

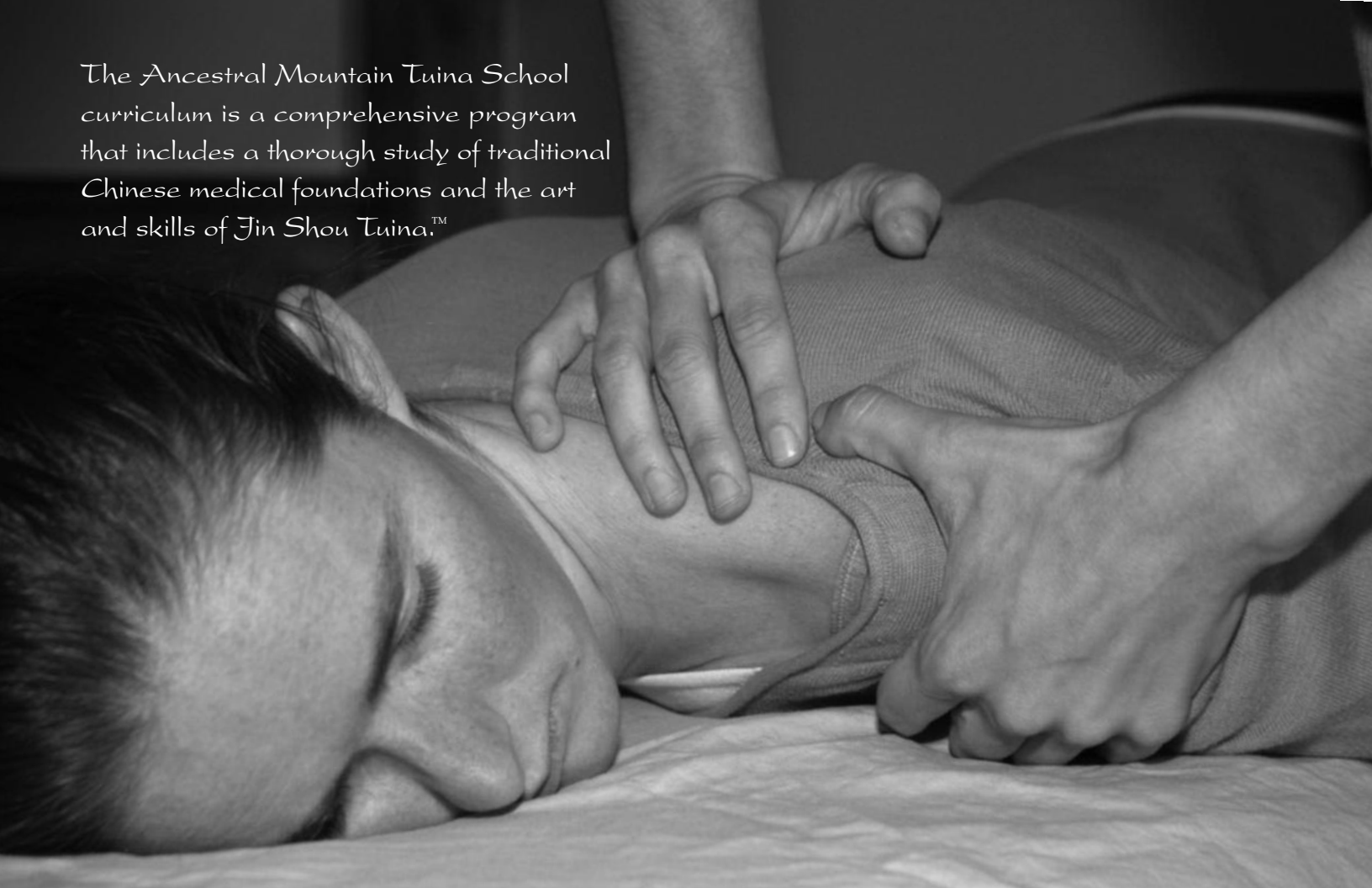
2010 - 2011

Blue Ridge Center
for Chinese Medicine



School for
Chinese Bodywork
and
Traditional
Chinese Medicine

The Ancestral Mountain Tuina School curriculum is a comprehensive program that includes a thorough study of traditional Chinese medical foundations and the art and skills of Jin Shou Tuina.™





Ancestral Mountain Tuina School (AMTS) teaches a Chinese style of therapeutic bodywork called Jin Shou Tuina.[™] This style of bodywork has a strong base in Traditional Chinese Medicine and internal martial arts and has been preserved and developed through a family lineage for generations.

Our mission as a Jin Shou Tuina educational program is to impart the unique perspectives, techniques, and therapies of Jin Shou Tuina; train students to foster health and well-being in the modern world; and expand the availability of these bodywork arts to our communities.



Distinctive Setting

Ancestral Mountain Tuina School classes take place in the Blue Ridge Center for Chinese Medicine. The 4,200 square foot building and surrounding grounds include:

- Multiple treatment rooms
- Herbal apothecary
- Fully equipped kitchen
- Timber frame internal martial arts training hall
- Environmentally conscious building design and materials
- Production-scale medicinal herb gardens.
- Outdoor martial art training area
- Quiet vistas, walking trails, and meditation areas

Ancestral Mountain Tuina School

This unique program combines the instruction of both traditional Chinese medical theory and bodywork techniques with internal martial arts training—a time-tested and effective teaching method that forms the foundation of AMTS.

