

### Your Home Training in Seven Steps

#### Step One

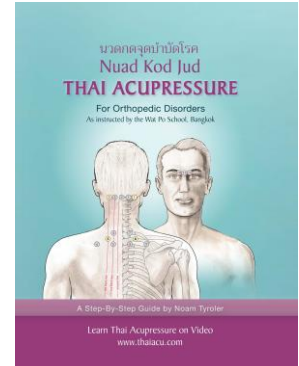
1. Purchase the Book Guide + Video Guide + My Personal Supervision.

\* You will get your book to your door in 1-2 weeks. It normally takes 7 days.

\* You will get your Video Course access details automatically as soon as you make the payment . Please log in here: <http://thaiacu.com/video-guide/>

If you do not get it, write to me an email and I will add you as a user manually right away!

\* Now you can begin! If you are ready, do not wait for the book! Skip steps 2 and 3 and begin right away with step 4!



#### Step Two

1. Open the book at page 78 and read the Problem Description of routine 11.

2. Read the Treatment Steps section and go with your mind over the points of the routine.

3. Use your Username and Password to access the shoulder chapter in your Video Course:

<http://thaiacu.com/video-guide/>

Find routine 11 and click the button of the Diagnosis and treatment steps class.

4. Be ready to explain to me:

a. When you will choose to use this routine?

What will be the complaints of your client?

b. What is the way to verify that routine 11 is the correct choice?

5. Click the button Lines and Points Overview class and watch all of it to get "The big picture" of how this entire treatment protocol looks like.

6. Click the button of Point 1 and watch it, try to understand it's location.

7. Find a "Client" and try to locate point 1.

With many people this is a tender point. If you press it correctly, you do not usually need a lot of pressure to create in your client very clear sensations that radiate into the shoulder blade and down the arm and even to the fingers.

8. Find the most comfortable position for you to press this point comfortably.

#### The 15 Video routines are:

Routine 11 Pain at the midpoint of the inner edge of the shoulder blade

Routine 15 Shoulder pain when raising the arm

Routine 7 Sprained neck

Routine 8 Stiff neck.

Routine 9 Neck pain while turning the head 1

Routine 3 Tension headache

Routine 25 Wrist pain at the middle finger line

Routine 21 Tennis elbow

Routine 19 Numb hand

Routine 50 Stiff knee with pain when bending and straightening

Routine 43 Hip pain in flexion, adduction and inner rotation

Routine 39 Lower back pain when bowing face down

Routine 40 Lower back pain when turning up and arching backward

Routine 38 Radiation of pain to the leg

Routine 37 Lower back pain with pain at the buttocks

# SCHOOL OF THAI ACUPRESSURE PUBLICATIONS

## בית הספר לאקופרסורה תאילנדית - הוצאה לאור

### Step Two continued

9. After pressing this point on both sides a few times, send me a video.

- a. Begin by explaining the diagnosis.
- b. Explain how you find point one. What are your "land marks"?
- c. Press the point demonstrating your pressure technique.

If you have a 3rd person that can take the video it's ideal but if you do not have a 3rd person, find a way to position your mobile phone in a way that it will "catch" you and your "client".

Make sure not to hide your thumb with your body.

10. I will watch your video and get back to you with feedback and explanation as to the point location and pressure technique.

If needed, I will ask you to send a second video of point one.

If you found it correctly and pressed it correctly, I will ask you to continue with points 2, 3 and 4.

### Step Three

1. You will learn points 2, 3 and 4 and send me a video of these 3 points. I will get back to you with corrections and explanations and if needed ask you to send again one or two or all three points.
2. You will learn points 5, 6, 7, 8 and 9 and send a video. I will get back to you with corrections and explanations and if needed ask you to send again one or two or all points.
3. You will learn points 10, 11, 12 and 13 and send a video (10, 11, 12 are not easy to find correctly). I will get back to you with corrections and explanations and if needed ask you to send again one or two or all points.

### Step Four

1. You will learn all the upper body routines according to the instructions below.
2. After learning all the routines in a chapter, you will send me a video or videos of the routines from this chapter that are on the list of 15 routines of the exam. See above.  
\* For example, in the Shoulder chapter, you will send videos of routine 11 and routine 15. In the neck chapter you will send videos of routine 7, 8 and 9.

### Step Five

1. You will learn all the lower body routines according to the instructions below.
2. After learning all the routines in a chapter, you will send me a video or videos of routines from this chapter that are on the list of 15 routines of the exam. See below.

### Step Six

1. I may ask (only if needed) for 1 or 2 more videos that will help you improve different aspects of your practice.

### Step Seven

1. I will prepare for you a PDF certificate signed by me.
2. I will send it to you!

### To become certified you need to successfully pass 15 exams!

**These 15 routines** treat very common conditions. They cover all of the acupressure lines and most of the acupressure points.

**Once you are familiar** with the points of a routine, pointing to them, explaining their locations and demonstrating pressure techniques will not take longer than a few minutes!

נועם טירולר | Noam Tyroler

+972-52- 6714440 | info@thaiacu.com

ת.ד. 430, מטולה 10292, ישראל | 10292, מטולה 430, POB



**To learn the 31 treatment routines of the upper body, I recommend that you learn in this order:**

1. Warm-Up to the upper back, shoulder blades and neck.  
Find in the video course in all the treatment routines of these chapters: head, neck, shoulder and face. This warm-up should be used also when treating any arm, elbow and wrist pain.
2. The 6 treatment routines of the shoulder chapter.
3. Send videos of routines 11 and 15
4. The 4 treatment routines of the neck chapter.
5. Send videos of routines 7, 8 and 9
6. The 4 treatment routines of the head chapter.
7. Send a video of routine 3
8. The 2 routines of the face chapter
9. The 6 arm lines – find in anatomical atlas of the book guide in pages 275 – 281 and in the video course in routines 26, 28 and 30
10. The 5 routines of the fingers chapter
11. The 4 routines of the wrist chapter
12. The 2 routines of the elbow chapter
13. The 4 routines of the arm chapter

**To learn the 29 treatment routines of the lower body, I recommend that you learn in this order:**

1. The lines of the outer lower leg – find in the anatomical atlas in page 317 and in the video course in routine 51 of the ankle chapter.
2. Routines 51 + 52 of the ankle chapter
3. The lines of the outer thigh – find in the anatomical atlas in page 317 and in the video course in routine 50
4. Routines 44, 45 of the leg chapter and routine 48 of the knee chapter.
5. Routines 58, 59 and 60 of the Sprained toes chapter.
6. The lines of the inner leg – find in the anatomical atlas in page 329 and in the video course in routine 49
7. Routines 56, 57, 54, 53, 49 and 46
8. The back of the leg line - find in the anatomical atlas in page 309.
9. Routine 50
10. Abdominal massage – find in the video course in routine 39
11. The back lines – find in the anatomical atlas in page 293 and in the video course in routines 39 and 40
12. Routines 35, 36, 39 and 40 of the low back chapter
13. The lines of the outer leg in the side position – find in the anatomical atlas in page 317
14. Routines 37 and 38 of the low back chapter and routine 42 of the hip chapter
15. The lines of the inner leg in the side position – find in the anatomical atlas in page 329 and in the video course in routine 41
16. Routine 41