



**SUKRIT
HOLISTIC**
Nurture Our Nature

Ancient Wisdom.
Modern Healing.
Limitless Possibilities.



**ADVANCED LEARNING
FOR A HOLISTIC FUTURE**

ADVANCED DIPLOMA IN ACUPRESSURE & ACUPUNCTURE

— 50+ HOURS RECORDED COURSE —

Master the Ancient Healing Arts for a Healthier, Balanced Life



**Ancient
Healing Science**
for Modern Life



**Learn Both
Acupressure &
Acupuncture**
(Traditional + Modern)



**Expert-Led
Recorded Sessions**
(Lifetime Access)



**Professional
Certification**
on Completion



**Self-Paced
Learning**
Learn Anytime,
Anywhere



**Comprehensive
Course Material**
PDF Notes, Videos &
Practical Insights



Career Opportunities
Holistic Therapist | Wellness Coach
| Natural Healing Expert



**Start Your
Healing Journey**
Make a Meaningful
Impact in People's Lives



YOUR MENTOR
Dr. Shubham Gupta
BNYS, MD Acu.

- ✓ Expert in Acupressure & Acupuncture
- ✓ Experienced Naturopathy Doctor
- ✓ Holistic Health Educator



ENROLL NOW

Learn | Practice | Heal | Transform Lives



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Course Overview:

The teaching methodology combines:

- Theoretical understanding
- Practical demonstrations
- Clinical reasoning
- Holistic wellness integration
- Safety-focused practice
- Real-life treatment planning

The course emphasises:

- Natural healing
- Energy balance
- Root-cause treatment
- Ethical therapeutic practice
- Integrative wellness principles



COURSE OBJECTIVES:

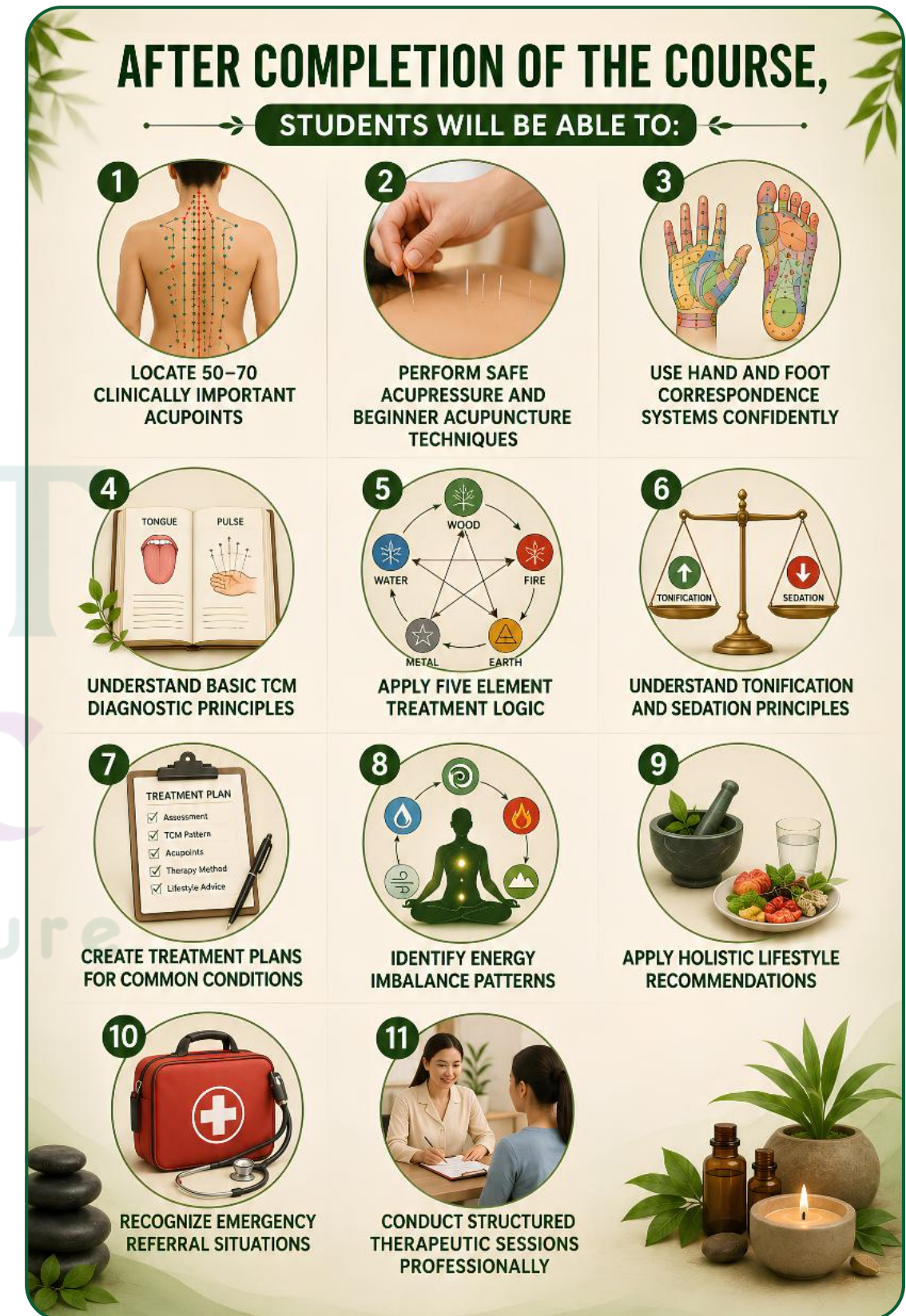
By the end of this Master Diploma program, students will be able to:

