

| Touch for Health Kinesiology Synthesis - Synopsis | | TFH Level | | | |
|--|---|-----------|---|---|---|
| Main Teaching Objective | | 1 | 2 | 3 | 4 |
| | 14 Muscle (<i>Meridian</i>) Balance | ✓ | | | |
| | Law of Five Elements | | ✓ | | |
| | Reactive Muscle Theory | | | ✓ | |
| | Posture Analysis & Correction, Maximizing Physical Function | | | | ✓ |
| Topics Covered | | 1 | 2 | 3 | 4 |
| | 1 Accurate Muscle testing | ✓ | | | |
| | 2 Pretests & corrections (<i>Switching, Central Meridian Energy, Dehydration</i>) | ✓ | | | |
| | 3 Over-Facilitated Muscles | ✓ | | | |
| | 4 Subjective Evaluation | ✓ | | | |
| 5 | 5 Posture Awareness | ✓ | | | |
| | 1 Circuit Locating | | ✓ | | |
| | 2 Concept of Yin & Yang | | ✓ | | |
| | 3 Alarm Points | | ✓ | | |
| | 4 Food Testing - <i>Biocidic, Biostatic, Biogenic</i> | | ✓ | | |
| 10 | 5 Theory & Practice of 5 Elements | | ✓ | | |
| | 1 Circuit Retaining mode | | | ✓ | |
| | 2 Facilitation & Inhibition | | | ✓ | |
| 13 | 3 Reactive Muscle Theory | | | ✓ | |
| | 1 5 Elements & Meridian Review | | | | ✓ |
| | 2 5 Element Emotions | | | | ✓ |
| | 3 Acupressure Holding Points - <i>Theory & Expanded Application</i> | | | | ✓ |
| 17 | 4 Luo Points | | | | ✓ |
| Specific Applications of TFH - Correction Techniques | | 1 | 2 | 3 | 4 |
| | 1 Spinal Reflex | ✓ | | | |
| | 2 Neurolymphatic Massage Points | ✓ | | | |
| | 3 Neurovascular Holding Points | ✓ | | | |
| | 4 Meridian - Flushing | ✓ | | | |
| | 5 Muscle - O/I | ✓ | | | |
| | 6 ESR - <i>Present</i> | ✓ | | | |
| 7 | 7 Nutritional - meridian correction | ✓ | | | |
| | 1 Muscle - Spindle Cell & Golgi Tendon | | ✓ | | |
| | 2 Acupressure Holding Points (<i>Intro to Application</i>) | | ✓ | | |
| | 3 ESR - <i>Future Performance</i> | | ✓ | | |
| 11 | 4 Food Testing with Sensitivity Mode | | ✓ | | |
| | 1 Sedation Techniques | | | ✓ | |
| | 2 Gait Testing | | | ✓ | |
| 14 | 3 ESR - <i>Defusing Past Stress & Trauma</i> | | | ✓ | |
| | 1 Neurolymphatic Release | | | | ✓ |
| 16 | 2 Tibetan Figure 8 Energy | | | | ✓ |
| Simple Pain Techniques | | 1 | 2 | 3 | 4 |
| | 1 Feathering for Cramps | ✓ | | | |
| | 2 Flushing/Running Meridians | ✓ | | | |
| | 3 Emotional Pain | ✓ | | | |
| 4 | 4 Problems with Digestive System | ✓ | | | |
| | 1 Spindle Cell Proprioceptors | | ✓ | | |
| | 2 Meridian Walking for recent pain | | ✓ | | |
| | 3 Meridian Massage | | ✓ | | |
| 8 | 4 Cerebrospinal technique | | ✓ | | |
| Balancing Procedures | | 1 | 2 | 3 | 4 |

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|----|---|---|---|---|---|---|
| | 1 | 14 Muscle "Fix As You Go" | ✓ | | | |
| | 2 | Goal Balancing | ✓ | | | |
| | 3 | Auricular Energy Balance | ✓ | | | |
| | 4 | Visual Inhibition Balance | ✓ | | | |
| | 5 | Surrogate Balancing | ✓ | | | |
| 6 | 6 | Cross Crawl | ✓ | | | |
| | 1 | Cross Crawl Integration | | ✓ | | |
| | 2 | Time of Day Balance | | ✓ | | |
| | 3 | The Wheel - <i>Beaver Dam, Triangles & Squares, Midday - Midnight</i> | | ✓ | | |
| 10 | 4 | 5 Element Balance - One Point Correction | | ✓ | | |
| | 1 | 5 Element Balance - Color | | | ✓ | |
| | 2 | 5 Element Balance - Goal & Emotion | | | ✓ | |
| | 3 | Past Balance for Trauma | | | ✓ | |
| | 4 | Pulses | | | ✓ | |
| | 5 | Pain Tapping for Chronic Pain | | | ✓ | |
| 16 | 6 | Balancing using food as Correction | | | ✓ | |
| | 1 | 5 Element Balance - Sound | | | | ✓ |
| | 2 | Postural Stress Release (<i>for past trauma</i>) | | | | ✓ |
| 19 | 3 | Postural Analysis & Correction | | | | ✓ |

