

# Strokes

## Areas

WHERE

● Head	Mix: circle, straight or both
● Joints	Circles
● Front Torso	Circles. *Crossover.
● Back Torso	Mix: circles, straight, sweep. *Crossover.
● Extremities	Long strokes
Fingers.Toes	Pulls
Hard to Reach	Sweeps
Hands, Feet	Mix: circles, sweeps, webs

## Types

WHAT



Circular



Straight



Crossover

## Direction

Clockwise, looking at you.  
Counter-clockwise, from your own perspective, or from right to left side

End on & emphasize ↓ stroke, except for neck. Sweeps for small or hard-to-reach areas (feet, mid to low back)

Reaching from side to opposite side with both hands crossing back & forth over each other. \*Do not strain if unable to do this on the back.

## Touch

HOW

- Gentle & even. Not deep, strong or excessively brisk. This also applies to “firm” indications.
- Whole hands, when possible. Finger pads in smaller areas (not finger tips).