1. Understand Qi, Yin-Yang, Five Elements, and TCM fundamentals
2. Trace and understand meridian pathways
3. Locate essential acupoints using Cun measurement systems
4. Apply safe acupressure and basic acupuncture techniques
5. Use Sujok correspondence systems effectively
6. Design treatment protocols for common disorders
7. Apply clinical reasoning and pattern differentiation
8. Recognise contraindications and medical red flags
9. Integrate acupressure, acupuncture, and Sujok therapies
10. Conduct beginner-level holistic consultations professionally
11. Practice safely, ethically, and confidently

LEARNING OUTCOMES:

After completion of the course, students will be able to:

1. Locate all (400+) clinically important acupoints
2. Perform safe acupressure and beginner acupuncture techniques
3. Use hand and foot correspondence systems confidently
4. Understand TCM diagnostic principles
5. Apply Five Element treatment logic
6. Understand tonification and sedation principles
7. Create treatment plans for common & advanced conditions
8. Identify energy imbalance patterns
9. Apply holistic lifestyle recommendations
10. Recognize emergency referral situations
11. Conduct structured therapeutic sessions professionally

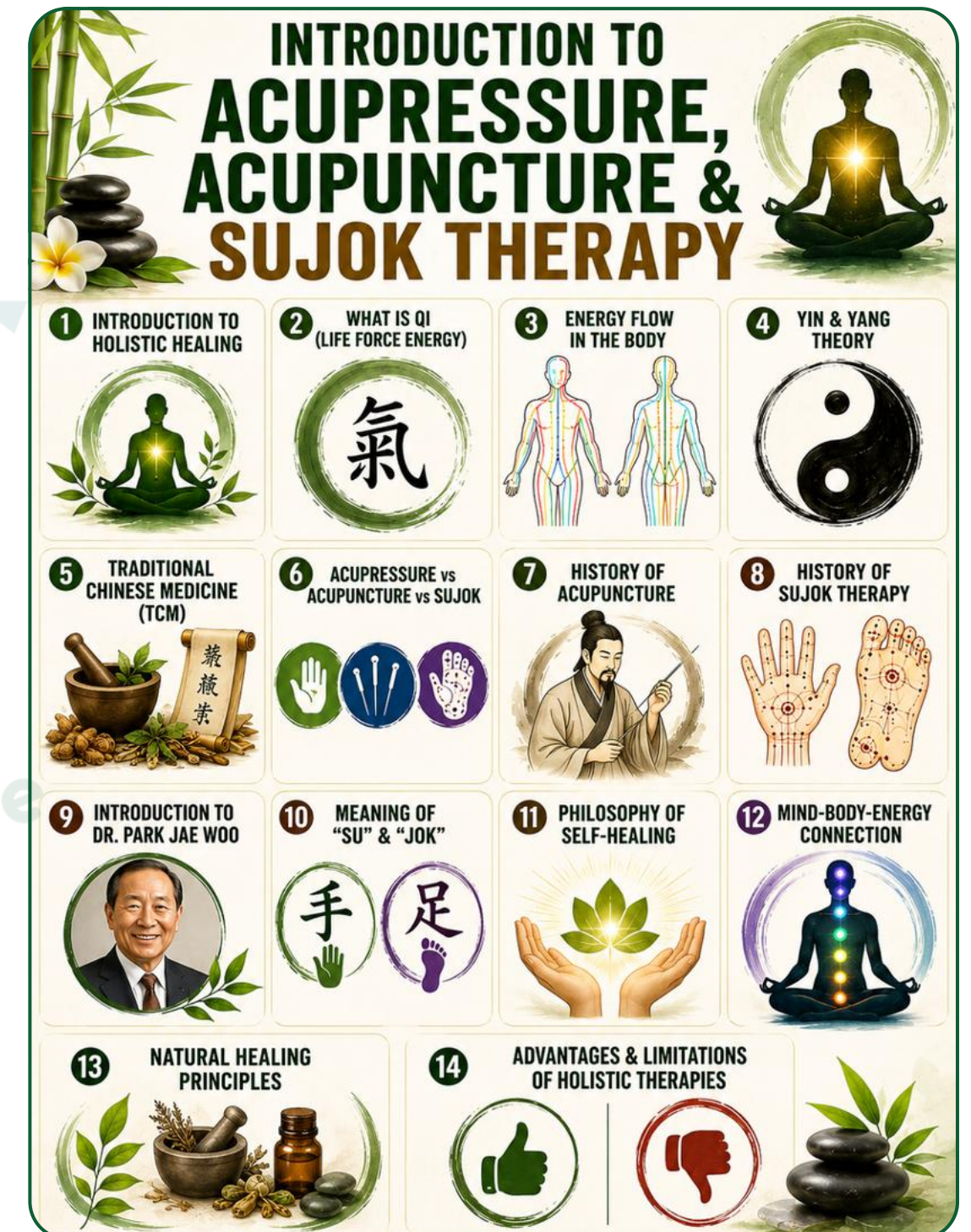


PHASE 1 — FOUNDATION LEVEL

Module 1: Introduction to Acupressure, Acupuncture & Sujok Therapy

Topics Covered

1. Introduction to holistic healing
2. What is Qi (Life Force Energy)
3. Energy flow in the body
4. Yin & Yang theory
5. Introduction to Traditional Chinese Medicine (TCM)
6. Acupressure vs Acupuncture vs Sujok
7. History of Acupuncture
8. History of Sujok Therapy
9. Introduction to Dr. Park Jae Woo
10. Meaning of "Su" and "Jok"
11. Philosophy of self-healing
12. Mind-body-energy connection
13. Natural healing principles
14. Advantages and limitations of holistic therapies



PHASE 1 — FOUNDATION LEVEL

Module 2: Human Anatomy & Energy Anatomy

Topics Covered

1. Human body basics
2. Muscles, joints, and nerves overview
3. Internal organ relationships
4. Physical anatomy vs energy anatomy
5. Meridians vs nervous system
6. Organ-emotion relationship
7. Left-right energy balance
8. Introduction to chakras
9. Organ clock basics
10. Understanding body systems energetically

