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|  | **Contents** | **Time** | **Time** |
| **Introduction** | 1.1 History1.2 How to study Tuina1.3 Mechanism of Tuina1.4 Basic Theory | 30 min | 7 h |
| **Day 1 :** **Routine Techniques**(Basic Exercise for Manipulation Practice and Manipulations for Tuina) | 2.1 Shao Lin Nei Gong (Standing pose, Horse crotch, Arrow-like crotch, and Great crotch)2.2 Shao Lin Nei Gong (Qian Tui Ba Pi Ma, Dao La Jiu Tou Niu) | 30 min |
| 2.3 Manipulations for Tuina (Dhyana-thumb-pushing)2.4 Manipulations for Tuina (Rolling) | 120 min |
| 2.5 Manipulations for Tuina (Pressing, Suppressing ,pointing, nipping, and kneading) | 30 min |
| 2.6 Shao Lin Nei Gong (Ba Wang Ju Ding, E Hu Pu Shi)2.7 Manipulations for Tuina (Pinching, Grasping, Seizing, and Finger-twisting) | 60 min |
| 2.8 Manipulations for Tuina(Circular-rubbing, Linear-rubbing, Linear pushing, Wiping, and Palm-twisting)2.9 Manipulations for Tuina (Vibrating, Shaking, trembling)2.10 Manipulations for Tuina (Knocking, Patting , Tapping, Pecking) | 90 min |
| 2.11 Shao Lin Nei Gong (Li Pi Hua Shan, Feng Huang Zhan Chi)2.12 Manipulations for Tuina (Back-carrying, Rotating, Stretching) | 30 min |
| 2.13 Taiji push-hands exercise2.14 Review | 30 min |
| **Day 2 : Treatment for Adult Diseases** | 3.1 Review of exercise (Shao Lin Nei Gong)3.2 Review of techniques | 2h | 7 h |
| 3.3 Treatment of Musculoskeletal conditions3.4 Diseases in internal medicine and gynaecology | 5h |
| **Day 3 : Pediatric Tuina** | 4.1 Review of exercise (Shao Lin Nei Gong)4.2 Review of techniques | 2h | 7 h |
| 4.3 Specific acupoints for pediatric Tuina4.4 Commonly encountered infantile diseases | 5h |