



MODERN & CLASSICAL Basic 100 Hour
CHIROPRACTIC-ACUPUNCTURE CERTIFICATION SERIES

Classes are instructed in **FOUR MONTHLY MODULES** of 25 hours per module totaling 100 hours.

The Basic 100, Advanced 200, & Diplomate 300 Hour Series is formulated from books recommended by:

The Acupuncture Society of America, Inc. (ASA)

The National Board of Chiropractic Examiners (NBCE)

The ACA Council of Chiropractic Acupuncture Diplomate 300 (ACA CCA)

The World Health Organization (WHO)

MODULE 1 <> INTRODUCTION TO MERIDIAN THERAPY

FRIDAY -- 12:00 NOON to 7:00 pm

- Introduction of instructor, ASA instructors, and ASA
- Explanation of classroom workbook, classroom textbook, reading assignments
Five page paper, double spaces on: Premise, Principles, and/or Scope of Acupuncture. Could be personal treatments/diagnosis w/acupuncture or any subject in acupuncture that peaks your interest. Submit by Module 3, and/or completion of 75 Classroom Hours. Part of final grade.
- Review daily schedule, monthly schedule, supply kit for workshops, meridian point workshops, and hotel reservation information
- Introduction to components of Traditional Chinese Medicine (TCM); Acupuncture/Moxibustion; T'uina/Adjusting Muscle, Tissue, Joints, Spine; Herbology/Nutrition; Qigong/Mind Body Healing (exercise)
- Overview of the Basic 100 Hour Certification Program, Yin/Yang concepts, and 14 Main Meridians
- Three levels of treatment (pain control, formulae, and traditional)
- Body measurement – the personal inch (cun, tsun, pouce)
- Acupuncture Premise
- Origin
- History
- Philosophy
- Soulie De Morant
- Discuss and explain Qi
- Human aura

FRIDAY, Module 1, Continued

- Acupuncture Presentations, Demonstrations, Workshops
- Acupuncture Presentations, Demonstrations, Workshops
- Life Force
- Explanation of acupuncture points and various methods of point stimulation for treatment
- The 14 Main Meridian pathways

END OF FIRST DAY - - - Module 1

SATURDAY -- 7:30 am to 7:00 pm

- 12 kinds of acupuncture points and their functions
- Classical Superficial Circulation of Energy – Lung through Liver
- Scope of conditions treatable (over 2,000)

SATURDAY, Continued

- Explanation of how meridian imbalance can cause a vertebral subluxation and conversely how a Subluxation can cause meridian imbalance . . . the connection between the principles of chiropractic and acupuncture.
- Detailed study of the **Lung Meridian** (11 points) & Hands-on-workshop: Pathways, Function, Study of Loci, Special Effect Points, Forbidden Points meridian formal name, conditions treatable, Mandarin Chinese pronunciation of each point
- **Video** on natural healing–“**Healing and the Mind – the Mystery of Qi**” (Notes in Workbook Tab 3)
- Introduction and History of Acupuncture
- “Yennie Formula” “Balances the Qi for the whole body...clears the computer. What to do when you don’t know what to do and even when you do know what to do” Richard D. Yennie
- Detailed study of the **Large Intestine Meridian** (20 Points) and Hands-on-workshop: Pathways, Function, Study of Loci, Special Effect Points, Forbidden Points, Meridian Formal Name, Conditions Treatable, Mandarin Chinese pronunciation of each point

END OF SECOND DAY – Module

1

SUNDAY-- 7:00 am to 1:30 pm

- Mind-Body Healing techniques by Qi Gong
- Precautions and management, Discussions on needling techniques and needle safety (ASA. Recommends that you select the method of treatment that conforms with your state law), Meridian formal names
- Detailed study of the **Stomach Meridian** (45 Points) and Hands-on-workshop: Pathways, Function, Study of Loci, Special Effect Points, Forbidden Points, Meridian Formal Name, Conditions Treatable, Mandarin Chinese pronunciation of each point
- Causation of disease and states of pathology
- Detailed study of the **Spleen Meridian** (21 points) and Hands-on-workshop: Pathways, Function, Study of Loci, Special Effect Points, Forbidden Points, meridian formal name, conditions treatable, Mandarin Chinese pronunciation of each point

SUNDAY Module 1, Continued

- Pain Control
- Review/discuss subjects covered on Friday, Saturday, and Sunday
- Question & Answer session
- Review reading assignments

END OF THIRD DAY - - - Module 1

IF YOU LEAVE WITHOUT SIGNING OUT, YOUR HOURS CANNOT BE COUNTED.