Practical

1. Body orientation basics
2. Surface anatomy observation

MODULE 2

HUMAN ANATOMY & ENERGY ANATOMY

1 HUMAN BODY BASICS

2 MUSCLES, JOINTS & NERVES OVERVIEW

3 INTERNAL ORGAN RELATIONSHIPS

4 PHYSICAL ANATOMY VS ENERGY ANATOMY

5 MERIDIANS VS NERVOUS SYSTEM

6 ORGAN-EMOTION RELATIONSHIP

7 LEFT-RIGHT ENERGY BALANCE

8 INTRODUCTION TO CHAKRAS

9 ORGAN CLOCK BASICS

10 UNDERSTANDING BODY SYSTEMS ENERGETICALLY

PRACTICAL

• BODY ORIENTATION BASICS

• SURFACE ANATOMY OBSERVATION

PHASE 1 — FOUNDATION LEVEL

Module 3: TCM Foundations & Diagnostic Principles

Topics Covered

1. Yin / Yang theory
2. Five Element theory introduction
3. Eight Principle diagnosis:
 - a. Interior / Exterior
 - b. Excess / Deficiency
 - c. Heat / Cold
 - d. Yin / Yang
4. Qi, Blood, and Body Fluids
5. Qi deficiency
6. Qi stagnation
7. Blood deficiency
8. Blood stagnation
9. Dampness and Phlegm
10. Root vs Branch treatment
11. Introduction to pattern differentiation

Diagnostic Basics

- Tongue observation
- Pulse observation
- Observation and palpation basics

Practical

- Tongue inspection guide
- Pulse location practice

MODULE 3

TCM FOUNDATIONS & DIAGNOSTIC PRINCIPLES

1 YIN / YANG THEORY

2 FIVE ELEMENT THEORY INTRODUCTION

3 EIGHT PRINCIPLE DIAGNOSIS

INTERIOR / EXTERIOR
EXCESS / DEFICIENCY
HEAT / COLD
YIN / YANG

4 QI, BLOOD, AND BODY FLUIDS

氣 QI
血 BLOOD
津液 BODY FLUIDS

5 QI DEFICIENCY

• FATIGUE
• SHORTNESS OF BREATH
• WEAK VOICE
• SWEATING
• POOR APPETITE

6 QI STAGNATION

• BLOATING
• CHEST TIGHTNESS
• MOOD SWINGS
• IRRITABILITY
• SIGHING

7 BLOOD DEFICIENCY

• PALE SKIN
• DIZZINESS
• POOR MEMORY
• DRY SKIN
• INSOMNIA

8 BLOOD STAGNATION

• SHARP PAIN
• FIXED PAIN
• DARK COMPLEXION
• LUMPS
• IRRITABILITY

9 DAMPNES AND PHLEGM

• HEAVINESS
• DULLNESS
• NAUSEA
• THICK TONGUE COATING
• PHLEGM
• SWELLING

10 ROOT VS BRANCH TREATMENT

BRANCH Treat Symptoms
ROOT Treat Causes

11 INTRODUCTION TO PATTERN DIFFERENTIATION

DIAGNOSTIC BASICS

TONGUE OBSERVATION
PULSE OBSERVATION
OBSERVATION AND PALPATION BASICS

TONGUE INSPECTION GUIDE

PALE Qi / Blood Deficiency
RED Heat
PURPLE Blood Stagnation
TEETH MARKS Spleen Qi Deficiency
THICK COATING Dampness / Phlegm

PRACTICAL

PULSE LOCATION PRACTICE

CUN (Chi)
GUAN (Guan)
CHI (Cun)

PHASE 1 — FOUNDATION LEVEL

Module 4: Meridian System & Energy Channels

Topics Covered

12 Primary Meridians

1. Lung
2. Large Intestine
3. Stomach
4. Spleen
5. Heart
6. Small Intestine
7. Bladder
8. Kidney
9. Pericardium
10. Triple Burner
11. Gallbladder
12. Liver

For Each Meridian

1. All Points of Each Meridian
2. Pathway
3. Organ connection
4. Element association
5. Emotional relationship
6. Symptoms of imbalance
7. Important points

Additional Channels

1. Governing Vessel (Du)
2. Conception Vessel (Ren)
3. Introduction to Extraordinary Vessels

Practical

1. Meridian tracing
2. Point palpation

MODULE 4 MERIDIAN SYSTEM & ENERGY CHANNELS

12 PRIMARY MERIDIANS

1 LUNG Pathway Organ Connection Element Association (Metal) Emotional Relationship Symptoms of Imbalance Important Points	2 LARGE INTESTINE Pathway Organ Connection Element Association (Metal) Emotional Relationship Symptoms of Imbalance Important Points	3 STOMACH Pathway Organ Connection Element Association (Earth) Emotional Relationship Symptoms of Imbalance Important Points	4 SPLEEN Pathway Organ Connection Element Association (Earth) Emotional Relationship Symptoms of Imbalance Important Points	5 HEART Pathway Organ Connection Element Association (Fire) Emotional Relationship Symptoms of Imbalance Important Points	6 SMALL INTESTINE Pathway Organ Connection Element Association (Fire) Emotional Relationship Symptoms of Imbalance Important Points
7 BLADDER Pathway Organ Connection Element Association (Water) Emotional Relationship Symptoms of Imbalance Important Points	8 KIDNEY Pathway Organ Connection Element Association (Water) Emotional Relationship Symptoms of Imbalance Important Points	9 PERICARDIUM Pathway Organ Connection Element Association (Fire) Emotional Relationship Symptoms of Imbalance Important Points	10 TRIPLE BURNER Pathway Organ Connection Element Association (Fire) Emotional Relationship Symptoms of Imbalance Important Points	11 GALLBLADDER Pathway Organ Connection Element Association (Wood) Emotional Relationship Symptoms of Imbalance Important Points	12 LIVER Pathway Organ Connection Element Association (Wood) Emotional Relationship Symptoms of Imbalance Important Points

