



*Institute of East West Medical Sciences*

# Japanese Acupuncture & Moxibustion and the Treatment Methods of Yoshio Manaka

## *A Nine Day Post Graduate Certificate Training Course*

*For practitioners and final year students of Chinese Medicine  
with*

***Dr Stephen Birch***



***We are privileged to announce that Dr Stephen Birch  
LicAc (USA), MBacC (UK), lid NVA (Holland), PhD  
will teach his world renowned Amsterdam program in  
Dublin this year.***

**The program is designed so that you can start integrating the techniques into your practice immediately (after the first weekend)**

The program will be taught over 3 weekends: September 25-27, 2009, November 13-15, 2009 and March 19-21, 2010. The program is limited to 20 participants so as to enable as much hands on training as possible.

***A Certificate in Japanese Acupuncture will be awarded on the successful completion of the program.***

## **The Method**

Acupuncture in Japan is quite diverse, with many different schools of thought, specialized practitioners, and general and highly specialized methods. To study "Japanese acupuncture" can thus be confusing. Fortunately, Dr Yoshio Manaka, one of Japan's best known twentieth century practitioners, developed a highly structured, systematic and easily applied system of practice. This system, "**yin yang channel balancing therapy**", integrates unique treatment methods developed by Manaka with a range of specialized and general treatment techniques, commonly used by different practitioners and styles in Japan. Treatment is applied in a step by step approach integrating clearly defined '**root treatment**' methods and steps, with '**branch treatment**' methods and steps.

Among these methods are **Manaka's abdominal diagnosis** patterns for selection of extraordinary vessel treatments, and the use of his **ion-pumping cords** in these. The program will cover these basic root treatment approaches and a range of others to extend the clinical utility of these methods. In addition to this the program will cover the use of the "**retained needle**" and "**moxa on the handle of the needle**" techniques, the use of the "**intradermal**" and "**press-tack**" needles, the "**press-spheres**", the use of "**okyu-direct moxa**", and the use of **cupping** and **bloodletting**. Other methods will also be covered in the program. Manaka had very useful ideas about selecting treatment methods according to underlying patterns, prognosis and sensitivity of the patient. He also developed some useful home treatments, which will also be presented in the program. **A significant portion of time (At least 40%) will be given to close hands-on instruction with practice of the techniques.** For practitioners, the basic method is immediately useable and can be integrated into practice after the first weekend.

## The Teacher

Dr Birch is a leading clinician, teacher, researcher and authority in the field of Chinese and Japanese Acupuncture and has been in practice for 27 years. A Philosophy graduate he originally qualified as an Acupuncturist from the New England School of Acupuncture where he taught for many years. A leading researcher in acupuncture he won his PhD in 'Clinical Research Methodologies in Acupuncture' from Exeter University. He has worked and taught at Harvard and Yale Medical Schools and has published more than forty research papers. He has also co-authored seven books. He has become a world renowned authority on Japanese Acupuncture having studied directly with Manaka over several years, co-authoring his book (Chasing the Dragon's Tail). He has also studied with a number of other well known practitioners in Japan, and co-authored several other books on Japanese acupuncture, including: "Hara Diagnosis, Reflections on the Sea", "Extraordinary Vessels" and "Five Elements and Ten Stems", and "Japanese Acupuncture: A Clinical Guide", which details the methods and basic uses of a wide range of different treatment techniques from Japan. He has taught this program and related workshops at both undergraduate and postgraduate levels many times in many countries over the last 20 years.

## The Course

### Preparation and Reading Assignments

This is a thorough course and it is essential that the preparatory reading is completed before each weekend. Details of texts are given below. On booking a list of designated sections from these books will be sent to participants. This reading is in addition to handouts/notes given at each class

*Required reading selected from:*

- Birch, Ida (1998). Japanese Acupuncture: A Clinical Guide. Brookline, Paradigm Publications.
- Manaka, Itaya, Birch (1995). Chasing the Dragon's Tail. Brookline, Paradigm Publications.

*Additional reading:*

- Matsumoto, Birch (1988). Hara Diagnosis: reflections on the Sea. Brookline, Paradigm Pubs.