**Please register for Module 2 before you leave on Sunday,
check space on SUNDAY Sign-Out-Sheet.**

We appreciate if you invite your friends and colleagues to ASA classes. Thank you, Pat

Classroom Supplies Needed: Bring to Basic 100, Advanced 200 & Diplomate 300

- **Classroom Textbook:** Foundations of Chinese Acupuncture (Maciocia), \$170
- **Classroom Workbook,** \$65, used every day in class.
- **Acupuncture Workshop Kit,** \$55, recommended by Module I for workshops and demonstrations.

Reading Assignments Between Module 1 and 2:

Classroom Textbook: Foundations of Chinese Acupuncture (Maciocia), **Assigned reading,** Lung, Large Intestine, Stomach, and Spleen Meridians.

Workbook: Review 4 Meridians covered in class, Summary Notations, and 10 Extraordinary Points

DOCTORS attending for Certification and CEUS: Add \$45, Bring your Workbook to all classes

DOCTORS attending for CEUS Only: Bring your Workbook; if you do not have one, classroom notes will be provided.

HIGHLY Recommended Textbook: *Prescription Index*; Ralph Alan Dale (Formulae for the treatment of over 2,000 conditions)

Recommended Texts for Basic 100 Series: Browse ASA Bookstore and review books and supplies.

- *Close to the Bone*, David J Legge;
- *Traditional Acupuncture, the Law of the Five Elements*, Diann Connley;
- *Auricular Medicine*, Li-Chun Huang;
- *Auriculartherapy Manual*, Terrance Oelson;
- *Chinese Acupuncture and Moxibustion*, New Edition, Xin-Nong Cheng;
- *Clean Needle Technique Manual for Acupuncturist*, National Commission for Certification of Acupuncture and Oriental Medicine;
- *Electroacupuncture – A Practical Manual and Resource*, edited by David F Mayor

NOTATION: Some states require NBCE examination prior to certification, check your state to determine if you are required to take the NBCE examination, www.nbce.org

NOTE: Instruction will cover all forms of point stimulation; select the method that conforms with your state law, i.e. non piercing techniques, needling, electro microcurrent, acupatches, moxa, qi gong, etc. **CAUTION:** Do not treat patients until you are certified.

MODULE 2

FRIDAY -- 12:00 Noon – 7:00 pm

- Introduction of instructor, ASA instructors, and ASA
- Examination Review and Overview of Module 1
- Detailed study of the **Heart Meridian** (9 Points) and Hands-on-workshop: Pathways, Function, Study of Loci, Special Effect Points, Forbidden Points, Meridian Formal Name, Conditions Treatable Mandarin Chinese pronunciation of each point
- Musculo-skeletal correction
- Psyche in healing – Body-Mind relationship – Qi Gong Fundamentals
- Stress reduction – methods of treatment
- Ah-shi points
- The three basic circulations of energy
- Explanation of 71 Meridians

END OF FIRST DAY - - - Module 2

SATURDAY -- 7:30 am – 7:00 pm

- Meridian evaluation through Pulse and Electronic diagnosis
- Workshop – Meridian diagnosis and treatment
- Precautions and management
- Discussions on needling techniques and needle safety (ASA recommends that you select the method of treatment that conforms with your state law)
- Selection of points according to symptoms
- 10 Extraordinary Vessel Points covered each module
- **Video** presentation from China, **Zhenjiuology # 22**–Auriculotherapy (Notes in Workbook- Tab 3)
- Detailed study of the **Small Intestine Meridian** (19 Points) and Hands-on-workshop: Pathways, Function, Study of Loci, Special Effect Points, Forbidden Points, Meridian Formal Name, Conditions Treatable, Mandarin Chinese pronunciation of each point
- Detailed study of the **Bladder Meridian** (67 Points) and Hands-on-workshop: Pathways, Function, Study of Loci, Special Effect Points, Forbidden Points, Meridian Formal Name, Conditions Treatable, Mandarin Chinese pronunciation
- Continue and complete study of Bladder Meridian
- Treatment approach – Front Mu and Back Shu
- Traditional Examination (See, Hear, Smell, Ask, Feel)

END OF SECOND DAY - - - Module 2

SUNDAY – 7:00 am – 1:30 pm

- Mind-Body Healing techniques by Qi Gong
- Detailed study of the **Kidney Meridian** (27 Points) and Hands-on-workshop: Pathways, Function, Study of Loci, Special Effect Points, Forbidden Points, Meridian Formal Name, Conditions Treatable, Mandarin Chinese pronunciation
- Continue and complete study of Kidney Meridian
- Explanations regarding utilization of Teishin (non-piercing needle), acupressure, and piercing needles
- Clean needle technique
- Workshop, Explanations regarding utilization of Teishin (non-piercing needle), acupressure, and piercing needles
- Clean needle technique
- Workshop
- Review/discuss subjects covered on Friday, Saturday, and Sunday
- Question & Answer session
- Review reading assignments

