

# Agenda for Master class of Classical Chinese Acupuncture 2022

Dr. Li Jie with assistance from Nicholas Garner

## Teaching materials:

- Danish version of the Huang di nei jing Su wen & Ling Shu (HDNJ) by Hugo Hørlyck Karlsen
- Ling Shu by Paul Unschuld
- Danish version of Nan jing by Hugo Hørlyck Karlsen is included in his version of HDNJ)
- Nan Ching by Paul Unschuld
- The systematic classic of moxibustion and acupuncture: Zhen Jiu Jia Yi Jing is optional

## Necessary to read:

Huang Di Nei Jing (HDNJ) Ling Shu: Chapter 1,2,7

Nan Jing: Chapter 1-22 (pulse diagnosis)

It is recommended that participants read the whole of HDNJ Ling Shu max one chapter at a time and the whole of Nan Jing one chapter at a time.

## 5 weekends and 3 study group afternoons:

1. February 18. – 20.  
March 16 (study group 17.00 – 19.00)  
May 11 (study group 17.00 – 19.00)
2. June 17. – 19.  
August 31 (study group 17.00 – 19.00)
3. September 2. – 4.
4. September 16. – 18.
5. November 12. – 13.

## Friday. 16.30 – 18.30:

16.30 – 17.30: Teaching

17.30 – 17.45: Break

17.45 – 18.30: Teaching

## Saturday. 9.30 – 16.00:

9.30 – 10.45: Class

10.45 – 11.00: Tea break

11.00 – 12.00: Class

12.00 – 13.30: Lunch break

13.30 – 14.45: Class

14.45 – 15.00: Tea break

15.00 – 16.00: Class

## Sunday. 9.00 – 15.30

9.00 – 10.15: Class

10.15 – 10.30: Tea break

10.30 – 11.30: Class

11.30 – 13.00: Lunch break

13.00 – 14.15: Class

14.15 – 14.30: Tea break

14.30 – 15.30: Class

## **Agenda**

### **Weekend 1. February 18. – 20.**

Friday: 16.30 – 18.30:

- Introduction to Master Class, CCM
- Introduction to pulse and tongue
- What is the best way to study and read HDNJ and NJ

Saturday: 9.30 – 16.00

- Before lunch: Introduction to the nature of wu xing / elements and understanding the nature of the elements and the 5 climates, Heaven, Earth, Man.
- After lunch: Classical tongue diagnosis with photo demonstration / example
- After the last tea break students will practise practical tongue diagnosis.
- Photo of tongues will be shown to Li on the screen and Li can comment online

Sunday: 9.00 – 15.30

- Before lunch: How to keep pulse diagnosis simple
- Classical pulse diagnosis: 5 yin, 5 yang and the nature of wu xing Mai. (Nan Jing chapter 1-22) Understanding the soybean pressure principle
- After lunch: Continue pulse diagnosis.
- After the last tea break students practise pulse on each other and Nicholas will supervise

### **March 16. 17.00 – 19.00**

Study group discussion with Nicholas in Copenhagen. Possible to join online

### **May 11. 17.00 – 19.00**

Study group discussion and clinical practice training tongue and pulse with Nicholas in Copenhagen. Possible to join online

### **Weekend 2. June 17. – 19. Li teaches in Copenhagen**

Friday: 16.30 – 19.00:

- Question and answers. Repetition of tongue and pulse diagnosis.
- Li trains practical pulse diagnosis with students
- 18.00-19.00: Li demonstrates tongue and pulse diagnosis on a patient

Saturday: 9.30 – 16.00

- Before lunch: Understanding how to get from diagnosis to acupuncture treatment according to CCM: Writing a Master class journal: Bing, Mai (and tongue), Zheng - mechanisms, 'Where' (Wei), 'Why' (Yin), 'How/prognosis' (Shi), Treatment (Zhi)
- Importance of understanding the pathology mechanisms of disease. Mechanisms of meridians and acupuncture points. From TCM basic level to Master class level.
- Students get a casestory assignment for homework.
- Patient demonstration. Li demonstrates diagnosis and treatment of patient
- After lunch: Introduction to the point categories of the Master class: 5 Shu points (66 points) & Yuan (Ling Shu: 1 – 2)
- Patient demonstration. Li demonstrates diagnosis and treatment of patient

Sunday: 9.00 – 15.30

- Before lunch: 5 Shu points & Yuan (Ling Shu: 1 – 2)

- What is an acupuncture point?
- Needling techniques (Ling Shu-7)
- Needling technique demonstrations and practise with students. Practise the 5 element needling techniques and feel the pulse changes.
- After lunch. Shu points and different needling techniques for 5 element points
- Point combinations for different mechanisms
- Checking pulses after needling
- Patient demonstration. Li demonstrates diagnosis and treatment of patient

### **Weekend 3. September 2. – 4. Li teaches in Copenhagen**

Friday: 16.30 – 19.00:

- Question and answers
- 18.00-19.00: Li demonstrates tongue and pulse diagnosis on a patient and shows the treatment

Saturday: 9.30 – 16.00

- Geometrical acupuncture and meridian therapy and the choice of point categories and point combinations. Yuan and Luo point combinations. Examples and casestories
- Patient demonstration. Li demonstrates diagnosis and treatment of patient

*Everybody goes out to eat dinner and celebrate.*

Sunday: 9.00 – 15.30

- Front Mu – back Shu and Yuan – He practical point combination
- Patient demonstration. Li demonstrates diagnosis and treatment of patient

### **Weekend 4. September 16. – 18. Nicholas teaches in Copenhagen**

Friday: 16.30 – 18.30:

- Before break: Question and answers.
- After break: Nicholas trains practical pulse and tongue diagnosis with students

Saturday: 9.30 – 16.00

- Before lunch: Classical 5 element constitutions (LS-64)
- Discussing students' own element constitutions
- After lunch: Classical wu xing facial diagnosis
- Practical facial diagnosis with students

Sunday: 9.00 – 15.30

- Patient demonstration: Nicholas demonstrates diagnosis and how to apply pulse, tongue, and facial diagnosis together with element constitution. How to explain the mechanisms and examples of treatment possibilities. Treatment of patient and needling techniques.
- Clinical practice: Students bring patients to class and work in groups of two.
- Presentation of patients

### **Weekend 5. November 12. - 13. Li teaches in Copenhagen. Or online**

Saturday: 9.30 – 16.00

- Before lunch: Presentation: Students work in groups of two with a patient
- After lunch: Student presentation of the patient

Sunday: 9.00 – 15.30

- Modern complex disease
- Brain diseases, migraines, and headaches. Pain and non-pain related diseases