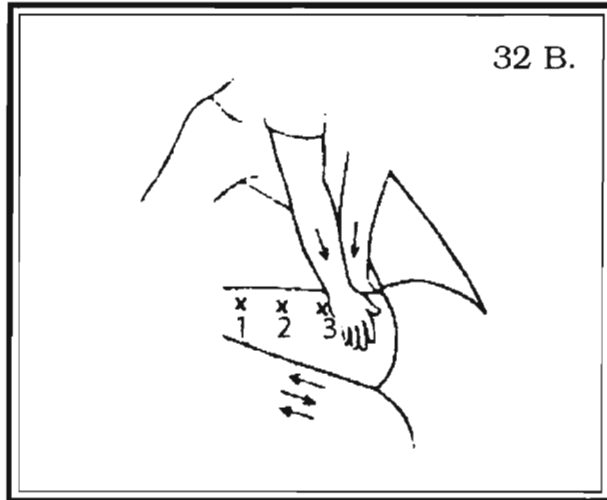
32 A 2.

B. BUTTERFLY. Then P.P. hands together butterfly hands back down-up-down (3-2-1-2-3-2-1). Notice the change in pressure.

Relax with shaking the leg and P.C. the knee.



32 B.



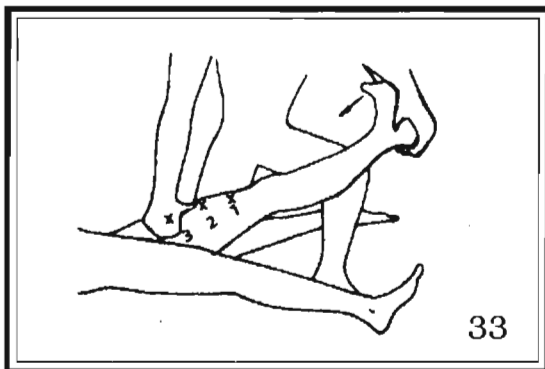
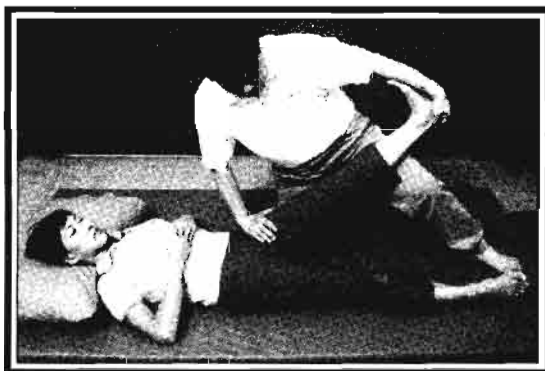
◆ **33. LEG LIFT (CUP HAND).**

Move to the outside to a half-kneeling position. Support the client's leg on your raised knee, holding the heel in your palm and with the bottom of the foot along your forearm. Fix the other hand on the thigh above the knee and P.P. 1-2-3-2-1 while leaning into the movement to stretch the Achilles tendon and the hamstrings.

The P.P. requires very little pressure (10%), but helps to steady you in this movement. Be sure to position your body toward the client's waist rather than the foot and keep sufficient distance between your knees to make a good stretch. The arm holding the foot should be straight.

Shake out the leg, with one hand under the knee, and rub the knee.

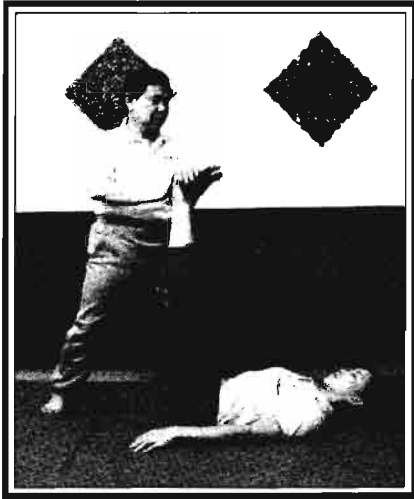
REPEAT WITH OTHER LEG FROM #14.



AFTER FINISHING BOTH SIDE RELAX WITH P.P.1.

◇ **34. SHOULDER STAND AND THE PLOUGH.**

A. L.V.L. Pick up the client's feet and assume a bow stance. Push the feet and legs forward L-V-L.



A.(1)



A.(2)

B. SHOULDER STAND. The client keeps the elbows and the arms locked by placing the hands on the knees and holding the arms straight. Straight arms provides a stronger massage in shoulder stand.



B.(1)

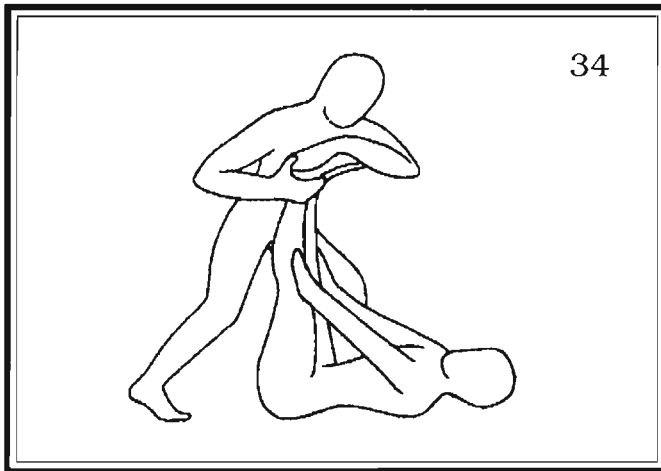


B.(2)

C. THE PLOUGH. Release the arms and push the feet over the client's head as the plough.

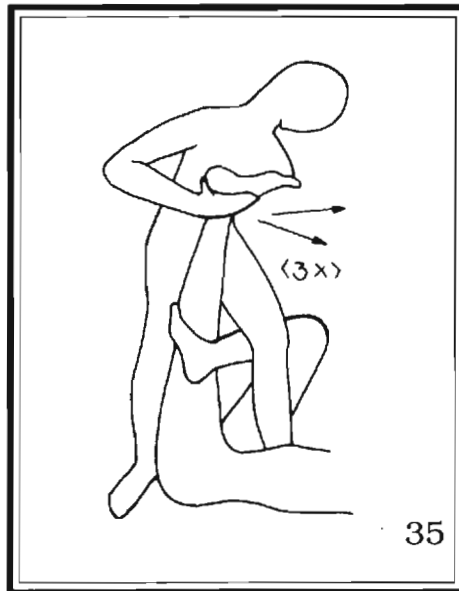


C.



◆ **35. TAI CHI.**

Begin with the right leg vertical for men, the left leg vertical for women. Hold one leg upright against your chest and cross the foot of the other leg in front of the upright knee. Step in front of the bent leg and hold it in position with the back of your own leg. With one hand on the sole and the other behind the ankle, push the upright leg forward 3 times, bending your own knees with the movement.

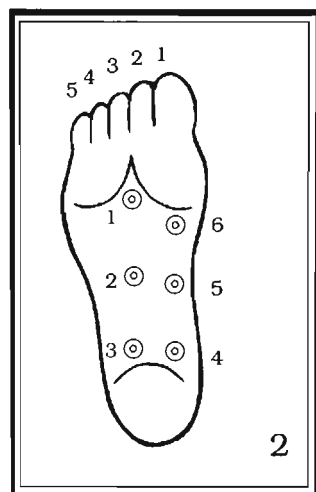
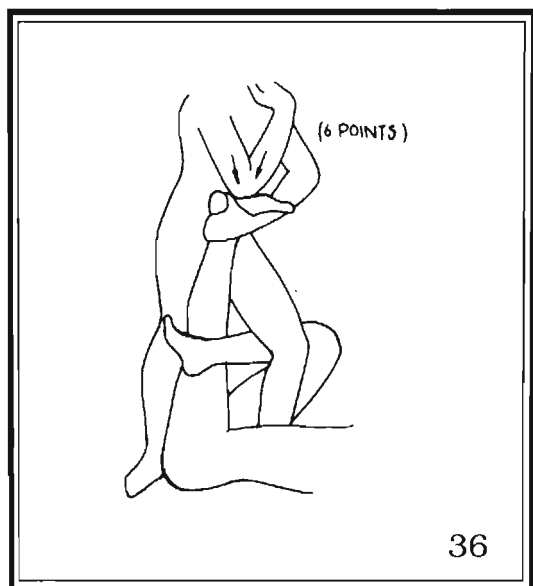


◆ 36. ELBOW PRESS 6 POINTS.

Move your back leg in close to the client's thigh and hold the vertical leg next to your body. With one hand support the under side of the foot while with the other arm you use the forearm to roll down the foot to warm and relax.

With the elbow, press the 6 points of the foot (See #2). Go in slowly and hold each point about 5 seconds. Release by slowly extending the forearm forward. Keep the foot supported with the other hand. Be attentive to your pressure as some points may be sensitive. Lean forward as you go into the point; pull back as you release.

Repeat rolling the forearm down the foot. Then pound the sole of the foot with a loose fist. Hold the leg and pound the back of the calf and the thigh.



If the client lacks sufficient flexibility to perform this position as described, it is permissible to release the bent leg by standing with both feet behind the client's body.

◆ **37. LEG ON SHOULDER.**

Step back slightly to move out from the client's body. Hold the upright leg against your shoulder and the ankle of the bent leg with one hand. With the other, P.P. the back of the thigh of the bent leg from the knee to the buttock, 1-2-3-2-1. Rock the body forward with each press. The push on the thigh should have a slightly diagonal vector as if aiming for the sternum. Either stand or half kneel for this movement, as fits your body best.

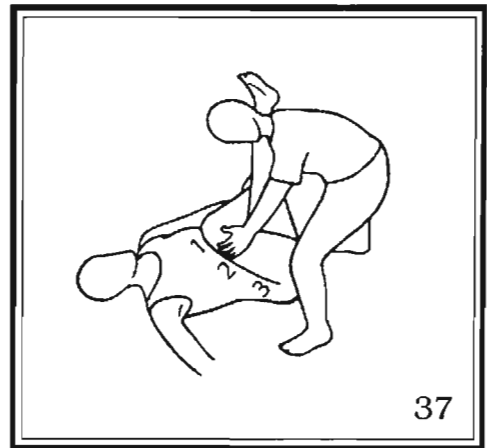
REPEAT #35, #36, #37 WITH OTHER LEG



OR



OR



If a woman is in menses, either omit #38 and #39, or do very gently and carefully.

◆ **38. COWBOY RIDES HORSE.**

Hold client's feet and widen your stance for stability. Place your knees against the client's buttocks, Press and push the feet forward. Keep your feet in one place, shifting only on the toes, and pull the client's feet back. At the same time, release the pressure on the knees and shift to new positions. Repeat the movement 1-2-3-2-1 from buttocks towards knees and back. Do not go past the midpoint of the thigh.

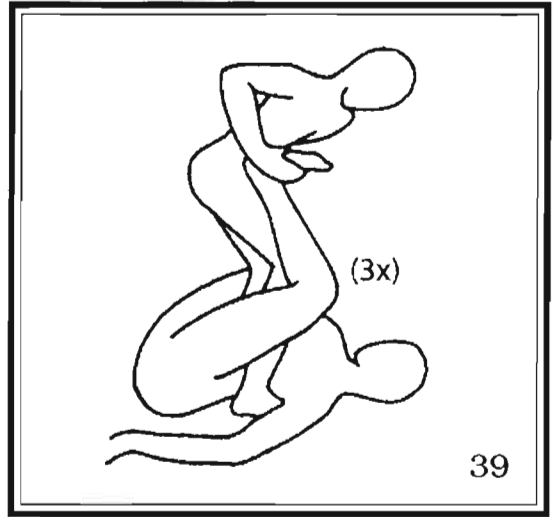


◆ 39.

A. FROG JUMP. First, ask the client to open the arms. Hold client's feet and step through between trunk and legs so that you are standing as close as possible to the axilla. Bring the client's legs around your body and put the soles of the feet together. Push forward while bending your knees. Repeat 3 times.



A.



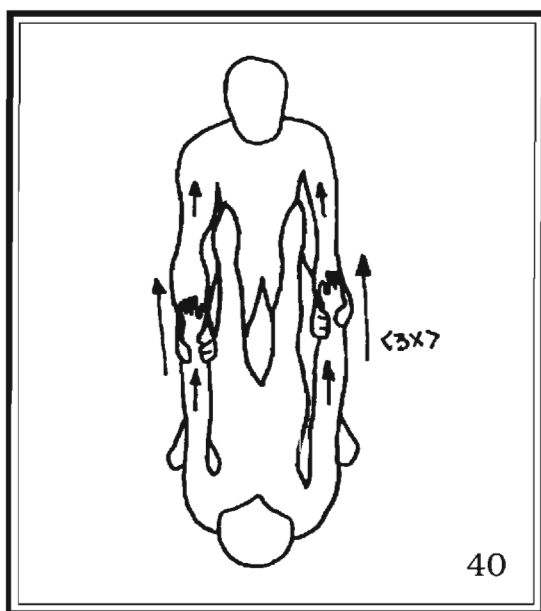
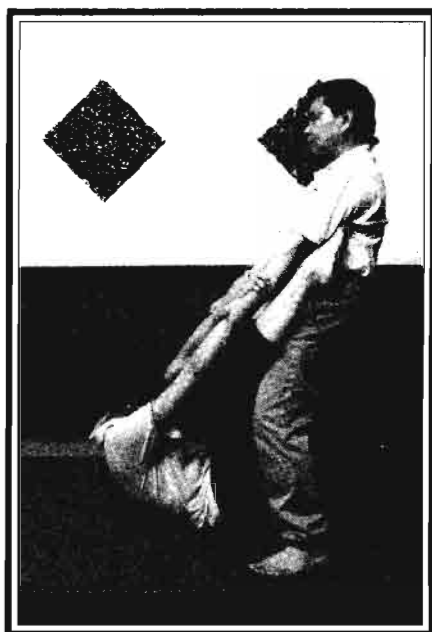
B. PLAY SKI. Step back about a half step and hold the feet lower around your hips or legs. Bend your knees and press down, with a little forward movement at the end. Repeat 3 times.



B.

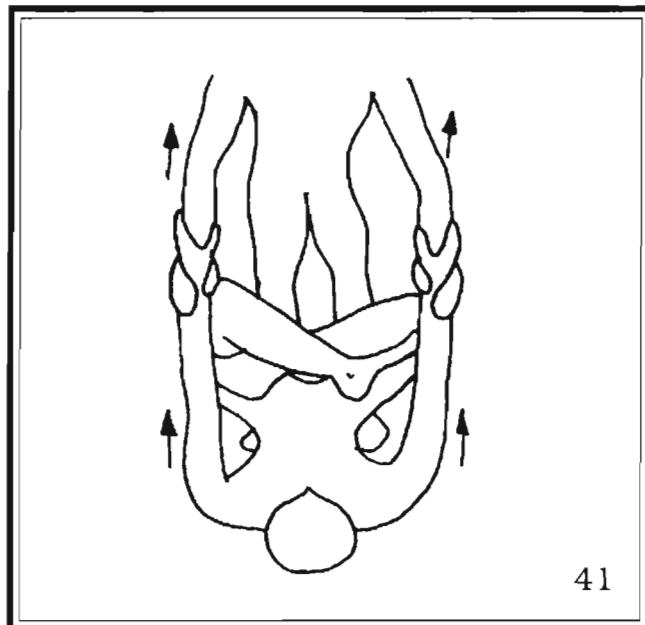
◆ **40. HEAD TO KNEE (LEGS STRAIGHT).**

Place the client's feet on your chest, or extend them at your sides. Hold each other's wrists and pull the body upwards 3 times. Widen your stance, and use your back to bend your body backwards as you pull, rather than pulling with your arms and shoulders.



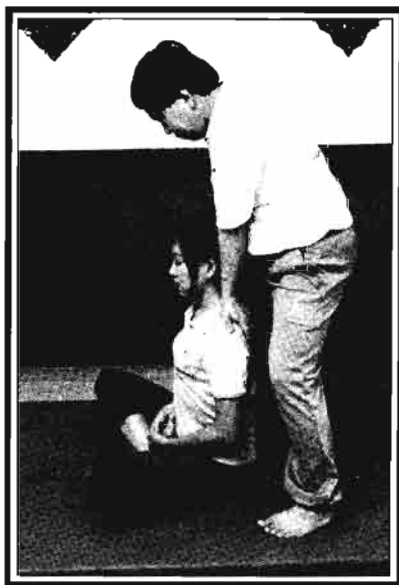
◆ **41. HEAD TO KNEE (LEGS CROSSED).**

Have client cross legs in front of your knees. Holding the forearms and pull the client up 3 times. On the third pull hold 5-10 seconds, take small backward steps, pulling the client into a full sitting position. Lower the arms and place the hands on the mat in front of the body.



◆ **42. CAT COW.**

A. Stand at the client's back and place your hands on the shoulders with the thumbs in front and fingers pointing down the back. Brace the back against your leg. Make 1-2-3 presses into the top of the shoulder starting at the neck and moving outward as far as, but not on, the bony part.



A.

B. Shift the hands so fingers point down the front and the thumbs down the back and return to the starting point : (a) 1-2-3 shift (b) 3-2-1. Use your body weight to lean into the shoulders, keeping the back supported with your legs.



B.

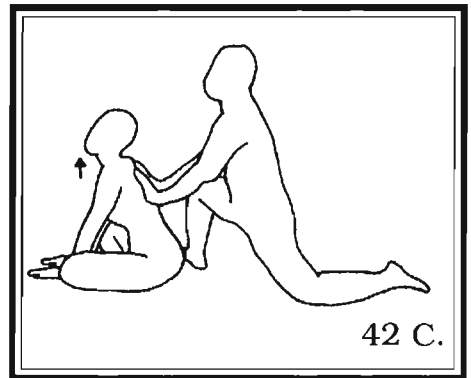
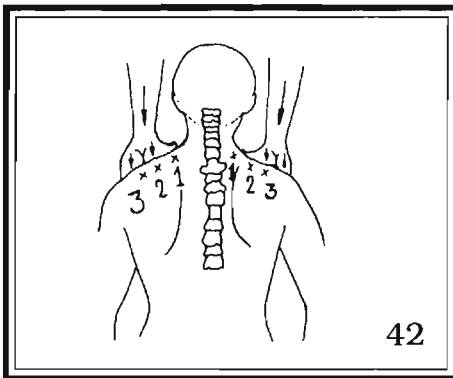
C. CAT COW. Half kneel behind the client and with the hands together P.P. down along the lateral edge of the spine with butterfly hands P.P. at the waist. Return back up with alternate P.P. using your body weight to transfer from one hand to the other.



C. CAT



C. COW



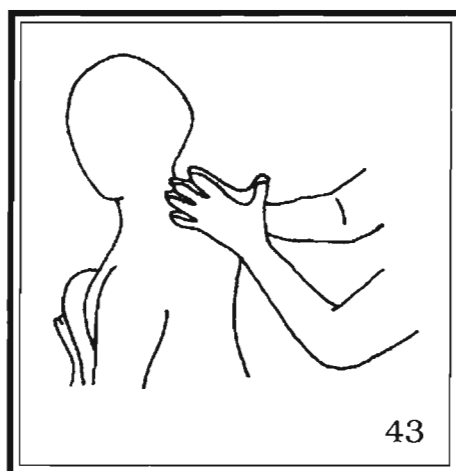
Squeeze the trapezium along the top of shoulder.

◆ **43. CHOP.**

A. Follow with hand chop out the shoulder and back, then down the lateral edge of the spine and back. Do not chop on the spine itself, and do not chop on the kidneys. Do one side, and then the other.

B. Follow with Palm Circles. P.C. down and up. Use both hands and both sides together.

C. Close with a series of brushing movements out the shoulders and the arms, and down the back.



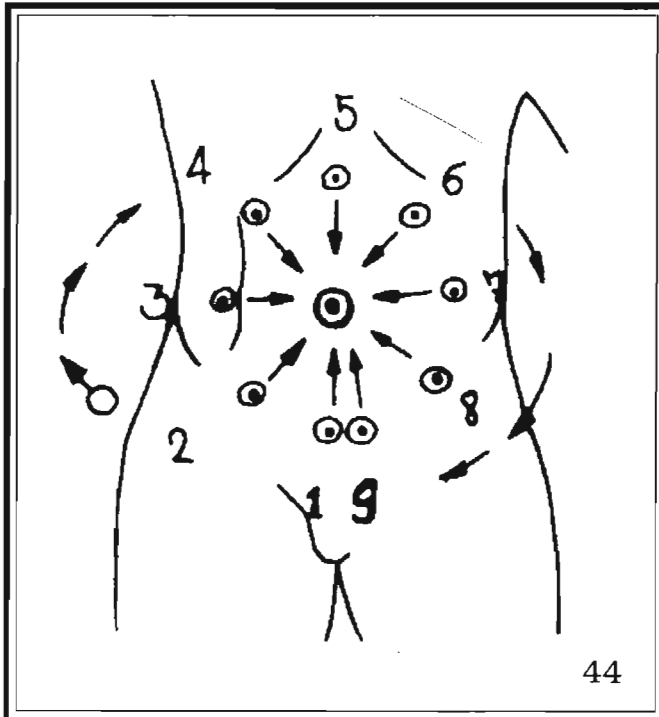
FRONT POSITION – PART 2

ABDOMEN AND CHEST

PREPARATION. Women should lie on their back with knees raised, or with a pillow placed beneath them. Men may lie either with legs raised or flat. Abdominal work should not be done immediately after eating. It is preferable to wait about 2 hours.

◇ 44. NINE POINTS OF ABDOMEN.

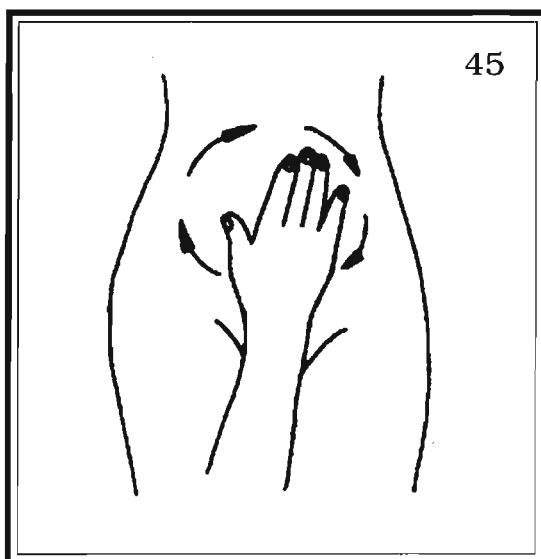
Circle of 9 points around the abdomen. The 9 points of the abdomen lie in a circle with the navel as its center. At the upper edge, the circumference of the circle follows below the ribs. At the lower edge, it lies above the pubic bone. Point 1 is just left of center above the pubic bone. The circle proceeds clockwise, ending with point 9, just right of center above the pubic bone.



◆ **45. OPEN HARA.**

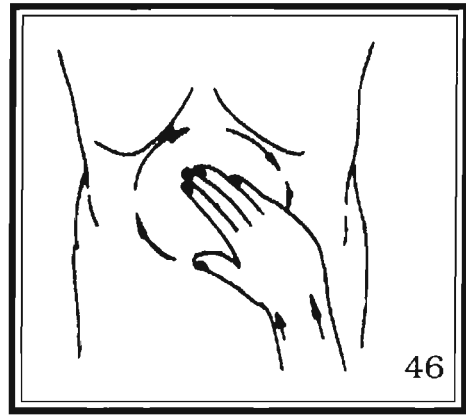
Begin by placing the palm of the hand over client's navel. Hold for a few moments. Then, in a clockwise circle, make Palm Circles P.C. around the abdomen to warm and relax the area.

Cup hand and place over navel then press down just to open the energy of the abdomen before working the 9 points.



◆ **46. HOW TO DO 9 POINTS (P.P.P.)**

Place the heel of your hand over the first point, with the fingers extended over the navel. Press down (10%) and push forward (90%) with the heel of the hand, synchronizing your movement with the client's exhalation. Hold this position while client inhales. With the second exhalation, push towards the navel at the center of the circle and hold. This vector creates inner movement, but your hand position does not slide. With the third exhalation, press in towards the navel to a deeper level. If there is resistance, do not increase the pressure, and if desired you may proceed after the second breath.



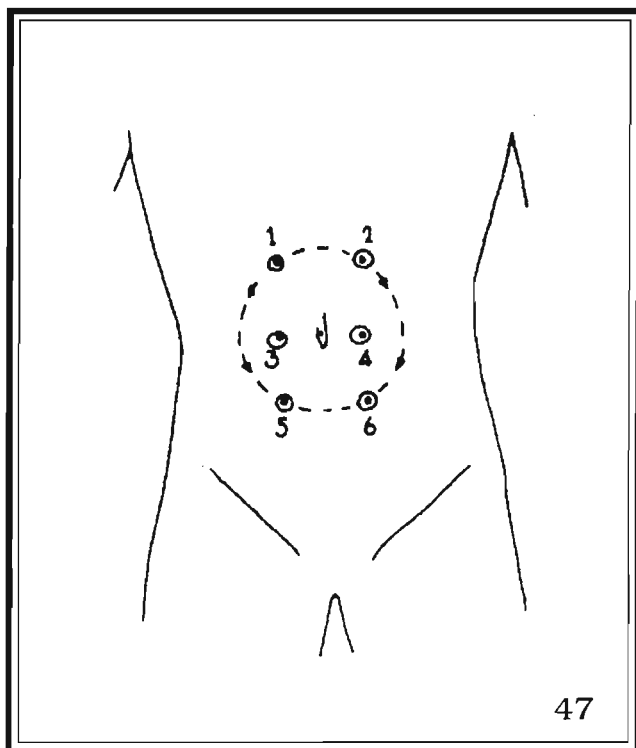
To release, see-saw the pressure from the heel of the hand to the fingertips, pressing down and pulling back towards the center. Hold a few moments and release slowly, always coordinating your movement with the breath. Proceed in this way around the points of the circle. Use the hand that best fits the position of the point. At the top (either points 5 or 6) it is best to change your position to work from the client's other (left) side,

At the end, place your palm over the navel and gently press. Follow with relaxing Palm Circles P.C. around the abdomen.

Use different areas of the hand to change the touch in making circles around the abdomen: whole palm, heel of palm, and flat parts of fingers.

◆ **47. SIX POINTS OF ABDOMEN.**

The 6 points of the abdomen. The 6 points outline a smaller circle on the abdomen. Each of these points is the distance of the client's thumb – length from the navel except for 3 and 4, which are a thumb-length from each other and a half-thumb's length from the navel.



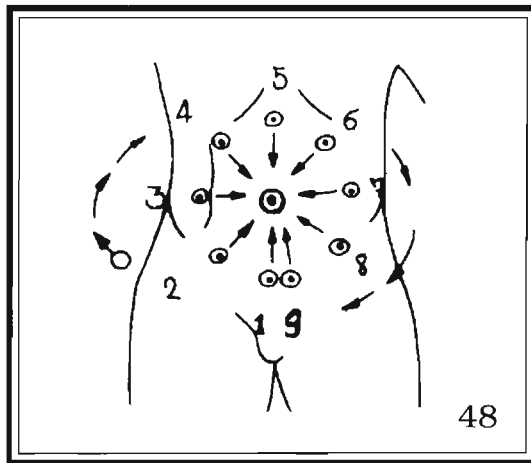
These points are Thumb-Pressed T.P. together in the following order:

- | | | |
|--|------|---|
| a. Points 1 and 2, together | step | 1 |
| b. Points 3 and 4, together (moving down) | | 2 |
| c. Points 5 and 6, together | | 3 |
| d. Points 3 and 4, together (moving back up) | | 2 |
| e. Points 1 and 2, together | | 1 |
| f. Points 3 and 4, together (moving back down again) | | 2 |
| g. Points 5 and 6, together | | 3 |

1-2-3-2-1-2-3 (down – up – down)

◆ **48. STEP OF WORK T.P. 6 POINTS**

Either kneeling by the client's side or across the body, place your thumbs on points 1 and 2. Use the broad part of the thumbs and not the tip. As the client exhales, press about half-way. Hold as the client inhales without increasing or decreasing your pressure. With the next exhalation, press slightly deeper and hold. Release slowly as the client inhales. Repeat with each pair of points until the pattern is completed. 1-2-3-2-1-2-3 (down-up – down)



Watch your partner's reaction and be sensitive to the balance between pressure and resistance. If your partner knows how to receive this work and you proceed carefully with the breath, you may go deep, and along with the 9 points achieve a great energy release. However, work carefully and do not try to go deeper than the client can accept.

◆ 49. CHEST.

A. Kneeling by client's side or half kneeling, use middle fingers to make Finger Circles F.C. along the length of the sternum. Do this three times, starting at the lower end : up – down – up.

B. Starting at the center, make Finger Circles F.C. along the lower border of the clavicle and then back in. Do this 3 times out – in – out.

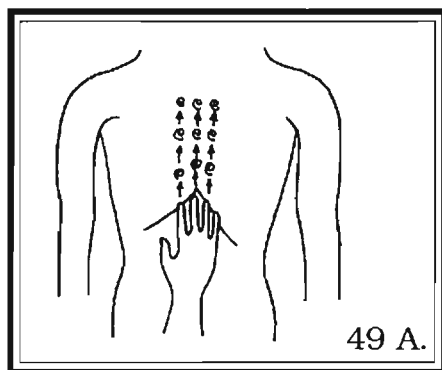
C. Work the intercostal spaces between the ribs. Make small Finger Circles F.C. from the center out between the ribs. Go out only. The thumbs may also be used to cover this area with a sliding motion rather than circles. Start at the top of the rib cage and work down and up skipping over a woman's breasts.



A.



B.



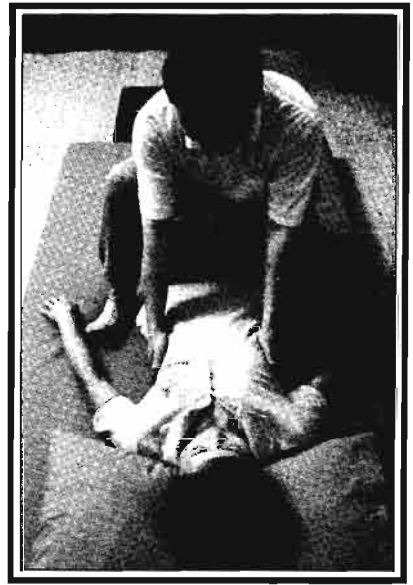
D. Make Palm Circles P.C. along sides of rib cage from axilla to waist down-up-down.

E. Straddle the client's body and place hands beneath client's waist and lift up. Do this from the waist up and back, 1-2-1. Either stand and lift up, or work from knees.

F. Repeat Palm Circles P.C. on sides in reverse order up-down-up.



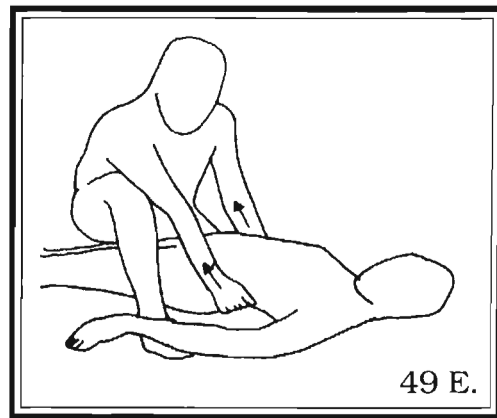
C.



D.



E.



49 E.

◆ **50. SHOULDER.**

A. Place the heel of each palm at the outer end of the shoulder below the clavicle. Position your hands so that pressure will be on the muscle and not on the bone. Keeping arms straight, use body-weight to lean and press. Shift position in towards center slightly and repeat, then repeat the first position again, 1-2-1.

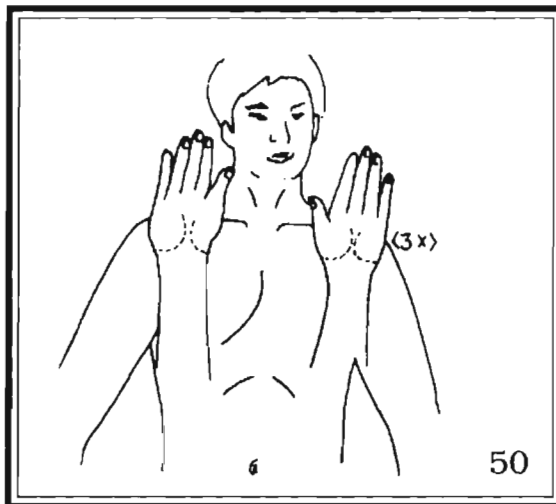
B. F.C. along the ridge of trapezium on posterior aspect. Start at base of neck and move out and in.



A.



B.



C. Using the same position on the shoulder, hook your fingers around the back of the shoulder muscle (trapezius) and pull back. Use this hook-and-pull movement to lift the shoulders slightly upward. If the breadth of the shoulder permits, make a third position at the base of the neck so that you repeat the pattern 1-2-3-2-1.

D. Repeat "b" add one more out. F.C. out-in-out.

E. Cup hands on shoulders and P.C. corner of shoulders.

F. P.P. walk out both arms down-up-down, closing with stretching at the hands.



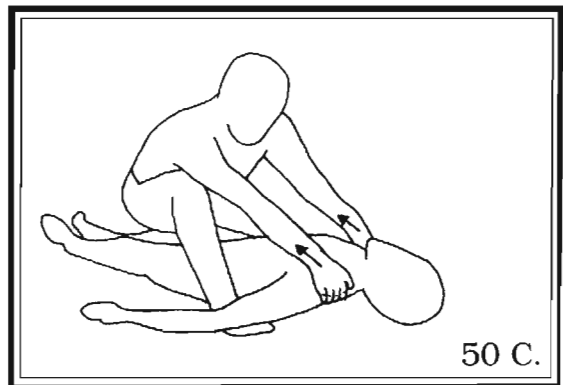
C.