END OF THIRD DAY - - - Module 2

**IF YOU LEAVE WITHOUT SIGNING OUT,
YOUR HOURS CANNOT BE COUNTED.**

**Please register for Module 3 before you leave on Sunday,
check space on SUNDAY Sign-Out-Sheet.**

We appreciate if you invite your friends and colleagues to ASA classes. Thank you, Pat

Reading Assignments Between Module 2 and 3:

Foundations of Chinese Acupuncture, Read pages Focusing on Heart, Small Intestine, Bladder and Kidney Meridians. Review all areas in Workbook and Foundations that was covered in class.

Workbook: Review 4 Meridians covered in class, Summary Notations, and 10 Extraordinary Points

- Recommended Texts for additional study: (1) Close to the Bone, and (2) Clean Needle Technique

MODULE 3

Friday – 12:00 Noon – 7:00 pm

- Introduction of instructor, ASA instructors, and ASA
- Review of Module 2 exam
- Turn in 5 page paper by end of day (double spaced), can be emailed.
- Five Element Correspondencies (odors, sounds, emotions, climate, seasons, taste, colors and their relationship to the treatment of illness)

FRIDAY – Module 2, Continued

- Thermal Reflex areas to diagnosis meridian excess or deficiency
- Workshop
- Five Element Correspondencies (odors, sounds, emotions, climate, seasons, taste, colors and their relationship to the treatment of illness)
- Thermal Reflex areas to diagnosis meridian excess or deficiency
- Formal Name, Conditions Treatable, Mandarin Chinese pronunciation

END OF FIRST DAY - - - Module 3

➤ SATURDAY -- 7:30 am – 7:00 pm

- Detailed study of the **Pericardium Meridian** (9) Points) and Hands-on-workshop: Pathways, Function, Study of Loci, Special Effect Points, Forbidden Points, Meridian
- Detailed study of the **Triple Warmer Meridian** (23 Points) and Hands-on-workshop: Pathways, Function, Study of Loci, Special Effect Points, Forbidden Points, Meridian Formal Name, Conditions Treatable, Mandarin Chinese pronunciation
- 10 Extraordinary Vessel Points covered each module
- **Video** presentation from China, **Zhenjiuology 8, Moxibustion** (Notes in Workbook- Tab 3)
- Detailed study of the **Gall Bladder Meridian** (44 Points) and Hands-on-workshop: Pathways, Function, Study of Loci, Special Effect Points, Forbidden Points, Meridian Formal Name, Conditions Treatable, Mandarin Chinese pronunciation
- Review Clean Needle Technique
- Workshop
 - Precautions and management
 - Discussions on needling techniques and needle safety (ASA recommends that you select the method of treatment that conforms with your state law)
- Selection of points according to symptoms
- Ghost Points for the treatment of mental disorders
- Energetic Laws – Mother-Son, Husband-wife, Midday-Midnight, Sheng and Ko Cycles
- Five Shu Points (Well, Spring, Stream, River, and Sea)
- Perverse Energy as causes of diseases (Wind, Heat and Humidity)

END OF SECOND DAY - - - Module3

SUNDAY -- 7:00 am – 1:30 pm

- Mind-Body Healing techniques by Qi Gong
- Introduction to Auriculotherapy, workshop
- Moxibustion, Acupatches, Press tacks, Cupping - Workshop (bring Kits to class)
- Detailed study of the **Liver Meridian** (14 Points) and Hands-on-workshop: Pathways, Function, Study of Loci, Special Effect Points, Forbidden Points, Meridian Formal Name, Conditions Treatable, Mandarin Chinese pronunciation.
- Overview of 100 Hour Examination & Clean Needle Exam
- Question & Answer session
- Review reading assignments

END OF THIRD DAY - - - Module 3

**IF YOU LEAVE WITHOUT SIGNING OUT,
YOUR HOURS CANNOT BE COUNTED.**

Please register for Module 4 before you leave on Sunday, check space on SUNDAY Sign-Out-Sheet, ALSO Check if you will be taking the Final 100 hour & Clean Needle Exams.

We appreciate if you invite your friends and colleagues to ASA classes. Thank you, Pat

Reading Assignments Between Module 3 and 4:

Foundations of Chinese Acupuncture, Read pages for meridians covered in class – Pericardium, Triple Warmer, Gall Bladder, Liver. Also review Conception Vessel and Governor Vessel, will be covered in Module 4.

