

International Korean Martial Arts Federation

Oriental Medicine Academy

Dear Ladies and Gentlemen:

Many of us have studied the combative aspects of the martial arts for many years without dedicating one hour to healing and restorative aspects. Most are incapable of performing even the most basic steps to preserve life in case of an emergency. The value of martial arts is "the preservation of life". The question is, whose life are you preserving? We are more likely to be attacked by disease or syndromes than by someone. The Bu Bi Shi (To Provide Military Ambition), once considered a secret sought after text stated that, "a person who studies Chuan Fa (Fist Method) should by all means understand the principles of medicine. Those who do not understand these principles and practice Chuan Fa must be considered imprudent."

The IKMAF Oriental Academy will be hosting a two (2) four (4) hour blocks of instruction in Oriental Medicine as it relates to the martial arts:

When: July 25 (1st Block), August 1 (2nd Block)

Where: Cheng's Martial Arts School
2261-69 Garrett Road
Drexil Hill, PA 19026
610-622-5260

Cost: \$40.00 per Block

- _ Certificates of Participation will be awarded after each four (4) block of Oriental Medicine.
- _ The following two blocks of instruction are required for all dan candidates

1st Four (4) hour Block will cover the following:

1. History of Oriental Medicine as it relates to the martial arts
2. Yin (Um) / Yang Theory
3. Qi, Blood and Fluid Theory
4. Meridian (Channel) Theory
5. The Eight (8) Conditions
6. Five (5) Phase Theory
7. Twelve (12) Primary Channels and key Acupoints
8. Diagnosis:
 - a. Looking: Tongue and morphologic assessment
 - c. Listening
 - b. Touching: Pulse, Abdominal, and Channel Palpation
 - c. Smelling

2nd Four (4) Hour Block will cover the following:

- a. Basic Amma Routine
- b. Modalities: Finger (hand) pressure, Moxibustion, Gua Sha (therapeutic Scraping), Cupping
- c. Use of basic Chinese Herbal Formulas
- d. Treatment of common diseases, syndromes
- e. Martial Arts Applications
- f. Treatment of specific diseases and syndromes
- g. Oriental Medicine Resuscitation skills

Please bring the following equipment or items with you:

1. Wear loose comfortable clothing
2. Note books, pens/pencils
3. Two (2) mayonnaise jar lids (metal lids - sterilize them in hot water and put in zip lock bags)
4. A small jar of Vick's Vapor Rub
5. Four (4) Gerber Baby Food jars (Sterilize them in hot and put in zip lock bags)

List of suggested reading:

1. The Foundations of Chinese Medicine by Giovanni Maciocia
2. The Web That Has No Weaver by Ted Kaptchuck
3. Chinese Acupuncture and Moxibustion by The Beijing Press
4. Between Heaven and Earth by Harriet Beinfield and Efrem Korngold
5. Visit: www.acupuncture.com. This web-site has good info for professionals and lay-people alike

Note: All of the books referenced above are great Oriental Medicine resources. However, some are easier to read than others. If I have to recommend which ones to read, I would say that "The Foundations of Chinese Medicine" and or "Between Heaven and Earth".