### First Weekend: September 25-27, 2009

<p><u>Friday, September 25, 2009</u> (9.00 - 17.30)</p> <p><i>Introduction to the course</i></p> <ul style="list-style-type: none"> <li>• Overview of acupuncture in Japan (history, nature &amp; characteristics)</li> <li>• Demonstrations</li> <li>• Theoretical basis of the program.</li> </ul> <p><i>Introduction to Japanese Acupuncture</i></p> <ul style="list-style-type: none"> <li>• Palpation Methods, practice and demonstrations. Abdominal palpation, primary findings and reflex areas. Practice</li> </ul> <p><i>Introduction to Japanese needling methods</i></p> <ul style="list-style-type: none"> <li>• Techniques of needle + tube use &amp; Chishin/retained needle method</li> <li>• Practice use of needle and tube, - needling skills training</li> <li>• Practice-needling points and checking changes in abdominal palpation findings</li> </ul>	<p><u>Saturday September 26, 2009</u> (9.00 - 17.30)</p> <p><i>Introduction to Japanese Moxibustion methods</i></p> <ul style="list-style-type: none"> <li>• methods of rolling, placing and lighting,</li> <li>• precautions, contraindications &amp; controlling heat. Demonstrations and practice</li> </ul> <p><i>The Kyutoshin technique</i> (moxa on the handle of the needle)</p> <ul style="list-style-type: none"> <li>• Methods, precautions, contraindications Demonstrations and practice</li> </ul> <p><i>Theoretical overview of Manaka's treatment approach</i></p> <ul style="list-style-type: none"> <li>• The 4 step treatment process</li> <li>• Treatment demonstration</li> </ul> <p><i>Step 1: Extraordinary vessel diagnosis</i></p> <ul style="list-style-type: none"> <li>• Abdominal palpation</li> <li>• Pattern recognition (7 patterns)</li> <li>• Demonstrations + Practice</li> </ul> <p><i>Step 1: Extraordinary Vessel treatment.</i></p> <ul style="list-style-type: none"> <li>• What is an IP cord? How to use the IP cord</li> <li>• Demonstrations and practice</li> </ul>	<p><u>Sunday, September 27, 2009</u> (9.00 - 15.30)</p> <p><i>Practice Step 1</i></p> <ul style="list-style-type: none"> <li>• Treatment with IP cords</li> </ul> <p><i>Step 2: Kyutoshin</i></p> <ul style="list-style-type: none"> <li>• Demonstrations and Practice Steps 1 and 2</li> </ul> <p><i>Step 3: Sotai structural adjustment</i></p> <ul style="list-style-type: none"> <li>• Demonstrations and practice steps one through three</li> </ul> <p><i>Questions and answers</i></p>
---	--	---

## Second Weekend: November 13-15, 2009

<p><u>Friday, November 13, 2009</u> (9.00 - 17.30) <i>Introduction to the weekend</i> <i>Quick review of Manaka treatment model</i></p> <ul style="list-style-type: none"> <li>• Practice steps one through three</li> <li>• Overview of step four treatment strategies</li> </ul> <p><i>Introduction to use of Hinaishin</i></p> <ul style="list-style-type: none"> <li>• Uses of Hinaishin</li> <li>• Demonstrations and practice hinaishin</li> <li>• Practice Steps 1 through 4</li> </ul> <p><i>Okyu, moxibustion treatments of Shiroda/Sawada + Manaka</i></p> <ul style="list-style-type: none"> <li>• Moxibustion practice</li> <li>• Chinetsukyu (warm moxa) methods and uses</li> <li>• Demonstrations and practice</li> </ul>	<p><u>Saturday, November 14, 2009</u> (9.00 - 17.30) <i>Practice steps 1 to 4</i> <i>Specialized uses of Hinaishin / intradermal needles for pain</i></p> <ul style="list-style-type: none"> <li>• Demonstrations &amp; practice</li> </ul> <p><i>Use of enpishin / press-tack needles</i> <i>Use of press-spheres</i></p> <ul style="list-style-type: none"> <li>• Demonstrations &amp; practice</li> </ul> <p><i>Chishin - retained needle technique</i> <i>Kyutoshin - moxa on the handle of the needle</i> <i>Further alternate step one IP cord treatment patterns</i></p> <ul style="list-style-type: none"> <li>• Qiao connection / tai ji / whiplash / hepatitis / burns / 4-gates / yang-ming +</li> <li>• Additional needling</li> </ul> <p><i>Lecture on Okyu - the treatments of Fukaya</i></p> <ul style="list-style-type: none"> <li>• Moxibustion practice (e.g. ST-36, SP-6, LI-11, GV-20 - GV-24 + BL-18 - BL-23 + CV-12 + CV-6)</li> </ul>	<p><u>Sunday November 15, 2009</u> (9.00 - 15.30) <i>Practice steps 1 through 4</i> <i>Manaka protocol</i> <i>Shirakuho/bloodletting therapy</i></p> <ul style="list-style-type: none"> <li>• Introduction, history, theory and categories</li> <li>• Precautions, contraindications,</li> <li>• Sterilization,</li> <li>• Correcting over treatment</li> </ul> <p><i>Seiketsu Shiraku / blood letting of the jing points</i></p> <ul style="list-style-type: none"> <li>• Lecture and Practice</li> </ul> <p><i>Sairaku Shiraku / bloodletting of vascular spiders</i></p> <ul style="list-style-type: none"> <li>• Ranshi Ho / blood letting on an area</li> <li>• Mattan Shiraku / blood letting on the extremities</li> <li>• Lecture Demonstrations and practice</li> </ul> <p><i>Questions and answers</i></p>
--	--	--