ADDITIONAL CHANNELS

GOVERNING VESSEL (DU)
 • Runs along the midline of the back
 • Regulates Yang energy
 • Controls all Yang meridians

CONCEPTION VESSEL (REN)
 • Runs along the midline of the front
 • Regulates Yin energy
 • Nourishes all Yin meridians

INTRODUCTION TO EXTRAORDINARY VESSELS

- Eight Extraordinary Vessels
- Store and regulate Qi and Blood
- Support and connect the main meridians

奇经八脉

PRACTICAL

MERIDIAN TRACING

POINT PALPATION

PHASE 1 — FOUNDATION LEVEL

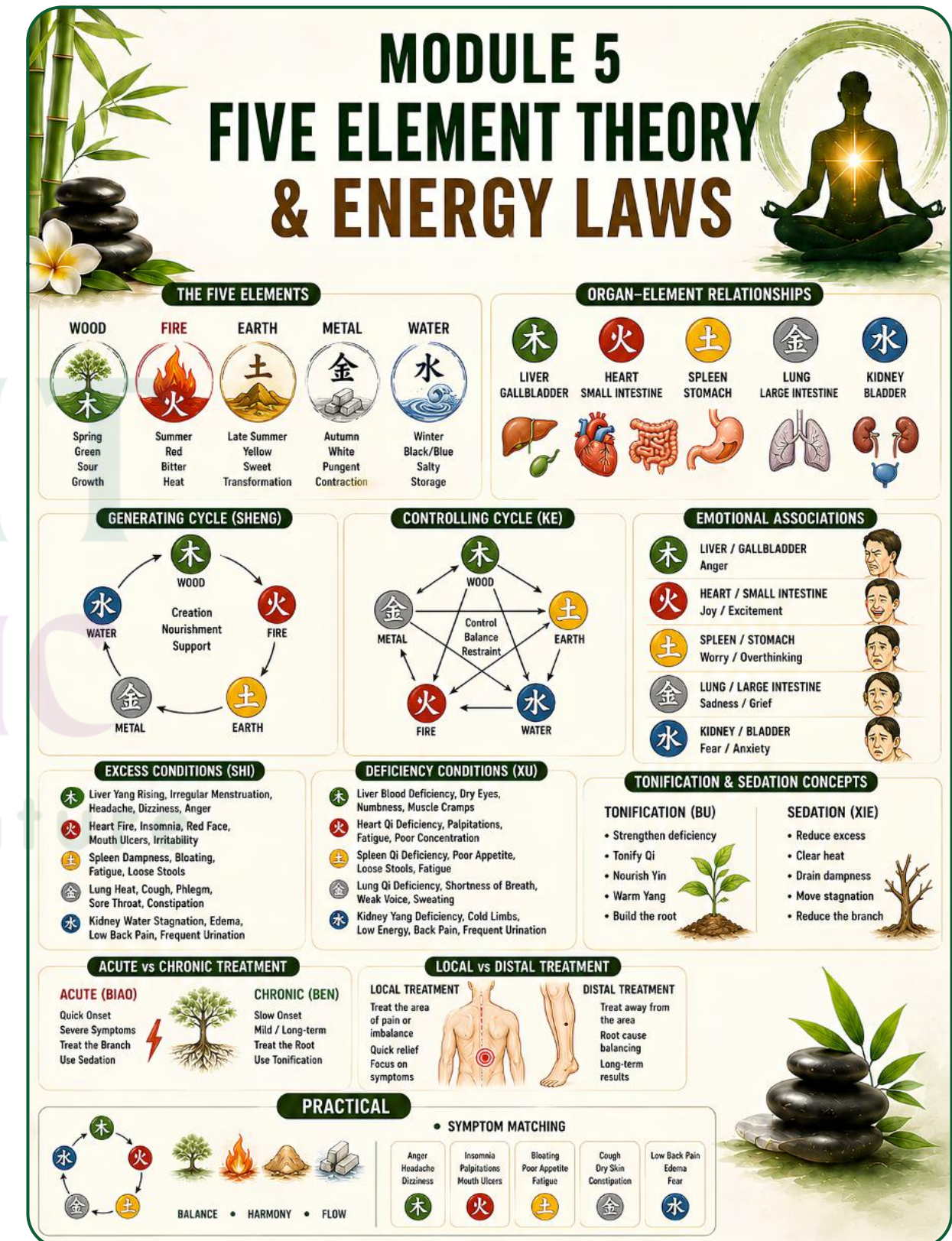
Module 5: Five Element Theory & Energy Laws

Topics Covered

1. Wood, Fire, Earth, Metal, Water
2. Organ-element relationships
3. Generating cycle
4. Controlling cycle
5. Emotional associations
6. Excess and deficiency conditions
7. Tonification and sedation concepts
8. Acute vs chronic treatment
9. Local vs distal treatment

Practical

1. Element cycle exercises
2. Symptom matching



PHASE 1 — FOUNDATION LEVEL

Module 6: Cun Measurements & Point Location System

Topics Covered

Cun Measurement System

1. What is Cun measurement
2. Personal proportional measurement
3. Anatomical landmarks
4. Point location principles

Cun Measurements According to Body Areas

1. Head and face measurements
2. Neck measurements
3. Chest and abdomen measurements
4. Back measurements
5. Upper limb measurements
6. Lower limb measurements

Practical

1. Measuring Cun on different body areas
2. Point location practice

MODULE 6

CUN MEASUREMENTS & POINT LOCATION SYSTEM

CUN MEASUREMENT SYSTEM

WHAT IS CUN MEASUREMENT
A traditional proportional measurement based on the patient's own body.

