# **International Acupuncture Training Course**

# **Introductory Course**

## **Fundamentals of Chinese Medicine**

- Yin/yang theory
- Five-element theory
- Qi, blood and body fluids
- Physiology and pathology of internal organs in the perspective of Chinese medicine
- Etiology and pathogenesis
- Prevention

## **Diagnostics in Chinese Medicine**

- Differences among signs, symptoms, syndromes and diseases
- Four diagnostic methods, especially tongue/pulse diagnosis
- Syndrome differentiation by eight principles
- Syndrome differentiation by zang-fu organs

#### Acupuncture

#### Needling technique

- Insertion of filiform needles
- Basic needling manipulations
- Moxibustion
- Cupping

#### Meridians and points

- Pathways and indications of the 14 meridians
- Locations and indications (especially locations) of 120 common points

#### Acupuncture treatment

- Treatment principle
- Elements of acupuncture formula
- Principles of point selection and combination
- Analysis, pattern identification, treatment principle and formulae of 22 common conditions

#### **Clinical practice**