Workbook: Review 4 Meridians covered in class, Summary Notations, and 10 Extraordinary Points

Recommended Texts for additional study:

- Acupuncture Traditional Acupuncture
- Law of the Five Elements
- Web That Has No Weaver

➤ **MODULE 4 <> FINAL EXAMINATION**

FRIDAY -- 12:00 Noon – 7pm

- Introduction of instructor, ASA instructors, and ASA
- Overview of Module 3 and Module 3 Exam
- Eight Influential Points
- Influencing the Meridian

- Influencing other Meridians and their Organs
- Akabane Points, diagnosis and treatment - Workshop
- Rhyrodorako and Akabane computerized examination, diagnosis, treatment points. Acupuncture research, Treatment plans

END OF FIRST DAY - - - Module 4

➤ **SATURDAY -- 7:30 am – 7:00 pm**

- Scar tissue – observation, diagnosis, treatment methodologies
- Detailed study of the **Conception Vessel Meridian** (24 Points) and Hands-on-workshop: Pathways, Function, Study of Loci, Special Effect Points, Forbidden Points, Meridian Formal Name, Conditions Treatable, Mandarin Chinese pronunciation
- Hua Tuo Jia Ji points and Associated and Transport points (BL-13 thru BL-28) to treat and balance all channels and organ complexes
- Psychiatric points of the Bladder (lateral pathway) for the treatment of the Seven Emotions (Qi ching)
- Detailed study of the **Governor Vessel Meridian** (28 Points) and Hands-on-workshop: Pathways, Function, Study of Loci, Special Effect Points, Forbidden Points, Meridian Formal Name, Conditions Treatable, Mandarin Chinese pronunciation
- 10 Extraordinary Vessel Points covered each module
- More on the correspondencies regarding Wood, Fire, Earth, Metal and Water
- Overview/Review for Final Examination
- **Video** presentation from China, **Zhenjiuology #18**, Points of the Head and Neck (Notes in Workbook- Tab 3)

END OF SECOND DAY - - - Module 4

- **SUNDAY -- 7:00 am – 1:30 pm** - Module 4 Examinations: 8:45 am – 11:15 am
- Mind-Body Healing techniques by Qi Gong **100 Hour Examination & Clean Needle Examination** (when you finish your examinations, give to the class monitor. **DO NOT LEAVE THE ROOM UNTIL NOTIFIED.** Your hours must be completed in class to qualify for the 100 hours.

- Treatment of common conditions with Acupuncture
- Wrap-up – Discussions, Questions, Answers
- How to incorporate Chinese healing methods into your practice as an adjunctive procedure to the chiropractic principle.

END OF Module 4 <> Completion of 100 Hours – Congratulations!

**Please Sign-Out SUNDAY, IF YOU LEAVE
WITHOUT SIGNING OUT, YOUR SUNDAY HOURS CANNOT BE COUNTED.**

**We appreciate having you in class,
please invite your friends and colleagues to ASA classes. Thank you, Pat**

Certification Examination @ Module 4: for those who have completed 100 classroom hours. However, Examination can be taken at any Module provided applicant has satisfied the 100 hour classroom requirements (hours logged with other approved courses can be credited toward ASA's Certification). Examination Fee is: \$75.00

Reading Assignments After Module 4:

- Assigned reading from classroom text: Foundations of Chinese Medicine, 3rd Edition, Continue and read any sections you have not previously read. Study 40 Extra Points from Workbook (included in NBCE exam along with Meridians, etc.).
- **Check NBCE web page for 100 Hour acupuncture exam Job Analysis. Breaks down material covered in NBCE Exam. SEE TAB 1 FOR COPY OF JOB ANALYSIS**

Recommended Textbooks for 100-200 & 300 Series:

- *The Foundations of Chinese Medicine*, Second Edition, Giovanni Maciocia
- *Close to the Bone*, David J Legge;
- *Traditional Acupuncture, the Law of the Five Elements*, Dianne Connley;
- *Auricular Medicine*, Li-Chun Huang;
- *Auriculartherapy Manual*, Terrance Oelson;
- *Clean Needle Technique Manual for Acupuncturist*, National Commission for Certification of Acupuncture and Oriental Medicine; (Available in your Workbook)
- *Electroacupuncture – A Practical Manual and Resource*, edited by David F Mayor
- Highly Recommended Textbook: *Prescription Index*; Ralph Alan Dale (Formulae for the treatment of over 2,000 conditions)

➤ Follow the rules and regulations in your state that deal with practicing acupuncture techniques taught in class. Also find out if you are required to take the NBCE examination prior to practicing acupuncture treatment and diagnosis, www.nbce.org