PERSONAL PROPORTIONAL MEASUREMENT
Cun is based on the width of the patient's thumb or other body proportions.

ANATOMICAL LANDMARKS
Using fixed bony or muscular landmarks as reference points.

POINT LOCATION PRINCIPLES
Accurate location depends on correct measurement, anatomical knowledge and experience.

COMMON CUN REFERENCES	
1 Cun	Width of patient's thumb at IP joint
1.5 Cun	Width of patient's index, middle and ring fingers
3 Cun	Width of patient's four fingers
8 Cun	Width of patient's hand (wrist crease to tip of middle finger)

CUN MEASUREMENTS ACCORDING TO BODY AREAS

1. HEAD AND FACE MEASUREMENTS

2. NECK MEASUREMENTS

3. CHEST AND ABDOMEN MEASUREMENTS

4. BACK MEASUREMENTS

5. UPPER LIMB MEASUREMENTS

6. LOWER LIMB MEASUREMENTS

PRACTICAL

MEASURING CUN ON DIFFERENT BODY AREAS

POINT LOCATION PRACTICE

LI 4 (He Gu) 1.5 Cun	ST 36 (Zu San Li) 3 Cun	PC 6 (Nei Guan) 2 Cun
SP 6 (San Yin Jiao) 3 Cun	LR 3 (Tai Chong) 1.5 Cun	REN 6 (Qi Hai) 1.5 Cun

Always use the patient's own body proportions for accurate measurement.

ACCURATE MEASUREMENT • PRECISE LOCATION • EFFECTIVE TREATMENT

PHASE 1 — FOUNDATION LEVEL

Module 7: Essential Acupoints & Point Categories

Topics Covered

1. 50-70 essential clinical points
2. Yuan Source points
3. Luo Connecting points
4. Xi Cleft points
5. Front Mu points
6. Back Shu points
7. Distal points
8. Local points

Clinical Understanding

1. How to choose points
2. Point combinations
3. Acute vs chronic point selection

Practical

1. Point location
2. Point palpation
3. Sensitivity testing

MODULE 7

ESSENTIAL ACUPOINTS & POINT CATEGORIES

50-70 ESSENTIAL CLINICAL POINTS

- Commonly used points
- High clinical effectiveness
- Easy to locate and apply
- Safe and versatile

POINT CATEGORIES

YUAN SOURCE POINTS

源 (Yuan)

Strengthen root Qi

LUO CONNECTING POINTS

絡 (Luo)

Connect meridians & internal organs

XI CLEFT POINTS

隙 (Xi)

Treat acute pain & sudden issues

FRONT MU POINTS

募 (Mu)

Influence Zang organs

BACK SHU POINTS

俞 (Shu)

Influence Fu organs

DISTAL POINTS

Away from the problem (site distant)

LOCAL POINTS

Near or at the problem (site local)

CLINICAL UNDERSTANDING

HOW TO CHOOSE POINTS

- Assess the condition
- Identify pattern
- Select main points
- Add supporting points
- Confirm with patient

POINT COMBINATIONS

ACUTE vs CHRONIC POINT SELECTION

ACUTE
Quick relief (Cleft, Distal)

CHRONIC
Root support (Source, Shu)

EXAMPLES OF ESSENTIAL POINTS (50-70)

- Head & Face (GB20, LI4, ST36, Taiyang...)
- Neck & Shoulder (GB21, SI11, LI15...)
- Chest & Abdomen (CV12, ST25, SP6, REN6...)
- Back (BL23, BL40, BL60...)
- Upper Limb (LI4, PC6, LU9, HT7...)
- Lower Limb (ST36, SP6, KI3, GB34...)

PRACTICAL

POINT LOCATION

POINT PALPATION

- Use finger pads
- Gentle pressure
- Find tender points
- Feel tissue texture

SENSITIVITY TESTING

- Tenderness
- Heaviness
- Soreness
- Radiating sensation
- Referred pain

PHASE 1 — FOUNDATION LEVEL

Module 8: Introduction to Sujok Therapy

Topics Covered

1. Standard correspondence system
2. Hand correspondence system
3. Foot correspondence system
4. Mini systems
5. Organ correspondence system
6. Pain correspondence principle
7. Self-healing applications

Practical

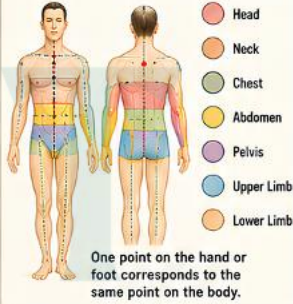
1. Spine mapping
2. Organ mapping
3. Pain-point detection



MODULE 8 INTRODUCTION TO SUJOK THERAPY

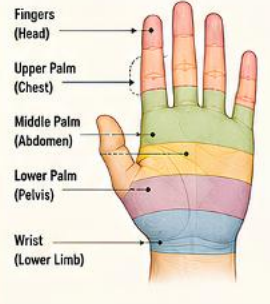


1 STANDARD CORRESPONDENCE SYSTEM



One point on the hand or foot corresponds to the same point on the body.

