COURSE DESCRIPTION

Moxibustion is one half of what the Chinese call zhènjiǔ (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-goZWYt5KbN09lREdmZ0pOSjQ

COURSE REQUIREMENTS

Out-of-Class Work
To successfully complete the program, students need to plan studying a minimum of 2 hours out-of-class for each academic in-class hour; and half an hour out-of-class for each hour of clinical training.

50% - midterm
50% - final

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F
**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).

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

**CLASS 1**
Mugwort and moxa floss
Practice: making mugwort floss

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**CLASS TWO**

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

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**CLASS THREE**

**CLASS 3**
Lecture and Practice: Direct moxibustion

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**CLASS FOUR**

**CLASS 4**
Various topics regarding moxibustion
Practice: direct moxibustion

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**CLASS FIVE**

**CLASS 5**
Midterm; Lecture and Practice: indirect moxibustion

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**CLASS SIX**

**CLASS 6**
Lecture and Practice: warm needle, warming devices

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**CLASS SEVEN**

**CLASS 7**
Lecture and Practice: steaming, fuming, ironing

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**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

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