E.



F.



50 C.

◆ **51. INSIDE LINE OF ARM.**

A. Extend client's arm out to the side with the palms up. If necessary, support the forearm by placing a pillow under the wrist.

B. Place one hand at axilla, the other on hand below the wrist. Lean in and stretch the arm.

C. Bring the hands together with alternate P.P. to the elbow. Then P.P. back out to the wrist and axilla. Bring together again and continue down to the wrist with both hands. In this case, the pattern is: together – apart – together – down P.P.A. This pattern can be varied in different ways. It is important, however, that the whole arm be covered with P.P., and that the pressure be applied in a direction which moves into the soft tissue and not directly down onto the bones of the arm.



B.



C.

D. Work alternate T.P. up center line of inside forearm from wrist to elbow. Continue above the elbow pressing between the muscle and bone of the end of the line, feel the pulse. Return back down, working either side of the bone in the upper arm, back down the center of the lower arm.

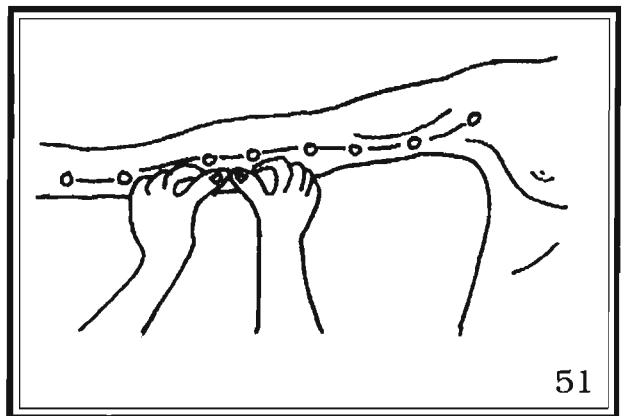
E. P.P. entire arm, from wrist to axilla. At the axilla, use the outer side of the hand to press and stop the blood flow. Hold from 10-15 seconds and then release. Wait a few moments before returning with P.P. back down the arm, and stretch the wrist.



E.



D.



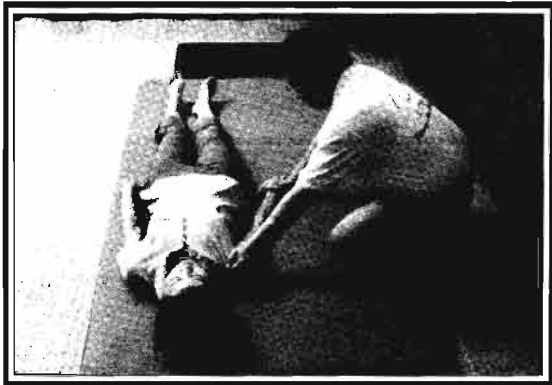
◆ **52. OUTSIDE LINE OF ARM.**

Place arm at side and stretch from shoulder to wrist.

A. P.P. outside of the arm from the wrist to the shoulder : together - apart - together - down P.P.A.

B. T.P. center line of forearm from wrist to elbow. Above elbow, Work either side of bone. You may work one side up, and the other side on the return, but do not work on the bone. Return to the wrist.

C. Repeat P.P. of the entire arm. P.P.B.



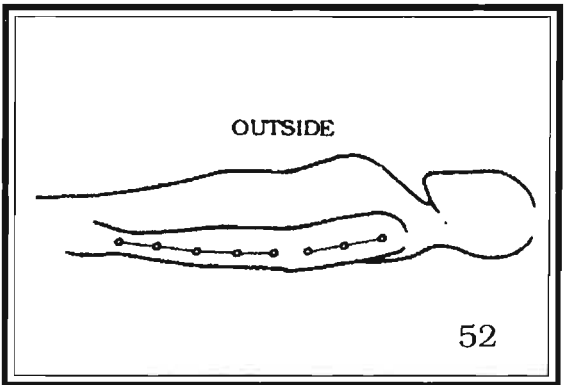
A.



B.



C.

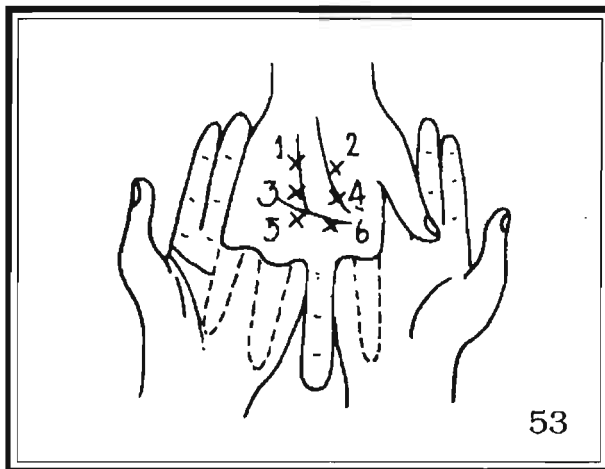


◆ 53. T.P.6 POINTS OF PALM.

Kneel by the client's legs and pick up the hand, rotating the palm up. P.P. knead. Interlace your fingers with your fourth fingers interlaced with the client's index and middle finger, Place your third and fourth fingers between client's index finger and thumb.

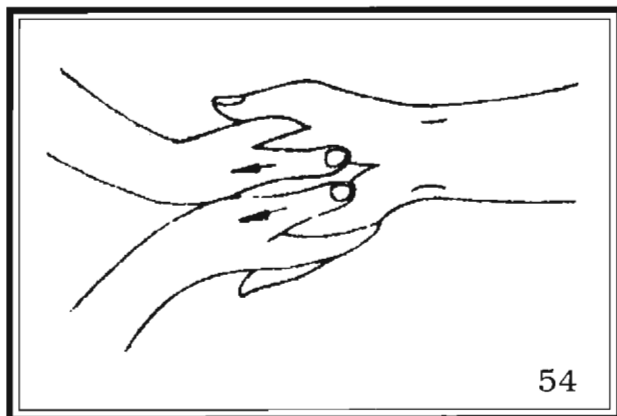
Six points of the palm. Starting at the base of the palm, T.P. point 1 and point 2 along the central axis of the palm. Move down slightly and T.P. points 3 and 4 together. Move down close to, but not on, the carpal bones and T.P. points 5 and 6. Repeat these six points, down, up, and down. 1-2, 3-4, 5-6 and 3-4, 1-2, 3-4, 5-6.

Follow with walking T.P. along the palm.



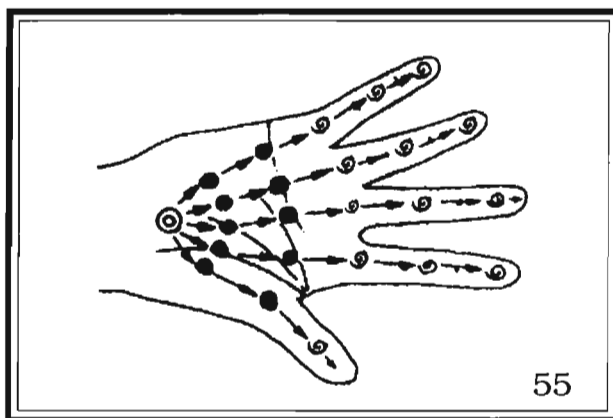
◆ **54. STROKE.**

Slide and stroke down the surface of the palm with thumbs together, then alternate walking slide. Finish gentle kneading and pressing of the palm.



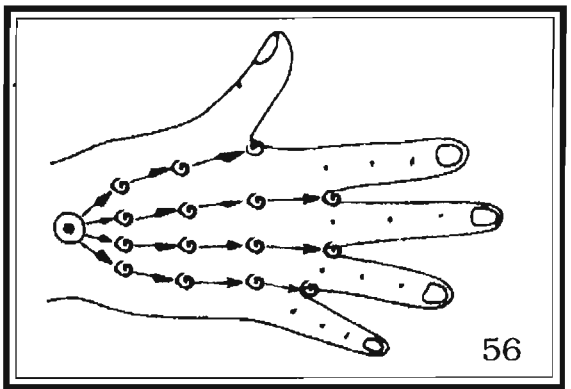
◆ **55. FIVE LINES OF PALM.**

Starting at the center of the base of the palm, make T.P. out the soft tissue of the palm to each finger. At the carpal bones, change to Thumb Circles T.C. and circle across the bone and out each finger. At the end of the finger, press and pinch tip of the finger. These five lines can be worked one at a time, with your other hand supporting the client's hand and wrist, or two lines may be worked together.



◆ **56. FOUR LINES BACK HAND.**

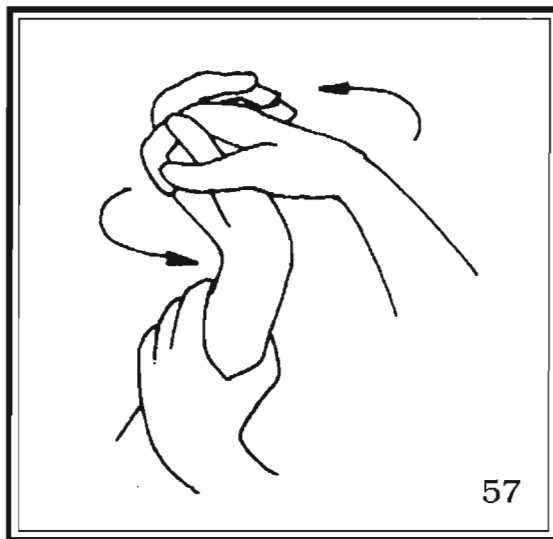
Knead and press the hand to warm and loosen. From the center of the wrist joint, follow the grooves between the tendons out to the knuckles with Thumb Circles T.C. At the knuckle, shift over to the appropriate finger and continue circles out the finger. Press and pinch at the tip. T.C. the groove between the thumb and index finger, and so on. For the fifth finger, make Finger Circles F.C. down the outside of the hand.



Repeat kneading and pressing of hand.

◆ **57. ROTATE WRIST.**

Support client's forearm with one hand, and interlace client's fingers with the other. Rotate the client's wrist five times in each direction, outward and inward. Stretch the whole arm by leaning back and pulling against the interlocked fingers. Do this 3 times soft-hard-soft. On the third pull, keep the ends of your fingers slightly hooked and twist a little diagonal across client's fingers. Pull and lean back and let your fingers disengage by sliding out.

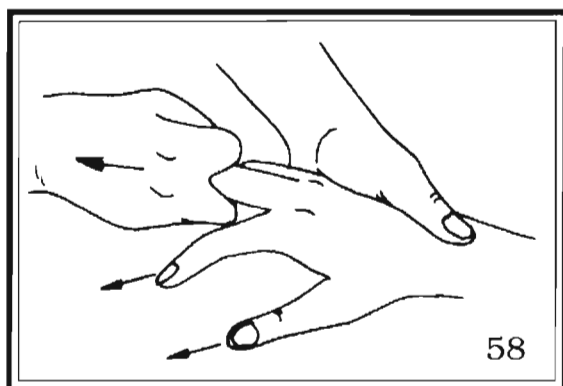


◆ **58. PULLING CRACK FINGERS.**

Take each finger in turn and hold either between your second and third fingers, as shown, or with your fingers curled around the client's finger with the thumb on top. Begin with Thumb Circles T.C. on the hand knuckle. Then rotate the finger outward and inward. Snap the finger with a slow pulling movement. If the joint "pops," repeat the Thumb Circles T.C. of the joint. Do not repeat the pull. It is not necessary for each knuckle to pop. Do not be overly rough.

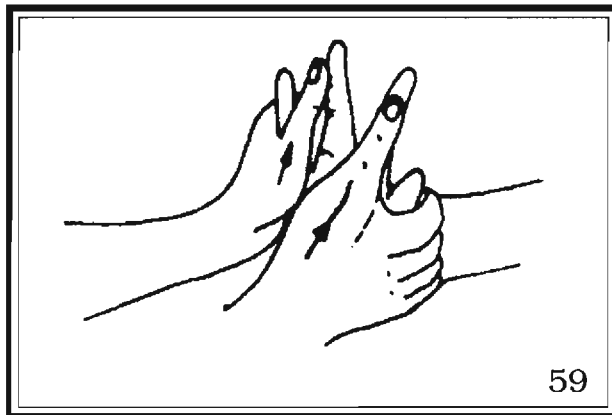


or



◆ **59. STRETCH FINGERS.**

Start in the center of the palm and knead and stretch the fingers back using your thumbs. Take care to support the back of the finger knuckles with your fingers so that the stretching takes place primarily at the hand knuckle. You may also bend all of the four fingers back together and loosen the joints by stretching sideways. Fingers may be worked singly or in combination.

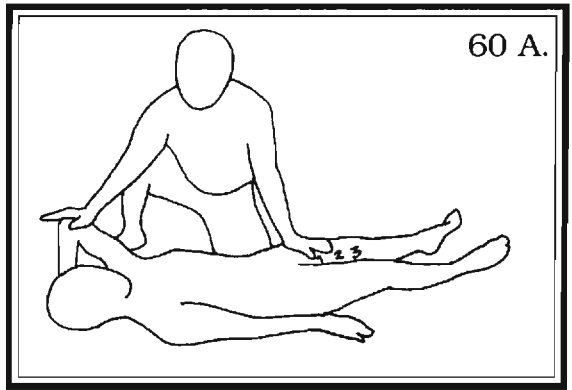


◆ **60. STRETCH TORSO.**

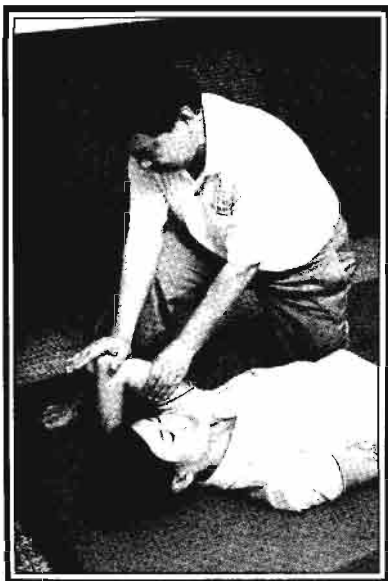
A. Pick up client's hand and place the arm so the hand is palm down beside the client's head with the fingers pointed towards the shoulder and the bent elbow pointing upwards. Place one hand on the upper arm beside the elbow, the other hand at the thigh. Stretch arm to thigh, moving the lower hand P.P. from the thigh to the knee, and return back 1-2-3-2-1 and stop at the last 1 for 10 seconds. With each stretch, apply a pushing movement with an upward vector to the arm.



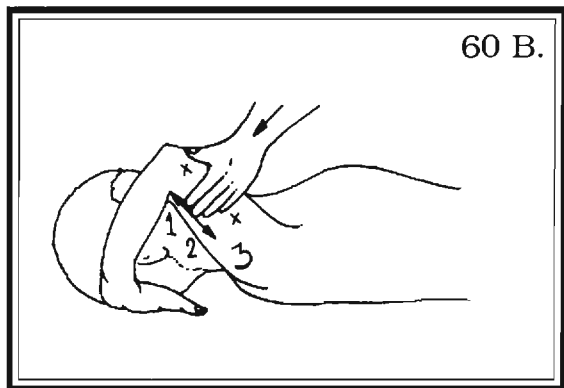
A.



B. Continue to hold the arm next to the elbow, and with the other hand use your thumb and fingers to straddle across the surface of the arm. Use your thumb and fingers in a pinching movement which will press. Twist, and pull back while also applying upward pressure at the elbow. Follow from the elbow to the axilla and back, 1-2-3-2-1.



B.



C. Continue to hold forward and upward pressure at the elbow and use the heel of the other palm to press into the arm with a rocking motion, 1-2-3-2-1. Then take the arm, straighten, and shake gently.

REPEAT WITH OTHER SIDE FROM # 51



C.



C.

◆ **61. SHOULDER, NECK, SKULL AND BACK HEAD.**

A. SHOULDER Kneeling or sitting at client's head, place your hands on client's shoulders with your fingers pointing down the front, and thumbs down the back. P.P. from the neck out the shoulders and back 1-2-3-2-1, staying on the muscle and not pressing on the bone at outer shoulder. Reverse position of hands and repeat.

T.P. together out-in 1-2-3-2-1 Repeat P.P. together out-in 1-2-3-2-1.

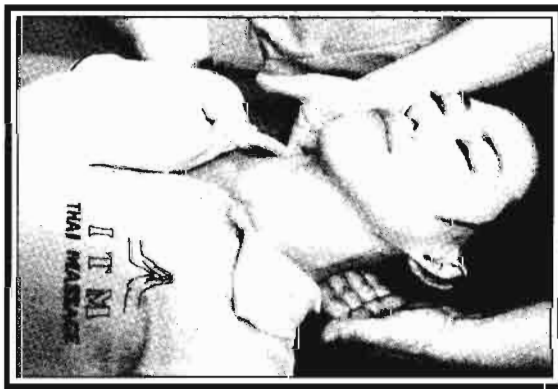


A.



A.

B. NECK Using 1 or 2 fingers from each hand, place the fingers under the neck along the side of the transverse processes warming up with F.C. up and down. Lift up on the neck and pull towards you. Lower the head, shift your hand position and repeat up to the occipital ridge and back to the shoulder. Finish with F.C. up-down-up.



B.

C. SKULL At the occipital ridge F.C. out-in. Continue this lift-and-pull from the center to the outer edge and back with finger press 1-2-3-2-1. Work slowly. Finish with F.C. out-in.

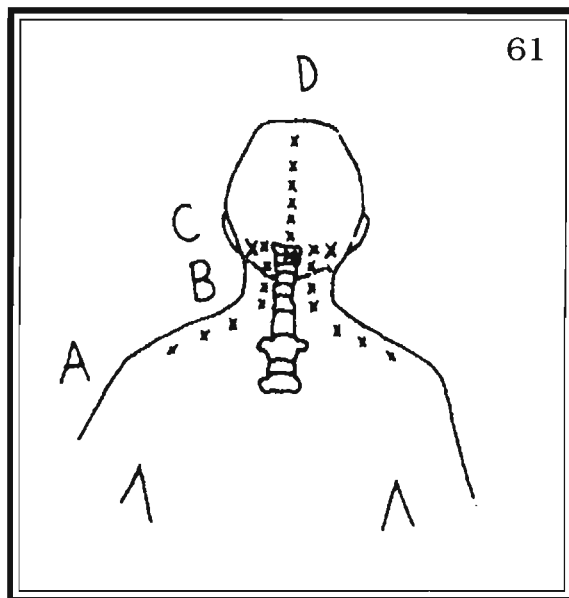
D. BACK HEAD Continue up the center line of the head to the crown, walking and lifting with the fingertips together. At the crown, walk back down to the occipital ridge. Then repeat back up again up-down-up.



C.

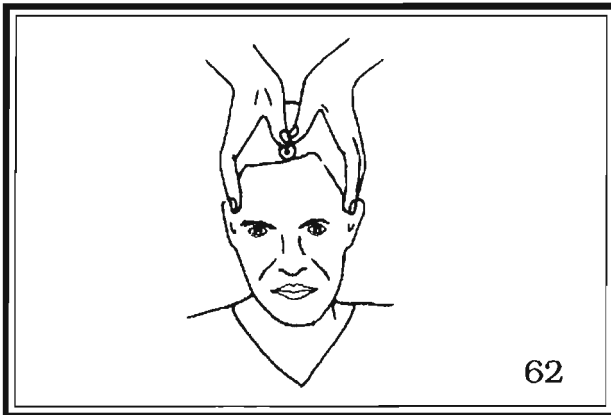


D.



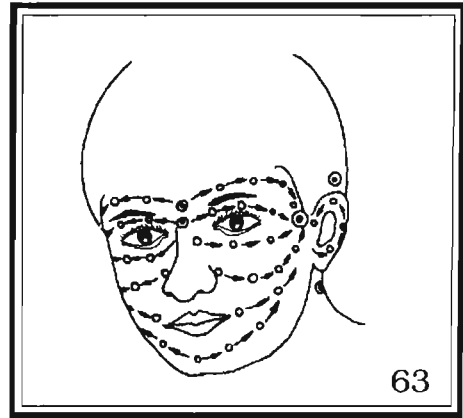
◆ **62. CROWN TO HAIRLINE.**

At the crown, press thumb on thumb along the center line to the hairline. Walk back, thumb over thumb, to the crown. Do twice. Use fingertips to make F.P. around the scalp . Use palms to brush back client's hair.



◆ **63. FACE.**

Using thumbs or fingers, make small circles out along the lines of the forehead to the temples. You may also slide the thumbs out the lines. At the end, close each line with circles on the temples. Use fingertips around the eyes and on the face lines, continuing to close at the temples. Work the last line along the bottom of the jaw with soft pinching and lifting movements out to the ears.

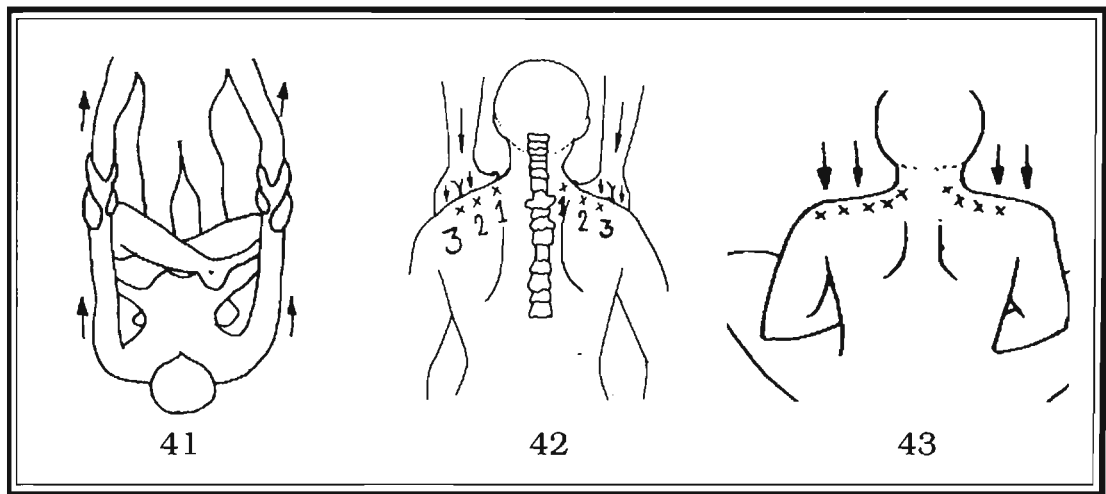
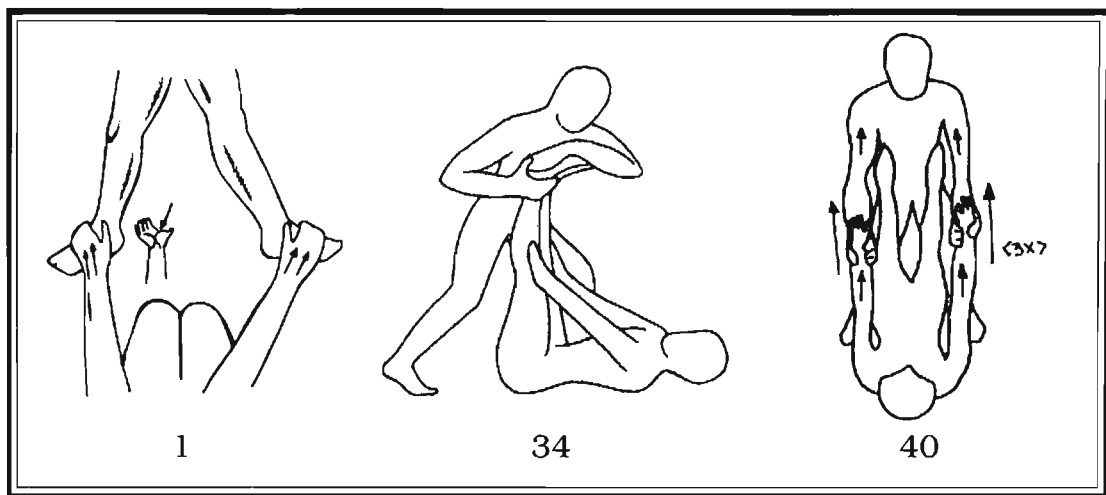


Start at the earlobes and pull gently. Massage the ears. Then place the palms over the hands of the ears (cupping) and hold for as long as a minute. This may be repeated one or more times. Follow with Finger Circles F.C. on the head around the border of the ear, hands together.



Follow with #1, #34, #40, #41, #42, #43. These should be copied from previous section and included to close the front position.

Concluding the Front Position. The front position, with its emphasis on pressure points, energy lines, opening the hips, and abdominal work, is the foundation of Thai Massage. It is also the longest position to perform. Therefore, it is appropriate to bring the section to a definite conclusion. These steps have already been learned at the end of Front Position-Part 1 and are to be repeated here as listed above. If they were omitted at the end of Part 1, they should be included at this point. The following diagrams summarize these steps: for more detail and diagrams refer to the original numbers.



SIDE POSITION (# 64-89)

This position begins with men lying on their right side, WOMEN on their left side.



◆ 64. SIDE INSIDE LINES.

With client lying on side with bottom leg straight and top leg bent, kneel at feet facing client. Starting from the ankles, alternate P.P. both legs to the hips and back down. Shift your position behind the client, facing the back, and stretch the bottom leg from ankle to groin. P.P. bottom leg with P.P.A, P.P. foot and follow with T.P. foot together and walking.

T.P. Then, thumb slide together and follow with walking thumb slide. Finish with P.P. foot again. T.P. from ankle to calf on inside line 1. Above the knee, change to line 2 if desired, as line 1 is difficult to reach from this position. Return. T.P. line 2, ankle to calf, and above the knee shift to line 3 and line 1 Return. T.P. line 3, shifting above knee to mid-back of thigh (line 4). Return. One may also work the same lines from ankle to groin if preferred: 1-1, 2-2, 3-3 (same as #12 on front).



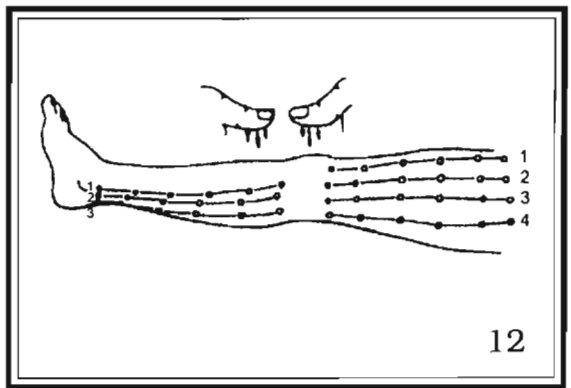
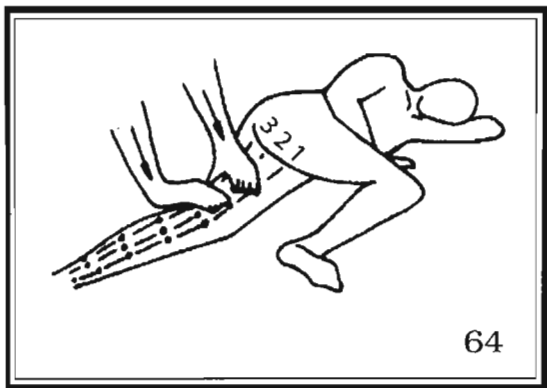
Close with alternate P.P. of leg. At the groin, press and hold the pulse spot 10 seconds by sitting on client's thigh. P.P. to foot and finish with stretch ankle.



Line 1.



Line 2.



◆ **65. SIDE OUTSIDE LINES.**

Stretch and P.P. the top (bent) leg. It may be helpful to half-kneel with your outer knee raised and the foot placed between the client's legs.

(1) Stretch calf. ankle to knee.

(2) Stretch thigh. Move hand from ankle to above knee, shift other hand to hip stretch from knee to hip then,

(3) Stretch whole leg. ankle to hip and follow with P.P.A. After stretching ankle, P.P. foot and continue with F.C. along the top foot and finish with P.P. foot.



(1.)



(1.)



(2.)



(3.)

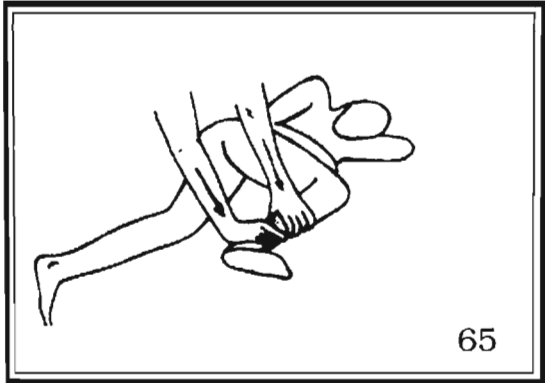
Begin with T.P. of line 2, ankle to calf, as line 1 is very difficult to reach. Above the knee change to line 3 and 1 then return. T.P. line 3 and 1 ankle to calf, and above the knee change to mid-back of thigh line 4 and 2 then return. Close with P.P. of the whole leg. P.P.B. (same as #13 on front)



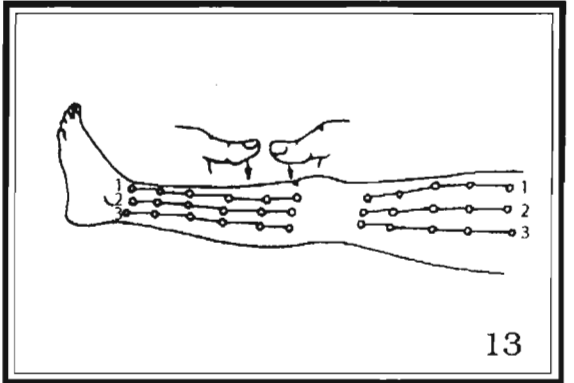
Line 2.



Line 3.



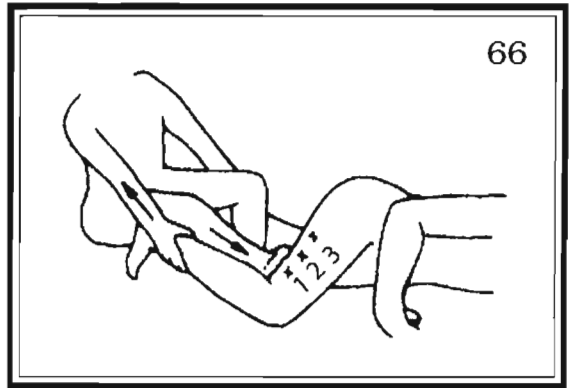
65



13

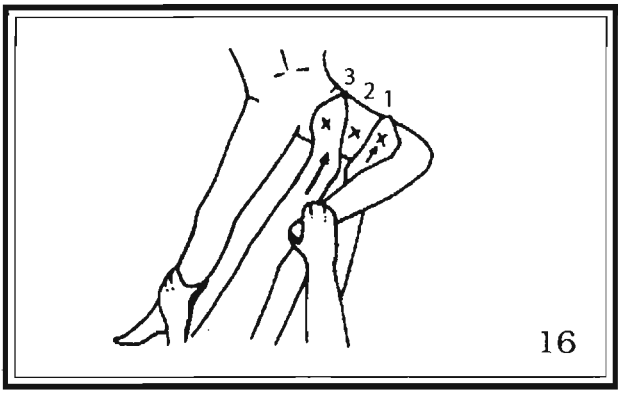
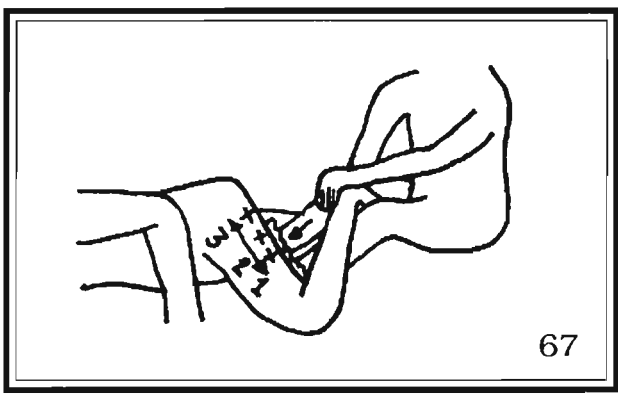
◆ **66. CLOSE GROIN.**

Stretching posterior thigh. Sit between client's legs, holding the foot in one hand and with the other hand resting on the back of the knee of the straight leg. With your foot against the back of the thigh, extend your knee and straighten leg to push against thigh using 1-2-3-2-1 pattern. 5 seconds each (Same as #15 on front).



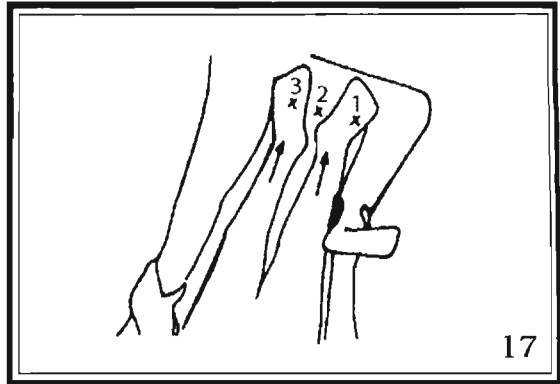
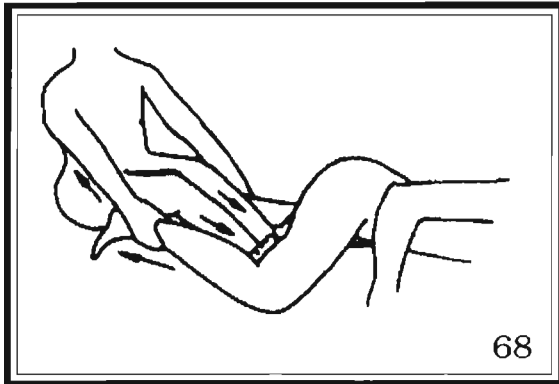
◆ 67. SIDE LOCK LEG.