2 HAND CORRESPONDENCE SYSTEM



Fingers (Head)
Upper Palm (Chest)
Middle Palm (Abdomen)
Lower Palm (Pelvis)
Wrist (Lower Limb)

3 FOOT CORRESPONDENCE SYSTEM



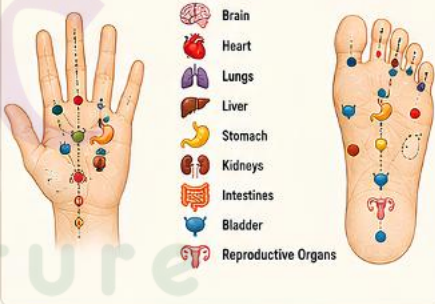
Toes (Head)
Upper Foot (Chest)
Middle Foot (Abdomen)
Lower Foot (Pelvis)
Heel (Lower Limb)

4 MINI SYSTEMS



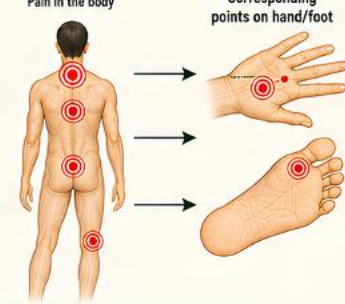
Each finger and toe has a complete correspondence of the whole body.

5 ORGAN CORRESPONDENCE SYSTEM



Brain
Heart
Lungs
Liver
Stomach
Kidneys
Intestines
Bladder
Reproductive Organs

6 PAIN CORRESPONDENCE PRINCIPLE



Pain in the body
Corresponding points on hand/foot

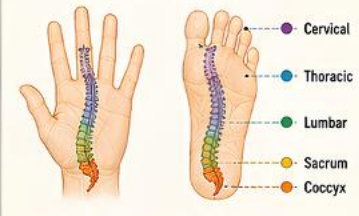
7 SELF-HEALING APPLICATIONS



Balance Energy
Relieve Pain & Stress
Improve Health & Immunity
Activate Body's Self-Healing Power

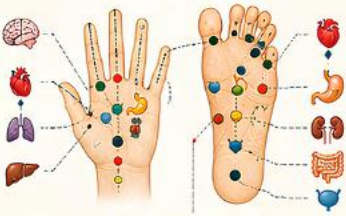
PRACTICAL

• SPINE MAPPING



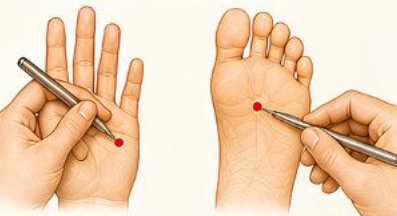
Map the spine on the hand and foot to treat spinal problems.

• ORGAN MAPPING



Stimulate corresponding organ points to restore balance and health.

• PAIN-POINT DETECTION



Find sensitive points on hand/foot that correspond to painful areas.



**SIMPLE
SAFE
EFFECTIVE**



**NATURAL
HOLISTIC
HEALING**



**ANYTIME
ANYWHERE
ANYONE**



**SELF-CARE
SELF-HEALING
SELF-EMPOWERMENT**



PHASE 1 — FOUNDATION LEVEL

Module 9: Basic Acupressure Techniques

Topics Covered

1. Pressing techniques
2. Holding techniques
3. Rotation methods
4. Finger pressure techniques
5. Thumb pressure methods
6. Sedation and tonification basics
7. Pressure angles
8. Treatment duration basics

Practical

1. Acupressure stimulation
2. Self-treatment practice
3. Partner practice

MODULE 9 BASIC ACUPRESSURE TECHNIQUES

1 PRESSING TECHNIQUES

Steady pressure with fingertips or thumb. Apply firm, gentle pressure to the acupoint. Maintain even pressure without slipping.

2 HOLDING TECHNIQUES

Hold the pressure. Stay relaxed and steady. Focus on the point.

3 ROTATION METHODS

Clockwise rotation. Counterclockwise rotation. Small circular movements.

4 FINGER PRESSURE TECHNIQUES

Index finger pressure. Middle finger pressure. Three-finger pressure.

5 THUMB PRESSURE METHODS

Thumb tip pressure. Thumb pad pressure. Thumb knuckle pressure.

6 SEDATION AND TONIFICATION BASICS

SEDATION (XIE)	TONIFICATION (BU)
- Reduce excess - Calm and soothe - Slow, gentle pressure - Longer duration	- Boost deficiency - Strengthen energy - Strong, quick stimulation - Shorter duration

7 PRESSURE ANGLES

90° (Vertical). 45° (Moderate). 30° (Gentle).

8 TREATMENT DURATION BASICS

1-3 Minutes General wellness. 3-5 Minutes Chronic conditions. 5-10 Minutes Severe conditions. 1-2 times daily or as needed.

PRACTICAL

• ACUPRESSURE STIMULATION

- Locate the point
- Apply correct technique
- Adjust pressure as needed
- Check the response

• SELF-TREATMENT PRACTICE

- Use on daily discomfort
- Relieve stress and fatigue
- Support natural healing
- Easy, anytime self-care

• PARTNER PRACTICE

- Practice accurate location
- Use proper pressure
- Communicate and observe
- Learn and improve together

GENTLE EFFECTIVE NATURAL

HEALING BALANCE HARMONY

REGULAR PRACTICE BETTER RESULTS BETTER HEALTH

MIND-BODY ENERGY CONNECTION

PHASE 1 — FOUNDATION LEVEL

Module 10: Holistic Lifestyle & Wellness Healing

Topics Covered

1. Lifestyle and disease
2. Stress management
3. Sleep and healing
4. Food energetics basics
5. Warming and cooling foods
6. Emotional balance
7. Hydration and digestion support
8. Breathing exercises
9. Relaxation methods
10. Daily wellness routines