| Touch for Health Kinesiology Synthesis - Muscles by Class level | | | TFH Level | | | |
|---|----|-----------------------------|-----------|---|---|---|
| Muscles Covered | | | 1 | 2 | 3 | 4 |
| | 1 | Supraspinatus | ✓ | | | |
| | 2 | Teres Major | ✓ | | | |
| | 3 | Pectoralis Major Clavicular | ✓ | | | |
| | 4 | Latissimus Dorsi | ✓ | | | |
| | 5 | Subscapularis | ✓ | | | |
| | 6 | Quadriceps | ✓ | | | |
| | 7 | Peroneus | ✓ | | | |
| | 8 | Psoas | ✓ | | | |
| | 9 | Gluteus Medius | ✓ | | | |
| | 10 | Teres Minor | ✓ | | | |
| | 11 | Anterior Deltoid | ✓ | | | |
| | 12 | Pectoralis Major Sternal | ✓ | | | |
| | 13 | Anterior Seratus | ✓ | | | |
| 14 | 14 | Fascia Lata | ✓ | | | |
| | 1 | Anterior Neck Flexors | | ✓ | | |
| | 2 | Brachioradialis | | ✓ | | |
| | 3 | Middle Trapezius | | ✓ | | |
| | 4 | Lower Trapezius | | ✓ | | |
| | 5 | Rectus Abdominis | | ✓ | | |
| | 6 | Sacrospinalis | | ✓ | | |
| | 7 | Iliacus | | ✓ | | |
| | 8 | Piriformis | | ✓ | | |
| | 9 | Adductors | | ✓ | | |
| | 10 | Sartorius | | ✓ | | |
| | 11 | Popliteus | | ✓ | | |
| | 12 | Rhomboids | | ✓ | | |
| | 13 | Deltoids | | ✓ | | |
| 28 | 14 | Quadratus Lumborum | | ✓ | | |

| Touch for Health Kinesiology Synthesis - Muscles by Class level | | | TFH Level | | | |
|---|--|--|-----------|--|--|--|
|---|--|--|-----------|--|--|--|

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|----|----|---|--|--|---|---|
| | 1 | Levator Scapulae | | | ✓ | |
| | 2 | Posterior Neck Extensors | | | ✓ | |
| | 3 | Opponens Pollicis Longus | | | ✓ | |
| | 4 | Triceps | | | ✓ | |
| | 5 | Transverse & Oblique Abdominals | | | ✓ | |
| | 6 | Anterior & Posterior Tibials | | | ✓ | |
| | 7 | Upper Trapezius | | | ✓ | |
| | 8 | Gluteus Maximus | | | ✓ | |
| | 9 | Gracilis | | | ✓ | |
| | 10 | Soleus | | | ✓ | |
| | 11 | Gastrocnemius | | | ✓ | |
| | 12 | Coracobrachialis | | | ✓ | |
| | 13 | Diaphragm | | | ✓ | |
| 42 | 14 | Hamstrings | | | ✓ | |
| | | No New Muscles Taught | | | | ✓ |
| | | Review of above muscles with addition of testing lying down. | | | | ✓ |
| | | Review of above muscles as related to Posture analysis & correction | | | | ✓ |
| | | Review of above muscles as related to Sports applications | | | | ✓ |

