CMTN211

Session 03

Gun Fa & Yi Zhi Chan Tui Fa

Chinese Medicine Department
CMTN211: Session 3

- Rolling method (*gun fa*)
- One finger meditation method (*yi zhi chan tui fa*)

- Rationale
- Clinical usages
- Mechanics
- Cautions & contraindications
- Demonstration & supervised practice
Rolling method
(Gun Fa)
“I fear not the man who has practiced 10,000 kicks once, but I fear the man who had practiced one kick 10,000 times.”

— Bruce Lee

Saintilus, 2015
Rolling (gun fa): rationale

One of the hardest techniques to master!

Can be applied to a focussed area or along a channel or accompanied by passive movements of a joint, e.g. neck and shoulder.

Often performed for a long period of time in the Tui Na - so practice, practice, practice!

Traditionally practiced on a rice bag daily for 3-9 months until all the rice had turned black from the constant rolling.

This is your first introduction to a Yang style Tui Na technique.
Rolling (gun fa): mechanics

- Starting position
- Rolling out
- Rolling in
Rolling (gun fa): mechanics

Rolling the hollow palm to produce a continuous force by extending & flexing the wrist, and twirling of the forearm

Skin contact force is via the dorsum of the hand esp. the metacarpo-phalangeal joint of the little finger

Think of your hand as a greasy metal ball rolling smoothly with constant even pressure

Constant frequency and rolls like a wave

Force and pressure are even
Rolling (gun fa): mechanics

Have the point fixed on a certain part, use the elbow as a pivot, sway the forearm initiative and bring the wrist to do a complex movement of extension and flexion and the forearm to rotate too.

The fixing point should be close to the body surface; hauling, turning, leaping, rotating and bumping movements should be avoid.

Pressing force, frequency and swaying range should be even and the movements should be coordinative and rhythmic.

Shoulder and arm try to relax, elbow bends in an angle of 120° during the operation.

Drop the shoulder, hang down the elbow.
Rolling (gun fa): where to use?

- Shoulder
- Back
- Waist
- Buttocks
- Hips
- Limbs
Rolling (gun fa): clinical usage

Functions:

- Deep, penetrating, warming
- Dredges jing luo
- Clears pathogenic Wind, Cold, Damp
- Promotes Qi and Blood circulation, disperses stasis
- Relaxes tendons & muscles
- Breaks up adhesions
- Alleviates pain and muscle spasms
- Reduces swelling
- Lubricates joints
# Rolling (gun fa): clinical usage

<table>
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<tr>
<th>Indications:</th>
<th>Back pain</th>
<th>Sciatica</th>
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<tr>
<td>Bi syndrome &amp; channel sinew disorder</td>
<td>Frozen shoulder</td>
<td>Tennis elbow</td>
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<td>Wei syndrome</td>
<td>Stroke sequelae</td>
<td>Paralysis</td>
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<td>Abdominal pain (fullness &amp; distention caused by stagnation)</td>
<td>Numbness/pins &amp; needles</td>
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Rolling (gun fa): cautions/contraindications

- Caution:
  - Rotation of the forearm and insufficient extension and flexion of the wrist joint should be avoided.
  - Bumping between the hand and the body surface should be avoided.
  - Using this technique over vertebral spinous processes and other joints may cause discomfort.

(Hongzhu, 2007, pp.265)
Rolling (gun fa): demo & practice

Tips:

Relax, close your eyes or look anywhere other than your hand for half the practice time.

Be smooth and rounded, with no jerky movements.

Concentrate on your elbow and upper arm moving in and out like a chicken’s wing flapping in and out.

Be consistent in pressure and speed.

Your 5th finger knuckle should stay in contact with the area being treated at all times.

Use music to help you get into a steady rhythm

Keep breathing and watch your posture; keep upright and avoid hunching.
One Finger Meditation
(Yi ZhiChan Tui Fa)
Changnan, 2000 pp. 71
“I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion’.”

- Muhammad Ali
**History**

One finger meditation began as a practice for Shaolin monks. They would practice meditation by assuming the one finger push up position (which was physically draining) and focused their minds on meditation.

The central focus (qi) is applied into the finger to achieve the desired effect in *Tui Na*.

Practice began with push ups, moving onto penetrating sand bags and finally penetrating stone with a single finger strike – this is of course only for martial arts application.
One finger meditation (yi zhi chan tui fa): rationale

- Tui na version of the acupuncturist’s needle
- Small, focused, rocking movement of the thumb
- Chan = meditation (focus & attention)
- Difficult to master – perseverance and practice!
- Flexible wrists help!

This is your first introduction to a Yin style Tui Na technique.
One finger meditation
(yi zhi chan tui fa): mechanics

Preparation ➔ Rocking out ➔ Rocking in
One finger meditation (yi zhi chan tui fa): mechanics

Yi Zhi Chan Tui Fa involves using the tip or whole surface of the thumb to push the acupoint or region with active waving using the forearm to power the movement.

- The wrist is flexed & the thumb joint extended
- Shoulder, elbow, wrist & fingers are relaxed
- The thumb & skin should move as one
- Force evenly distributed with consistent pressure, frequency and waving amplitude at 120-160 / per min.
- Quick pushing Method (Chan fa) --- when the frequency of pushing method with one finger increase up to 220-250 times per minute
One finger meditation (yi zhi chan tui fa): mechanics

Posture in a sitting position

- Drop the shoulders
- Hang down the elbow
- Suspend the wrist
- Cupping a hollow fist, exerting force naturally with the thumb
- Empty palm
- Pushing forcefully and moving slowly
- The wrist sways outward & inward
One finger meditation (yi zhi chan tui fa): where to use?

- **Face**
  - Channels (sinus or rejuvenation)

- **Back**
  - Bladder channel
  - *Huato Jiaji*

- **All points**
  - To tonify – gently
  - To disperse - vigorously
One finger meditation
(yi zhi chan tui fa): clinical usage

Functions:

- Activates circulation of Qi & Blood
- Disperses Qi stagnation, Blood stasis and food retention
- Strengthen Stomach & Spleen
- Regulate and harmonise Wei and Ying Qi
One finger meditation
(yi zhi chan tui fa): clinical usage

Indications:

Channel & *Zang Fu* disharmonies, including:

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<td>Gynaecological/fertility disorders</td>
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<td>Traumatic injury &amp; <em>Bi</em> Syndrome</td>
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One finger meditation (yi zhi chan tui fa): cautions/contraindications

Caution:

• Protect your thumb joint
One finger meditation (yi zhi chan tui fa): demo & practice

Tips:

Keep your thumb glued to the point at all times, do not let it wander around off course.

Make sure your shoulder is relaxed.
Imagine your arm is resting on a tennis ball in your armpit.

Keep your elbow lower than your wrist.

Keep relaxed and get into a rhythm with the movement.
References


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