
COURSE DESCRIPTION

Moxibustion is one half of what the Chinese call 針灸 zhēnjiǔ (Acupuncture-Moxibustion) yet in modern times, schools and books have emphasized acupuncture and neglected moxibustion. In this class we will explore the clinical practice of moxibustion. Besides discussing issues such as how to set up your clinic for using moxibustion, functions, safety, and nourishing life with moxibustion, we will discuss and demonstrate the many techniques, including making moxa cones, moxa sticks, and moxa floss; direct and indirect moxibustion, warm needle, medicinal application moxibustion, pressing moxibustion and suspended moxibustion. Participants will practice these techniques and we will make Purple Cloud Ointment in class.

LEARNING OBJECTIVES

Participants will learn:

- Functions and advantages of moxibustion
- The materials and tools of moxibustion
- Different moxibustion techniques and their uses. These will be demonstrated and many will be practiced by participants in the classroom.
- The use of moxibustion for prevention and for nourishing life
- Safety issues and safe practices regarding moxibustion

COURSE PREREQUISITIES

Fundamentals of Oriental Medicine
Anatomy & Physiology I
Meridians I
Meridians II
Acupuncture Anatomy

REQUIRED TEXTS

RECOMMENDED TEXTS

Moxibustion: A Modern Clinical Handbook
The first week's handouts are at:
<https://docs.google.com/open?id=0Bw-goZWYt5KbN09IREdmZ0pOSjQ>

COURSE REQUIREMENTS

50% - midterm
50% - final
GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

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SPECIAL NOTES

Professionalism and Full and Prompt Attendance: To pass this course, students must have full and prompt attendance.

Students can miss no more than 20% of this 10-week course (no more than 2 full absences).

Dr Wilcox adheres to a zero-tolerance policy for lateness.

Students are expected to arrive to class on-time. Arriving late to class, returning late from breaks or leaving before the class ends is counted as 1/2 absence. Absences and late arrivals/early departures combine in computing 80% requirement for full attendance, e.g., 1 absence and 2 late arrivals = 2 absences.

Also, please turn your cell phones off during class.

Participants need to bring to class: Moxa floss (some high quality gold floss and some medium quality), ashtray, tweezers, lighter, incense, acupuncture supplies if qualified to use them (needles, alcohol wipes, cotton balls, biohazard box – for warm needle. Needles should be 1.5 cun with metal handle).

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

CLASS 1 Mugwort and moxa floss
Practice: making mugwort floss

CLASS TWO

CLASS 2 Clinical overview, safety; Zi Yun Gao
Practice: making Zi Yun Gao

CLASS THREE

CLASS 3 Lecture and Practice: Direct moxibustion

CLASS FOUR

CLASS 4 Various topics regarding moxibustion
Practice: direct moxibustion

CLASS FIVE

CLASS 5 Midterm; Lecture and Practice: indirect moxibustion

CLASS SIX

CLASS 6 Lecture and Practice: warm needle, warming devices

CLASS SEVEN

CLASS 7 Lecture and Practice: steaming, fuming, ironing

CLASS EIGHT

CLASS 8 Lecture and Practice: heavenly moxibustion,
 medicinal application moxibustion

CLASS NINE

CLASS 9 Lecture: Various topics regarding moxibustion, moxa sticks
Practice: making moxa sticks

CLASS TEN

CLASS 10 Lecture and Practice: Pressing and suspended moxibustion

Course Code **EL317**

2 Units

**EMPEROR'S COLLEGE
MTOM COURSE SYLLABUS
ADVANCED MOXIBUSTION**

Wilcox, Lorraine
Winter 2017

CLASS ELEVEN
CLASS 11

FINAL EXAM

REFERENCE MATERIAL

FACULTY INFO

Wilcox, Lorraine

Please check with instructor during class to get updated contact info.

zhenjiu@gmail.com