Stretching posterior thigh with one foot behind the knee. Lift up the ankle and place the foot behind your knee and hold heel for stability. The foot behind the knee is stationary, while your inside foot pushes against the thigh 1-2-3-2-1. Extend your leg by straightening the knee 10 seconds each. (Same as #16 on front).



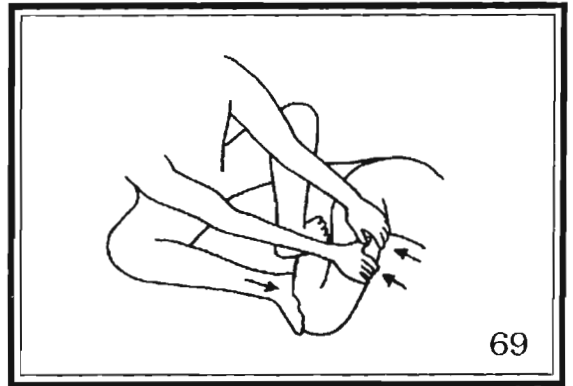
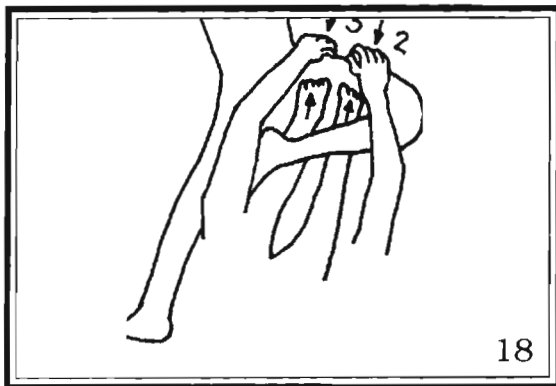
◇ **68. SIDE FEET WALK.**

Walking with 2 feet on posterior thigh. Release client's foot to previous position (#66) and walk alternately with both feet along back of thigh. This is the same movement as #17 on front, but you can now move further pressing against the buttocks. Stop with your inside foot at mid-thigh (high), and the other foot lower, lift client's foot across both of your ankles to prepare for the next step.



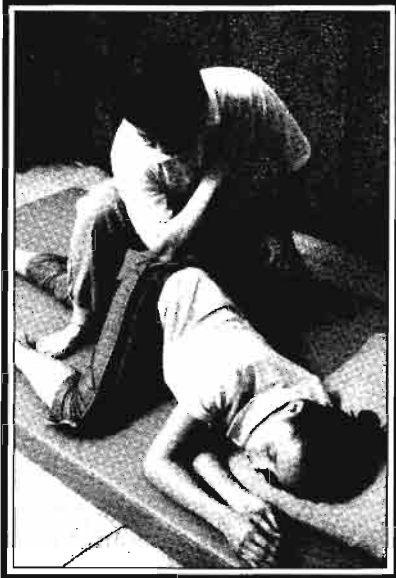
◆ **69. LOCK LEG HOOK HIT.**

Reach across the thigh and work first inside line. Hook your fingers and pull along line with hands together. Then up and down. walking the hands alternately up and down. Pound along line with loose fist. (Same as #18 on front).

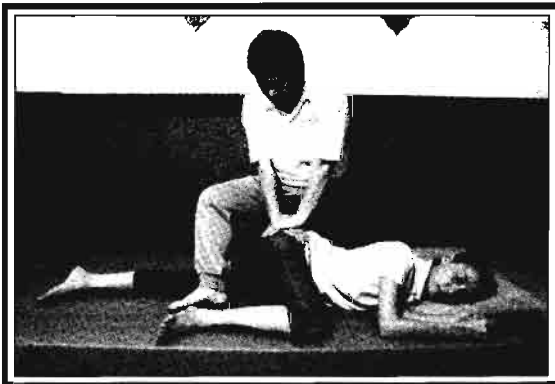


◇ **70.THREE HIP POINTS.**

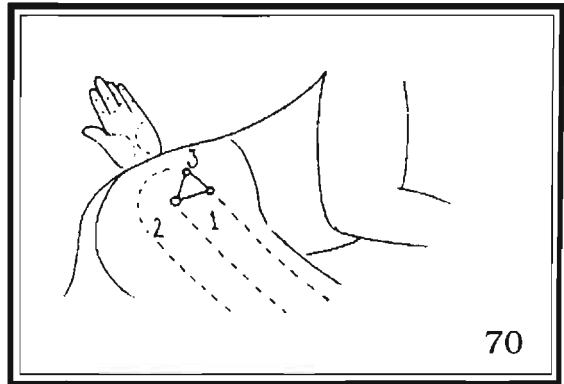
P.P. walk the bent leg to hip generally up-down-up, then press the 3 points with the heel of the hand, using the other hand on top (hand on hand) for added pressure. Points 1 and 2 are found at the end of the outside line 1 and line 2 of the thigh, point 3 is found the end of line 3. Use your thumbs to feel for the hollows which will help to identify these pressure points. You can work many times around this area. Relax with P.P. walk the bent leg down and up to hip.



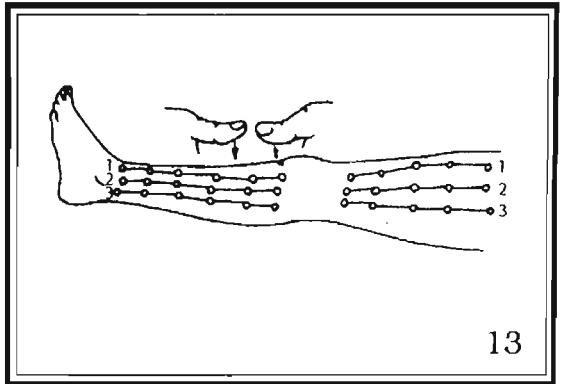
OR



OR



70



13

◆ 71. SIDE ENERGY LINE ALONG BACK .

A. P.P. above spine from waist to shoulder with hands together, walk back with alternate P.P.

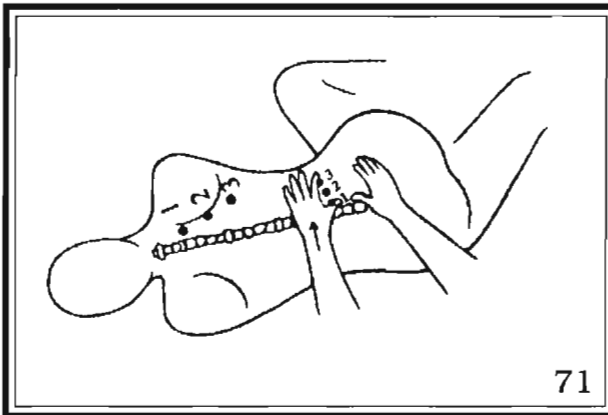
B. T.P. with hands together up spine. Position the thumbs so that they are next to each other, pointing upward while fingers point down and push forward.



A.



B.



C. Continue around scapula. Rotate your body and T.P. the upper border of the scapula. Place the client's hand behind their back, hold shoulder and T.P. around scapula and back to the top of shoulder. 1-2-3-2-1 T.P. alternately (walk) along trapezium out-in and along spine down to the waist.

D. Then T.P. together out the waist 1-2-3-2-1 (5 seconds each). Do not T.P. on kidney area. Repeat P.P. up hands together and return alternately (walk) back down.



C.



C.



D.

◆ **72. STRETCH WAIST.**

A. ARM WRESTLING. Reach underneath client's upper arm with one hand and over the top of the shoulder with the other. Grasp your hands together and press your forearm against the waist. Press and twist the waist with a series of forearm presses from this waist upward to the rib-cage and back, 1-2-1. Apply the force of the twist to the waist rather than the shoulder, taking care to apply the pressure with the meaty part of the forearm and the point of the elbow.

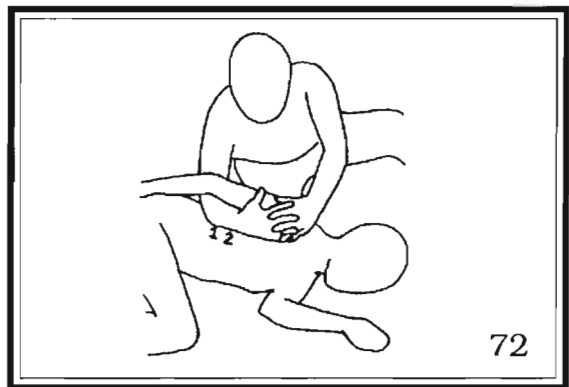
B. KARATE HAND. Hold shoulder with one hand and push at waist with other, 1-2-1, Relax with P.C. around waist and back.



A.



B.



72

◆ **73. FIXING THE BROKEN HEART.**

Heart shape. Hold the client's wrist and raise the arm above and over the head. Assume a half-kneeling position so that the raised upper knee assists in supporting the arm and leaning into the stretch, place your other hand at the axilla and make three good stretches 1-2-1.

1. Push the client's arm straight forward with rocking motion and back.
2. Move your hand down from the axilla and swing open the shoulder.
3. Move your hand back to the axilla and swing the hand in the other direction (close) in a half circle.

Relax with shaking the hand.



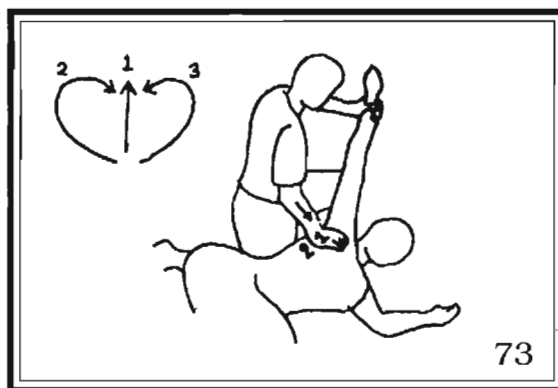
A.



A.



B.



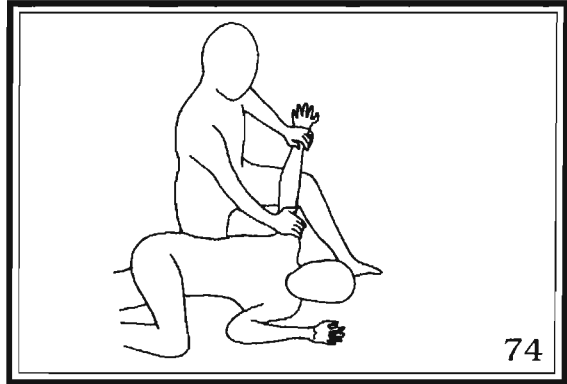
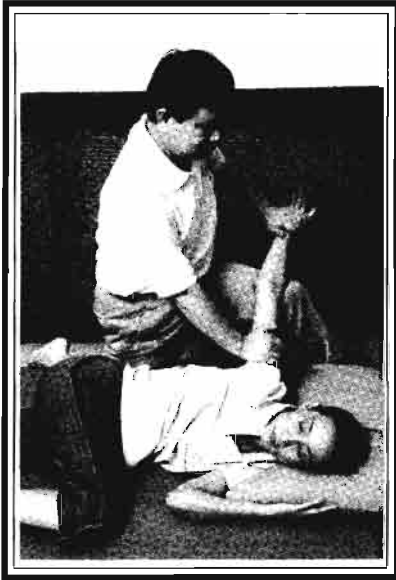
73

Imagine you are drawing a Heart Shape with

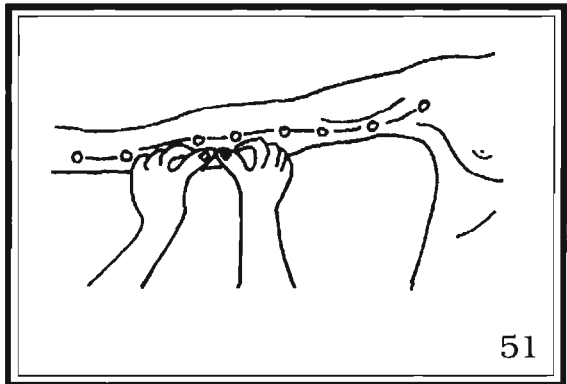
1. First straight up.
2. Curve up from Bottom on one side, opening arm out, and
3. Curve up from the bottom other side, closing arm in.

◆ **74. INSIDE LINE OF ARM (SIDE).**

Half-kneel by client's side facing towards the head, with your outer knee raised. Place client's hand over raised knee with the palm facing up, the arm extended. With one hand on the shoulder and the other at the wrist, stretch the arm. Then P.P.A. the whole arm. Follow with T.P. of the center line from wrist to the inside of the elbow. Above the elbow, work T.F.P. along the biceps. You may press upward towards the axilla and return. It is also possible to combine the lines of the inside and the outside arm by using a pinching movement using the thumb and finger. Close with P.P.B. (Same as #51 on front)



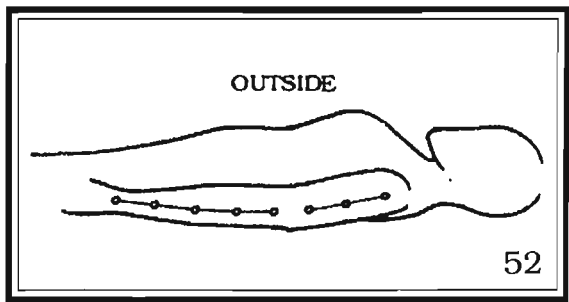
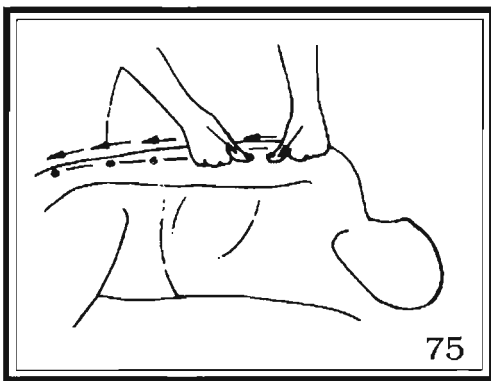
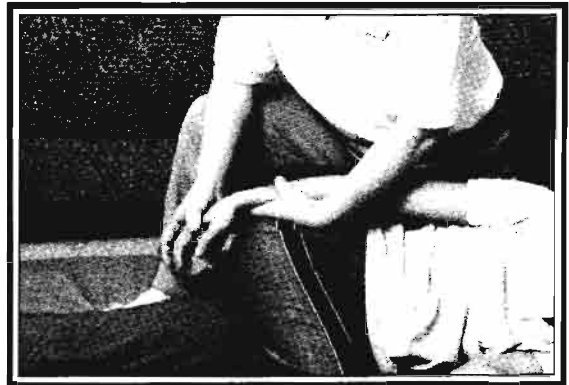
74



51

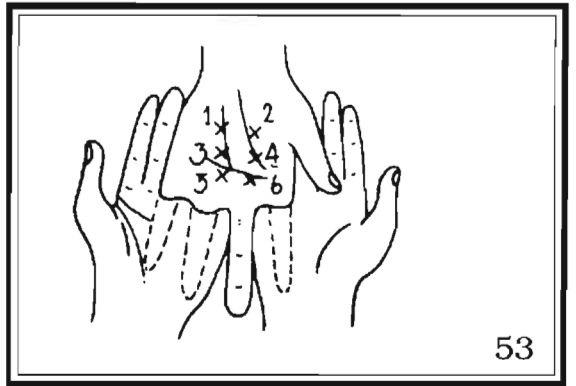
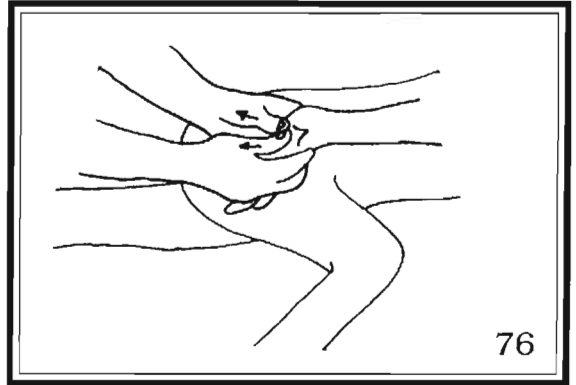
◆ **75. OUTSIDE LINES OF ARM (SIDE).**

Place arm by client's side. Stretch the arm, then P.P.A. entire arm. Follow with T.P. of the center line. Above the elbow, work T.F.P. cover the bone with lines 1, 3 and return along the mid-line (line 2) with T.P. close with P.P.B. of the whole arm. (Same as #52 on front)



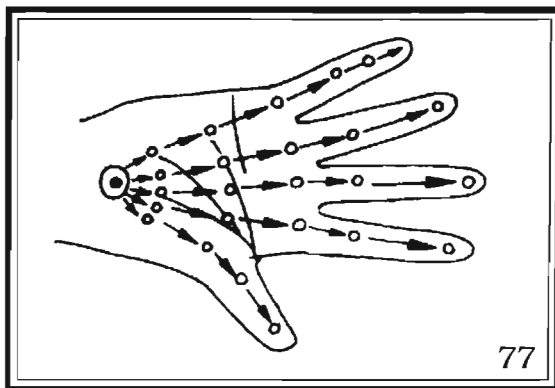
◆ **76. T.P.6 POINTS OF PALM (SIDE).**

Sit or kneel by side of client's thigh. Pick up the hand and rotate so that the palm is facing up. P.P. knead the hand. Insert your fingers between client's and T.P. the 6 points of the palm. (1-2-3-2-1-2-3) Follow this with general T.P. walk over the entire area of the palm. (Same as #53 on front) Then with your thumbs, make stroking movements down the palm. (Same as #54 on front) Follow with walking stroke (Moon Walk). Relax with P.P. knead the hand.



◇ **77. FIVE LINES OF PALM (SIDE).**

Five lines down palm. Starting at the center of the heel of the palm, make a series of T.P. down the palm to each finger. At the bone, change to Thumb Circles T.C. and continue out each finger. Press and pinch at the tip of the finger. In this position these lines can be worked singly, or two at a time if preferred. (Same as #55 on front)



A. one by one alone

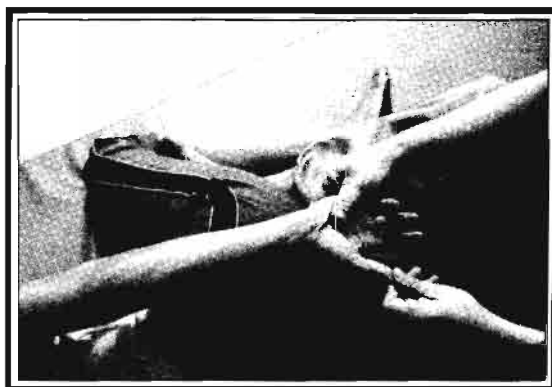
B. both together

line 1 and 5 together

line 2 and 4 together

C. line 3 (center)

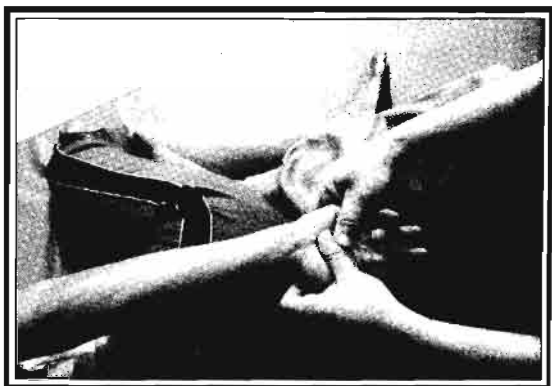
Relax with knead.



A.



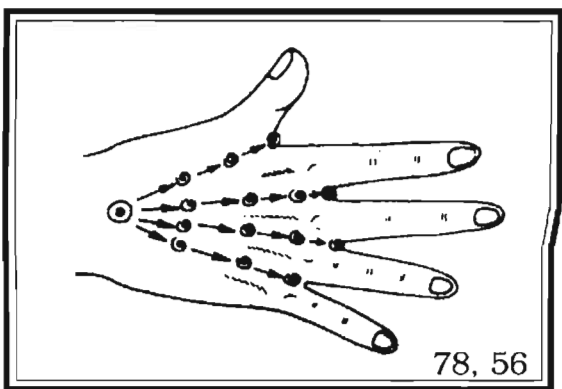
B.



C.

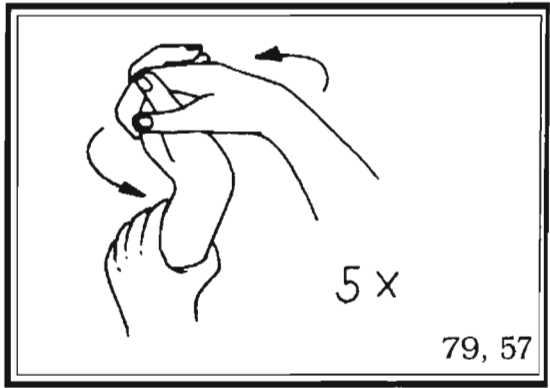
◆ **78. FOUR LINES BACK HAND (SIDE).**

Four lines down back of hand. Holding the hand with fingers and palm around each side, press and knead the hand to loosen. With one hand make Thumb Circles. T.C. down the grooves between the bones and tendons. At the hand knuckle, shift to the finger and continue to end. Press and pinch at the tip. Use second and third fingers to make circles down the side of the hand and then change to thumb to continue out the fifth finger. Close with P.P. knead the hand (Same as #56 on front).



◆ **79. ROTATE WRIST (SIDE).**

Hold client's forearm above the wrist and interlace fingers of other hand with the client's. Rotate the hand 5 times in each direction outward and inward. Then with fingers hook, press, pull and stretch the hand 3 times soft-hard-soft. Then pull and stretch the hand by pulling against the interlocked fingers. Do this 3 times soft-hard-soft. On the last pull let your fingers lie diagonally across the client's. Then press and knead the back of the hand. (Same as #57 on front).

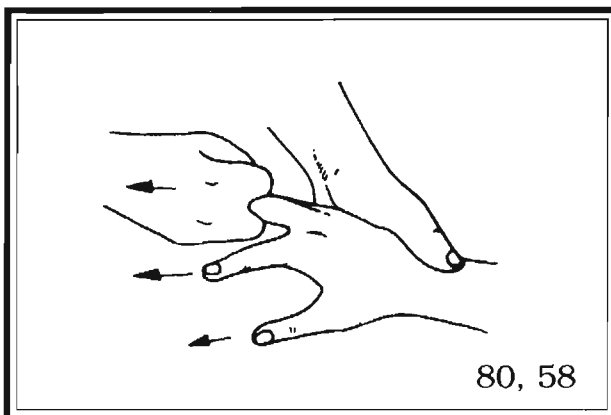


◆ **80. PULLING ARM.**

Begin with thumb circles T.C. on the hand knuckle. Then rotate the finger outward and inward. Holding the finger between your second and third fingers, pull the finger so as to stretch the whole arm. (Same as #58 on front).



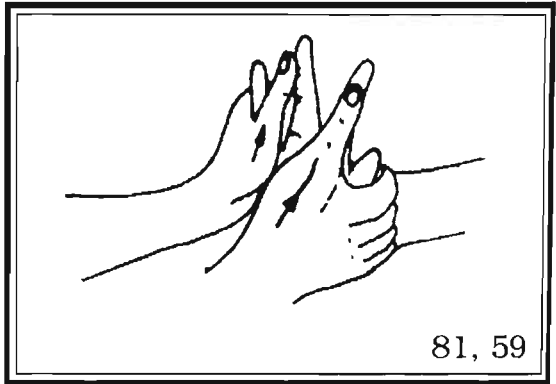
OR



◆ **81. STRETCH FINGERS (SIDE).**

Start on palm and stretch fingers backward. Support the back of the knuckles with your fingers while rubbing out the palm side with your thumbs. The fingers may be stretched singly and in combination (Same as #59 on front).

With your four fingers stretch the client's four fingers backward while your thumb stretches the client's thumb outward. Do this at the same time.



◇ **82. STRETCH TORSO (SIDE).**

Form a half kneeling position. Raise the hand and arm and bend the arm so that the hand is placed over the ear or on the pillow with the fingers pointing toward the shoulder.

A. With one hand on the elbow and the other on the hip, stretch from elbow to hip 1-2-1.



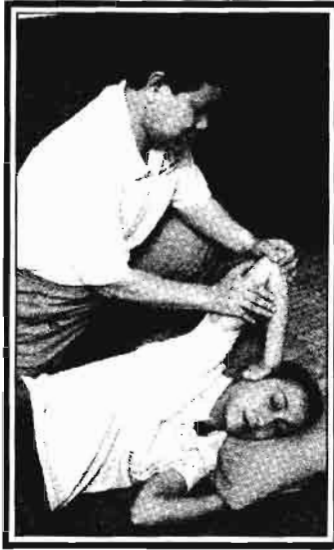
A.

B. Then, maintaining an upward pressure on the elbow, use the fingers of the other hand to press, squeeze, and pull back on the soft tissue of the under arm 1-2-3-2-1.



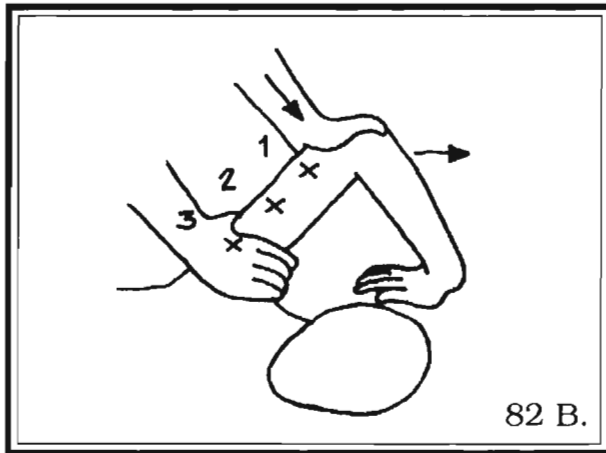
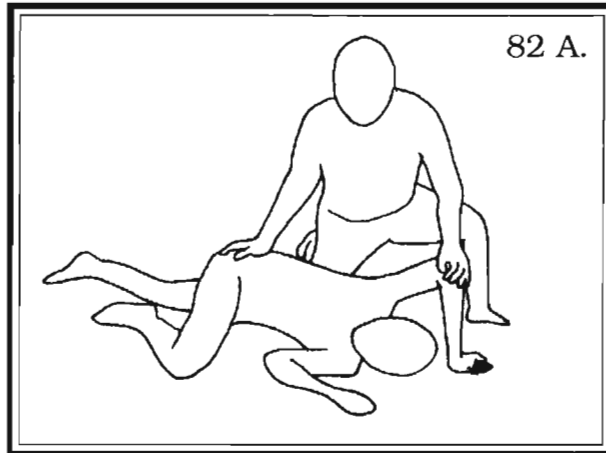
B.

C. At last, with the heel of your palm, kneed the tricep of the client 1-2-3-2-1



C.

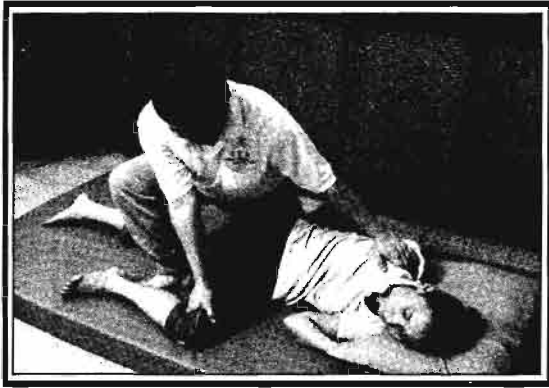
D. Shake out the arm and lay it down behind the body.



◆ **83. TWIST SPINE.**

Assume a half-kneeling position, with your knee that is on the ground behind client's buttocks, your forward foot in between client's legs or, if you have long legs, place your foot outside client's bent leg.

1. Place one hand on the shoulder at the pectoral and the other hand above the bent knee. Push against client's hip with your thigh as you press down on the shoulder and leg. 90% push with your body weight 5% on the shoulder 5% on the leg.



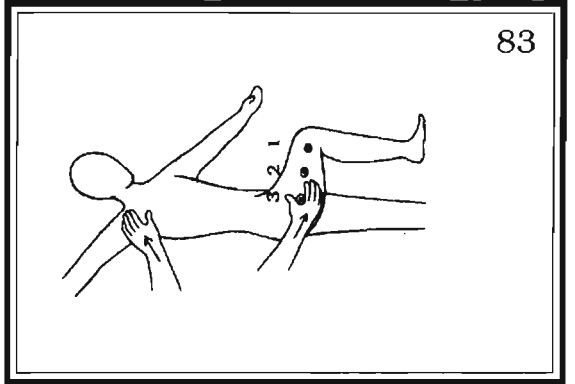
1.



2.



3.



83

2. Move the hand above the knee to below the crease of buttock and stretch again.

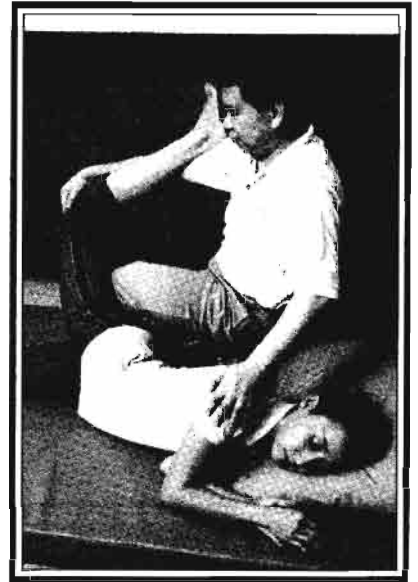
3. Move your body behind the client and move hand on the leg to behind the buttock and stretch again. If you hear the body crack on 1 do not continue, if on 2 do not do 3. If on 3 there is no crack, do not return. Just do this movement 1, 2, 3 only.

◆ **84. SIDE HALF LOCUST (HALF KNEELING).**

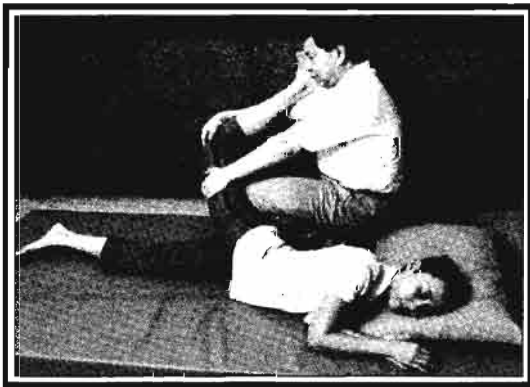
A. Kneeling at the back, hold and cradle the top leg in your arm with your hand around the knee, the other hand on the client's shoulder. Fix your knee which is closest to the shoulder in the waist by the lower back. This is to isolate the movement and does not require pressure. Work by pulling back on the leg while shifting the position of the knee 1-2-1 in the space between the iliac crest and ribs. If the client is heavy, both hands may be used around the knee to pull back.



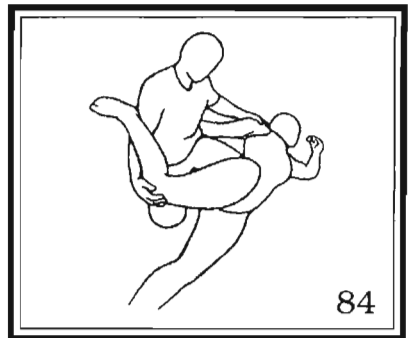
A.



B.



C.



84

B. Pull the thigh back against your knee. Move the knee up toward the gluteus and back, 1-2-3-2-1-2. Be sure to stop at position 2.

C. Continue to hold the client's leg in your arm. With your other hand, hook your fingers into the first inside line. Pull along this line, 1-2-3-2-1 and then pound with a loose fist. Lower client's leg.

◆ 85. SIDE HALF LOCUST (STANDING).

A. Standing at the back, hold the ankle of the lower leg and the wrist. Place foot in the waist over the spine and pull on the ankle while moving your foot 1-2-1 from the waist upward and back. Stabilize the waist without pressing with the foot, and hold the arm without pulling. Work by pulling upward and back on the leg.



