

**TFH Level II:** These courses are designed to provide a major expansion in your understanding and ability as a touch healer. Basic human anatomy and muscle movements are reviewed. You learn the causes of pain and ways to regain, maintain, and improve personal health. These courses teach the basics of the Oriental health system (the 5 elements) and comprehensive training in massage and applied kinesiology.

- Pretests and corrections review
- Circuit locating
- Cross crawl for integration
- Goal balancing with a 14 muscle balance
- Balancing using wheel
  1. Beaver dam
  2. Triangle
  3. Square
  4. Midday/Midnight Law
- Time of day balance
- Five Element theory
- Over energy/alarm points
- Muscle correction procedures
  1. Golgi Tendon/spindle cell
  2. Cerebral spinal technique
- ESR for performance, enhancement/future
- Acupressure for pain/meridian walking
- Gait testing
- Figure Eights
- Biogenic foods
- 14 muscles
  1. Neck flexors.....stomach
  2. Brachioradialis.....stomach
  3. Lower trapezius.....spleen
  4. Middle trapezius..... spleen
  5. Rectus abdominals.....small intestine
  6. Sacrospinalis.....bladder
  7. Iliacus.....kidney
  8. Adductors.....circulation/sex
  9. Piriformis.....circulation/sex
  10. Sartorius.....triple warmer
  11. Popliteus.....gall bladder
  12. Rhomboids.....liver
  13. Middle deltroid.....lung
  14. Quadratus lumborum.....Large intestine