Our tradition emphasizes a disciplined and practical approach to bodywork and internal martial arts. It is derived from an apprenticeship format that provides students with a solid foundation to become competent entry-level practitioners.

AMTS is a Career and Technical school certified to operate by the State Council of Higher Education for Virginia. Graduates of the programs will be eligible to take the NCBTMB National Certification Exam. Successful completion of this exam allows graduates to apply for a state massage certificate in Virginia and many (but not all) other states.

What Distinguishes AMTS from other Bodywork Schools

- Jin Shou Tuina theory, techniques and practical applications are strongly rooted in traditional Chinese Medicine and internal martial training.
- AMTS Tuina instructors are part of a direct apprenticeship lineage that rigorously maintains the original integrity and effectiveness of this bodywork.
- In addition to learning a complete system of hand techniques, body protocols and practical applications, students will learn Qigong (chee-gung) exercises and internal martial arts as a way to improve their own health and strengthen their abilities to provide for and educate clients.

Faculty and Instructors

Founder and Executive Director, Jason Redinbo, is a licensed acupuncturist and certified Jin Shou Tuina and martial arts instructor with 19 years teaching and clinical experience. He is the School's director and primary instructor. Most of the AMTS faculty have apprenticed directly under Mr. Redinbo and share his passion and commitment to preserving and developing Jin Shou Tuina for the modern era.

North American Tang Shou Tao Association

Ancestral Mountain Tuina School faculty and students are members of the North American Tang Shou Tao Association (NATSTA), a national organization dedicated to the preservation, research, and dissemination of the traditional Chinese martial and medical arts. Jin Shou Tuina is the NATSTA family-style tuina system that is the primary heirloom of their medical archives. Jin Shou Tuina is a registered trademark of NATSTA.



Program Overview

Our curriculum consists of 600 hours of academic and practical training that meets or exceeds national requirements:

Traditional Chinese Medicine

| | |
|--------------------------------------|-----------|
| Anatomy, physiology and kinesiology* | 125 hours |
| Chinese medical theory* | 135 hours |

Jin Shou Tuina

| | |
|------------------------------------|-----------|
| Discipline, technique and practice | 200 hours |
| Supervised clinical application | 70 hours |

Practice Integration

| | |
|---|----------|
| Internal arts training | 30 hours |
| First aid and CPR | 6 hours |
| Business, legal and ethics | 10 hours |
| Craniosacral therapy and Chinese medicine | 24 hours |

TOTAL 600 hours

** This curriculum is available to part-time students.*

Jin Shou Tuina

Jin Shou Tuina is a system of bodywork that has a foundation in classical Chinese medicine and internal martial arts. It is a compilation of classical and family Chinese medical knowledge, internal cultivation principles, physical and energetic cultivation practices, and practitioner experience.

Educational Objectives

- Provide education and training in Jin Shou Tuina, Chinese medical theory, and internal martial arts cultivation
- Provide clinical practicum opportunities
- Provide students with the ability to take care of themselves and others, and to continue to refine and develop their bodywork skills
- Keep traditional wisdom relevant in today's world and for the future
- Impart the unique perspectives, skills and therapies of this family lineage
- Prepare students for licensure and a professional bodywork practice

Programs for Jin Shou Tuina & Traditional Chinese Medicine

We offer a one-year program in Jin Shou Tuina, traditional Chinese medical theory and internal martial arts that teaches healing methods and modalities for practitioners and individuals. Our integrated program includes:

- The fundamentals of Traditional Chinese Medicine.
- Jin Shou Tuina theory, techniques and practical applications.
- Internal martial art and Qigong exercises.
- A broad base of anatomy, physiology, and Eastern and Western sciences.
- Related business, legal and ethics courses pertaining to a bodywork profession.

We are also offering the Traditional Chinese Medical Theory and Anatomy and Physiology portions of the certificate program to part-time students.

Internal Arts Program

Internal cultivation practices are historically an integral part of Traditional Chinese Medicine. The arts of Xingyi Quan, Bagua Zhang, Taiji Quan and Qigong are all recognized to be health-promoting systems of movement and martial expression. Training in these systems promotes the health and strength of the practitioner and helps develop necessary sensitivities to the body systems. These arts are studied for personal development and do not have a rank or promotion structure.

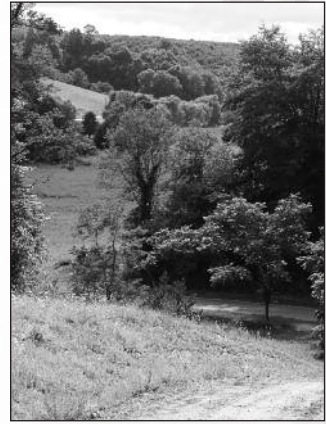
Admissions

AMTS classes will be held primarily on Tuesdays and Thursdays starting **Tuesday, September 21, 2010** Applications for full-time or part-time admission are due **Thursday, July 1, 2010**.

For more information, download the 2010-2011 Catalog and application forms at www.brccm.org, or call us at 540-651-2682.



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The Ancestral Mountain Tuina School is a subsidiary of the Blue Ridge Center for Chinese Medicine, Inc., a 501(c)(3) public non-profit corporation dedicated to providing health care services and educational programs based in Traditional Chinese Medicine and internal martial arts. Located near the scenic Blue Ridge Parkway in rural southwest Virginia, Floyd County is a community filled with a rich musical and arts heritage as well as a strong connection to traditional and sustainable agriculture and the region's natural surroundings.