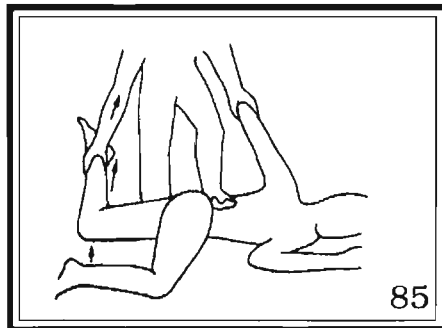
or



B. Take the top leg and repeat. Pull back on the client's leg, rather than up.

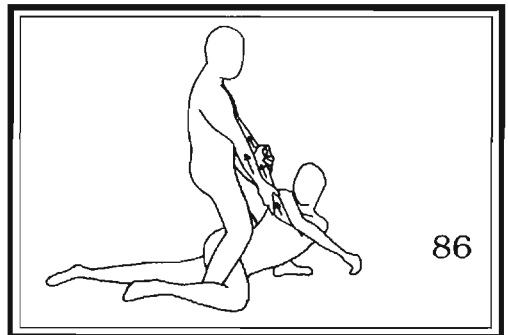
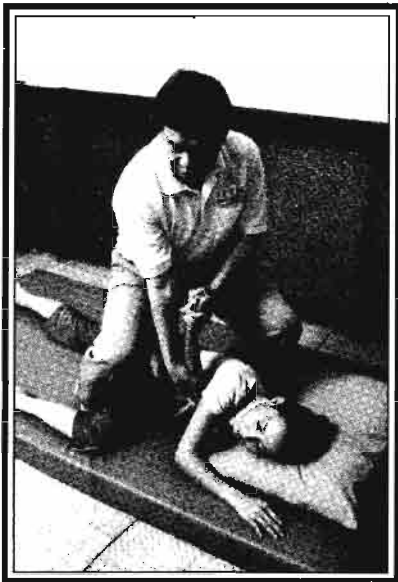


or



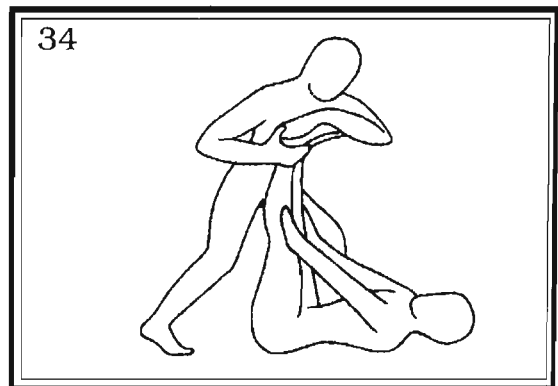
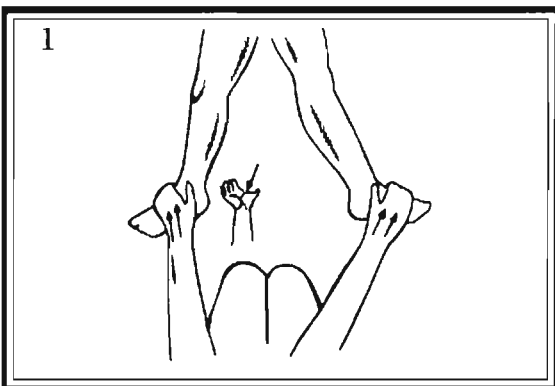
◆ **86. TWIST LIFT BODY.**

Facing the client's head, place one foot on the outside of the body and the other between the client's thighs. The client's upper arm will lie on top of the underneath arm. Take the underneath arm and lift and pull upward and back, raising and then lowering the body. Do this 3 times. Then rub along the spine. Hold the client's arm at the wrist, or hold with one hand on the wrist and the other closer to the elbow. If the client's body tends to roll towards the back, place your outside foot against the small of the back.



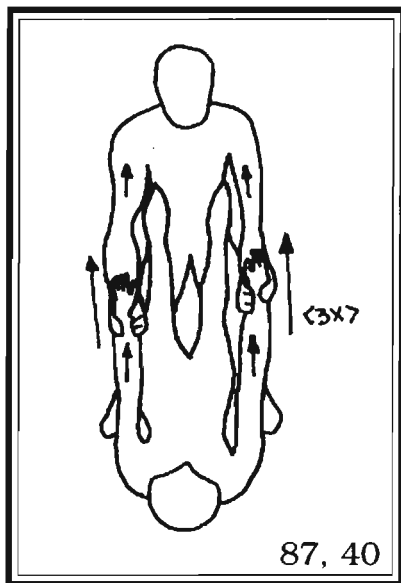
REPEAT OTHER SIDE STARTING FROM #64

After you finish both sides and before you do the next step, start with P.P.1. and follow with shoulder stand (Same as #34 on front).



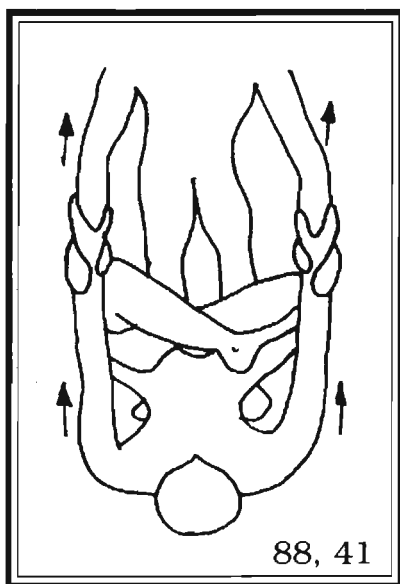
◆ **87. HEAD TO KNEE (LEGS STRAIGHT).**

With client lying on back, feet against your chest or extended by your sides, hold each other's wrists. Lean back and pull client upward 3 times. (Same as #40 on front).



◆ **88. HEAD TO KNEE (LEGS CROSSED).**

With client's legs crossed in front of your knees, hold forearms and pull client upward 3 times. On the third pull, take small steps backward and pull client into a sitting position. (Same as #41 on front).



◇ **89. CAT COW-CHOP.**

A. Place client's hands on the mat in front of their crossed legs. With the client in a sitting position, stand at back with hands on shoulders next to neck, thumbs in front and fingers pointing down back. Using body weight through the heel of your palms, P.P. shoulders from the neck outwards, 1-2-3.



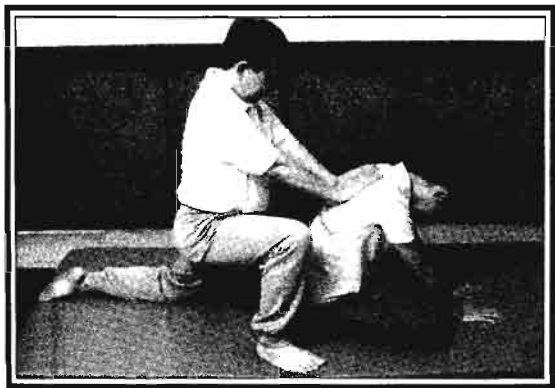
A.

B. Shift hands so that thumbs are in back, fingers down front, and return 3-2-1. Keep the pressure on the muscle and not on the bone at outer shoulder. (Same as #42 on front).



B.

C. CAT COW. Half kneel behind the client and with the hands together P.P. down along the lateral edge of the spine with butterfly hands P.P. at the waist. Return back up with alternate P.P. using your body weight to transfer from one hand to the other.

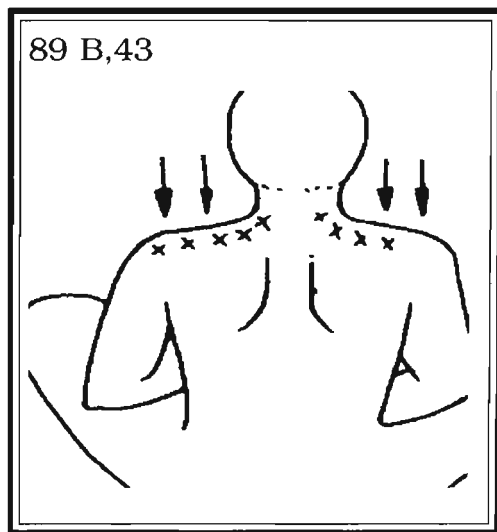
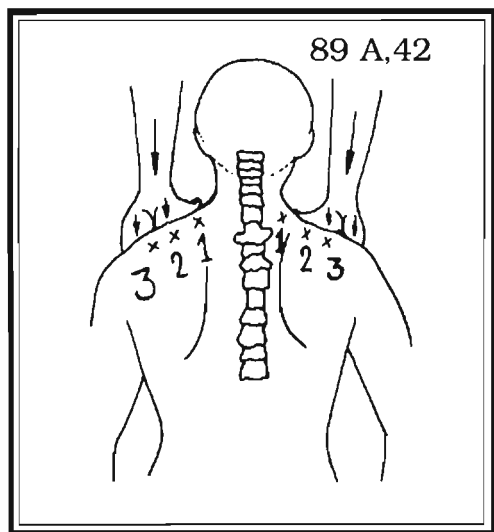


C.(Cat)



C.(Cow)

D. Chop out along back of shoulder and return to center, then down adjacent to the spine and up. Do this on each side. Follow with Palm Circles P.C. down and up. Close with brushing strokes down the back and out to the side. The client may brace against the pressure of this movement by placing hands on mat and keeping elbows straight. (Same as #42, #43 on front).



BACK POSITION (#90-109) 40 MINUTES

◇ 90. FOOT WARMING UP (BACK POSITION)

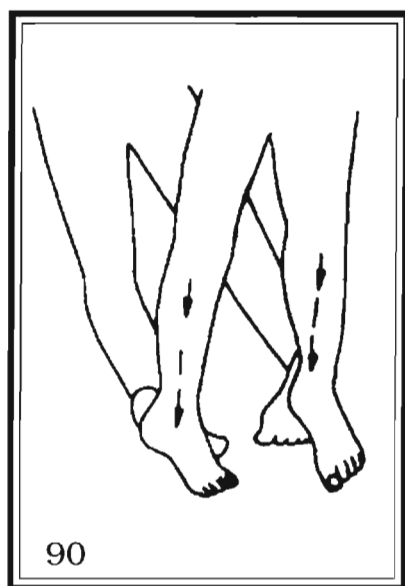
A. Start with the client lying on their back, do P.P.1 up-down.

B. Ask the client to turn over P.T.O. Then P.P.1 on the back of feet and legs.

C. With client lying prone, stand at client's feet facing away from the body using your sole for pressure on the client's sole. Begin with the left side for a woman, the right side for a man.



C.



D. Then use your heel for pressure on the client's sole.

E. Do the other foot. (C and D).

F. When you finish both sides, walk with soles on both feet.

G. Follow with heels on the sole of the client's feet. Do not walk on client's heels.

H. Turn to face the client and using the ball of your foot one side at a time.

I. Do the other foot.

J. When you finish both sides then walk on the arch and ball using the balls of your feet.

K. Kneel and use knees to walk alternate presses on the feet. Use hands and arms to support your body and maintain balance.

L. Use fists to make alternate presses on the feet and heels.

M. Follow with P.P.1 on the back of feet and legs.



F.



H.



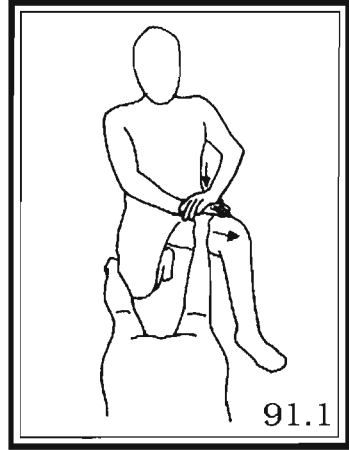
K.



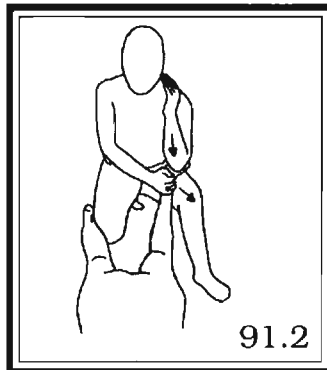
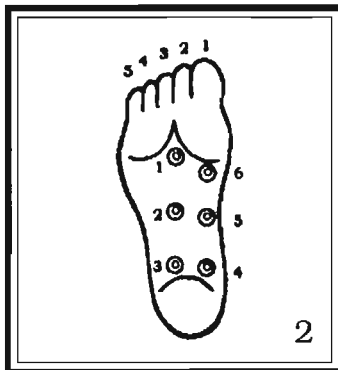
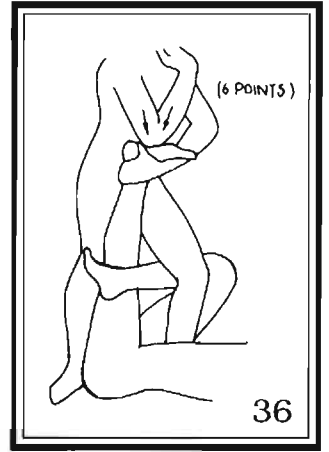
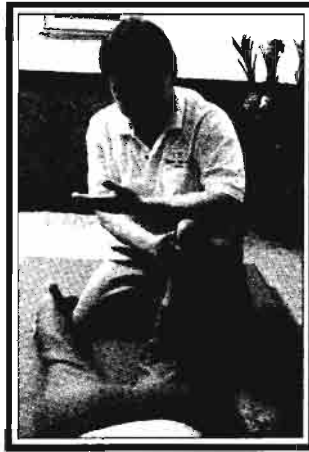
L.

◆ **91. A. FEET (BACK POSITION).**

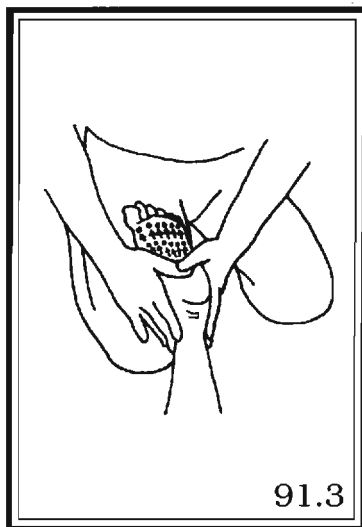
A.1. P.P. ROCK. Half kneel at client's feet. Lift one foot and place it on your raised thigh. P.P. rock. (See #1).



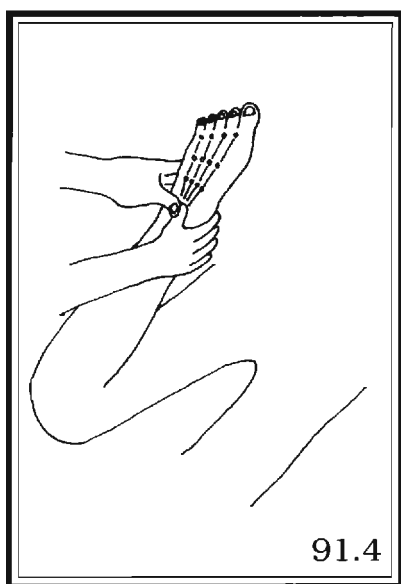
A.2. ELBOW PRESS SIX POINTS. Use one hand to assist in supporting and stabilizing the foot. With the other arm, roll the forearm down the foot. With elbow hold each point 5 seconds, then release slowly by extending the forearm. Repeat rolling the forearm on the foot. Then pound with a loose fist. (See #36, #2 on front).



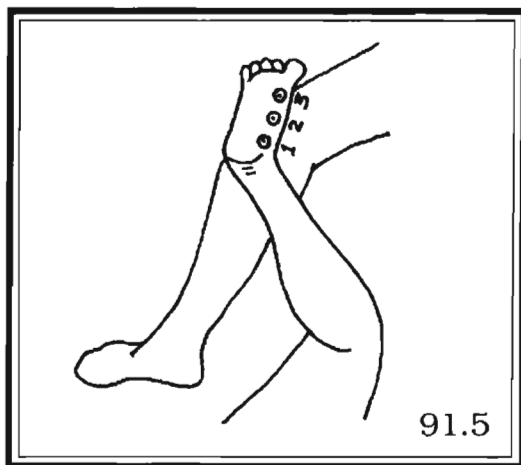
A.3. FIVE LINES OF FOOT. Shifting to Thumb Circles T.C. on metatarsals and toes. Lines can be worked singly, or 2 combined together. (See #3 on front).



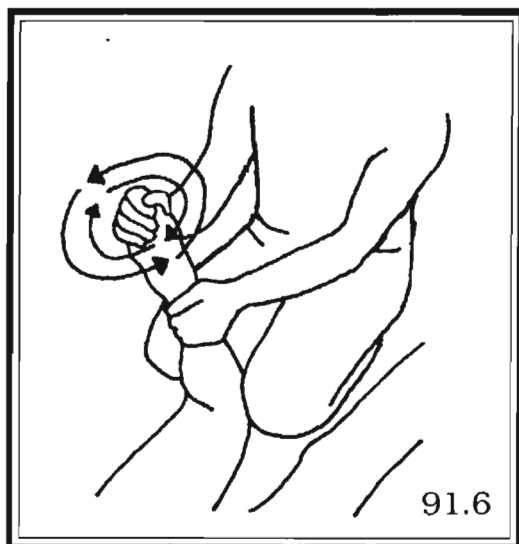
A.4. FOUR LINES TOP FOOT. Point the foot upward and T.C. the 4 lines of the dorsal foot starting at ST 41. Make finger circles F.C. on the side of the foot, continuing out the fifth toe. (See #4 on front).



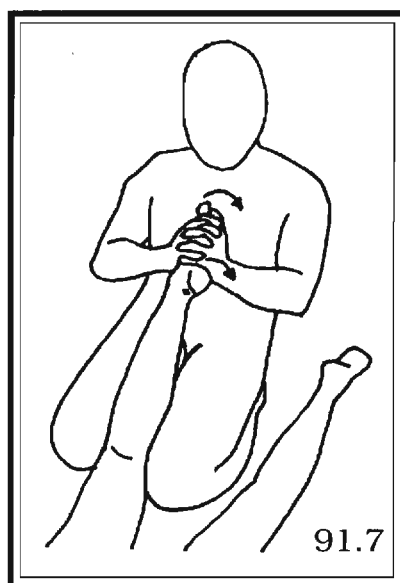
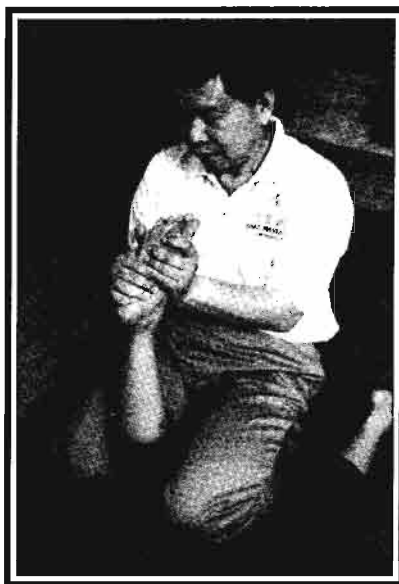
A.5. T.P. ARCH. Half kneel at client's feet. P.P. arch with rocking motion. Double thumbs T.P. along the area of the medial arch while rocking the foot. Start from the heel to the ball and T.P. walk back to the heel. Relax with rocking P.P. (See #5 on front).



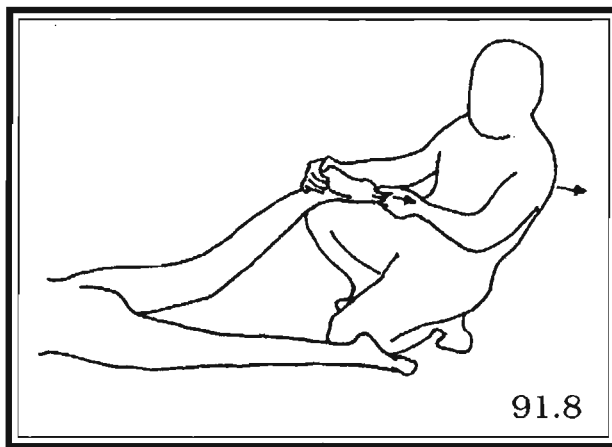
A.6. ROTATE THE FOOT AND ANKLE. Form the Japanese sitting position. Point the foot upward, with one hand holding the heel and the other hand holding the ball and the toe. Rotate the foot and ankle 5 times in one direction and then reverse. (See no #6 on front).



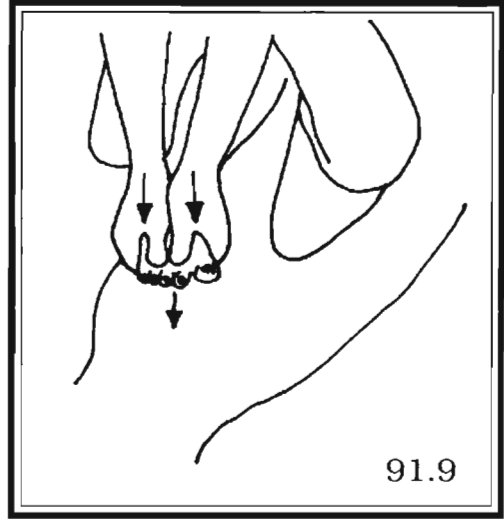
A.7. TWIST FOOT. You are still in the Japanese sitting position. With your knees hold the client's knee. Grasp the foot across the medial with one hand or two hands with interlaced fingers, and lean back while twisting the foot. Repeat from medial arch to toes and back 1-2-3-2-1. Switch hands and repeat with other side of foot (See #7 on front).



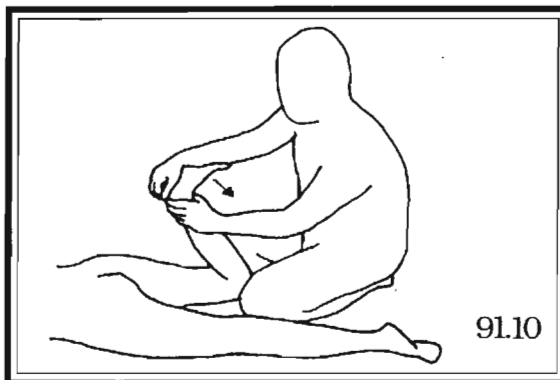
A.8. PULLING TOES. Hold the tip of the foot in one hand or rest at your thigh. With the other hand hold one toe between your thumb and index finger. Rotate each toe several times in each direction to relax and loosen the joints then, holding firmly, pull back. Do the 5 toes (See #8 on front).



A.9. STRETCH TOP FOOT TO BUTTOCK. One hand holds the ankle with the other hand on the top of the foot. Press and push with palm on ankle to toe 1-2-3-2-1 5 seconds each (See #9 on front).

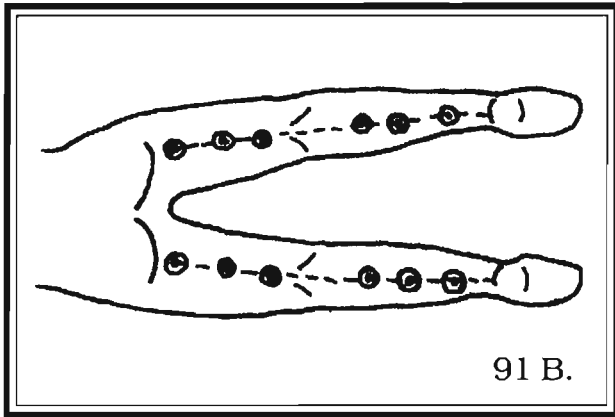


A.10. STRETCH BALL AND TOE (CUP HAND). Hold the heel in your palm (cupped hand) and the bottom of the foot along your forearm. Press the toes and push the heel forward to the buttock 3 times soft-hard-soft. Use your body weight by leaning forward. (See #10 and #33 on front).



REPEAT WITH OTHER SIDE.

B. ENERGY LINE OF BACK LEG. After completing both feet, put legs down and P.P.1 feet and back of legs. Follow with alternate T.P. up and down center line of calf and thigh. Do not use excessive force on calf as this is often sensitive. Repeat alternate P.P. from ankles to buttocks. Stop at top of thigh and raise your body for 1/2 minute. Return P.P. walk down.

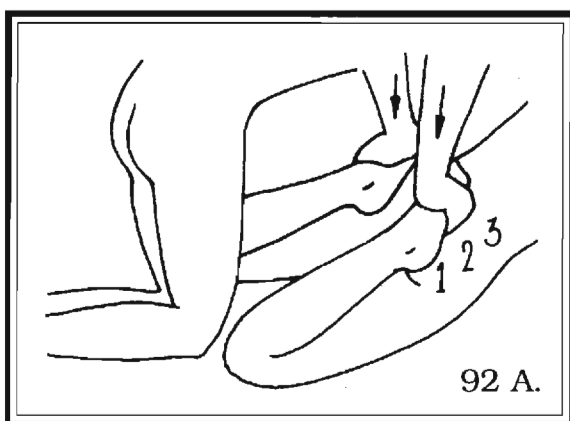


◇ **92. ANKLE STRETCH.**

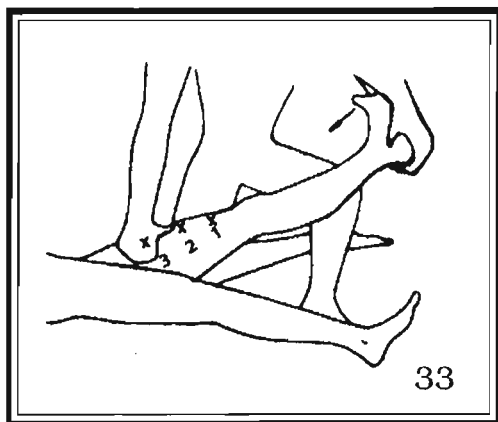
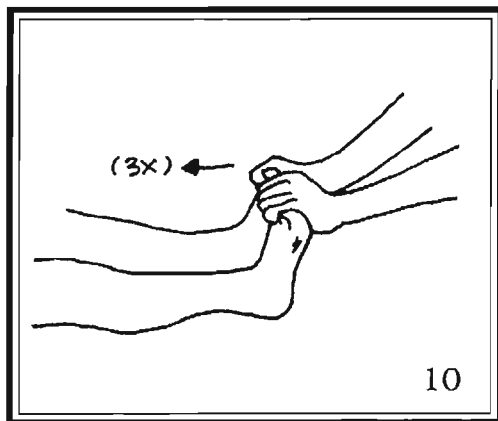
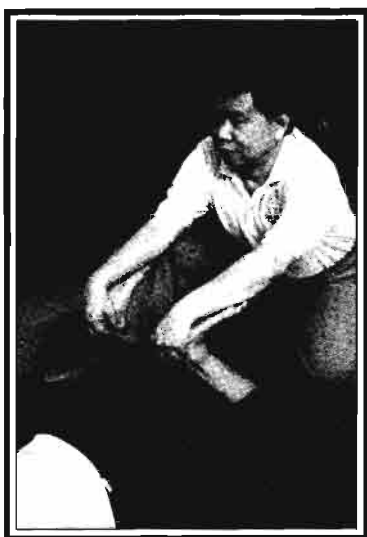
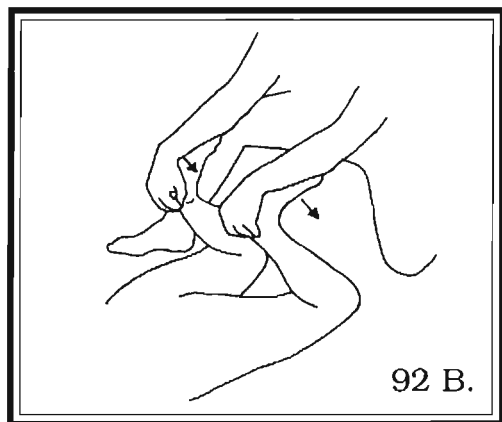
A. With hands on ankles, press feet to buttocks. Do 3 times, shifting hands toward toes with each press. First press is soft, second harder, third soft. (See #9 on front).



A.

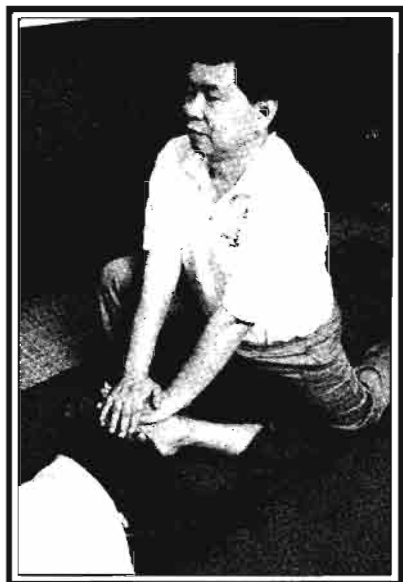


B. With cupped hand holding the heels in your palms and with the bottom of feet along your forearm, press the toes and push the heels forward to the buttocks times. Soft-hard-soft, always use your body weight (See #10, #33 on front).

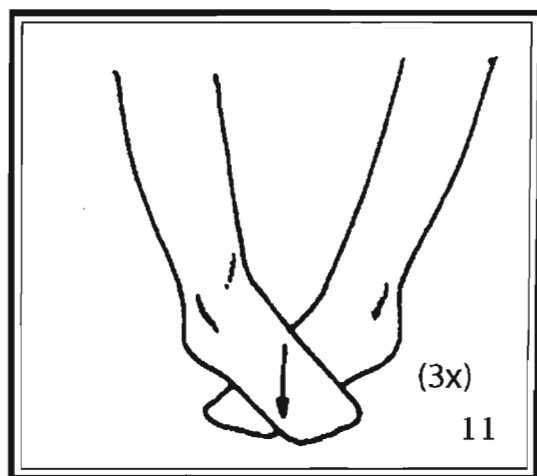
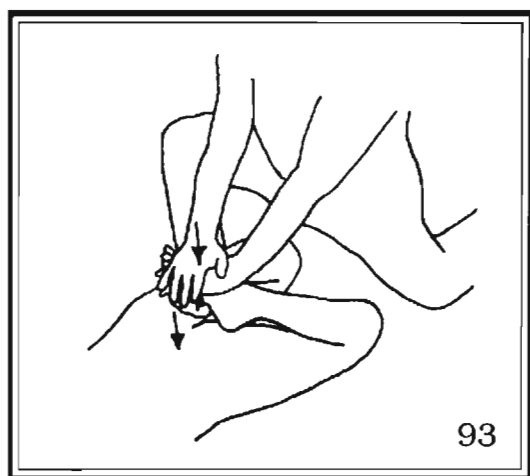


◆ **93. CROSS FEET STRETCH.**

You are in a kneeling or half kneeling position. Open knees slightly and cross feet. Press feet towards buttocks 3 times (soft-hand-soft). Reverse crossing of feet and repeat. (See #11 on front).

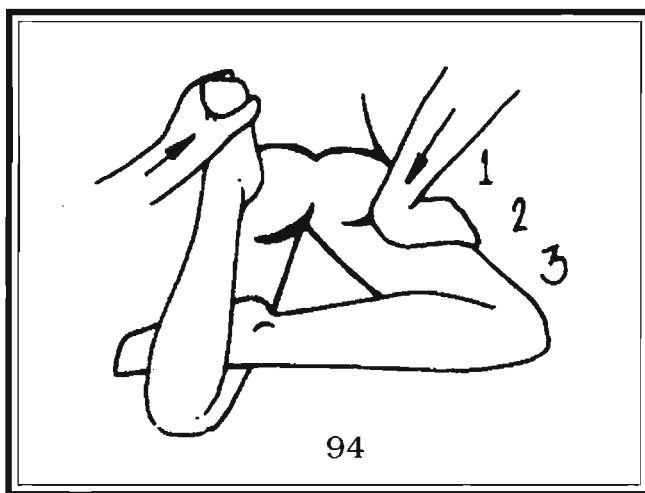


or



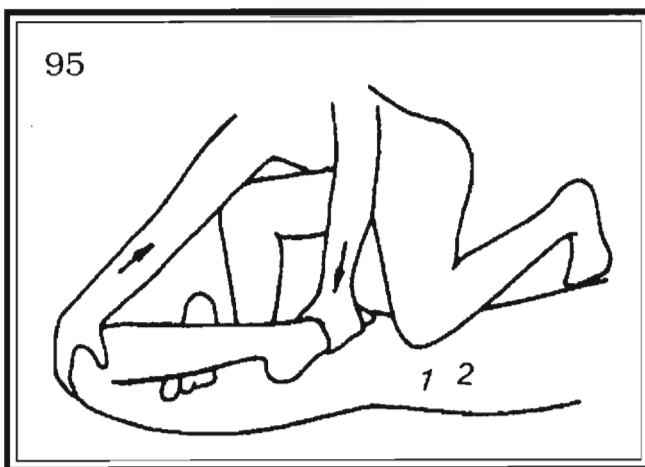
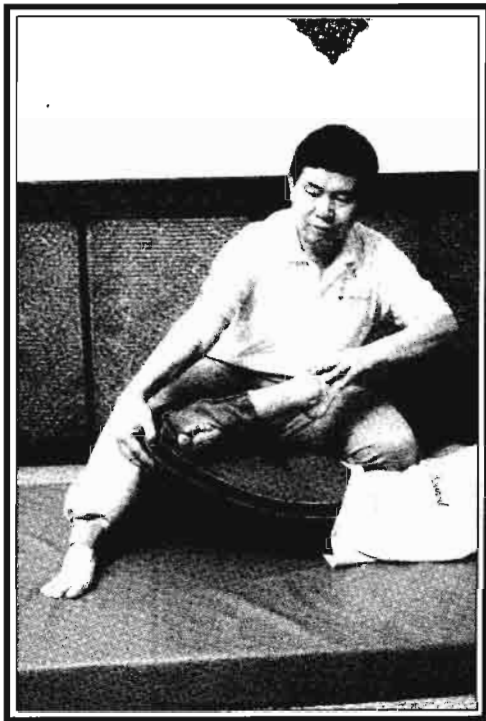
◆ **94. LOCK AND ROCK.**

You are in a half kneeling position. Open knees slightly and cross one foot behind knee. Push the raised foot towards the buttocks. Simultaneously P.P. down from buttock on other leg and return, 1-2-3-2-1.



◆ **95. SEE-SAW.**

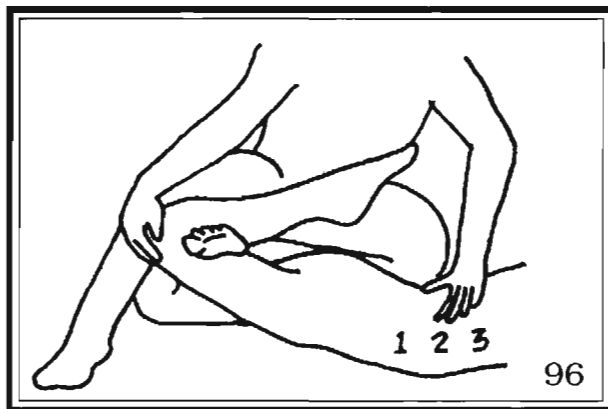
Move with Tai Chi movement to the side by the crossed leg. Fix knee lightly in the near waist. Hold foot and press and push to the buttock with one hand while lifting on the knee with the other as you shift the knee up the waist, 1-2-1.



