

# Practicum Readiness - Final Project

Now that you have completed all the lessons, learning activities and quizzes for this program, it is time to prepare/study for the hands on practical. As mentioned previously we don't expect you to have the material memorized, however we do expect you to have a general idea about where the points and meridians are located.

To assist you in this, we would like you to make flashcards for the following 36 acupoints. You can find the flashcard template in the Resources section. Please draw one point on each card and on the back write the anatomical location, point classification (if applicable) and suggested uses for the point.

Lung 7 and 9

Large Intestine 4, 10 and 11

Stomach 36 and 40

Spleen 3, 6, 9 and 21

Heart 7

Small Intestine 3 and 9

Bladder 11, 17, 40 and 60

Kidney 3 and 27

Pericardium 6 and 7

San Jiao 5

Gall Bladder 20, 21, 34, 39

Liver 3, 13 and 14

Du (GV) 4, 14 and Bai Hui

Ren (CV) 12, 14 and 17

***Please bring your completed flashcards with you to the practical.***

## **Practicum Readiness - What to Study**

As mentioned previously we don't expect you to have the material memorized, however we do expect you to be familiar with the concepts and theories in TCM. If you haven't already done so, you may want to make notes or flash cards to study and you definitely want to print out the course PDF file for future reference. You will want to review the following:

- Types of Qi, what they do, where they come from
- Yin/Yang concepts, Excess vs Deficient Syndromes, acute vs chronic
- Five Elements, which organs belong to each element, Correspondence chart info
- Circadian Clock, time of day for each element
- 5 Vital Substances, what they are
- External Pathogenic Factors, what they are
- Internal Pathogenic Factors, the emotions and which organ is most effected by each one
- Zang-Fu organ functions and their syndromes
- Channel and point locations of the 12 major channels and Du and Ren, where the channels begin or end and how many points on each one
- Point Classifications
- Four Exams, tongue and pulse
- Basic anatomical terms used in point and channel locations

The more familiar you are with the information, the better discussions and hands on practice we can have at the practical.

Also, if you intend to take the Acupressure National exam (NBCAAM), much of this information will show up on that test.

## **Practicum Readiness - What to Bring**

To get the most out of the hands on practical please make sure to bring the following items with you:

- Printed out copy of the course text (PDF is in the Resources section)
- Spiral bound manual of the acupressure channels and point
- Anatomy book
- Flash cards
- SOAP charts