| Touch for Health Kinesiology Level 1 - Synopsis | | | | TFH Level | | | |
|---|---------------------------------------|---|--|-----------|----------|----------|----------|
| Main Teaching Objective | | | | 1 | 2 | 3 | 4 |
| | 14 Muscle (<i>Meridian</i>) Balance | | | ✓ | | | |
| Topics Covered | | | | 1 | 2 | 3 | 4 |
| | 1 | Accurate Muscle testing | | ✓ | | | |
| | 2 | Pretests & corrections (<i>Switching, Central Meridian Energy, Dehydration</i>) | | ✓ | | | |
| | 3 | Over-Facilitated Muscles | | ✓ | | | |
| | 4 | Subjective Evaluation | | ✓ | | | |
| 5 | 5 | Posture Awareness | | ✓ | | | |
| Specific Applications of TFH - Correction Techniques | | | | 1 | 2 | 3 | 4 |
| | 1 | Spinal Reflex | | ✓ | | | |
| | 2 | Neurolymphatic Massage Points | | ✓ | | | |
| | 3 | Neurovascular Holding Points | | ✓ | | | |
| | 4 | Meridian - Flushing | | ✓ | | | |
| | 5 | Muscle - O/I | | ✓ | | | |
| | 6 | ESR - <i>Present</i> | | ✓ | | | |
| 7 | 7 | Nutritional - meridian correction | | ✓ | | | |
| Simple Pain Techniques | | | | 1 | 2 | 3 | 4 |
| | 1 | Feathering for Cramps | | ✓ | | | |
| | 2 | Flushing/Running Meridians | | ✓ | | | |
| | 3 | Emotional Pain | | ✓ | | | |
| 4 | 4 | Problems with Digestive System | | ✓ | | | |
| Balancing Procedures | | | | 1 | 2 | 3 | 4 |
| | 1 | 14 Muscle "Fix As You Go" | | ✓ | | | |
| | 2 | Goal Balancing | | ✓ | | | |
| | 3 | Auricular Energy Balance | | ✓ | | | |
| | 4 | Visual Inhibition Balance | | ✓ | | | |
| | 5 | Surrogate Balancing | | ✓ | | | |
| 6 | 6 | Cross Crawl | | ✓ | | | |
| Muscles Covered | | | | 1 | 2 | 3 | 4 |
| | 1 | Supraspinatus | | ✓ | | | |
| | 2 | Teres Major | | ✓ | | | |
| | 3 | Pectoralis Major Clavicular | | ✓ | | | |
| | 4 | Latissimus Dorsi | | ✓ | | | |
| | 5 | Subscapularis | | ✓ | | | |
| | 6 | Quadriceps | | ✓ | | | |
| | 7 | Peroneus | | ✓ | | | |
| | 8 | Psoas | | ✓ | | | |
| | 9 | Gluteus Medius | | ✓ | | | |
| | 10 | Teres Minor | | ✓ | | | |
| | 11 | Anterior Deltoid | | ✓ | | | |
| | 12 | Pectoralis Major Sternal | | ✓ | | | |
| | 13 | Anterior Seratus | | ✓ | | | |
| 14 | 14 | Fascia Lata | | ✓ | | | |

| Touch for Health Kinesiology Level 2 - Synopsis | | | TFH Level | | | |
|---|----------------------|---|-----------|---|---|---|
| Main Teaching Objective | | | 1 | 2 | 3 | 4 |
| | Law of Five Elements | | | ✓ | | |
| Topics Covered | | | 1 | 2 | 3 | 4 |
| | 1 | Circuit Locating | | ✓ | | |
| | 2 | Concept of Yin & Yang | | ✓ | | |
| | 3 | Alarm Points | | ✓ | | |
| | 4 | Food Testing - <i>Biocidic, Biostatic, Biogenic</i> | | ✓ | | |
| 10 | 5 | Theory & Practice of 5 Elements | | ✓ | | |
| Specific Applications of TFH - Correction Techniques | | | 1 | 2 | 3 | 4 |
| | 1 | Muscle - Spindle Cell & Golgi Tendon | | ✓ | | |
| | 2 | Acupressure Holding Points (<i>Intro to Application</i>) | | ✓ | | |
| | 3 | ESR - <i>Future Performance</i> | | ✓ | | |
| 11 | 4 | Food Testing with Sensitivity Mode | | ✓ | | |
| Simple Pain Techniques | | | 1 | 2 | 3 | 4 |
| | 1 | Spindle Cell Proprioceptors | | ✓ | | |
| | 2 | Meridian Walking for recent pain | | ✓ | | |
| | 3 | Meridian Massage | | ✓ | | |
| 8 | 4 | Cerebrospinal technique | | ✓ | | |
| Balancing Procedures | | | 1 | 2 | 3 | 4 |
| | 1 | Cross Crawl Integration | | ✓ | | |
| | 2 | Time of Day Balance | | ✓ | | |
| | 3 | The Wheel - <i>Beaver Dam, Triangles & Squares, Midday - Midnight</i> | | ✓ | | |
| 10 | 4 | 5 Element Balance - One Point Correction | | ✓ | | |
| Muscles Covered | | | 1 | 2 | 3 | 4 |
| | 1 | Anterior Neck Flexors | | ✓ | | |
| | 2 | Brachioradialis | | ✓ | | |
| | 3 | Middle Trapezius | | ✓ | | |
| | 4 | Lower Trapezius | | ✓ | | |
| | 5 | Rectus Abdominis | | ✓ | | |
| | 6 | Sacrospinalis | | ✓ | | |
| | 7 | Iliacus | | ✓ | | |
| | 8 | Piriformis | | ✓ | | |
| | 9 | Adductors | | ✓ | | |
| | 10 | Sartorius | | ✓ | | |
| | 11 | Popliteus | | ✓ | | |
| | 12 | Rhomboids | | ✓ | | |
| | 13 | Deltoids | | ✓ | | |
| 28 | 14 | Quadratus Lumborum | | ✓ | | |

