

# Syllabus for Medical Qigong Practitioner (Level P-4)

(Required Textbooks: The Secret Teachings of Chinese Energetic Medicine:  
Volume #4)

## 1. Medical Qigong Prescription Exercises and Meditations

- History of Medical Qigong Exercises and Meditations. Reading Assignment: V4, Ch. 43 (p. 3-6).
- Dao Yin Self-Regulation Training and Principles of Yang and Yin. Reading Assignment: V4, Ch. 43 (p. 6-15).
- Selecting the Proper Medical Qigong Prescription Exercises. Reading Assignment: V4, Ch. 43 (p. 15-18).
- The Number of Breaths Required in Prescription Exercises. Reading Assignment: V4, Ch. 43 (p. 18-22).
- Choosing the Proper Medical Qigong Prescription Posture. Reading Assignment: V4, Ch. 43 (p. 22-25).
- Primary and Secondary Medical Qigong Prescription Postures. Reading Assignment: V4, Ch. 43 (p. 25-26); and V4, Ch. 46 (p. 117-118).

**Exam #1:** Explain and Demonstrate how to select the Proper Medical Qigong Postures and Prescription Exercises.

## 2. Internal Organ Self-Massage Prescription Exercises

- Introduction to Internal Organ Self-Massage Prescription Exercises. Reading Assignment: V4, Ch. 44 (p. 27-29).
- Liver Self-Massage Prescription. Reading Assignment: V4, Ch. 44 (p. 30-31).
- Heart Self-Massage Prescription. Reading Assignment: V4, Ch. 44 (p. 32-33).
- Spleen and Stomach Self-Massage Prescription. Reading Assignment: V4, Ch. 44 (p. 34-36).
- Lung Self-Massage Prescription. Reading Assignment: V4, Ch. 44 (p. 37-38).
- Kidney Self-Massage Prescription. Reading Assignment: V4, Ch. 44 (p. 39-40).
- Prescription for Insomnia Prescription. Reading Assignment: V4, Ch. 44 (p. 40-42).

**Exam #2:** Explain and Demonstrate the clinical applications of the Liver Self-Massage Prescription.

**Exam #3:** Explain and Demonstrate the clinical applications of the Heart Self-Massage Prescription.

**Exam #4:** Explain and Demonstrate the clinical applications of the Spleen and Stomach Self-Massage Prescription.

**Exam #5:** Explain and Demonstrate the clinical applications of the Lung Self-Massage Prescription.

**Exam #6:** Explain and Demonstrate the clinical applications of the Kidney Self-Massage Prescription.

### **3. External Body Self-Massage and Point Tapping Prescription Exercises**

- Introduction to Self-Healing Massage and Point Tapping Therapy. Reading Assignment: V4, Ch. 46 (p. 141-162).

**Exam #7:** Explain and Demonstrate Self-Healing Massage and Point Tapping Therapy.

### **4. Healing Sound Prescription Exercises**

- Introduction to Internal Organ Sound Prescription Exercises. Reading Assignment: V4, Ch. 45 (p. 43-50).
- Liver Healing Sound Prescription. Reading Assignment: V4, Ch. 45 (p. 51-54).
- Heart Healing Sound Prescription. Reading Assignment: V4, Ch. 45 (p. 55-58).
- Spleen Healing Sound Prescription. Reading Assignment: V4, Ch. 45 (p. 59-62).
- Lung Healing Sound Prescription. Reading Assignment: V4, Ch. 45 (p. 63-66).
- Kidney Healing Sound Prescription. Reading Assignment: V4, Ch. 45 (p. 66-69).
- Triple Burner Healing Sound Prescription. Reading Assignment: V4, Ch. 45 (p. 70-73).
- Combining Multiple Organ Healing Sound Prescriptions. Reading Assignment: V4, Ch. 45 (p. 74-75).
- Clinical Applications of Mantra Sounds. Reading Assignment: V4, Ch. 45 (p. 79-84).
- Energetic Point Prescription Sound Exercises. Reading Assignment: V4, Ch. 45 (p. 85-94).
- Internal Organ Cancer Prescription Sound Exercises. Reading Assignment: V4, Ch. 45 (p. 95-116).