## Third Weekend: March 19-21, 2010

<p><u>Friday, March 19, 2010</u> (9.00 - 17.30) <i>Introduction to the weekend</i> <i>Quick review of Manaka treatment model</i> <i>The polar channel treatment patterns:</i></p> <ul style="list-style-type: none"> <li>• An alternate yin yang channel balancing therapy Step 1 treatment</li> <li>• Diagnostic patterns,</li> <li>• Steps 1 &amp; 2 treatment, point selection and patterns</li> <li>• Demonstration + practice</li> </ul> <p><i>Practice polar channel treatments –</i></p> <ul style="list-style-type: none"> <li>• Steps one and two</li> <li>• Additional step 2 &amp; step 3</li> </ul> <p><i>Yin Yang channel balancing therapy treatment options:</i></p> <ul style="list-style-type: none"> <li>• Further needling at step 2,</li> <li>• Stretch moxa at step 2,</li> <li>• Additional sotai exercises at step 3</li> <li>• Demonstrations &amp; practice</li> </ul> <p><i>Questions and answers</i> <i>Practice all treatment options covered so far in the course</i></p>	<p><u>Saturday, March 20, 2010</u> (9.00 - 17.30) <i>Uses of the open point treatments</i></p> <ul style="list-style-type: none"> <li>• (Daily, 10 day and 60 day)</li> <li>• Practice</li> </ul> <p><i>Review of all step one treatment options so far:</i></p> <ul style="list-style-type: none"> <li>• Prioritizing and choosing treatments</li> </ul> <p><i>Practice all treatment methods covered so far in the course</i></p> <p><i>Case presentations</i></p> <p><i>Step five: Home therapy options:</i></p> <ul style="list-style-type: none"> <li>• Manaka wooden hammer and needle,</li> <li>• Home moxa,</li> <li>• Exercises –</li> <li>• Demonstrations and practice</li> </ul> <p><i>Practice all treatment methods covered so far</i></p>	<p><u>Sunday, March 21, 2010</u> (9.00 - 15.30) <i>Tai ji (whole body non-pattern based root/general) moxa treatments</i></p> <p><i>Whole body non-pattern based root/general needle treatments</i></p> <p><i>Demonstration and practice</i></p> <p><i>Treatment Flow Chart</i></p> <ul style="list-style-type: none"> <li>• Prognostication,</li> <li>• Judging doses of stimulation,</li> <li>• Selecting treatment tactics</li> <li>• Integration and selection of root/general and symptom control treatment options</li> <li>• Matching specific patient needs</li> <li>• Case analysis</li> </ul> <p><i>Manaka's basic model revisited and extended –</i></p> <ul style="list-style-type: none"> <li>• The 'X-signal system'</li> </ul> <p><i>Questions and answers</i></p>
--	--	---

## Application & Costs

*The Full cost of the course is €1850.00. An early payment discount of €150.00 can be claimed on receipt of completed application form and full payment to the address below on or before 31st July 2009*

### Booking Form for Japanese Acupuncture Course (Please complete fully)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone No \_\_\_\_\_ Email \_\_\_\_\_

Practitioner Speciality (e.g. G.P. Acupuncturist etc.) \_\_\_\_\_

Professional Association \_\_\_\_\_

I wish to enroll for the Japanese Acupuncture Course and I enclose; *(Tick appropriate Box)*

Booking Deposit (non-refundable)    €300.00   

2nd Part Payment    €700.00    (due on or before 31st July 2008)   

Final payment    €850.00    (due on or before course commences)   

Full Payment of €1850.00 less early payment discount of €150.00 = €1700.00   

Signed \_\_\_\_\_

Cut Here -----

*Please send payment with completed Application/Booking form to:*

**Japanese Acupuncture Course**  
**Institute of East West Medical Sciences**  
**2 Craigmole Lane, Blackrock, Co Dublin.**  
**Phone: (01) 2092961**

Email: [info@eastwestmedicalsciences.com](mailto:info@eastwestmedicalsciences.com)

Web: <http://www.eastwestmedicalsciences.com>

Dates:            25<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup> September 2009  
                      13<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup> November 2009  
                      19<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup> March 2010

Course times:    Fri & Sat. 9.15 A.M to 5.30 P.M.  
                          Sunday 9.00 a.m. to 3.30 p.m.

Venue:            **The Conference Center, Camden Court Hotel, Camden St., Dublin 2**  
                          **LocationMap: <http://www.camdencourthotel.com/html/location.aspx>**

**Registration** - First Day - 8.45am. Friday 25<sup>th</sup> September 2009

**Course ends** - 3.30 pm on 21<sup>st</sup> March 2010



*Institute of East West  
Medical Sciences*