

## Tom Bisio

Tom Bisio est reconnu pour être un auteur, formateur, praticien de médecine chinoise et d'arts martiaux de renommée mondiale. Il a fait des études approfondies en Chine en arts martiaux et en médecine chinoise et pratique l'acupuncture, le Tui Na et la pharmacopée chinoise depuis 1990. Tom est l'auteur de plusieurs livres et articles sur les arts martiaux, le Nei Gong, la méditation Taoïste et la médecine chinoise. Il enseigne toujours le Tui Na et le Zang Fu Tui Na en Amérique et en Europe et est le fondateur de New York Internal Arts et Internal Arts International. ([internalartsinternational.com](http://internalartsinternational.com))

### **EDUCATION**

- 1988-90      Apprenticed in Chinese Herbs & Pulse Diagnosis with Dr. Kegang Dai 1987-
- 1990      TRI-STATE COLLEGE OF ACUPUNCTURE: Graduate
- 1987-present Studied Chinese Martial Arts, Meditation, Nei Gong in Mainland China 1986 -
- 87      SWEDISH INSITUTE: Graduate
- 1984-2004      Apprenticed in Tui Na & Zheng Gu Techniques, Xing Yi Quan, Ba Gua Zhang & Qi Gong with H. Vincent Black
- 1975 - 79      COLUMBIA UNIVERSITY: BA in East Asian Studies

### **STATE LICENSES & CEU PROVIDERSHIP**

- Licensed Massage Therapist: New York State (#003840)
- Licensed Acupuncturist: New York State (#000239)
- Licensed Acupuncturist: New Jersey (#00047)
- NCCAOM Approved CEU Provider for Traditional Chinese Medicine Classes NCBTMB
- Approved CEU Provider for Tui Na Classes
- NYS Approved CEU Provider for Tui Na-Massage Therapy Classes

### **TEACHING**

- 2015-Present      Founder "Practical Chinese Medicine" classes through New York Internal Arts LLC. Creator of Zang Fu Tui Na.
- 2016 – 2017      Guest Lecturer at Princeton University: Chinese Medicine & Qi Gong
- 2010 – Present      Founder Internal Arts International: featuring online learning; memberships; training in Chinese Internal Arts ([internalartsinternational.com](http://internalartsinternational.com))
- 2001-2015      Co-Founder Zheng Gu Tui Na: Teaching post-graduate workshops in Tui Na & Traditional Chinese Orthopedic medicine throughout the USA. ([zhenggutuinna.com](http://zhenggutuinna.com))
- 2003 – 2006      Faculty - Touro College, Graduate Program in Oriental Medicine, Lecturer on Qi Gong; Orthopedic Medicine
- 2003-2006      Guest Lecturer at Seattle Institute of Oriental Medicine
- 1998 -2010      Tri State College of Acupuncture: Guest Lecturer on Qi Gong, Traumatology and Orthopedic Medicine

## CLINICAL EXPERIENCE

- 2001- 2014 President, Founder and Director of **5th Street Acupuncture**: clinical group practice which treated hundreds of patients with Tui Na and Zheng Gu, Acupuncture, Herbal Medicine, and Qi Gong Rehabilitation. Provided opportunities for students and graduates of Oriental Medical programs to gain additional clinical experience in an apprenticeship format.
- 1990-2001 Founder and director of **New York Internal Arts**: Oriental Medicine Clinic which treated hundreds of patients with Tui Na and Zheng Gu, Acupuncture, Herbal Medicine, and Qi Gong Rehabilitation. Provided apprenticeship opportunities for students and graduates of Oriental Medical programs.