**Exam #8:** Explain and Demonstrate the six Internal Organ Sound Prescription Exercises.

**Exam #9:** Explain and Demonstrate the Clinical Applications of Mantra Sounds.

**Exam #10:** Explain and Demonstrate Energetic Point Prescription Sound Exercises.

**Exam #11:** Explain and Demonstrate Internal Organ Cancer Prescription Sound Exercises.

### **5. Ancient Daoist Wu Dang Regulation Prescription Exercises**

- Medical Qigong Wu Dang Prescription Exercises. Reading Assignment: V4, Ch. 46 (p. 119-140)

### **6. The Treatment of Internal Organ Diseases - Yin (Zang) Organs**

- Medical Qigong Therapy for Treating Liver Organ Diseases. Reading Assignment: V4, Ch. 48 (p. 191-232)
- Medical Qigong Therapy for Treating Heart Organ Diseases. Reading Assignment: V4, Ch. 49

(p. 233-270)

• Medical Qigong Therapy for Treating Spleen and Pancreatic Diseases. Reading Assignment: V4, Ch. 50 (p. 271-312)

• Medical Qigong Therapy for Treating Lung Organ Diseases. Reading Assignment: V4, Ch. 51 (p. 313-386)

• Medical Qigong Therapy for Treating Kidney Organ Diseases. Reading Assignment: V4, Ch. 52 (p. 387-452)

**Exam #12:** Explain and Demonstrate Medical Qigong Therapy for Treating Liver Organ Diseases.

**Exam #13:** Explain and Demonstrate Medical Qigong Therapy for Treating Heart Organ Diseases.

**Exam #14:** Explain and Demonstrate Medical Qigong Therapy for Treating Spleen and Pancreatic Diseases.

**Exam #15:** Explain and Demonstrate Medical Qigong Therapy for Treating Lung Organ Diseases.

**Exam #16:** Explain and Demonstrate Medical Qigong Therapy for Treating Lung Organ Diseases.

**Exam #17:** Explain and Demonstrate Medical Qigong Therapy for Treating Kidney Organ Diseases.

## **7. The Treatment of Internal Organ Diseases - Yang (Fu) Organs**

• Medical Qigong Therapy for Treating Gall Bladder Organ Diseases. Reading Assignment: V4, Ch. 53 (p. 455-483)

• Medical Qigong Therapy for Treating Small Intestine Organ Diseases. Reading Assignment: V4, Ch. 54 (p. 485-502)

• Medical Qigong Therapy for Treating Stomach Organ Diseases. Reading Assignment: V4, Ch. 55 (p. 503-549)

• Medical Qigong Therapy for Treating Large Intestine Organ Diseases. Reading Assignment: V4, Ch. 56 (p. 551-582)

• Medical Qigong Therapy for Treating Urinary Bladder Organ Diseases. Reading Assignment: V4, Ch. 57 (p. 583-630)

**Exam #18:** Explain and Demonstrate Medical Qigong Therapy for Treating Gall Bladder Organ Diseases.

**Exam #19:** Explain and Demonstrate Medical Qigong Therapy for Treating Small Intestine Organ Diseases.

**Exam #20:** Explain and Demonstrate Medical Qigong Therapy for Treating Stomach Organ Diseases.

**Exam #21:** Explain and Demonstrate Medical Qigong Therapy for Treating Large Intestine Organ Diseases.

**Exam #22:** Explain and Demonstrate Medical Qigong Therapy for Treating Urinary Bladder Organ Diseases.

### **8. Qi Emission Therapy for Treating Miscellaneous Disease Conditions**

- Clinical Protocols Used to Treat Various Types of Headaches. Reading Assignment: V4, Ch. 58 (p. 633-652).
- Clinical Protocols Used to Treat Fibromyalgia. Reading Assignment: V4, Ch. 58 (p. 652-666).
- Clinical Protocols Used to Treat Parkinson's Disease. Reading Assignment: V4, Ch. 58 (p. 667-678).

**Exam #23:** Explain and Demonstrate Clinical Protocols Used to Treat Various Types of Headaches.

**Exam #24:** Explain and Demonstrate Clinical Protocols Used to Treat Fibromyalgia.

**Exam #25:** Explain and Demonstrate Clinical Protocols Used to Treat Parkinson's Disease.

**Extra Material & Class Review to Date**