◇ **96. LOCK AND LIFT.**

Move your knee from the near waist to the floor and the palm of your upper hand at the waist on the opposite side of the body. Grasping at the foot or the ankle or the knee, pull the leg upward while shifting palm up the far waist 1-2-3-2-1. The knee may also be held so that the hand is around the knee and the leg is cradled in the arm.

CHANGE TO OTHER SIDE AND REPEAT FROM #94.



◆ **97. THAI SITTING POSITION.**

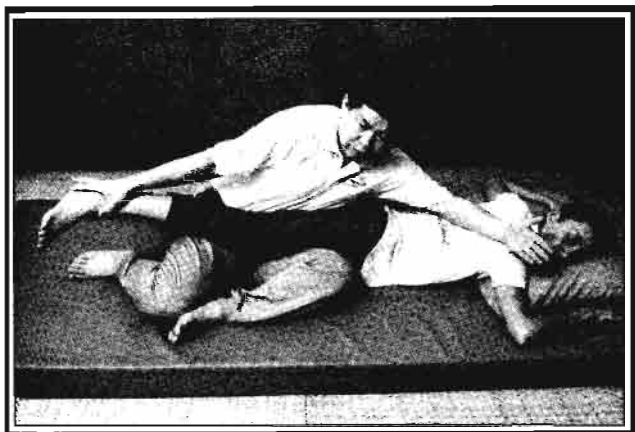
A. Sit between the client's legs as close to the hips as possible. And stretch one leg across your lap. Sit with you legs extended or with legs bent and tucked back if preferred, but do not kneel. Hold the ankle with one hand and fix other arm on client's waist. Stabilize the arm at the waist and the stretch the leg and hold a few seconds. While holding the ankle, roll the upper arm as far as possible toward the scapula, then roll back down to the waist.



A.(1)



A.(2)



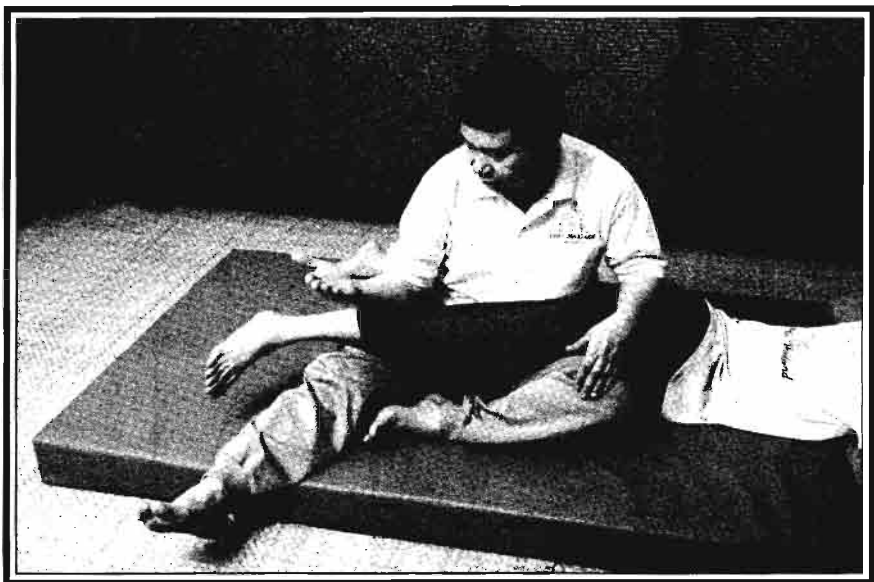
A.(3)

B. Roll the forearm from the waist to the back of the knee and back to the buttock.



B.

C. Fix upper arm on the buttock and roll down the calf to create extension of upper and lower leg.



C.



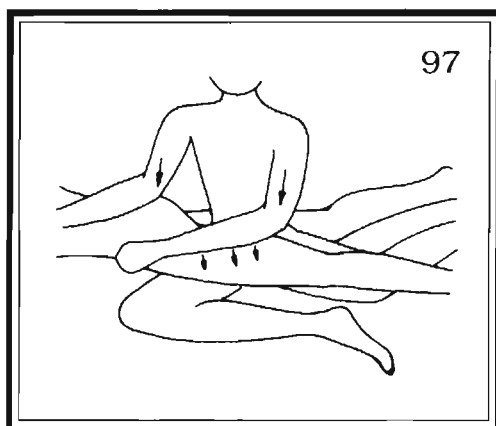
D.



E.



F.



D. Rolling arms outward in opposite directions, roll the calf and thigh simultaneously.

E. Place forearms near the back of the knee then slide the forearms out away from the knee to buttock and the calf in opposite directions.

F. Relax leg by chopping down buttocks, back of thigh and calf. Down-up-down.

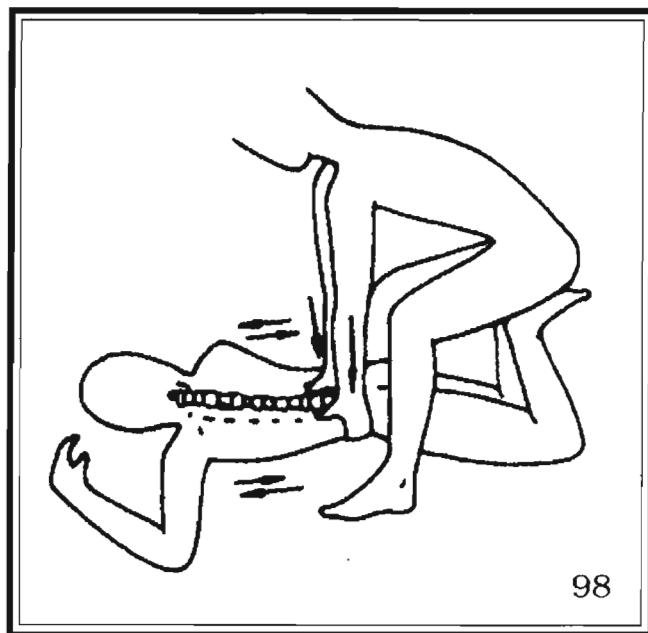
REPEAT WITH OTHER LEG.

◆ 98. STOOL SITTING.

With the client's legs and feet raised, sit on the soles of client's feet. Stretch the buttock 3 ways, push down, out and up one at a time. Butterfly hands. P.P. at the waist. With heels of palms adjacent to the spinous processes, P.P. hands together from waist up along the spine as far as can comfortably be reached. However, do not press on the cervical area. Return back down with alternate P.P.

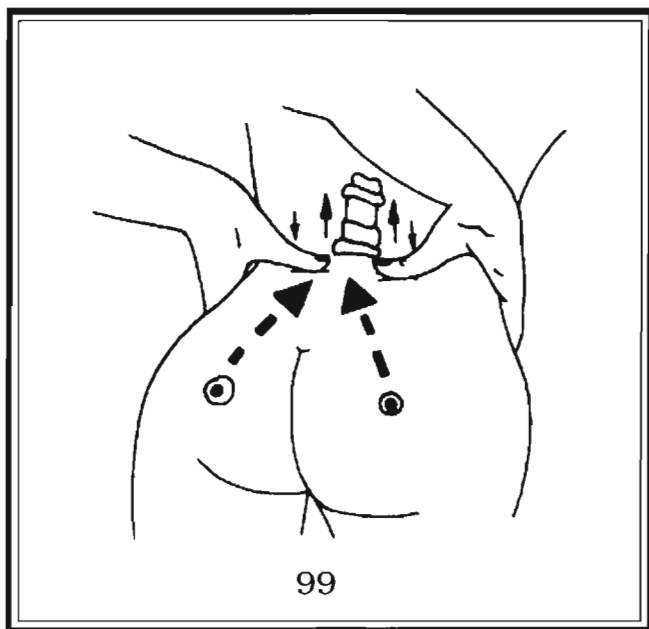


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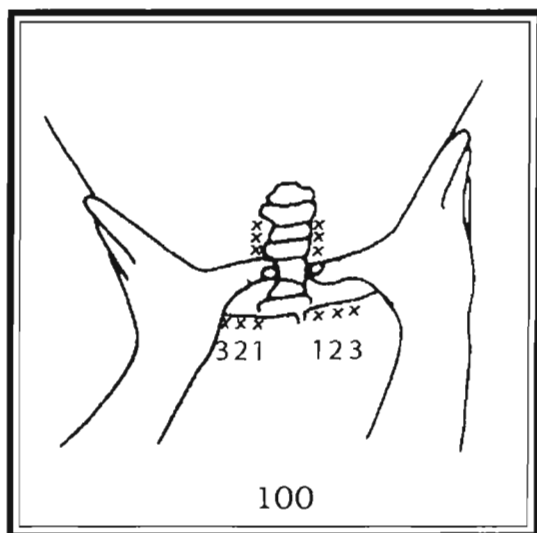
◆ **99. ENERGY LINES OF BACK.**

Repeat the same with T.P. from the middle of buttocks together up along the spine, to the shoulder and return back down with alternate T.P. to the buttocks.



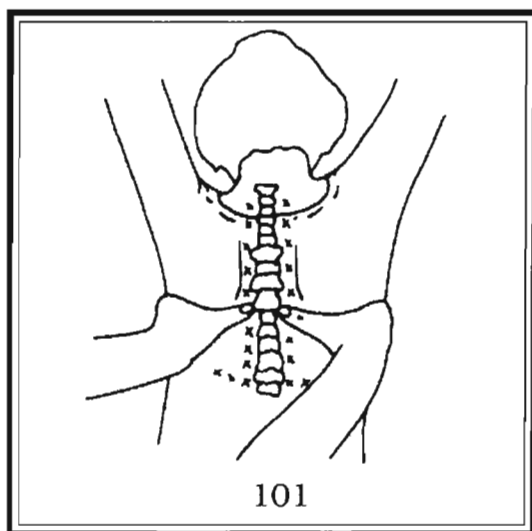
◆ **100. THREE WAIST POINTS.**

T.P. walk from buttocks to the waist then make simultaneous T.P. out the waist crest and back, 1-2-3-2-1.



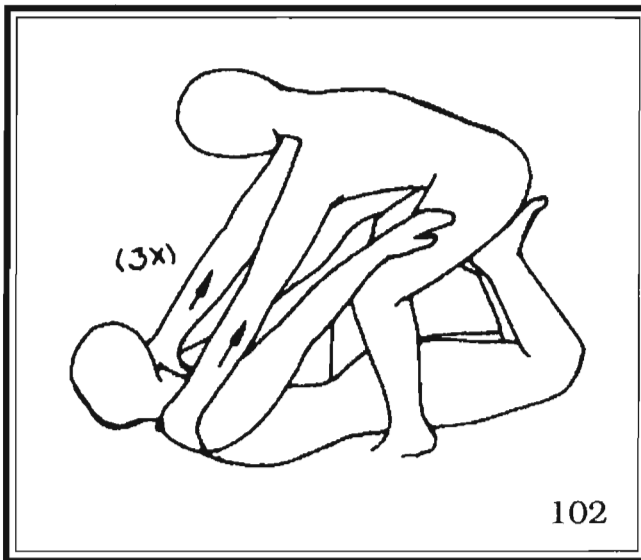
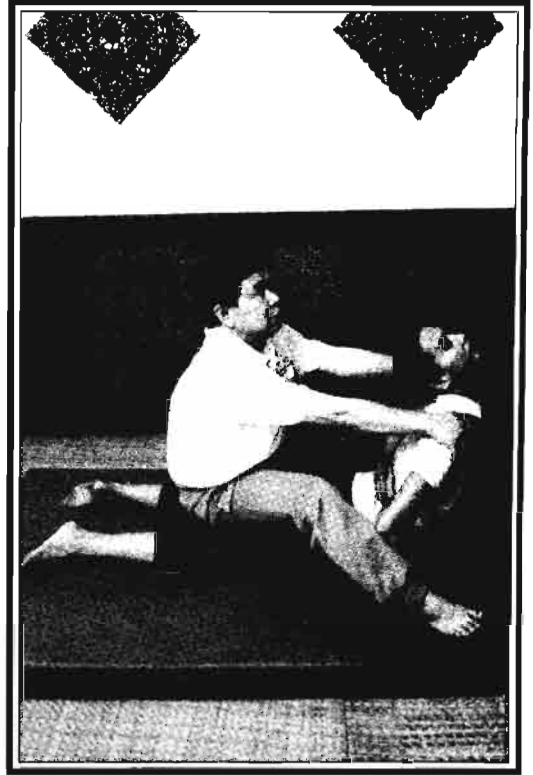
◆ **101. T.P.P.**

Relax with T.P.P. (thumb-palm press) walk up along the back, together down and walk up again.



◆ **102. BOW.**

Place the client's hands on your thighs, arms extended. Reach around the shoulders and clasp the shoulders from the sides. The shoulders may also be clasped from the top if it is more comfortable. Rocking back on the client's feet, lift and pull back. Repeat 3 times.



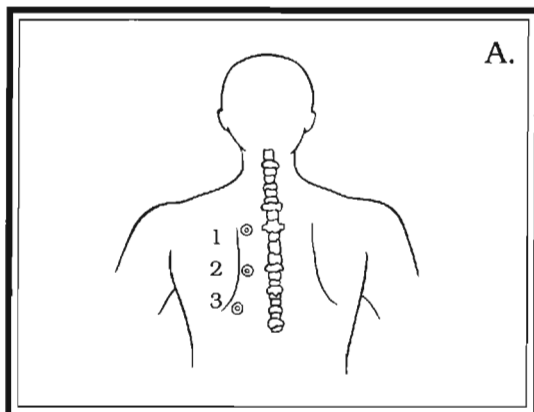
◆ 103. SCAPULA.

A. Place the client's feet on the floor. Shift your position to half-kneel across the client's body, one knee raised and the other on the floor. Place client's arm across your raised knee and thigh. With your outside hand, reach around the shoulder and hold, slightly raised. With other hand, P.P. around the scapula down-up. 1-2-3-2-1.

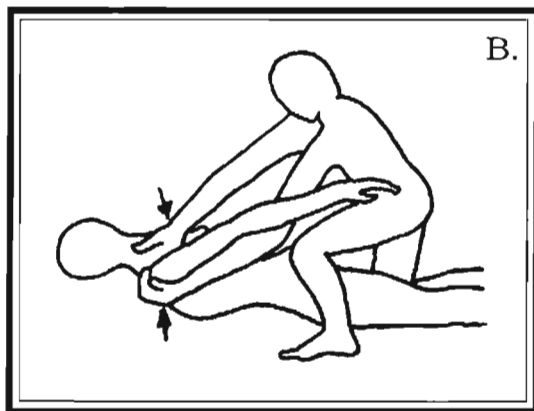
B. Hold the thumb so that it points into the medial border of the scapula, then pull the shoulder back against the thumb, moving the scapula over the thumb as far as possible. Work from the superior angle down and back. Use your body to rock and help pull the scapula into the thumb. 1-2-3-2-1.



B.



A.



B.

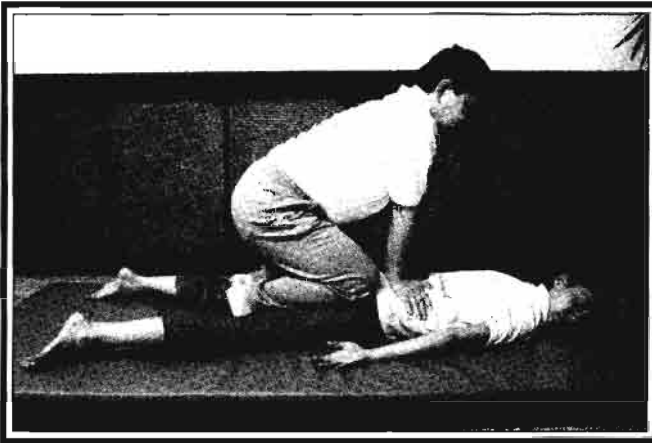
C. Close with Palm Circles P.C. around the scapula.

◆ **104. COBRA.**

A. Fix your knees on the center of the buttocks.

B. Start with butterfly hands P.P. on the waist.

C. P.P. walk up the back, out the shoulders, and P.P. down the arms to the hands.



A.



B.



C.

D. Pick up the client's hands and grasp each other's wrists.

D.(1) Lean back and pull the client's torso and shoulders up and back.

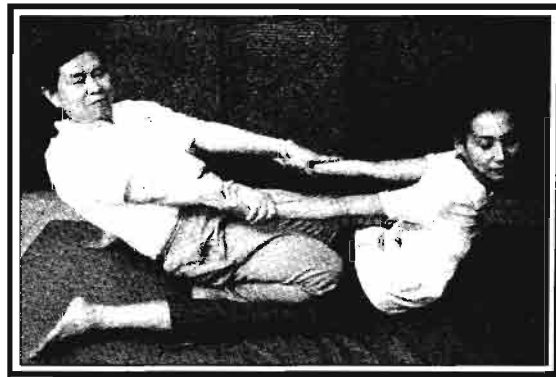
D.(2) Lower the client's body, then shift knees down slightly lower on the buttocks or thighs. Repeat pulling back 1 time.

D.(3) Lower client's body and shift back to first position (1-2-1).

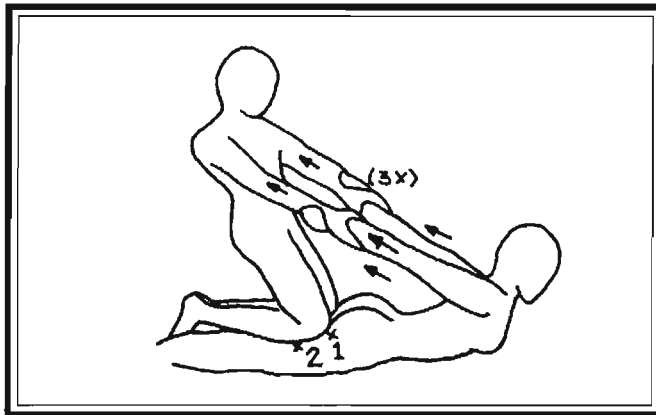
E. Repeat pulling back and while client's body is in raised position, pull alternately on left and right arms to gently swing the body side to side.



D.(1)



D.(2)



E.

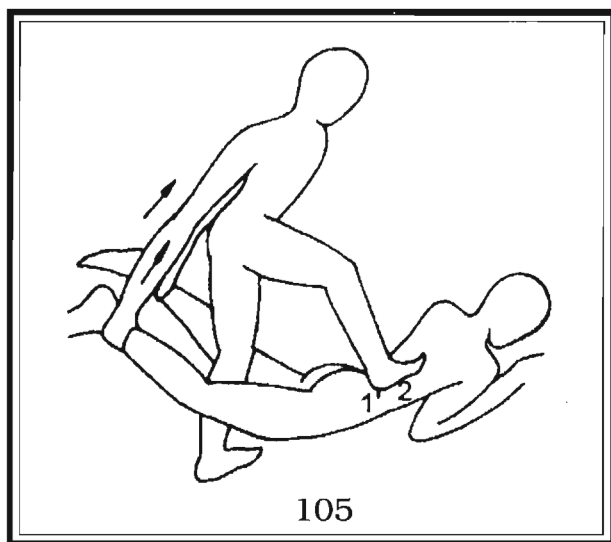
Lower client's body and return P.P. walk from the hands up the arms, shoulders, and down the back. Butterfly hands P.P. on the waist, continuing down thighs and calves to the ankles.

◆ **105. LOCUST.**

Pick up ankles and stand between client's legs. Lift the legs. Keeping careful balance, place one foot lightly over the coccyx and lift and pull the legs. Shift the foot to the waist, starting above the iliac crest, and move the foot as far as the ribs and use only light pressure with the foot. Keep your foot adjacent to, not on the spine.



or



Change feet and repeat with other side. Close by placing your foot sideways across the spine at the waist and pull up 1 time.

◆ **106. HALF LOCUST (BACK POSITION).**

Standing by the client's side, hold the hand and the opposite foot (left hand and right foot for women; reverse the order of sides for men). Place your foot on the waist, and pull on the leg. Hold the same hand and repeat with the foot and leg from the same side. If the client is heavy for the practitioner, use both hands to hold and pull on the leg.



A.

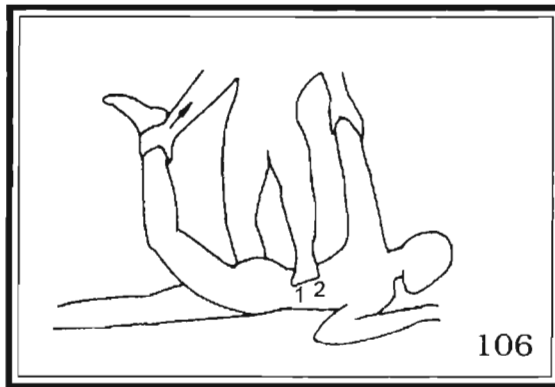
or



A.



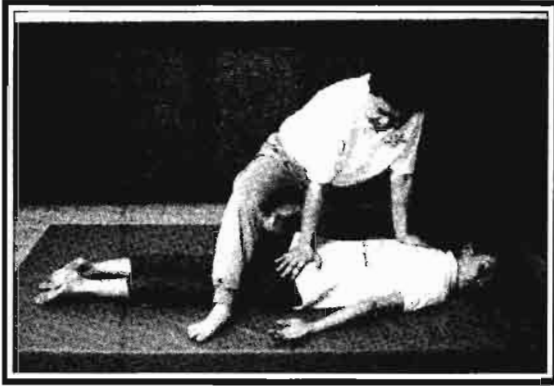
B.



REPEAT WITH THE OTHER SIDE.

◆ **107. CROSS STRETCH BACK.**

Half kneeling by the client's side, stretch the back diagonally, one hand on scapula and the other on buttock on opposite side. Lean well into the stretch and do 3 times, hands moving out slightly, 1-2-1. Cross over and repeat from the other side. With cupped hand on the top of the spine the other on the sacrum, stretch 1-2-1. Relax with P.C. Back to waist down-up-down.



A.

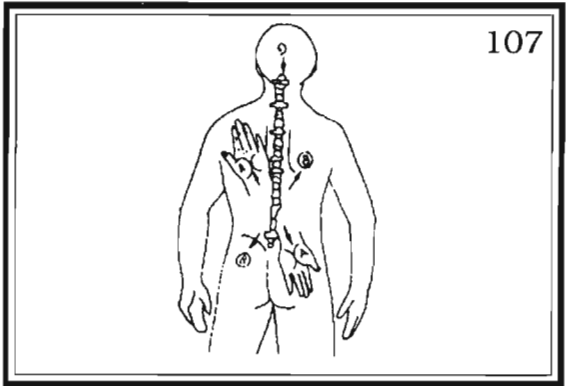


A.

or

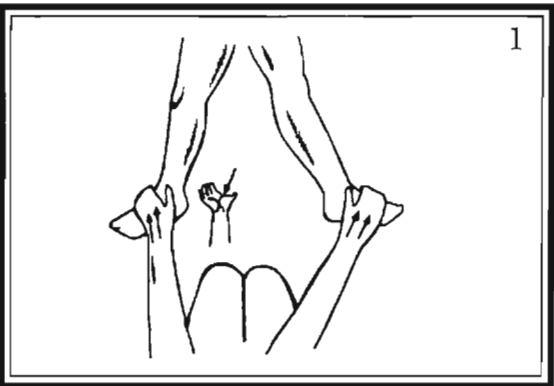


B.

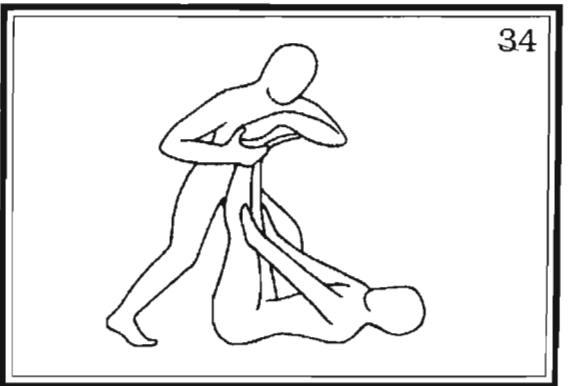


107

Ask the client to turn over P.T.O. then P.P.1 on the legs. Follow with shoulder stand (See #34 on front).



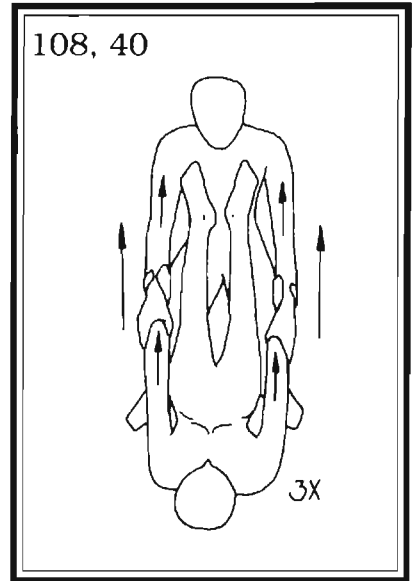
1



34

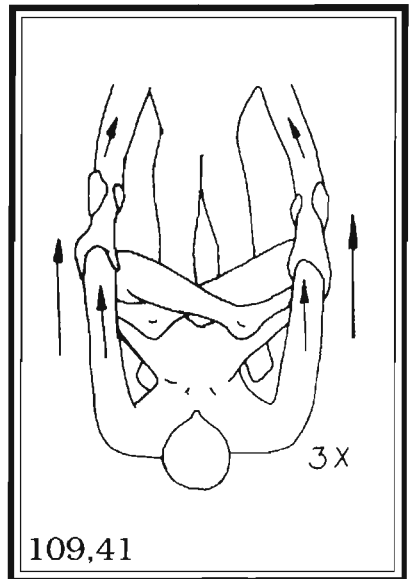
◆ **108. HEAD TO KNEE (LEGS STRAIGHT).**

With legs raised against your chest, or extended by your sides, grasp each other's wrists. Pull and lean back raising the client upward. Do 3 times. (Same as #40 on front).



◆ **109. HEAD TO KNEE (LEGS CROSSED).**

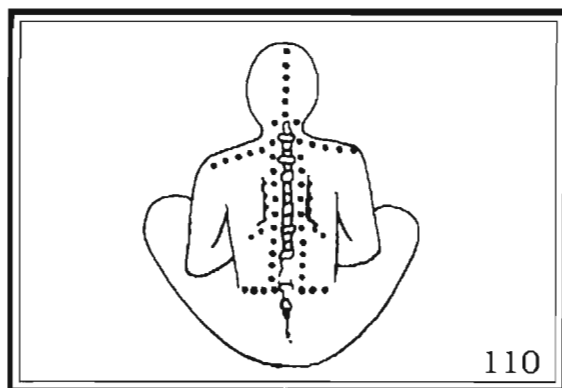
Client crosses legs by practitioner's knees. Pull upward 3 times. On the third pull, take small steps backward and pull client into sitting position. (Same as #41 on front).



SITTING POSITION (#110-134) 30 minutes

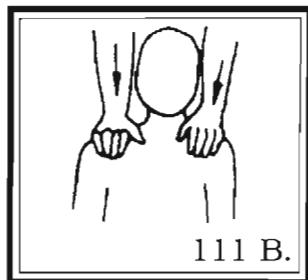
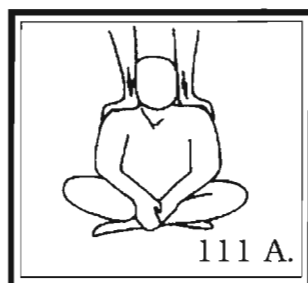
◆ 110. POINTS OF UPPER BODY.

Figure 110 shows the lines and pressure points of the shoulder, back, waist, scapula, neck, and head.



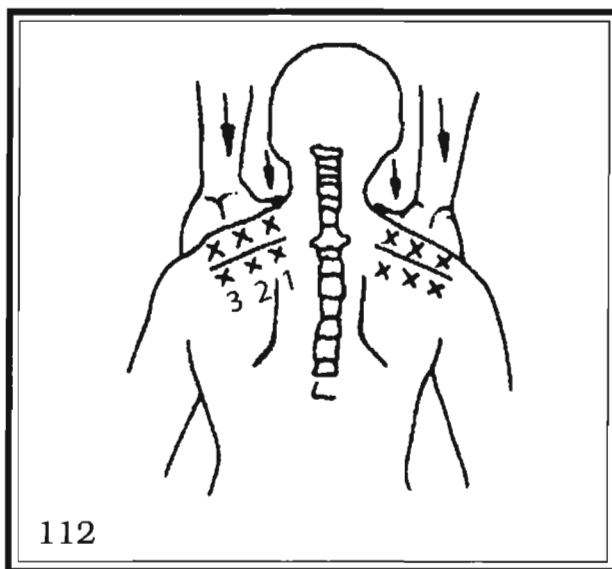
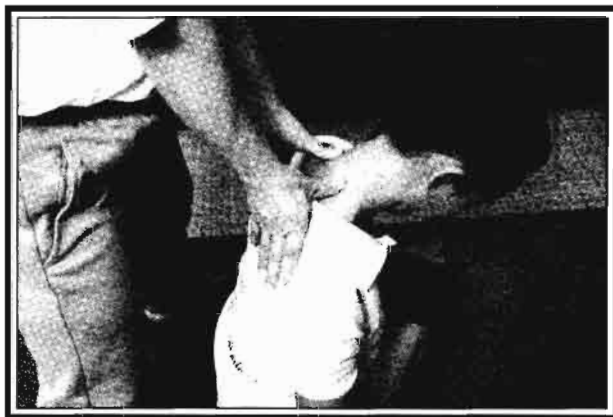
◆ 111. P.P. SHOULDER.

Standing behind client, place your hands on shoulders with fingers pointing down back. Support client's back with your knees while P.P. into the top of the shoulder by leaning from the neck, 1-2-3. Do not press on bone at the outer shoulder. Shift the hands so the fingers point down the front and thumbs down the back and return with P.P. 3-2-1. (same as #42 A., B. on front).



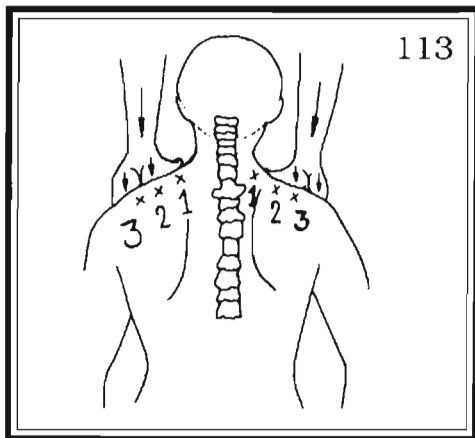
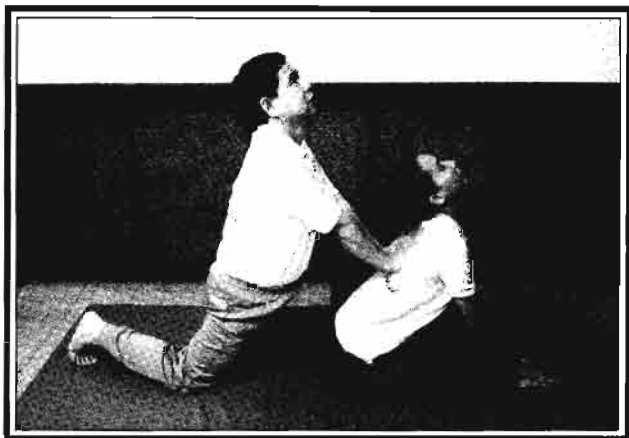
◇ **112. T.P. SHOULDER (6 POINTS) .**

Start with the thumbs adjacent to the neck and T.P. hands together, moving slowly outward along the top of the shoulder. At the outer end, move down slightly lower on the trapezium and T.P. back towards the neck. Do not press on the bone. Hold each point about 5 seconds, 1-2-3. At point 1 ask client to turn face up, at point 2 turn face to one side and point 3 turn to the other side. Then return to the second line 3-2-1. Repeat P.P. top of shoulder (same as #111).



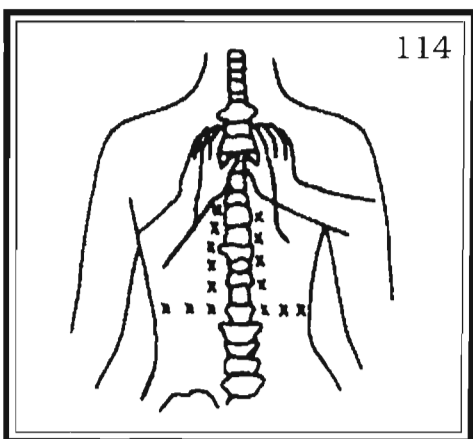
◆ **113. P.P. CAT COW.**

Have client brace himself by placing hands on the mat in front with arms straight. P.P. down the back with hands together, butterfly hand P.P. on the waist with cat-cow movement, and then walk back up with alternate P.P. (same as #42 c on front).



◆ **114. T.P. CAT COW.**

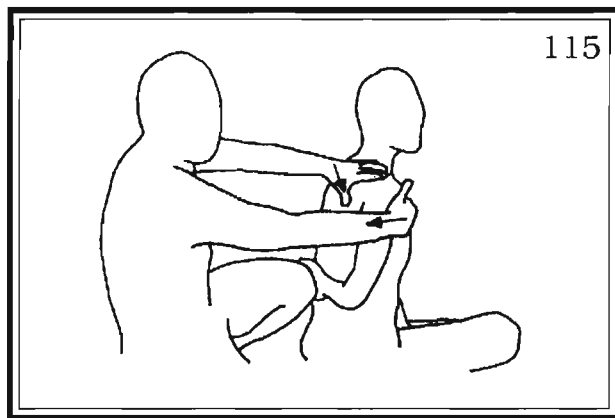
T.P. hands together down the back adjacent to the spinous processes with cat-cow movement. At the waist, T.P. out and back 1-2-3-2-1. Then return up along the spine with alternate T.P. Relax with P.P. Cat-cow as #113. Squeeze the trapezium along the top of shoulder to close.