| Touch for Health Kinesiology Level 3 - Synopsis | | | TFH Level | | | |
|---|----|--|-----------|---|---|---|
| Main Teaching Objective | | | 1 | 2 | 3 | 4 |
| | | Reactive Muscle Theory | | | ✓ | |
| Topics Covered | | | 1 | 2 | 3 | 4 |
| | 1 | Circuit Retaining mode | | | ✓ | |
| | 2 | Facilitation & Inhibition | | | ✓ | |
| 13 | 3 | Reactive Muscle Theory | | | ✓ | |
| Specific Applications of TFH - Correction Techniques | | | 1 | 2 | 3 | 4 |
| | 1 | Sedation Techniques | | | ✓ | |
| | 2 | Gait Testing | | | ✓ | |
| 14 | 3 | ESR - <i>Defusing Past Stress & Trauma</i> | | | ✓ | |
| Balancing Procedures | | | 1 | 2 | 3 | 4 |
| | 1 | 5 Element Balance - Color | | | ✓ | |
| | 2 | 5 Element Balance - Goal & Emotion | | | ✓ | |
| | 3 | Past Balance for Trauma | | | ✓ | |
| | 4 | Pulses | | | ✓ | |
| | 5 | Pain Tapping for Chronic Pain | | | ✓ | |
| 16 | 6 | Balancing using food as Correction | | | ✓ | |
| Muscles Covered | | | 1 | 2 | 3 | 4 |
| | 1 | Levator Scapulae | | | ✓ | |
| | 2 | Posterior Neck Extensors | | | ✓ | |
| | 3 | Opponens Pollicis Longus | | | ✓ | |
| | 4 | Triceps | | | ✓ | |
| | 5 | Transverse & Oblique Abdominals | | | ✓ | |
| | 6 | Anterior & Posterior Tibials | | | ✓ | |
| | 7 | Upper Trapezius | | | ✓ | |
| | 8 | Gluteus Maximus | | | ✓ | |
| | 9 | Gracilis | | | ✓ | |
| | 10 | Soleus | | | ✓ | |
| | 11 | Gastrocnemius | | | ✓ | |
| | 12 | Coracobrachialis | | | ✓ | |
| | 13 | Diaphragm | | | ✓ | |
| 42 | 14 | Hamstrings | | | ✓ | |

| Touch for Health Kinesiology Level 4 - Synopsis | | TFH Level | | | |
|---|---|-----------|---|---|---|
| Main Teaching Objective | | 1 | 2 | 3 | 4 |
| | 14 Muscle (<i>Meridian</i>) Balance | ✓ | | | |
| | Law of Five Elements | | ✓ | | |
| | Reactive Muscle Theory | | | ✓ | |
| | Posture Analysis & Correction, Maximizing Physical Function | | | | ✓ |
| Topics Covered | | 1 | 2 | 3 | 4 |
| | 1 5 Elements & Meridian Review | | | | ✓ |
| | 2 5 Element Emotions | | | | ✓ |
| | 3 Acupressure Holding Points - <i>Theory & Expanded Application</i> | | | | ✓ |
| 17 | 4 Luo Points | | | | ✓ |
| Specific Applications of TFH - Correction Techniques | | 1 | 2 | 3 | 4 |
| | 1 Neurolymphatic Release | | | | ✓ |
| 16 | 2 Tibetan Figure 8 Energy | | | | ✓ |
| Balancing Procedures | | 1 | 2 | 3 | 4 |
| | 1 5 Element Balance - Sound | | | | ✓ |
| | 2 Postural Stress Release (<i>for past trauma</i>) | | | | ✓ |
| 19 | 3 Postural Analysis & Correction | | | | ✓ |
| Muscles Covered | | 1 | 2 | 3 | 4 |
| | No New Muscles Taught | | | | ✓ |
| | Review of above muscles with addition of testing lying down. | | | | ✓ |
| | Review of above muscles as related to Posture analysis & correction | | | | ✓ |
| | Review of above muscles as related to Sports applications | | | | ✓ |