Practical

1. Daily energy balancing routine
2. Sleep support protocol
3. Stress-relief routine



MODULE 10 HOLISTIC LIFESTYLE & WELLNESS HEALING



1 LIFESTYLE AND DISEASE - Daily habits affect our health - Balance creates wellness - Prevention is better than cure	2 STRESS MANAGEMENT - Identify stress triggers - Calm the mind and body - Restore inner balance	3 SLEEP AND HEALING - Good sleep heals the body - Regulate sleep cycle - Deep rest, deep recovery	4 FOOD ENERGETICS BASICS - Food has energy - It affects body and mind - Choose foods that heal	5 WARMING AND COOLING FOODS - Balance Yin and Yang - Warm foods for cold conditions - Cool foods for heat conditions
6 EMOTIONAL BALANCE - Emotions affect organ health - Acknowledge and release - Cultivate positive emotions	7 HYDRATION AND DIGESTION SUPPORT - Drink enough warm water - Support digestive fire (Agni) - Eat mindfully and on time	8 BREATHING EXERCISES - Oxygenates the body - Calms the mind - Balances energy flow	9 RELAXATION METHODS - Relax body and mind - Reduce tension and fatigue - Restore natural healing	10 DAILY WELLNESS ROUTINES - Small daily habits - Consistency is the key - Build long-term vitality

DAILY ENERGY BALANCING ROUTINE


Morning Gratitude → Warm Water + Breath → Gentle Movement → Healthy Meals → Evening Reflection

Balance body, mind and spirit every day

SLEEP SUPPORT PROTOCOL


No Caffeine After 2 PM → Limit Screens Before Bed → Relaxing Environment → Sleep by 10-11 PM

Deep sleep, deep healing

STRESS-RELIEF ROUTINE


Deep Breathing → Self Compassion → Calming Activities → Nature Connection

Release stress, restore peace



STRONGER IMMUNITY
Stay healthy naturally



BETTER DIGESTION
Absorb and assimilate well



CALM MIND HAPPY HEART
Emotional balance and clarity



SOUND SLEEP
Wake up refreshed



MORE ENERGY
Feel active all day



HOLISTIC WELLNESS
Body, mind and spirit in harmony



LIVE MINDFULLY • HEAL NATURALLY • THRIVE HOLISTICALLY

PHASE 2 — ADVANCED CLINICAL LEVEL

Module 1: Acupuncture Foundations & Needling Theory

Topics Covered

1. Needling Considerations for Treatment and Responses
2. Therapeutic response expectations
3. Treatment reactions
4. Patient sensitivity
5. Energy response after treatment

Tools of the Trade

1. Acupuncture needles
2. Needle sizes and gauges
3. Needle tubes
4. Alcohol swabs
5. Cotton and sharps containers
6. Moxa tools
7. Magnets and seeds

Considerations Before Treatment

1. Patient assessment
2. Positioning
3. Contraindications
4. Hygiene preparation
5. Emotional state of the patient



MODULE 1 ACUPUNCTURE FOUNDATIONS & NEEDLING THEORY

1 NEEDLING CONSIDERATIONS FOR TREATMENT AND RESPONSES



THERAPEUTIC RESPONSE EXPECTATIONS



- Pain relief
- Improved function
- Energy balance
- Overall well-being



TREATMENT REACTIONS



- Mild soreness
- Fatigue or drowsiness
- Emotional release
- Temporary symptom changes



PATIENT SENSITIVITY



- Pain threshold
- Anxiety levels
- Past experiences
- Physical constitution



ENERGY RESPONSE AFTER TREATMENT



- Relaxation
- Increased vitality
- Emotional balance
- Deep sense of calm



FOLLOW-UP CONSIDERATIONS

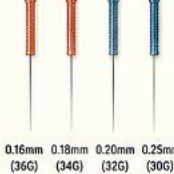


- Monitor progress
- Adjust treatment plan
- Hydration & rest
- Self-care advice

2 TOOLS OF THE TRADE



ACUPUNCTURE NEEDLES



NEEDLE SIZES AND GAUGES

0.16mm (36G) 0.18mm (34G) 0.20mm (32G) 0.25mm (30G)



NEEDLE TUBES



ALCOHOL SWABS



COTTON & SHARPS CONTAINERS



MOXA TOOLS



MAGNETS AND SEEDS

3 CONSIDERATIONS BEFORE TREATMENT



PATIENT ASSESSMENT



- Health history
- Current symptoms
- Tongue & pulse (TCM)
- Lifestyle & habits



POSITIONING



- Comfortable position
- Proper support
- Ease of access to points
- Patient relaxation



CONTRAINDICATIONS

- ✗ Bleeding disorders
- ✗ Severe heart conditions
- ✗ Pregnant (certain points)
- ✗ Infection at needling site
- ✗ Extreme fatigue or hunger



HYGIENE PREPARATION



- Clean hands
- Disinfect skin
- Sterile needles
- Clean environment



EMOTIONAL STATE OF PATIENT



- Calm the mind
- Build trust
- Reduce anxiety
- Encourage openness



**SAFE PRACTICE
SAFE PATIENT**



**PREPARE
WITH CARE**



**TREAT WITH
INTENTION**



**OBSERVE &
RESPOND**



**SUPPORT HEALING
NATURALLY**







 Sukrit Holistic


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PHASE 2 — ADVANCED CLINICAL LEVEL

Module 2: How to Needle & Needling Techniques

Topics Covered

1. Needle insertion basics
2. Needle angles:
 - a. Perpendicular
 - b. Oblique
 - c. Transverse
3. Needle depth principles
4. Safe insertion techniques
5. Needle withdrawal techniques

Techniques

1. Tonification technique
2. Sedation technique
3. Lifting and thrusting
4. Twirling and rotation
5. Needle retention timing
- 6.