◆ **115. SHOULDER BLADE.**

A. Begin with right side for men, left side for woman. Place the client's hand behind the back with the palm facing outward. In a half-kneeling position facing the client's back, secure the hand by holding it in position with your opposite knee. Brace the shoulder with your outside hand and P.P. around the medial border of the scapula. Begin at the superior angle, working down and back up. 1-2-3-2-1.

B. Hold your thumb so that it points at and presses into the medial border of the scapula. With the other hand, pull the shoulder back against the thumb so that the scapula rolls over the thumb. 1-2-3-2-1 (Refer also to #71, #103).

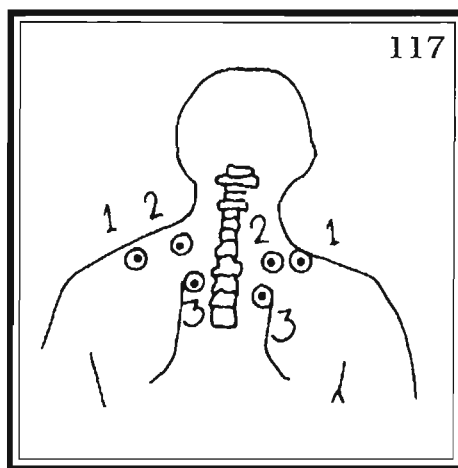
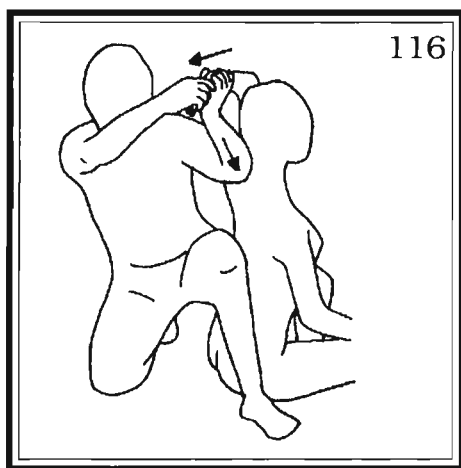


C. Palm Circles. P.C. around the area.

D. Hold the shoulder next to the neck and squeeze and knead along the whole arm to the wrist down-up-down.

◆ **116. PLAY TENNIS.**

Half-kneel sideways against the client's back so that the back is braced against your raised leg and knee. Take the client's hand at the wrist and raise and hold the arm with your hand which is closest to the body, your elbow placed against the shoulder so that it can act as a fulcrum or pivot. With your other hand, hold the fingers of the client's hand. Using the three locations shown in #117, place your elbow in each position and stretch the shoulder by pulling back, pivoting over your elbow. Do each position 1 time 1-2-3-2-1.

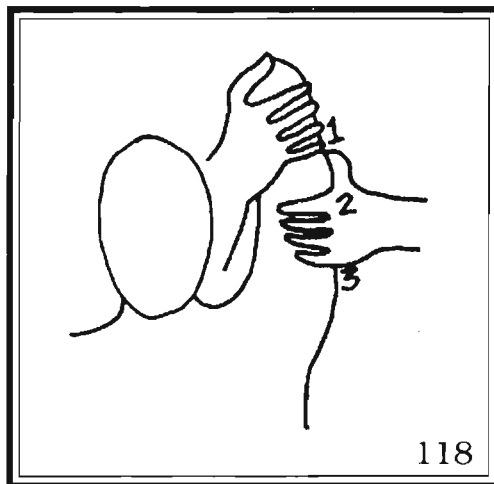
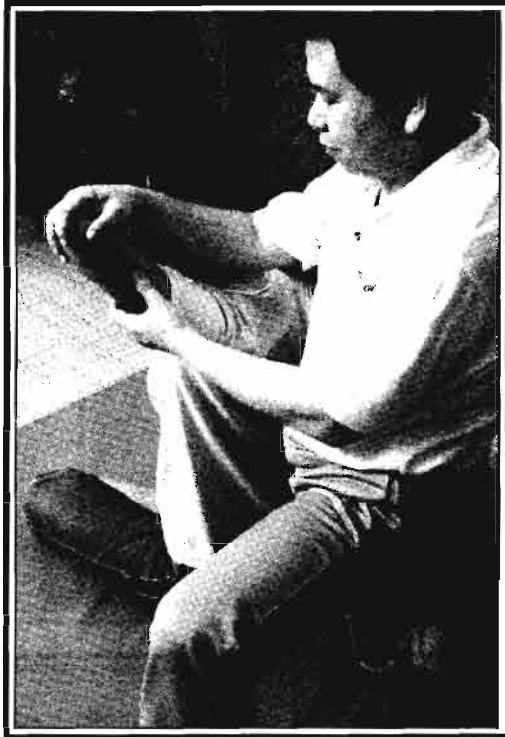


◆ **117. THREE POINTS WITH ELBOW PRESS.**

The three position for #116 are shown. (1) is midway along the upper border of the scapula; (2) is at the superior angle of the scapula; (3) is approximately midway along the medial border of the scapula.

◆ **118. HOOK HIT TRICEP.**

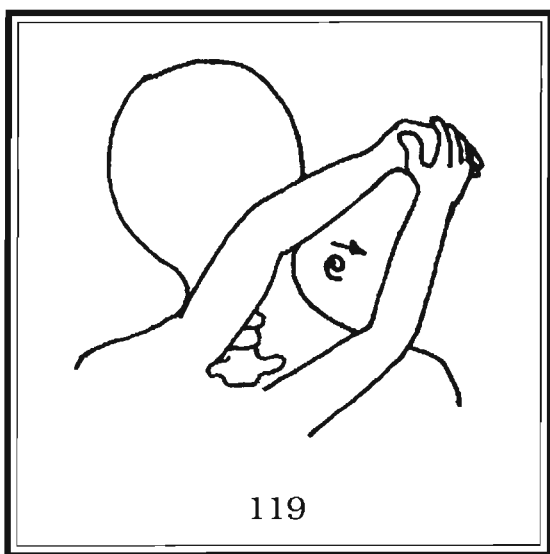
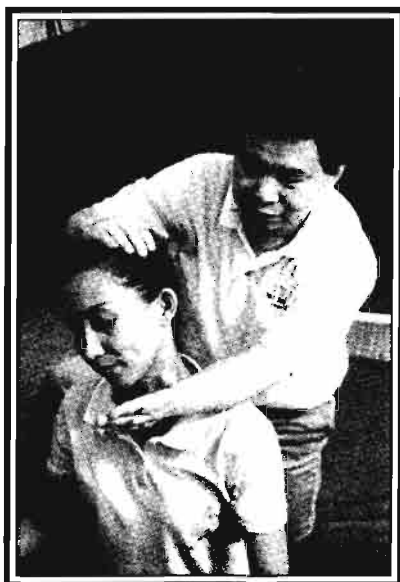
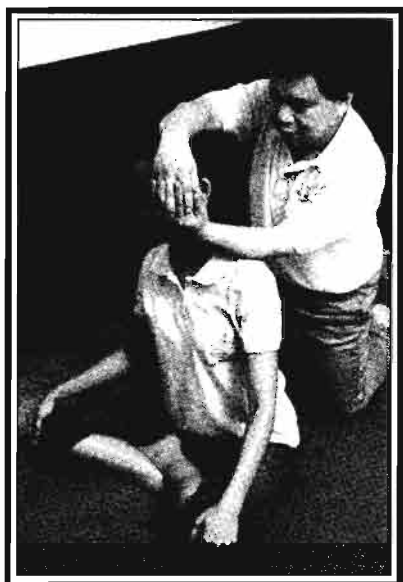
Place client's hand on the back of his neck. Take your arm and lay it over the client's forearm so that your hand grasps around the elbow. Pull back on the elbow and with other hand work the border line of the triceps. Using your fingertips, hook, squeeze, and pull back against the muscle from elbow to armpit 1-2-3-2-1. Then pound the under side of the arm with a soft fist several times.



REPEAT OTHER SIDE FROM #115.

◆ **119. STRETCH SHOULDER AND NECK.**

Fix one arm against the side of the client's head above the ear. With the other arm, stretch the neck by rolling and/or sliding the forearm out the shoulder using 90% pressure. You may also clasp the hands and push the arms apart and roll. For a stronger touch, you may also use the elbow out the shoulder. Work as far as the bone, but do not press on the bone.

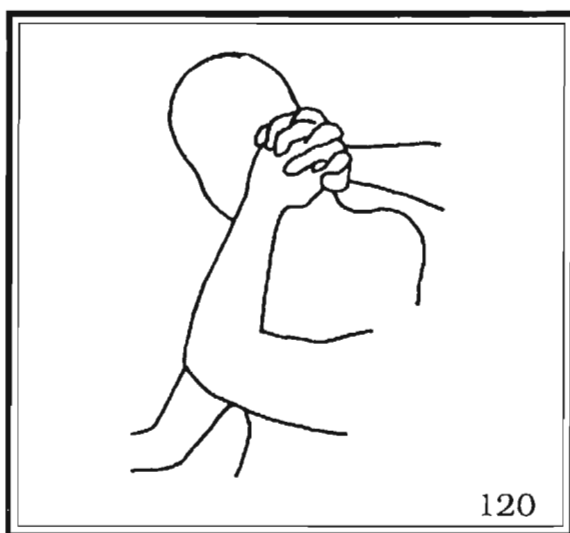


REPEAT OTHER SIDE.

◆ **120. NECK NUT CRACKER.**

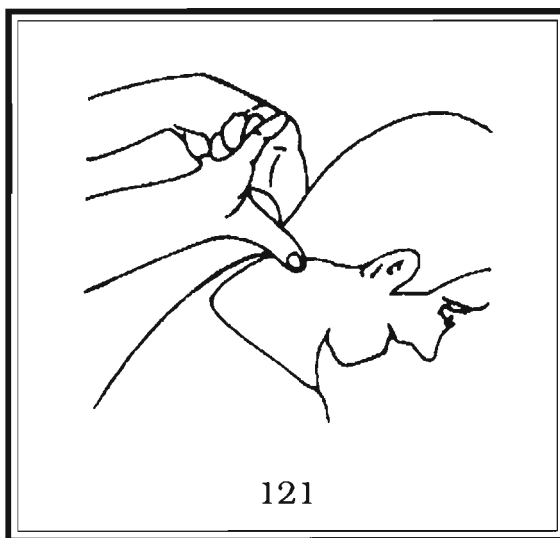
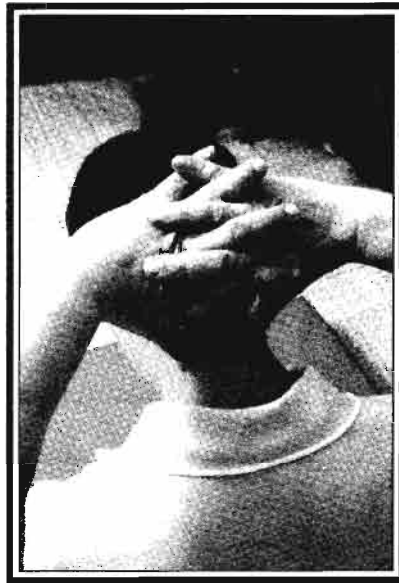
Prepare and warm the neck by squeezing and kneading the back of the neck with thumb and fingers (TFC) up-down while bracing the forehead with the other hand.

With fingers interlaced, repeat using the heel of the palm to squeeze, press, and lift along the neck up and down. 1-2-3-2-1.



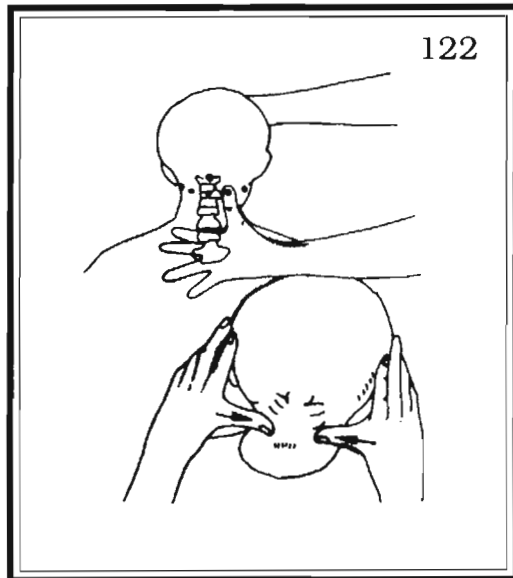
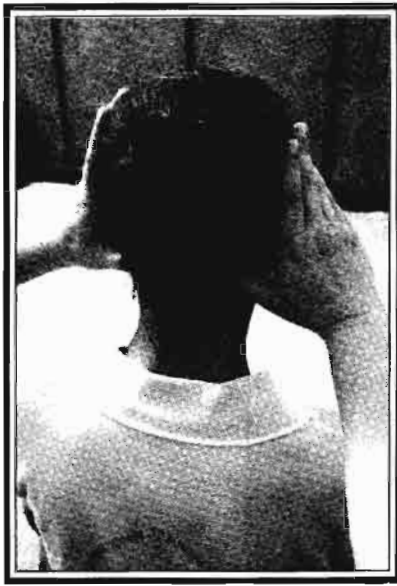
◆ **121. NECK ICE PICKING.**

Interlock your fingers and rotate palms outward so that the thumbs are pointing down and forward. Place thumbs in the hollow on each side of the neck and adjacent to the spinous processes. Drop elbows slightly to simulate a pumping action which will cause the thumbs to press easily into the neck. Work up and down the neck by the shoulder. Do not use excessive force. Close by using thumb and fingers T.F.C. to squeeze and knead the neck for relaxation as at the beginning of #120 up-down-up.



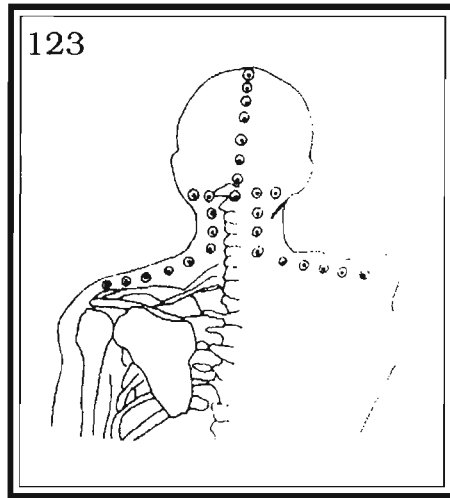
◆ **122. SHOW THE METHOD OF WORKING.**

Work the occipital ridge with the thumbs. Use the fingers of other hand on the side of the client's head to add stability.



◆ **123. ENERGY FLOW.**

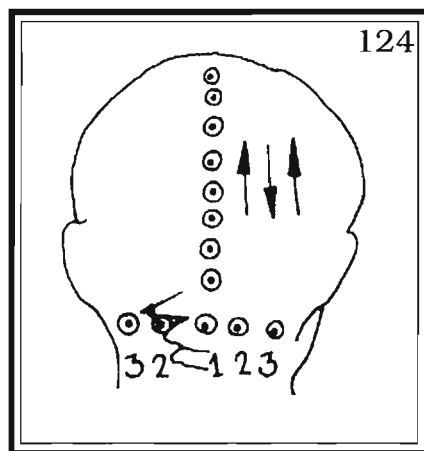
Show the pressure points on the shoulder, neck, occiput, and up the mid-line of the head to crown.



◆ **124. SKULL-BACK HEAD.**

Brace the client's forehead with one hand, and with the other T.P. along the occiput from center out. Make each. T.P. a few seconds long. 1-2-3-2-1 then repeat the other side 1-2-3-2-1.

T.P. and knead from center of the occiput along the middle line of head to the crown, up-down-up.

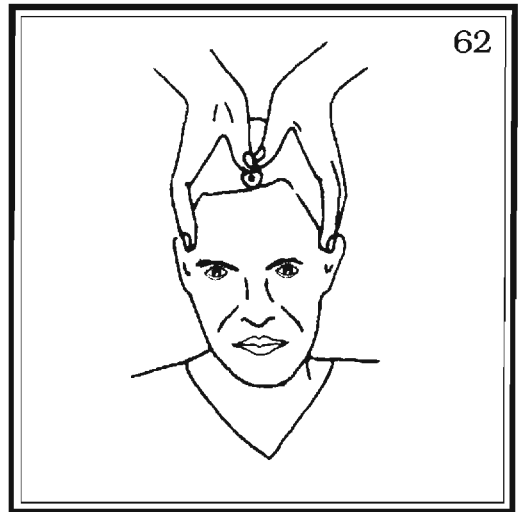
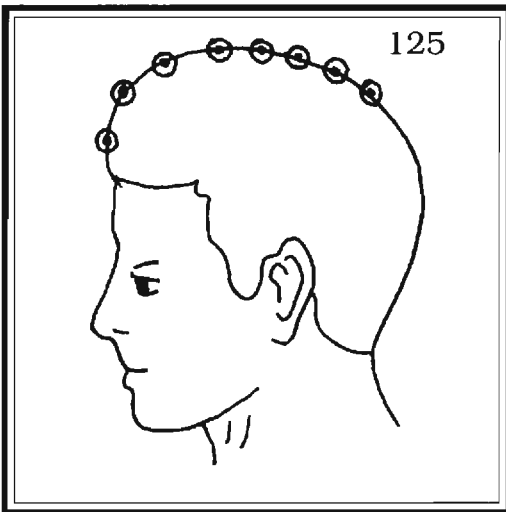
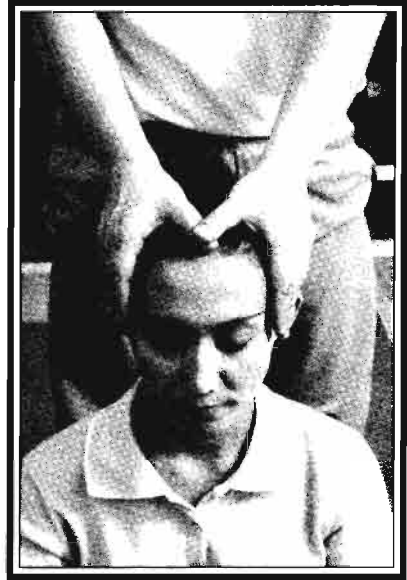


◆ **125. CROWN TO HAIRLINE.**

Standing, work T.P. from crown to forehead with thumbs together. Repeat from hairline back to crown with thumbs walking. Do twice.

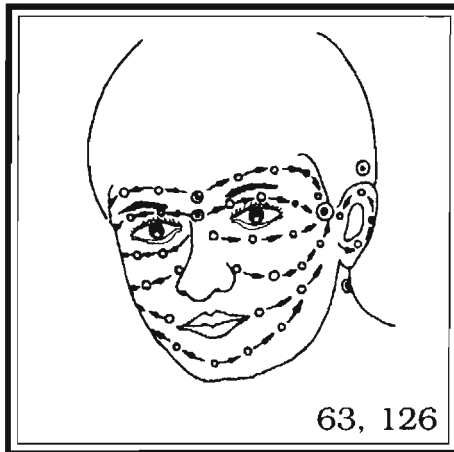
Make FP. around the scalp , brush hair back.

(same as #62 on front).



◆ **126. FACE.**

Work lines of face with either thumbs or fingers. Press, slide or make small circles from the midline of the face out to the temples, closing each line with circles on the temples.



Close the lines of the face by working the under side of the jaw with small circular movements that lift the skin upward. Moving out from the center of the jaw, end this line at the ears. Gently pull and massage the ears, then cover the ears with the palms of your hands (cupping) and hold from 15 to 30 seconds. Release gradually. Do 1-2 times. Close with finger Circles F.C. on the side of the head around the outside of the ears.

MAKE F.C. AROUND THE SCALP (SHAMPOO), BRUSH HAIR BACK.

This can work in the front position.

(same as #63 on front).

◆ **127. ROLL FOREARM - CAT COW.**

Half kneel at client's back and roll arms out shoulders and back in to the neck. 1-2-3-2-1 With hands in front of the client's chin, press the palms together, or interlock your fingers, taking care not to press into the client's throat. Lift the client's head (1) up and back to center, (2) right and back to center, (3) left and back to center, (4) up and back to center. Close with Thumb Finger Circles TFC. on shoulders.



◆ 128.

A. HAND PRAYER LIFT. Have client place their hands in the prayer position. You hold the wrists and lift the arms up and lean back slowly 1 time.

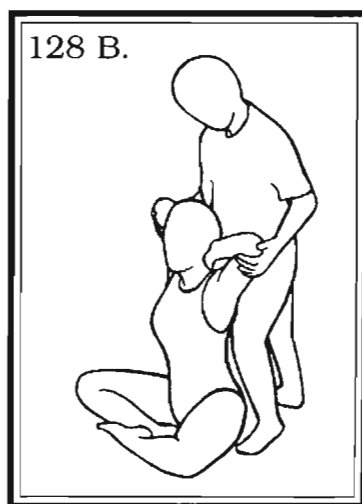
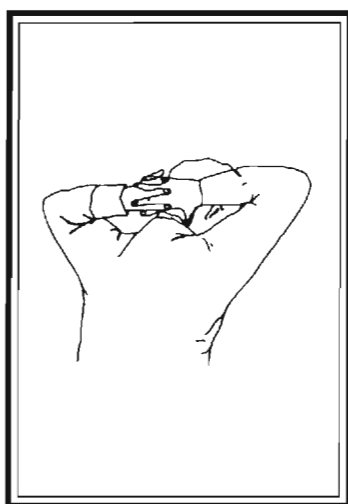
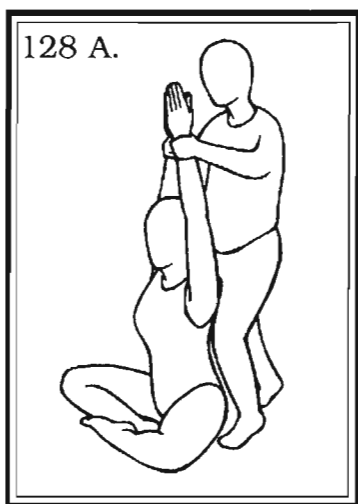
B. CHICKEN WING. Have client clasp hands behind neck. Standing behind, place your hands around the elbows and gently lift upward 70% and back 30% to open the area of the shoulders and chest 3 times, soft-hard-soft.



A.

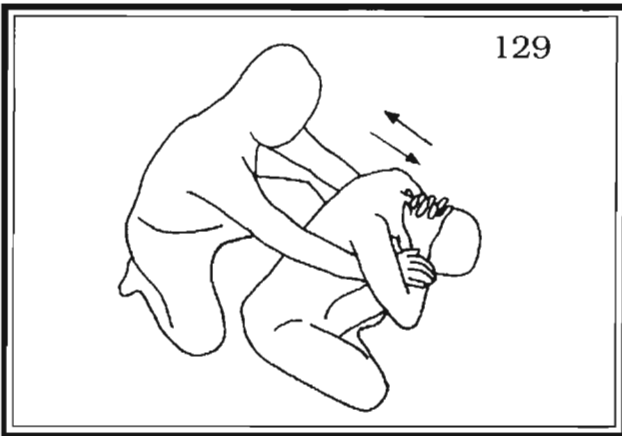


B.



◆ **129. BEND FORWARD CAT-COW.**

Client holds hands clasped behind neck. Half kneel and lace your hands and arms underneath the client's upper arms and through the space between the upper arm and forearm. Hold the forearm close to the wrist. Bend the client's body well forward and back 3 times with cat-cow movement.



◆ **130. SPINAL TWIST.**

Maintaining the same position, fix your outside knee on client's thigh. Twist the client's body to the opposite side and back.

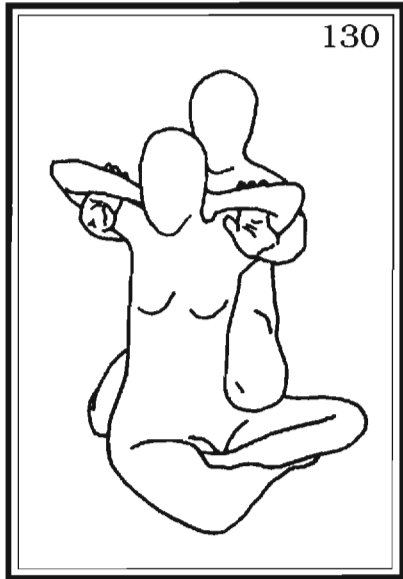
Shift your knee farther out on thigh and repeat a second time. Shift your knee a third time farther out and repeat. If you hear the spine "pop", do not repeat the movement but proceed to the next step.



or



or



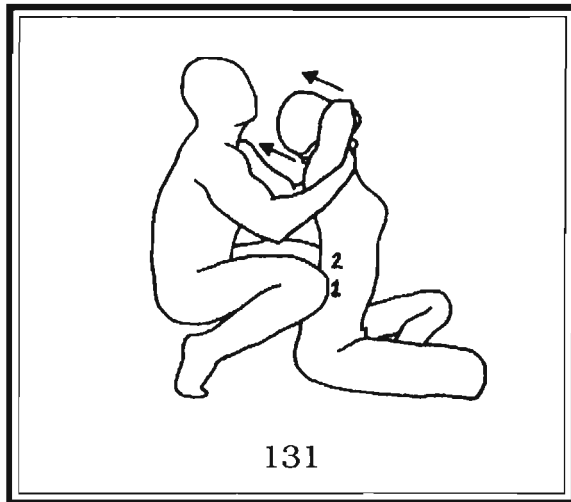
Return to center and repeat bend forward 1 time. Then do the other side. This movement may also be done extending your leg across the client's thigh.

◆ **131. THAI TOILET, SQUAT SITTING.**

Kneeling on your toes in a squatting position, continue to hold the client's arms in the same position. Fix your knees against the client's back just above the hip and pull back against your knees, moving up and down 1-2-1. Change the position of the knees by pushing the client's body forward so that your knees slip into the new location.

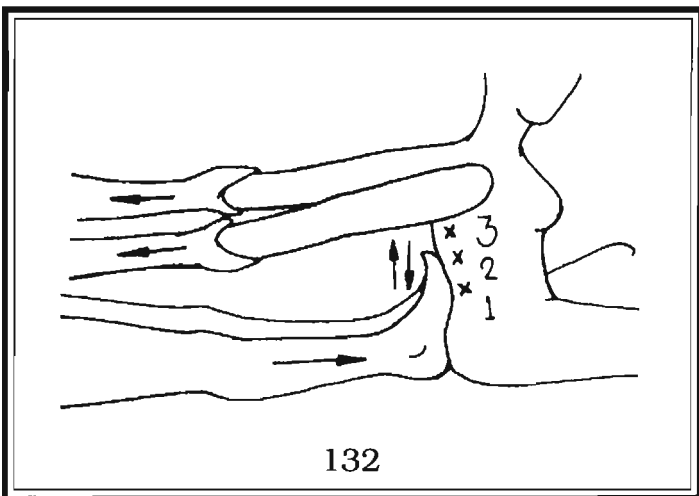
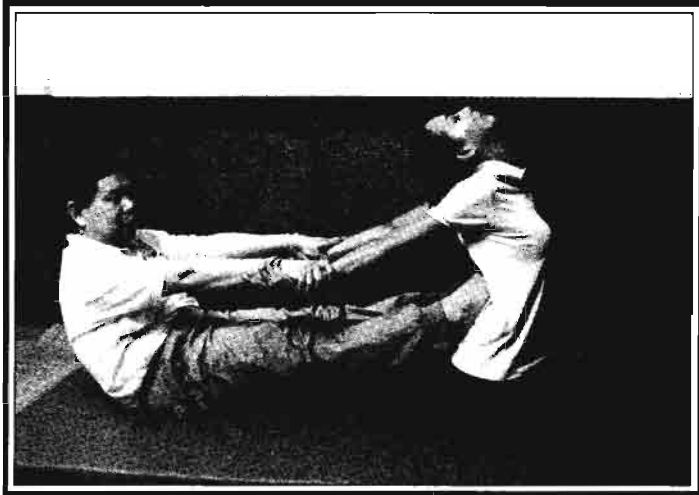


or



◆ **132. ROW THE BOAT.**

Sit with feet at client's back. Have client extends arms behind body. Grasp the client's arms and hold each other's wrists. With feet in position as before (Starting above the hip to the scapula) extend the legs, pushing into the back, 1-2-3-2-1 up and down. The movement resembles rowing a boat.



◆ 133.

A. HUG. Squatting on your toes, have client wrap arms around the body as if giving himself a hug. Hold arms at wrist and pull back against your knees same as #131, 1-2-1.



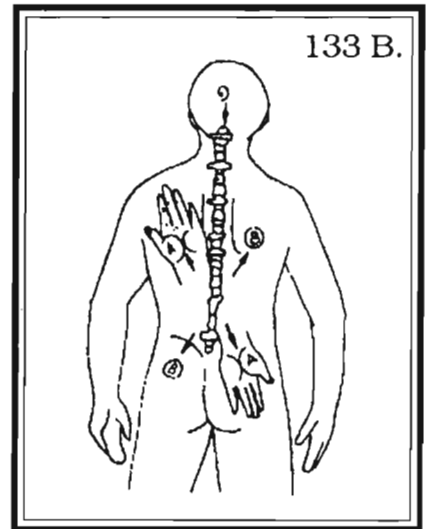
A.



B. CROSS STRETCH. Ask client to move their hands forward as far as they can, then do cross stretch same as #107.

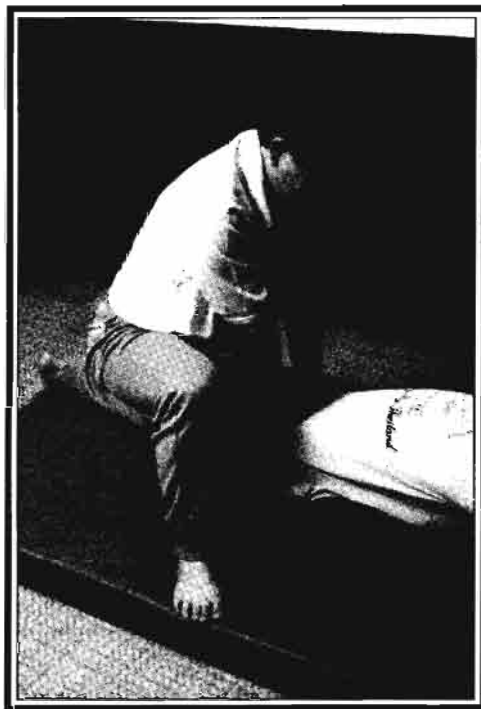


B.



C. After finishing, stand up or half kneel.

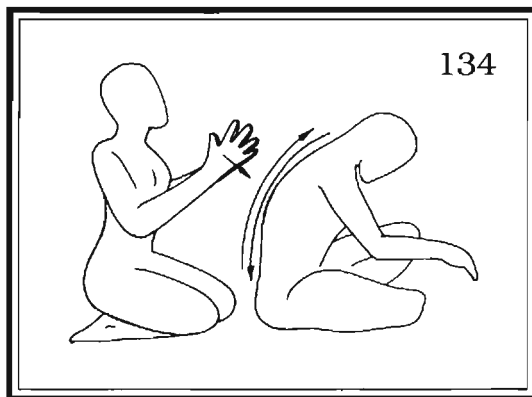
- P.P. together down alongside the spine, butterfly hands P.P. at waist
- Push the hips & buttocks down
- P.P. walk up to shoulder, finger grip trapezium to pull back up to a seated position. Squeeze the trapezium.



C.

◆ **134. CHOP.**

While kneeling or half kneeling behind, have client lean forward and brace with hands on the mat. Chop out shoulder, then chop up on the neck gently. Center point is C7. Chop out, in, up, down, up then do the other side. Do not chop on kidneys. Close with P.C. down, up, then brush down the arms and down the back several times.



Chapter 3.

Putting It Together

It is important that each position in NUAD BO-RARN Thai Massage be learned in its entirety. Although at first this may seem to be a formidable undertaking, it will be realized that there is a logical sequence and flow to the positions and movements. Seeing the connection between each of the positions facilitates their learning. In addition, it may be necessary to work only in some positions at different times. Injury, physical condition or disability, may make certain positions unsuitable or impossible. A client with a particular problem may request work only in a special position. This is particularly true for the back. In such situations it is imperative to know the full format for that position so that one can access as many parts of the body as possible.

The full program for NUAD BO-RARN Thai Massage is comprehensive. The following time schedule for each position provides a guide for the student and practitioner, but can rarely be treated as a rigid limit. Nevertheless, learning to work within this framework will be found to be beneficial.

Front Position, Part 1	40-60	minutes
Front Position, Part 2	40-60	minutes
Side Position	40-60	minutes
Back Position	30-60	minutes
Sitting Position	20-30	minutes

From this it can be seen that even with a very experienced practitioner, the full NUAD BO-RARN Thai Massage is going to require nearly three hours to complete. With a beginner, it will take longer.

Therefore, the question of how to put a program of NUAD BO-RARN Thai Massage together is one of very practical importance. In Thailand time is treated somewhat differently than in the West, and a three hour massage does not seem unreasonable. Nevertheless, even in Thailand it is frequently necessary to find ways to abbreviate the practice.

