

Day One (8 hours)

Introduction to the Practice of Neijing Classical Acupuncture (Part I)

Welcome and Course Overview

Basic theories and principles of Neijing Classical Acupuncture

Classical channel theory: taiyin lung mai vessel terrain (肺手太陰)

Practical hands on experience

Day Two (8 hours)

Introduction to the Practice of Neijing Classical Acupuncture (Part II)

Historical background and traditions of the Neijing text

Differentiation between modern TCM and Classical Acupuncture

Introduction to classical jingluo (channel) theory (經絡學)

Classical channel theory: yangming large intestine mai vessel terrain (大腸手陽明)

Practical hands on experience

Day Three (8 hours)

Introduction to Classical Space/Time Theory (Part I)

Basic principles of Yin Yang theory

Shu (數) and Li (理) number and principle

Shun (順) and Ni (逆) flow and counterflow

Ji (機) nature's mechanism

Space/time qualifiers: Ten Heavenly Stems (天干)

Tian (天), Di (地) and Qi Jiao (氣交): nature's tripartite spatial organization

Heaven's architecture celestial heaven and terrestrial heaven

Basic patterns of circulatory motion

Patterns of Qi transformation: Bian (變) and Hua (化)

Kai (開), He (闔), Shu (樞): the pivoting motion of nature's breath

Introduction to classical six confirmation theory (六合)

Classical channel theory: yangming stomach mai vessel terrain (胃足陽明)

Practical hands on experience

Day Four (8 hours)

Introduction to Classical Space/Time Theory (Part II)

Classical Five Movement theory (五行)

Xiang Sheng (相生), Xiang Xie (相泄), Xiang Ke (相克), Xiang Dao (相盜)

Zheng (正) and Heng (橫) circulatory patterns

Space/time qualifiers: Twelve Earthly Branches (地支)

Introduction to the theories of Wu Yun Liu Qi (五運六氣): interactive patterns between heaven and earth

Introduction to the twenty-four solar jie qi (二十四節氣)

Introduction to the twenty-eight lunar mansions (二十八宿)

Clinical examples of pathology of space/time rhythms

Introduction to the Ba Zi Suan Ming (八字算命): Medical Astrology

Classical channel theory: taiyin spleen mai vessel terrain (脾足太陰)

Practical hands on experience

Day Five (8 hours)

Neijing Clinical Concepts (Part I)

Xie Qi (邪氣): pernicious influences

Bi (痹): yin level obstruction

Kuang (狂): yang level chaos

Neijing concepts of excess and deficiency:

Buzu/Youyu (不足/有餘)

Sheng/Shuai (盛衰)

Duo/Shao (多少)

Taiguo/Buji (太過/不及)

Xu/Shi (虛實)

Classical channel theory: shaoyin heart mai vessel terrain (心手少陰)

Practical hands on experience

Day Six (8 hours)

Neijing Clinical Concepts (Part II)

Neijing concepts of Shen (神): illuminated dimensionality

Classical channel theory: taiyang small intestine mai vessel terrain (小腸手太陽)

Practical hands on experience

Day Seven (8 hours)

Introduction to Neijing Classical Diagnosis (Part I)

- Classical diagnostic strategies (space/time/direction)
- Classical pulse diagnosis (classical pulse qualities)
- Classical pulse diagnosis (seasonal pulse assessment)
- Principles of Neijing forearm diagnosis
- Diagnosis by direct palpation
- Diagnosis by direct vision
- Classical Channel Theory: taiyang bladder mai vessel terrain (膀胱足太陽)
- Practical hands on experience

Day Eight (8 hours)

Introduction to Neijing Classical Diagnosis (Part II)

- Classical pulse diagnosis (renying/cunkou pulse assessment)
- Principles of Neijing facial diagnosis
- Classical Channel Theory: shaoyin kidney mai vessel terrain (腎足少陰)
- Practical hands on experience

Day Nine (8 hours)

Introduction to Neijing Treatment Strategies (Part I)

- Neijing Classical Point Theory and Point Classification
- Classical uses of the ben shu points (本輸)
- Classical uses of the back shu and front mu points (背輸募輸)
- Classical uses of the heat shu points (熱輸)
- Classical uses of the water shu points (水輸)
- Classical uses of the yuan source points (原)
- Classical uses of lower he sea points (下合)
- Classical uses of luo points (絡)
- Classical channel theory: jueyin heart ruler mai vessel (心主手厥陰)
- Practical hands on experience

Day Ten (8 hours)

Introduction to Neijing Treatment Strategies (Part II)

Introduction to the Nine Needles (九針)

Classical Acupuncture techniques: The Nine Methods (九變)

Classical Acupuncture techniques: The Twelve Methods (十二經)

Classical Acupuncture techniques: The Five Methods (五藏)

Classical channel theory: shaoyang triple heater mai vessel terrain (三焦手少陽)

Practical hands on experience

Day Eleven (8 hours)

Introduction to Neijing Treatment Strategies (Part III)

Kai Fang (開方) - treatment directionality

Direction of presentation

Direction of cause

Direction of treatment

Classical Acupuncture Techniques: The Jiu Ci Technique (巨刺)

Classical Acupuncture Techniques: The Miu Ci Technique (繆刺)

Classical channel theory: shaoyang gallbladder mai vessel terrain (膽足少陽)

Practical hands on experience

Day Twelve (8 hours)

Introduction to Neijing Treatment Strategies (Part IV)

Localized treatment strategies

Clinical case studies

Classical Acupuncture techniques: workplace safety/health hazards

Classical Neijing Treatment Protocols

Classical channel theory: jueyin liver mai vessel terrain (肝足厥陰)

Practical hands on experience

Wrap up and Course Evaluation