## MARTIAL ARTS & QI GONG

- 1994-Present Head Instructor - Ba Gua Zhang
- 1990-Present Head Instructor - Xing Yi Chuan
- 1995- 4<sup>th</sup> Degree Black Belt in Kajukenbo
- 1987 12<sup>th</sup> Degree Black Belt in Doce Pares Eskrima
- 1984- Master Instructor in Pekiti-Tirsia Kali

## PUBLICATIONS

- 2022 *Eight Winds in the Heavens: Seasonal Health Secrets and Qi Gong Exercises from Daoist Sages that Prevent Disease and Promote Optimal Health and Vitality* by Tom Bisio & Valerie Ghent
- 2022 *Zang Fu Tui Na 3: Advanced Techniques & Global Protocols*
- 2021 *Zang Fu Tui Na 2: Methods of Regulating & Harmonizing the Internal Organs*
- 2020 *Two Immortals Life Nourishing Longevity System: the Daoist Way to Health, Long Life and Boundless Energy*
- 2019 *Zang Fu Tui Na: Basic Principles and Core Techniques*
- 2019 *Xing Yi Quan: Art of Inner Transformation*
- 2019 *A Pearl From the Dragon's Neck: Secret Revival Methods and Vital Points for Injury , Healing and Health from the Great Martial Arts Masters*
- 2016 *The Xing Yi Quan of Master Li Gui Chang: Wu Xing & Lian Huan* by Song Zhi Yong, with Tom Bisio
- 2016 *The Art of Ba Gua Zhang*
- 2016 *Beyond the Battleground: Classic Strategies from the Yijing and Baguazhang for Managing Crises Situations* (Blue Snake Books)
- 2016 Edited and translated *Practical Chin Na: Part 2* by Zhao Da Yuan
- 2015 Edited and translated *Practical Chin Na: Part 1* by Zhao Da Yuan
- 2015 *Ba Gua Nei Gong Vol 6: Marrow Washing Nei Gong*
- 2015 *Ba Gua Nei Gong Vol. 5:Tian Gan Heavenly Stem Nei Gong*

- 2014 *Xing Yi Quan Tu Na Si Ba* by Song Zhi Yong, with Tom Bisio
- 2014 *Ba Gua Nei Gong Vol. 4 Foundational Body training*
- 2014 *Ba Gua Nei Gong Vol. 3: Twelve Posture Standing*
- 2014 *Ba Gua Nei Gong Vol. 2 Qi Cultivation Exercises & Standing Meditation*
- 2014 *Ba Gua Nei Gong Vol. 1 Yin Yang Patting and Dao Yin Exercises*
- 2013 *Decoding the Dao: Nine Lessons in Daoist Meditation*
- 2012 *Ba Gua Circle Walking Nei Gong*
- 2011 *Nei Gong The Authentic Classic: A Translation of the Nei Gong Zhen Chuan.*
- 2010 *The Attacking Hands of Ba Gua Zhang* by Gao Ji Wu and Tom Bisio
- 2010 *Strategy and Change: An Examination of Military Strategy, the I Ching and Ba Gua Zhang*
- 2/2007 *The Essentials of Ba Gua Zhang* by Gao Ji Wu and Tom Bisio
- 7/2007 *Zheng Gu Tui Na: Chinese Medical Massage*, A textbook by Frank Butler and Tom Bisio
- 3/05-11/06 *Tiger's Tooth: Monthly Column For Inside Kung Fu Magazine*
- 10/2004 *A Tooth From the Tiger's Mouth*, (Simon & Schuster)

### **STUDY ABROAD**

- 1993-Present Fifteen trips to China (Shanxi, Beijing, Tianjin) to study traditional *neijia* systems, qi gong, and Chinese herbal medicine.
- 1984-87 Two trips to the Philippines totaling 4 months of study in Old Style Eskrima with Filemeon de la Cuesta Canete

### **OTHER**

- 2020 Curator and Creator of Tooth From the Tiger's Mouth Product Line in conjunction with Kamwo MeridianHerbal Pharmacy
- 2006 Present/Co-Founder of Zheng Gu Tui Na herbal product line for the treatment of Orthopedic conditions
- 2008-2010 Member of the Advisory Board of Tri State College of Acupuncture
- 2001-2003 President of North American Tang Shou Tao, a national association for the promotion and preservation of traditional Chinese martial arts and Chinese medicine.