Portions of the NUAD BO-RARN Thai Massage can be deeply sedation, and the client does not experience time in the normal sense. I have never found a client to complain of the massage being too long; usually they will express surprise that it is already over! When asked to estimate the amount of time taken for the massage, most subjects will underestimate about an hour. A three hour massage is perceived as having taken two; a two hour massage is perceived as having taken about one. For the practitioner too, time seems to take on a different dimension due to the meditative quality of much of the work. Further, many of the movements are beneficial to the practitioner as well as the client when done correctly and both practitioner and client become partners in the flow of energy. Consequently, the practitioner does not emerge from a full session exhausted, as one might anticipate.

It is recognized, however, that a shorter time frame is frequently necessary and desirable. With certain modifications, a good full body massage can be performed in two hours. By elimination some of the less essential movements, this can be further reduced to one-and-a-half hours. A one hour massage is possible, but it is not considered desirable as both client and practitioner may feel the results of hurrying and incompleteness. However, before giving suggestions for shortening the massage, I would like to share one of my experiences. At an Open House at the International Professional School of Bodywork in San Diego, I was doing short demonstrations of NUAD BO-RARN Thai Massage on interested visitors. As the evening came to a close there were still several people standing in line wanting their "demonstration." Consequently, with apologies I performed short, fast excerpts that to me were totally wanting. Much to my surprise, the response in each case was, "Oh, thank you. That was just wonderful." I learned that even under such undesirable circumstances, NUAD BO-RARN Thai Massage still "speaks" to the body. Further, learning to do a fast massage provides excellent practice. There is no time to feel around for a spot or hesitate in going into a new position with the result that precision and security are greatly increased.

It may be that a one-and-a-half to two hour massage will become your norm. This is a matter of choice, and will probably be determined by individual circumstances. There are many variables that can be employed, and the final format should be the product of the individual practitioner.

The following suggestions apply to a full body massage, and not when one is only working one or two positions.

1. Do not repeat working on an area of the body in more than one position. In particular, this involves the feet and legs, hands and arms, and head and face. Work on these in the position which is most effective for you.

2. In working on the pressure points (T.P.) on the leg lines, do not try to save time by going fast. Rather, create more distance between the points so that each line takes less time while each T.P. maintains its effectiveness. You may also abbreviate by going up one line and returning down the next.

3. On the arms, the inside and outside lines can be worked together by using a pinching movement between the thumb and the fingers.

4. If a particular movement remains very difficult or awkward after practice, drop it from your format in favor of those you feel you can make more effective.

The choices that you make will be a result of practice and experience. The primary goal should be to learn first to give a good full-body massage. Considerations of timing will fall into place as you practice and progress.

It is also good to keep the following suggestions in mind.

1. Always make each movement effective. No matter what your time frame or format, you should always feel that each pressure point, each stretch, and each movement “speaks” to the client’s body. If it does not, examine your practice and technique. If after this you do not feel that you can make it effective, it may be best to drop this movement from your format.

2. Develop a sense of pace and timing. One of the reasons that NUAD BO-RARN Thai Massage is so effective in inducing deep rest and sedation is that the client’s nervous system will quickly entrain with the pace and rhythm of your movements.

Move as if you were following an inner drummer. If in doubt, follow the beat of your own heart. At the same time, be sensitive to the client, as different individuals will inspire different rates of pacing.

3. Trust your intuition. As has been said before, this is energy medicine. Let the energy between you and your client be symbiotic and trust in your own growing ability to respond in an appropriate and sensitive manner.

4. Be aware of your client's response. On rare occasion, a student or new practitioner will seem to be bent upon inflicting pain. This is totally wrong. It is usually the result of a practitioner "not knowing his own strength, a feeling of insecurity, or a lack of sensitivity. Be careful, and be aware.

The secret of learning NUAD BO-RARN Thai Massage is good instruction and practice. Try to work with someone who is more experienced than you, and study their response to your work. Receiving NUAD BO-RARN Thai Massage from a good practitioner is the fastest and best way to learn the details of pressure and movements.

Bear in mind that most typical of Thai counsel : Be happy, and enjoy the gift of **NUAD BO-RARN** Thai Massage!

NUAD BO-RARN THAI MASSAGE

AN EXPERIENCE YOU CAN TAKE HOME WITH YOU

A good massage feels wonderful! Besides feeling great, massage has some very powerful therapeutic benefits. It can help:

- Relax & rejuvenate body & mind
- Increase body awareness
- Relieve emotional stress & burnout
- Encourage sounder sleep
- Facilitate the grieving process
- Reduce muscle soreness & fatigue
- Develop the capacity to trust & to receive
- Improve athletic performance
- Prepare for an exam
- Offer support through crisis or transition
- Nurture self esteem
- Augment bio-feedback, psychotherapy or pastoral counseling

One Hour Full Body Thai Massage (60 mins)

A. **Front** – 30 mins.

Feet – ankle

Leg – stretch (line 1 up, line 2 down)

Stomach – chest – shoulder

(do arm-hand in lying on side position)

(do face if you want, or leave it until sitting position)

B. **Lying on side** – 10 mins.

Leg P.P. line 3 only – stretch

Hip-waist-stretch

Shoulder-arm-hand

Stretching

C. **Back** – 10 mins.

Leg – P.P. middle line only – stretch

Hip-buttock

Spinal column – back

Stretching

D. **Sitting** – 10 mins.

Shoulder-shoulder blade

Neck-head

Face (if you don't work in the front)

Stretching

Each position do only 1 time. No repeat.

If there are 2 or 3 steps in a position/section, work only 1 step.

Styles of a 1 hour massage

1. **Front** – 30

lying on side – 10

back – 10

sitting – 10

2. **Front** – 35

Back – 15

Sitting – 10 with head and face

3. **Front** – 35

Lying on side – 15

Sitting – 10 with head and face

4. **Front** – 30

Lying on side – 30

5. **Front** – 30

Back – 30

6. **Front** – 40

Sitting – 20

7. Front OR Lying on side OR Back OR Sitting only.

THE COMPLETE POSITION OF NUAD BO-RARN THAI MASSAGE

A) FRONT POSITION (120)

1. Feet, Ankle
2. Leg line and stretch
3. Abdomen
4. Chest
5. Shoulder
6. Arm
7. Hand
8. Neck
9. Head
10. Face

B) SIDE POSITION (60)

1. Leg, Line (Feet)
2. Stretch leg
3. Hip, Buttock
4. Spine, Waist, Back
5. Shoulder, Stretch, shoulder blade
6. Arm
7. Hand
8. Stretch of side position

C) BACK POSITION (30)

1. Feet, Ankle
2. Leg, Line
3. Leg stretch
4. Hip, Buttock
5. Spine, Waist, Back
6. Shoulder, Stretch
7. Shoulder blade, Stretch
8. Stretch of back position

D) SITTING POSITION (20 - 30 MINS)

1. Shoulder
2. Spine, Waist, back
3. Shoulder blade, Stretch
4. Arm (Knead)
5. Neck
6. Head
7. Face
8. Stretch of sitting position

THE SIX POINTS OF NUAD BO-RARN THAI MASSAGE

1. Yoga
2. Acupressure
3. Meditative
4. Exercise
5. Reflexology
6. Healing Art

1. Yoga : Yoga is an ancient indian system of health dating back thousands of years. Yoga is a sequence of postures that stretch the muscles, relax the body and mind, and relieve tension. We practice yoga to prepare the body for Nuad Bo-Rarn Thai Massage because many of the yoga stretches are used in Nuad Bo-Rarn Thai massage.

2. Acupressure : In Nuad Bo-Rarn Thai Massage we work on the meridians (energy lines) of the body to relieve tension and blockage so that the energy can flow freely. These are the same meridians followed in acupuncture. Instead of using needles we use our palms, fingers, thumbs, elbows and feet to produce similar results.

3. Meditative : If the massage is performed in a relaxed and focused way it will be more beneficial and fulfilling. The receiver will be affected greatly by the state of mind of the giver during the massage. Practicing yoga helps to prepare not only the body but also helps to still and calm the mind.

4. Exercise : Even though Nuad Bo-Rarn Thai Massage is called “Yoga for lazy People,” the receiver is actually an active participant in the massage. The giver is constantly moving and also benefits from the stretches if they are performed properly. So Nuad Bo-Rarn Thai Massage is a form of exercise for both the giver and the receiver.

5. Reflexology : Nuad Bo-Rarn Thai Massage acts not only as a kind of “passive yoga” but also as a form of reflexology : focusing on the feet, hands, ears and face.

6. Healing Art : The combination of yoga, reflexology, and acupressure made Nuad Bo-Rarn Thai Massage a very unique healing art which improves overall health and well-being.

THE NINE *W* KEYS OF NUAD BO-RARN THAI MASSAGE

- | | | |
|-------------|---------|----------|
| 1. Wai Khru | 2. With | 3. Watch |
| 4. Write | 5. Work | 6. Warm |
| 7. Wash | 8. Wear | 9. Wary |

1. Wai Khru: Wai Khru is a short prayer or mantra said to pay respects to the founder of Nuad Bo-Rarn Thai Massage, Dr. Shivago. It is used to focus the mind in preparation for a massage. This prayer is not representative of any specific religion, it is just a way of thanking Dr. Shivago for bringing us this special healing art.

2. With: It is recommended that you try and receive a massage by someone who is more advanced than you. Receiving a massage is an excellent way of learning.

3. Watch: Watch the in-class demonstrations carefully. Try to watch a professional give a massage to help you to remember the sequence of movements. Watch the video VCD or DVD for further details.

4. Write: Take notes while you are watching the in-class demonstrations. Try to make your notes as short and easy to follow as possible. Rewriting your notes into an even shorter version using the symbols is an effective form of study and review.

5. Work:

a) "Practice Makes Perfect". It is important to change partners frequently. Working with different people helps you to learn how to adjust your style to suit different needs and conditions. The more you practice the more sensitive you will become.

b) Coloring the models in your notes will help you to remember the moves as well as make them clearer. Use two different colors: one for the giver and one for the receiver.

c) Working on your own body is a very good way to review the energy lines as well as finding the right pressure.

6. Warm: Before touching the client rub the hands together to warm them. It is important to send out positive energy. To do this we need to be in the right state of mind. We need to feel good in order to make our client feel relaxed.

7. Wash: Because massage is about touching, we need to be aware of the importance of cleanliness. We should wear clean clothes and before beginning massage we wash our hands and feet. It is a good idea to wash the hands again after the massage in order to release any energy that we have received from our client.

8. Wear: Nuad Bo-Rarn Thai Massage is different from Swedish Massage in that the client remains fully clothed except for the feet. The giver and the receiver should be dressed comfortably. The best clothing to wear for Nuad Bo-Rarn Thai Massage is loose fitting pants and shirt.

9. Wary: Be careful. Be sensitive to your client as well as to yourself. Don't go beyond your client's limit or your own. The massage should be relaxing not painful. Before beginning the massage you should ask your client how much pressure he or she would like (soft, medium or strong). Please refer to the "Method of Nuad Bo-Rarn Thai Massage", page..., for further details

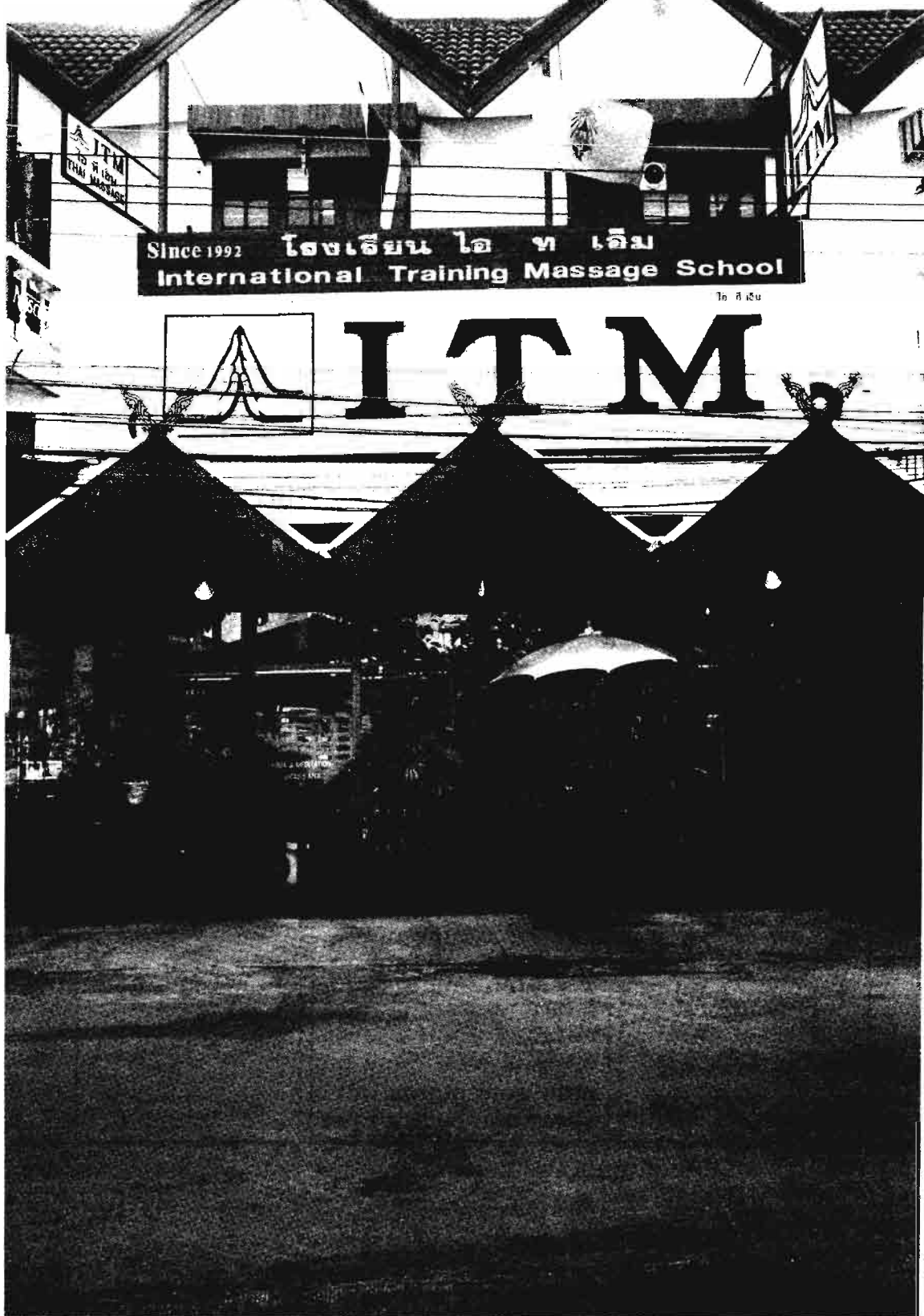
NUAD BO-RARN Thai Massage – for Transformation, for Health, for Healing. How is NUAD BO-RARN Thai Massage different? One can say, almost totally. It is performed on a mat situated on the floor in order to achieve maximum benefit from weight, leverage, and balance. The client remains dressed. Gentle pressure and compression are used to stimulate internal organs, relax tense muscles, and calm the nervous system. Passive stretching adjusts the skeletal structure, increases flexibility, and restores movement. It is often compared to a dance in which the bodies of practitioner and client merge in continuing movement.

NUAD BO-RARN Thai Massage is ideal for those desiring deep relaxation, release from stress, and maximum flexibility as well as those seeking to increase their level of health, well-being, and vitality. It calms the mind. Its many therapeutic benefits are appropriate for both the young and the elderly. NUAD BO-RARN Thai Massage

recognizes the unity of the whole being. Treatment is comprehensive and maximizes the body's potential.

This is an ancient art with origins extending far back in history, yet it addresses the ills of present-day society.

ITM INTERNATIONAL TRAINING MASSAGE SCHOOL CHIANG MAI THAILAND





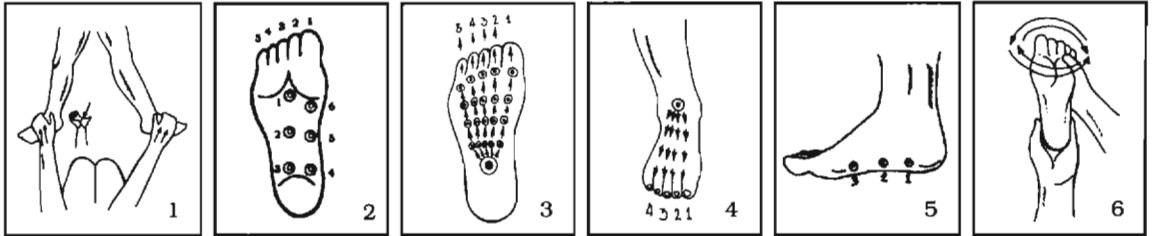
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FRONT - feet and ankle
- legs stretching

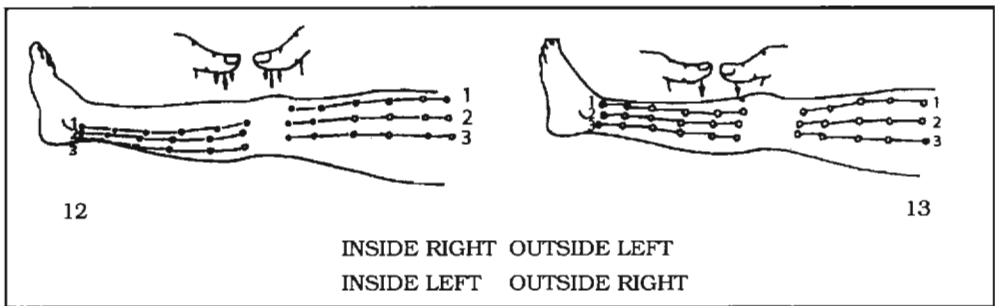
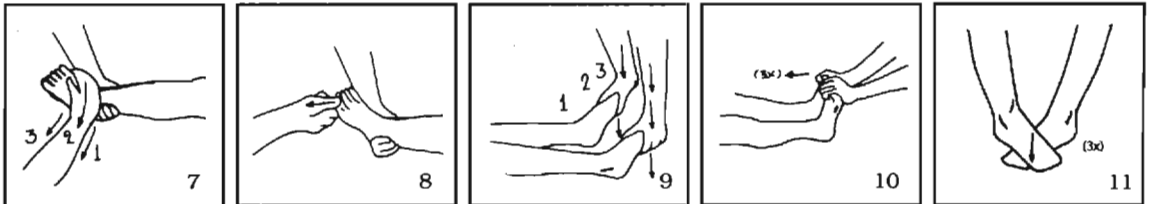
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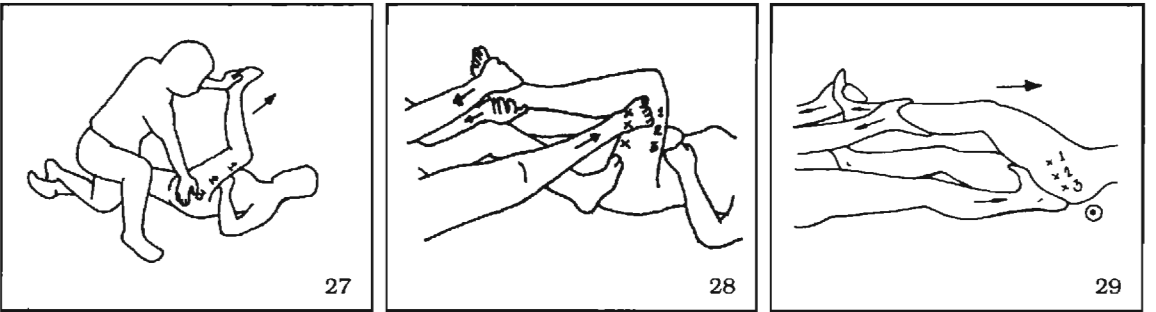
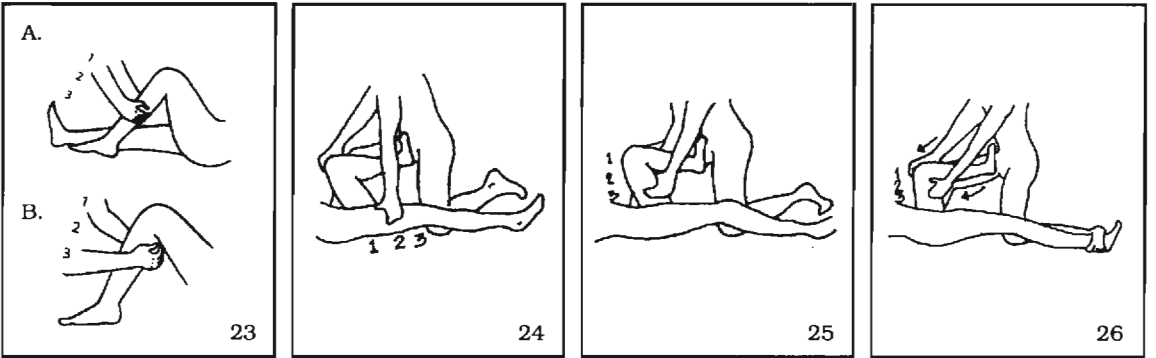
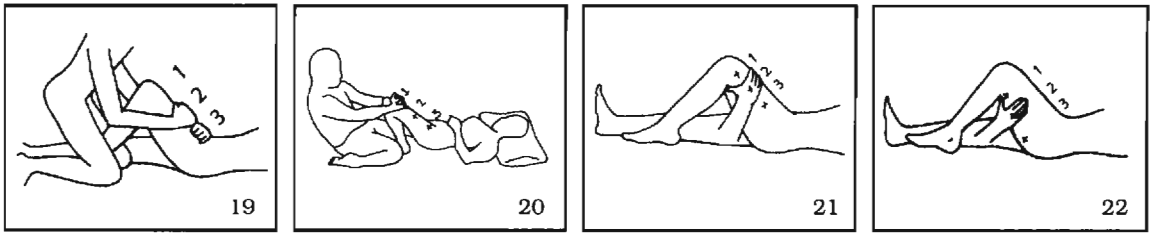
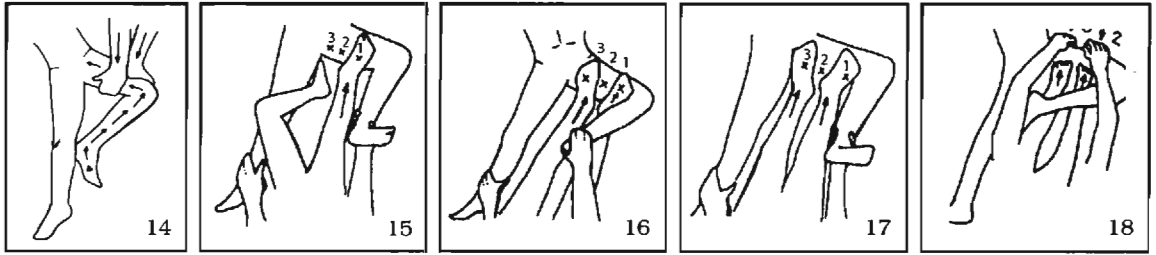
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MAN START RIGHT
WOMAN START LEFT



Change Side 6-8





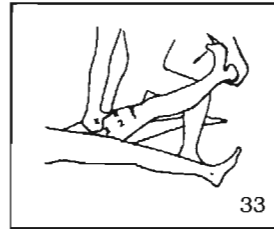
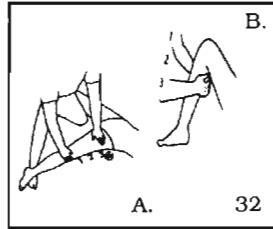
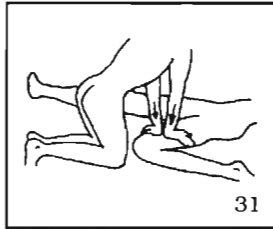
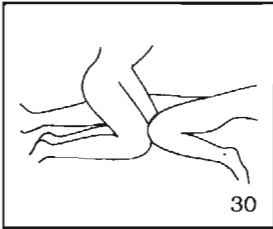


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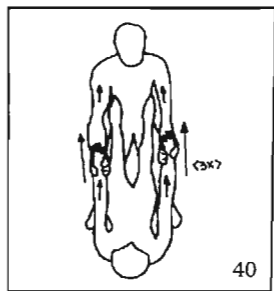
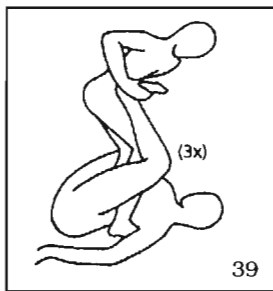
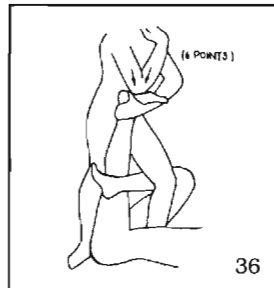
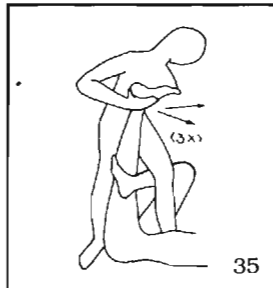
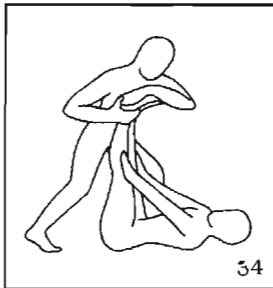
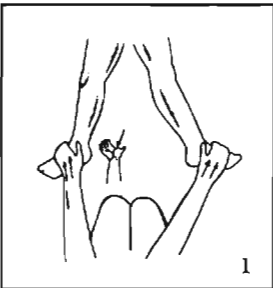
FRONT - feet and ankle
- legs stretching

* 60+5 MIN *

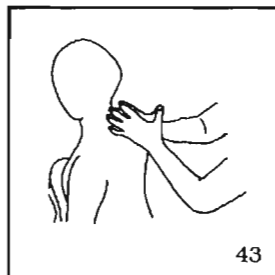
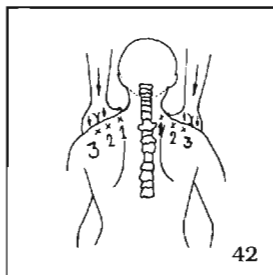
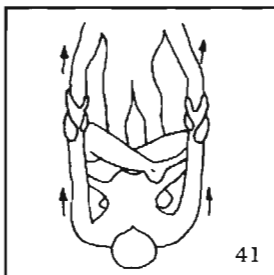
AMOUNT OF PICTURES = 43



Change Side 14-33



Change Side 35-37



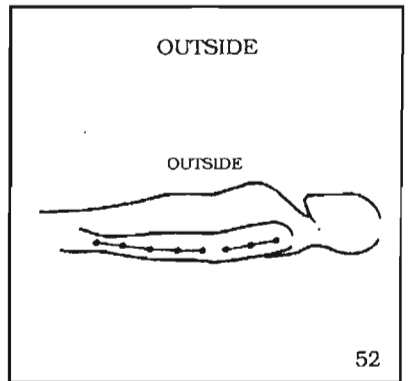
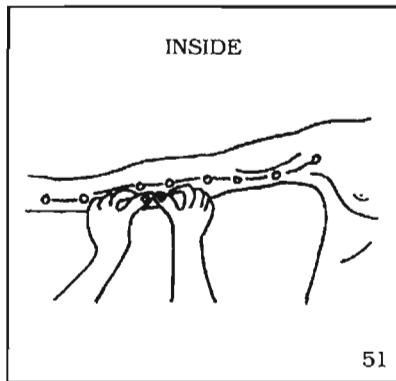
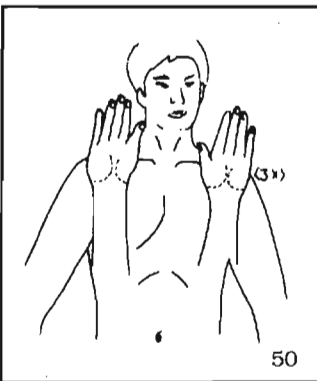
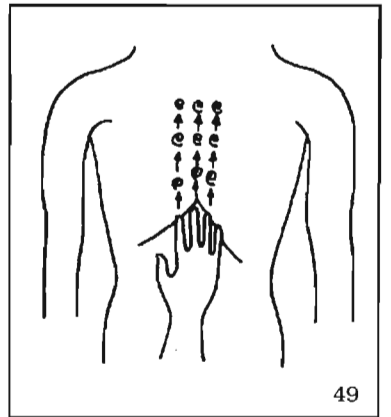
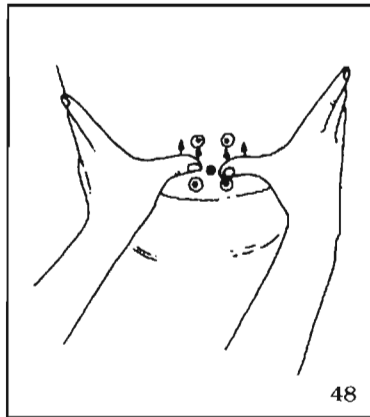
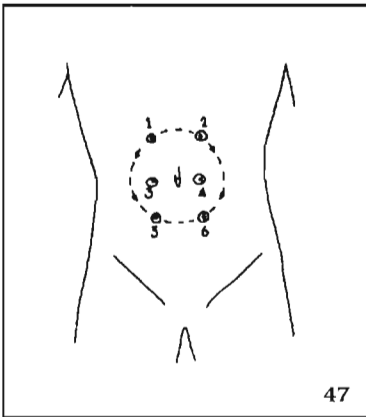
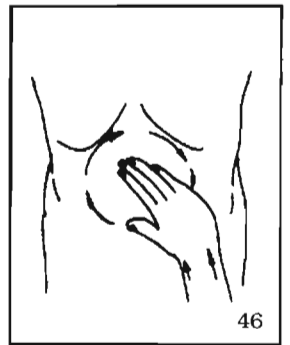
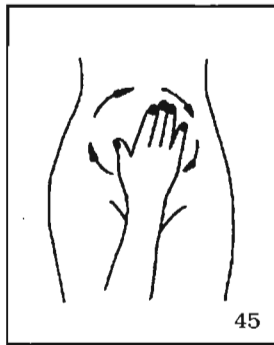
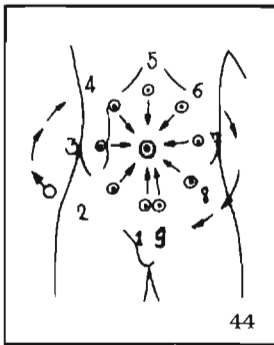
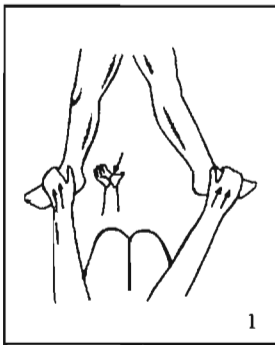


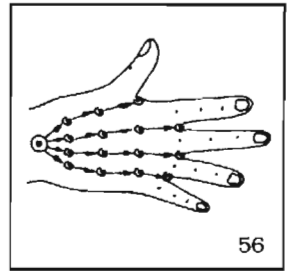
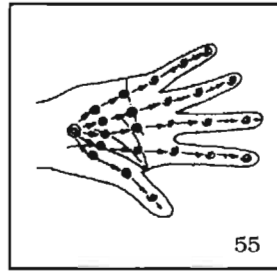
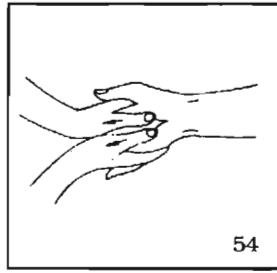
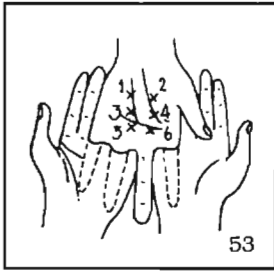
ITM INTERNATIONAL TRAINING MASSAGE SCHOOL
CHIANG MAI THAILAND

- FRONT - stomach
- chest
- shoulders arms and hands
- neck head and face

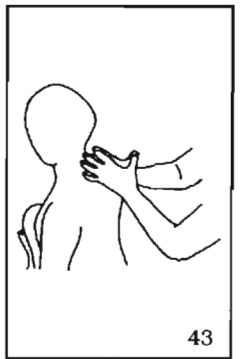
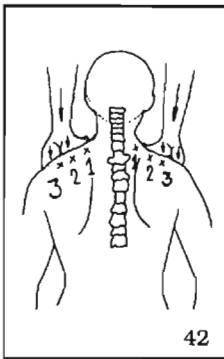
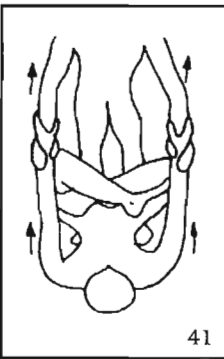
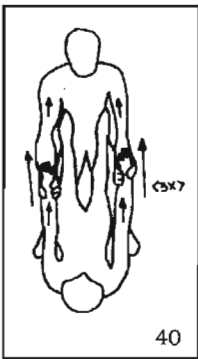
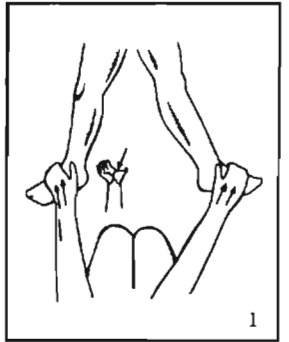
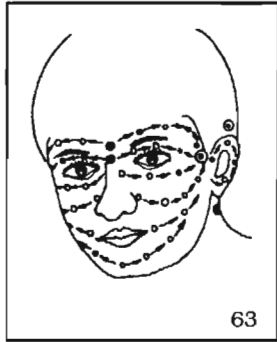
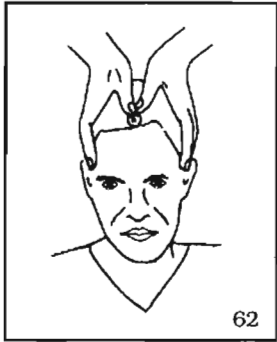
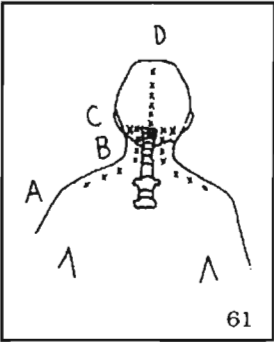
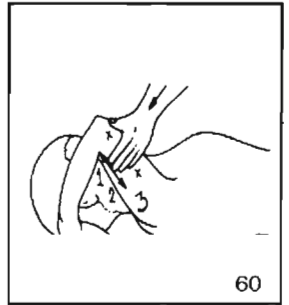
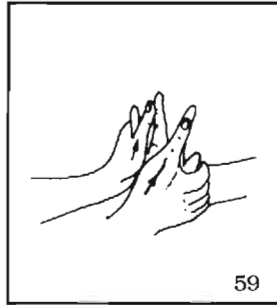
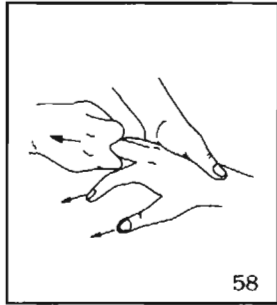
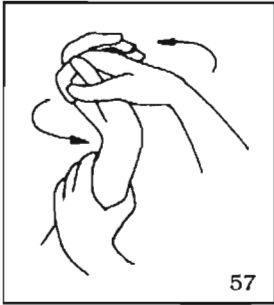
* 30+5 MIN *

AMOUNT OF PICTURES = 27





Change Arm 51-60
L / R



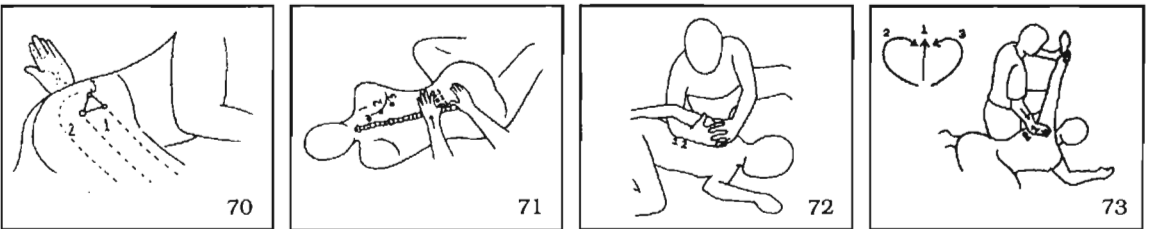
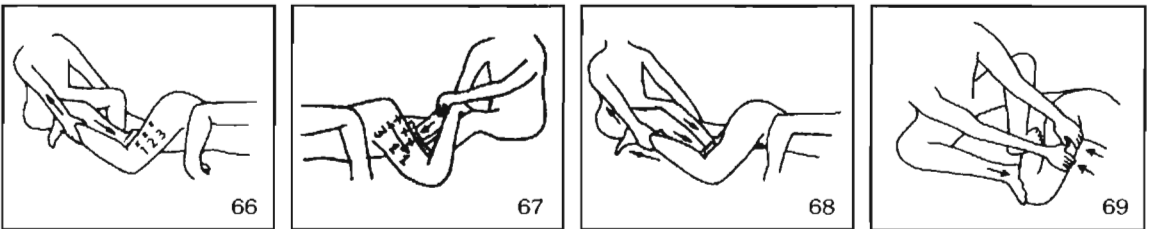
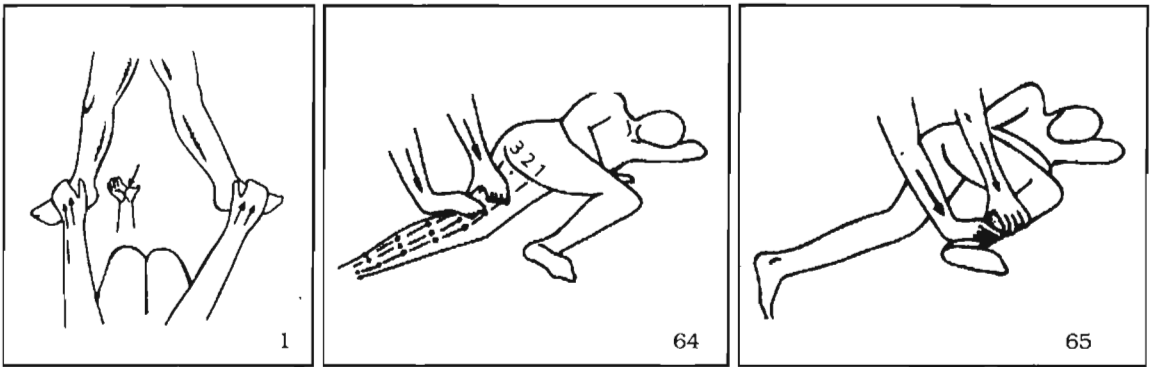


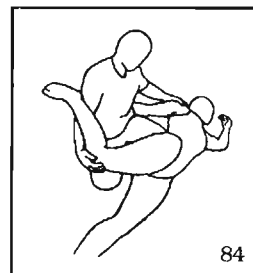
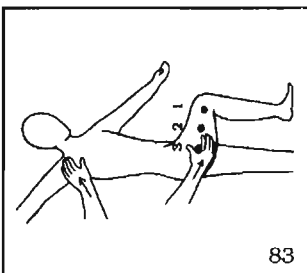
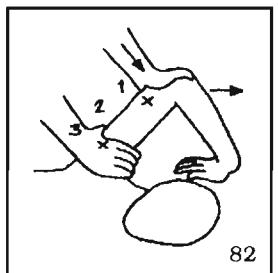
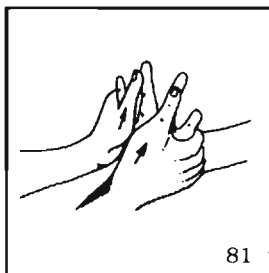
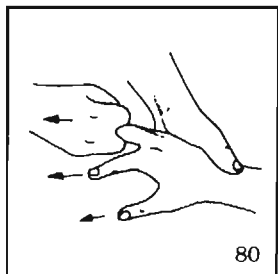
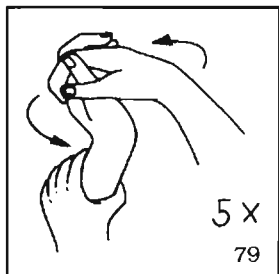
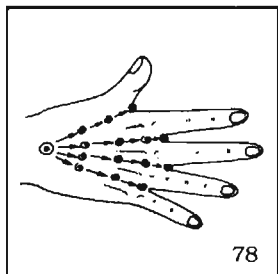
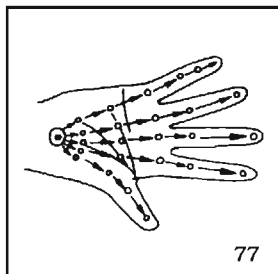
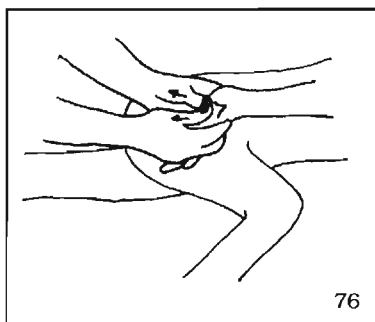
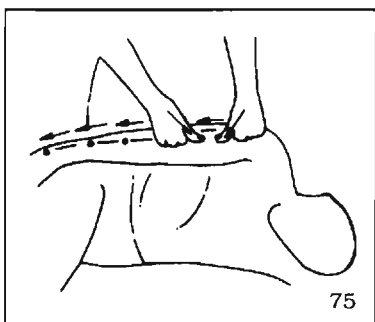
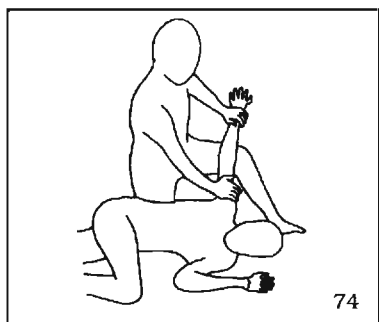
ITM INTERNATIONAL TRAINING MASSAGE SCHOOL
CHIANG MAI THAILAND

- LYING ON SIDE Left/right
- legs
 - hips and waist
 - spine
 - shoulder shoulderblade arm and hand
 - stretching

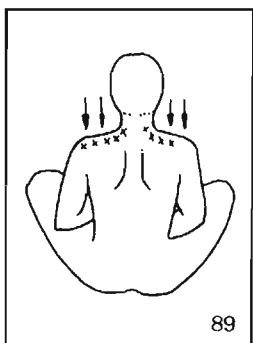
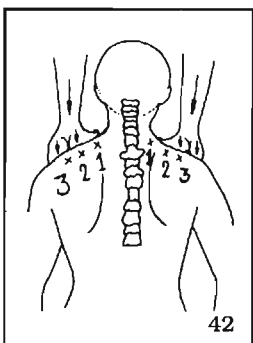
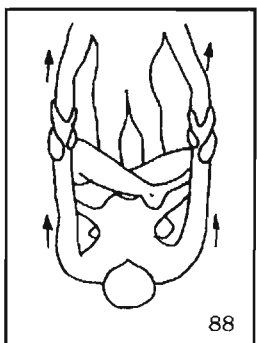
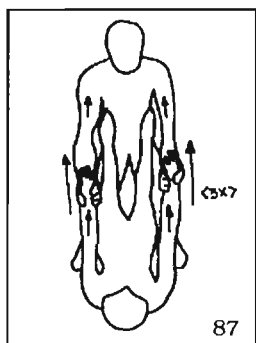
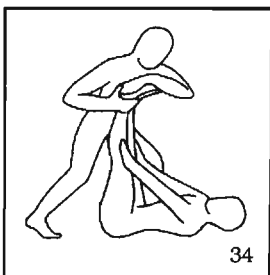
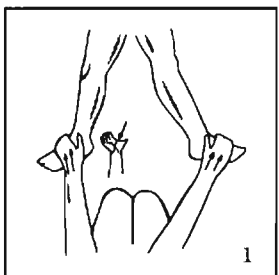
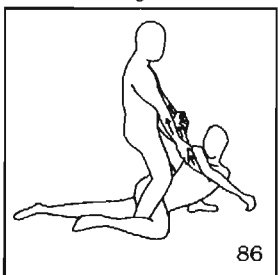
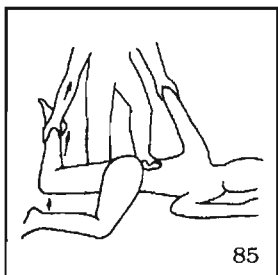
* 60+5 MIN *

AMOUNT OF PICTURES = 30





Change Side 64-89



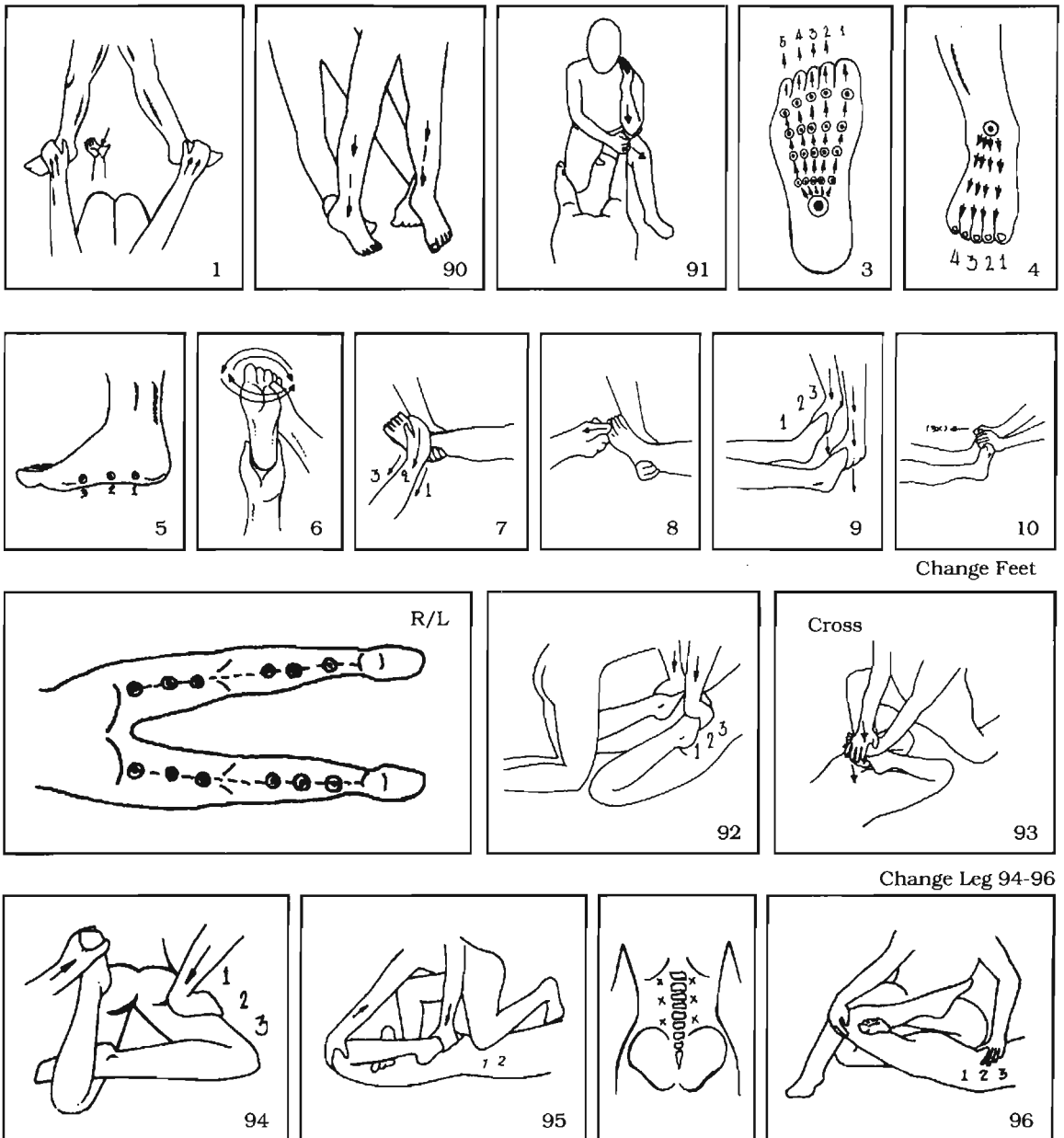


ITM INTERNATIONAL TRAINING MASSAGE SCHOOL
CHIANG MAI THAILAND

- BACK
- feet and ankles
 - legs - stretching
 - hips and buttocks
 - spinal column and back
 - shoulders, shoulderblade
 - stretching

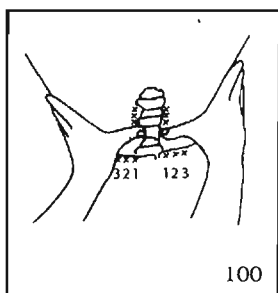
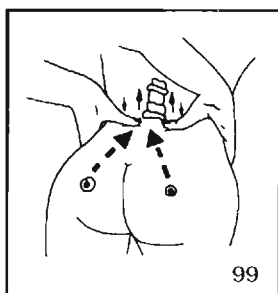
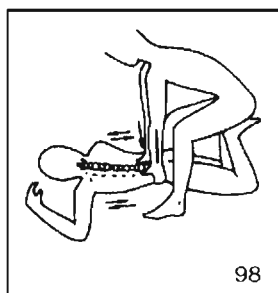
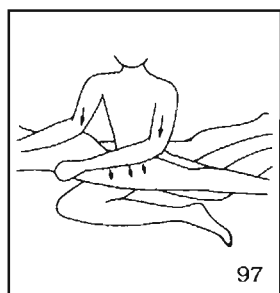
* 30+5 MIN *

AMOUNT OF PICTURES = 30

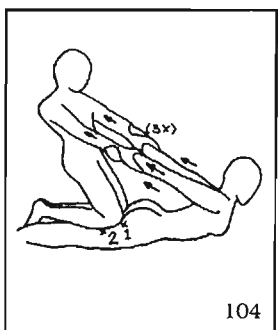
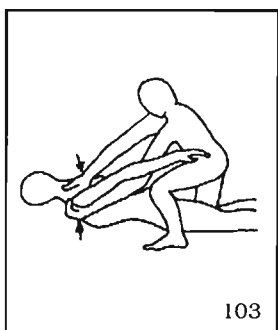
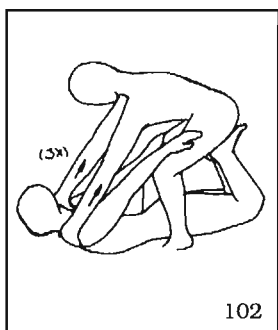
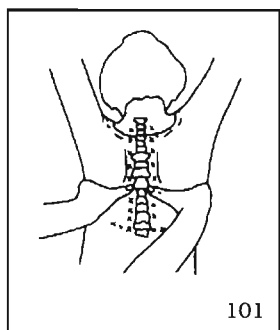


Change Feet

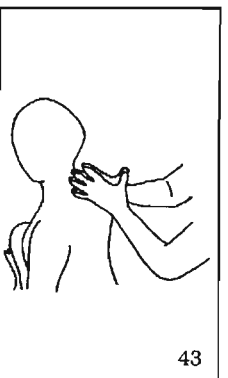
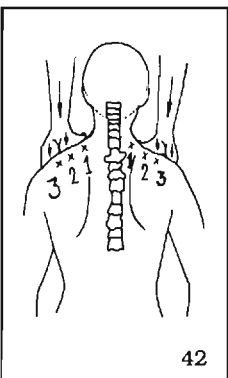
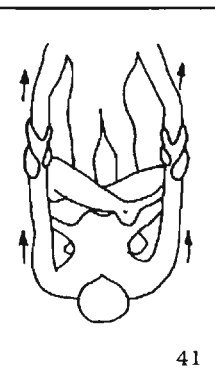
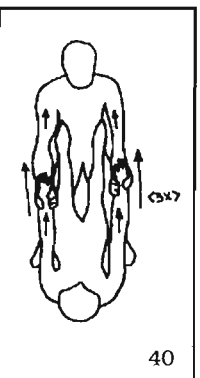
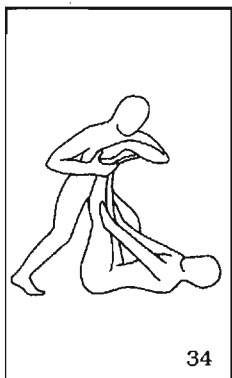
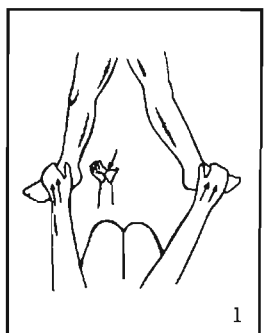
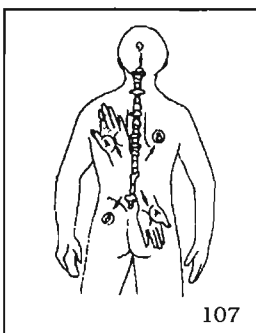
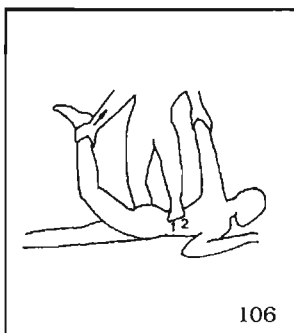
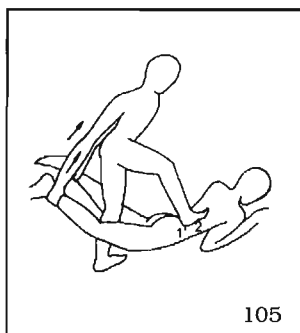
Change Leg 94-96



Repeat the other leg



Repeat 103. Other side



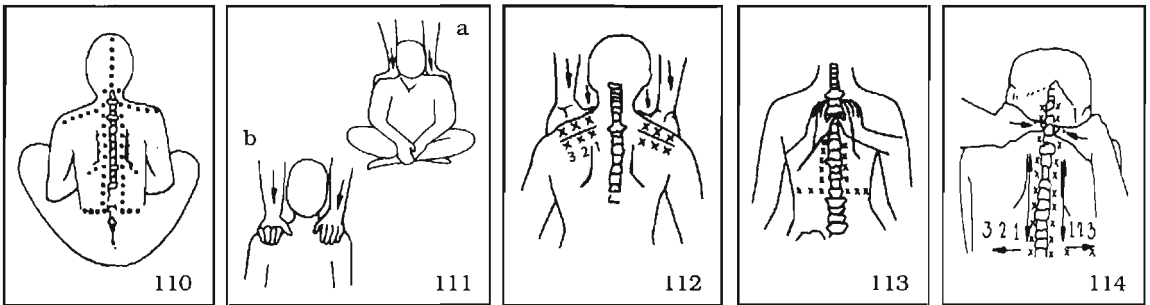
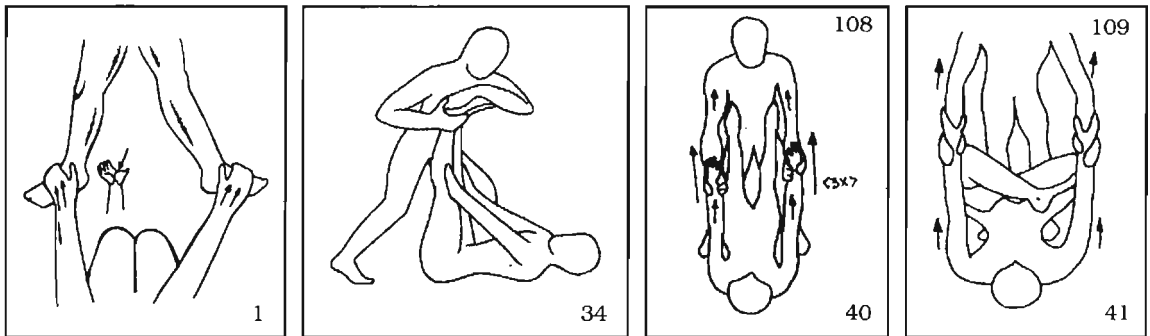


ITM INTERNATIONAL TRAINING MASSAGE SCHOOL
CHIANG MAI THAILAND

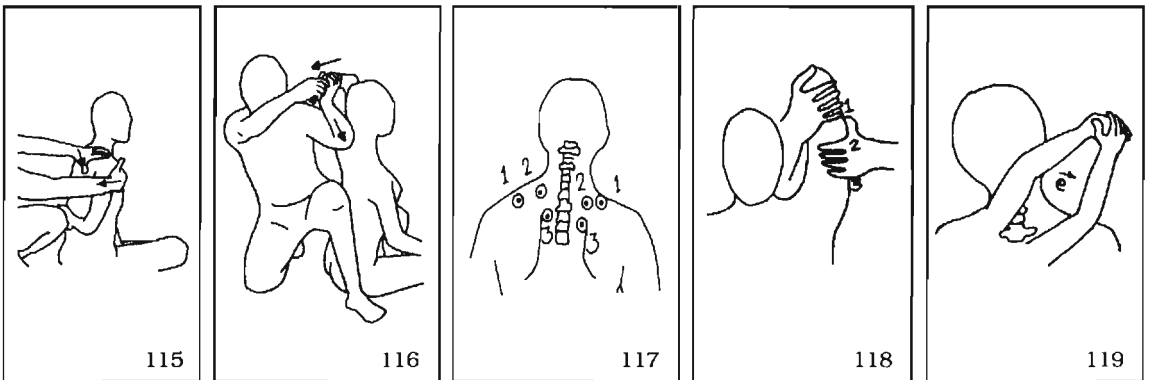
- SITTING POSITION - shoulders
- spinal column and back
- shoulder shoulderblades and arms
- neck head and face
- stretching

* 30+5 MIN *

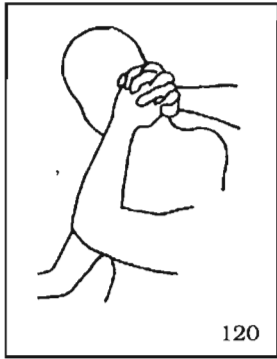
AMOUNT OF PICTURES = 30



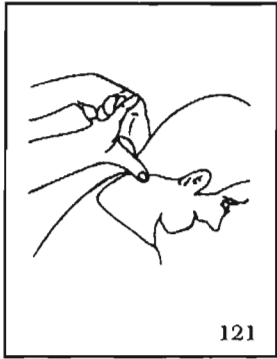
Change Side 115-118



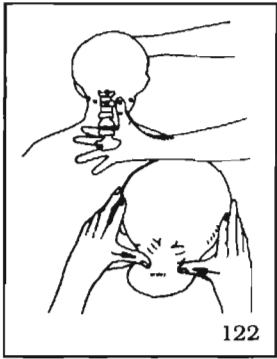
Repeat other side



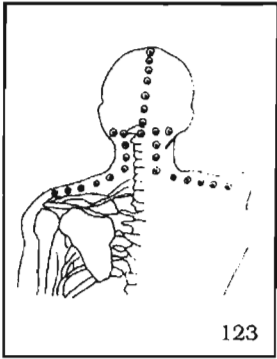
120



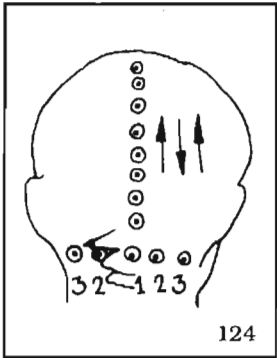
121



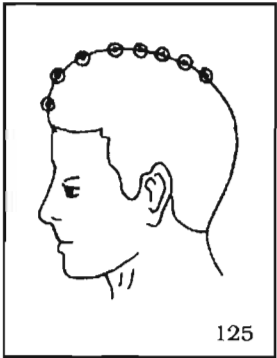
122



123



124



125

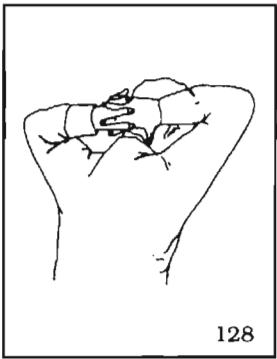


126



127

R/L



128



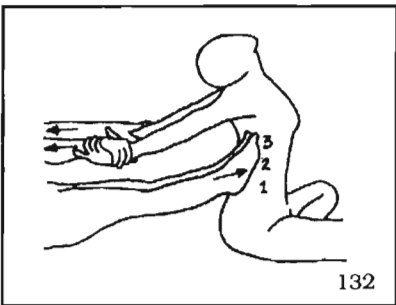
129



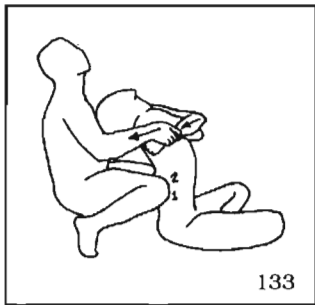
130



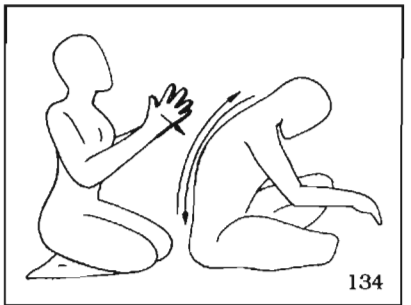
131



132



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Master teacher Chongkol Setthakorn interviewed

Ancient Thai Massage emulates yoga

By Kathleen Deming

Chongkol Setthakorn is a small, smiling man, and though you wouldn't know it by looking at him, he carries a lot of power in his little hands. Just ask someone who has experienced the unique style of massage that Setthakorn has brought to America from his native Thailand.

Currently a visiting instructor at the International Professional School of Bodywork (IPSB) here in San Diego, Setthakorn offers a massage technique that many are calling an active form of double yoga, employing the principles of yoga and acupuncture. This powerful massage technique is meant to induce deep relaxation and increase energy flow through the body.

The technique that Setthakorn practices and teaches is a part of the medical tradition of Thailand. Its origins go back to the days of the Buddha, when a doctor acquainted with the spiritual figure began treating his clients with a slow, stretching kind of massage. According to popular lore, instruction of the technique was then handed down orally from generation to generation until at last it was written on palm leaves and regarded as a sacred text.

The spiritual atmosphere surrounding the practice remains intact today. Before each session, the practitioner folds his hands and prays for help from the universe and from the father of Thai massage, Jivaka Komarabhacca. This preliminary meditation also serves to quiet the mind and focus energy on the task at hand. The practitioner then rubs his hands together to induce heat and begins applying pressure to the recipient's feet, eventually moving upward to the head.

In watching the technique, one gets the sense that "massage" is somewhat of a misnomer. Unlike the scooping and continuous strokes of Swedish massage, the Thai method uses mainly point pressure and muscle stretching. And it is not just hands that are used to free tension stored in the recipient's body, but the feet and elbows as well.

Some have called it “yoga for lazy people,” says one American student. “Instead of doing yoga they do it for you.” It is also sometimes referred to as “medical massage” going back to its origin as a traditional medical technique. Experts say the method is suitable for building flexibility and healing long term injuries.

Setthakorn himself refers to Thai massage as a form of play. When children are young their mothers play with them physically, he says, stretching and bending and interacting in a playful manner. In this way they share their love and kindness towards each other. Thai massage is an extension of this will to play and share with others in a physical but platonic way. And when the massage is over, says Setthakorn, both the giver and the receiver should feel refreshed, happy, and energetic.

The stretching at times looks intense and uncomfortable, but Setthakorn assures us it is measured carefully against the capacity of the recipient. Some are more limber than others, but the technique does not inflict pain. Asked how he is able to control the amount of stretching, Setthakorn says he simply “feels how much the client can take.”

This reliance upon “feeling” is inherent in Thai massage. Almost totally ignorant of the western science of anatomy, Thai practitioners have learned the craft largely through feeling and intuition. Even in the more enlightened society, the teachings of Thai manipulative medicine are completely without regard to anatomical references.

The practice is tied to the theory that the body consists of some 72,000 energy lines, called SEN, roughly equivalent to the meridians of Chinese acupuncture. Diagrams of the SEN show the relationship between the energy and their potential effects.

Chongkol Setthakorn teaches a unique Thailand massage technique passed down from generation to generation.



Setthakorn came to the United States at the request of Dr. Richard Gold, an IPSB board member who met the Thai attorney turned massage instructor on a visit to Thailand two years ago. Much impressed with his first visit, Gold returned to Thailand to film a video of the unique massage technique and then invited Chongkol to bring his expertise to the West, where Thai massage is virtually unknown. Gold also likens Thai massage to yoga, commenting that, "It is designed to deepen the yoga stretches of asana. It's very, very active, but you get into a meditative state...It's a yoga that works as a massage."

Gold plans to apply the Western influence of anatomy to the Thai massage teachings in order to make it more comprehensible to Western students.

Chongkol began teaching at the Old Medicine Hospital in Chiang Mai, Thailand, in 1985. He began with one student every couple of months, but soon saw a sharp escalation of business in the six years since. Chongkol has taught more than 1,500 students from 42 countries. Many of them Western tourists who stumbled upon Chiang Mai and decided to extend their visits in order to learn Thai massage. Others came to Thailand specifically to learn the technique after hearing about Chongkol, who is proficient in English and one of only a few certified instructors in Thailand.

Setthakorn will be teaching at IPSB through June, and will then return to Thailand.

ABOUT THE AUTHOR

CHONGKOL SETTHAKORN AKA 'JOHN ' had established ITM-International Training Massage School in 1992 with his intention to popularize ancient Thai massage to the western world. Since then, ITM has been increasing its reputation worldwide in its teaching style using an easy-to-follow instruction and demonstration, and its professional yet friendly atmosphere.



Chongkol started his career in Thai massage as the head teacher at the Old Medicine Hospital in Chiang Mai, Thailand in 1985. In 1991 Chongkol went to USA as a visiting instructor at the International Professional School of Bodywork (IPSB) in San Diego, California for 6 months to teach **NUAD BO-RARN THAI MASSAGE**.

Along with his full teaching schedule, he studied Level I (120 HRS) Massage Technician Training, Level II (150 HRS) Professional Massage Training and several electives of Western and Oriental Massage such as Therapeutic Massage For Acute and Chronic Problems (36 HRS), Tui Na Internship Chinese Massage (90 HRS), Jin Shin Acutouch (Japanese Method of Healing Art) (30 HRS), Tai Chi and the IPSB Movement Form to enhance his expertise in Thai Massage.

After returning to Thailand and establishing ITM, he along with Arthur Lambert authored "Nuad Bo-Rarn, the Traditional Massage of Thailand", published in 1992. Having increased experience and knowledge in Thai massage, Chongkol authored "Nuad Bo-Rarn, Ancient Massage of Thailand" in 2001.

With his interest in different kinds of bodywork, he learned Tai Ji Qi Gong and adapt its techniques for the flowing of the movements in Thai massage. He has been a volunteer instructor in Tai Ji Qi Gong (Chi Kung) and Tai Chi Chuan (long-form Yang style) for the community in Chiang Mai city.

In September 2000, Chongkol was invited as a visiting instructor to demonstrate and teach Nuad Bo-Rarn Thai massage at the European & 17th cidesco congress of Aesthetics and Health in Athens, Greece.

Chongkol and his family went to Geneva, Switzerland in June 2003 to offer a special Thai massage course, which many people around Switzerland attended.