Manipulation

1. Gentle stimulation
2. Strong stimulation
3. Energy activation techniques

The Concept of Deqi

1. Meaning of Deqi
2. Patient sensations
3. Practitioner sensations
4. Clinical importance of Deqi

Practical

1. Needling on practice pads
2. Hand positioning
3. Needle handling skills

MODULE 2

HOW TO NEEDLE & NEEDLING TECHNIQUES

1 NEEDLE INSERTION BASICS

- Hold the needle like a pencil
- Locate the point
- Stabilize the skin
- Insert smoothly and steadily

2 NEEDLE ANGLES

PERPENDICULAR 90°

OBLIQUE 15°-45°

TRANSVERSE 5°-15°

3 NEEDLE DEPTH PRINCIPLES

- Superficial: 1-5 mm
- Moderate: 5-20 mm
- Deep: 20-40 mm

4 SAFE INSERTION TECHNIQUES

- Use smooth, even pressure
- Advance to the correct depth
- Avoid excessive force
- Be aware of surrounding structures

5 NEEDLE WITHDRAWAL TECHNIQUES

- Withdraw slowly and steadily
- Follow the same angle of insertion
- Apply gentle pressure with cotton
- Dispose safely

6 TECHNIQUES

TONIFICATION TECHNIQUE

Even reinforcing movements, slow and gentle

SEDATION TECHNIQUE

Dispersing movements, faster and deeper

LIFTING AND THRUSTING

Lift slightly, then thrust gently

TWIRLING AND ROTATION

Rotate the needle clockwise and counterclockwise

NEEDLE RETENTION TIMING

Typically 15-30 minutes based on condition

7 MANIPULATION

GENTLE STIMULATION

Light twirling or lifting

STRONG STIMULATION

Stronger twirling or thrusting

ENERGY ACTIVATION TECHNIQUES

Adjust according to patient response

8 THE CONCEPT OF DEQI

MEANING OF DEQI

Sensation of energy arriving at the point

PATIENT SENSATIONS

Heaviness, soreness, numbness, distention, tingling, warmth

PRACTITIONER SENSATIONS

Tightness, resistance, transmission

CLINICAL IMPORTANCE

Indicates effective connection and energy response

9 PRACTICAL

NEEDLING ON PRACTICE PADS

Build accuracy and confidence

HAND POSITIONING

Stable, relaxed and controlled

NEEDLE HANDLING SKILLS

Open, insert, manipulate and remove with ease

FOCUS ON SAFETY
 PRACTICE WITH INTENTION
 FEEL, DON'T FORCE
 OBSERVE PATIENT RESPONSE
 REFINE YOUR SKILLS DAILY

SKILL + SENSITIVITY + INTENTION = HEALING

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PHASE 2 — ADVANCED CLINICAL LEVEL

Module 3: Advanced Needling Concepts

Topics Covered

1. Periosteal Pecking
2. Trigger point stimulation
3. Ashi point treatment
4. Electro-acupuncture introduction
5. Electro-acupuncture safety
6. Needle combinations
7. Treatment dose and frequency
8. Acute vs chronic dosing

Practical

1. Electro-acupuncture demonstration
2. Needle manipulation practice

MODULE 3 ADVANCED NEEDLING CONCEPTS

1 PERIOSTEAL PECKING

- Stimulates the periosteum
- Used for pain, orthopedic conditions
- Quick, small amplitude pecking
- Avoid excessive force

2 TRIGGER POINT STIMULATION

- Locate taut band or sensitive nodule
- Insert into trigger point
- Elicit local twitch response
- Relieves referred pain

3 ASHI POINT TREATMENT

- Treat tender or painful points not on meridians
- Based on patient's symptoms
- Use local needling
- Effective for acute pain

4 ELECTRO-ACUPUNCTURE INTRODUCTION

- Mild electrical current applied to needles
- Enhances therapeutic effect
- Useful for pain, paralysis, and chronic conditions

5 ELECTRO-ACUPUNCTURE SAFETY

- Use only approved E-Stim devices
- Check patient contraindications
- Use proper grounding and connections
- Start with low intensity
- Monitor patient throughout treatment

6 NEEDLE COMBINATIONS

- Combine points for synergistic effects
- Local + distal combinations
- Tonification + sedation points
- Support main treatment goal

7 TREATMENT DOSE AND FREQUENCY

Treatment Dose
Number of points, needle depth, stimulation, and retention time.

Frequency
How often treatments are given.

Adjust based on condition, response, and constitution.

8 ACUTE VS CHRONIC DOSING

ACUTE CONDITIONS

- More frequent treatment
- Stronger stimulation
- Shorter intervals
- Focus on pain relief

CHRONIC CONDITIONS

- Less frequent treatment
- Gentle to moderate stimulation
- Longer intervals
- Focus on root cause and balance

PRACTICAL

ELECTRO-ACUPUNCTURE DEMONSTRATION

- Proper lead placement
- Adjust intensity gradually
- Observe patient response
- Safe and effective application

NEEDLE MANIPULATION PRACTICE

- Lift and Thrust
- Twirl
- Rotate
- Even Reinforcing or Dispersing

PRECISE TECHNIQUE

SAFE PRACTICE

BETTER RESULTS

BALANCE ENERGY

HEAL NATURALLY

ADVANCED SKILLS. DEEPER HEALING. BETTER OUTCOMES.

PHASE 2 — ADVANCED CLINICAL LEVEL

Module 4: Acupuncture Safety & Contraindications

Topics Covered

Where Not to Needle

1. Eye region
2. Fontanelle areas
3. Major vessels
4. Inflamed tissue
5. Tumors
6. Varicose veins
7. Pregnancy-sensitive areas

Specific Contraindications

1. Pregnancy precautions
2. Hemophilia
3. Severe weakness
4. Needle phobia
5. Severe psychiatric instability
6. Pacemakers (electro-acupuncture)

Untoward Reactions and Accidents

1. Needle shock
2. Fainting
3. Bleeding
4. Bruising
5. Stuck needle
6. Bent needle
7. Broken needle
8. Pneumothorax awareness

Clean Needle Technique

1. Disposable needles
2. Sterilization principles
3. Hand hygiene
4. Sharps disposal
5. Infection prevention



**MODULE 4
ACUPUNCTURE SAFETY &
CONTRAINDICATIONS**

1 WHERE NOT TO NEEDLE

- Eye region
- Fontanelle areas
- Major vessels
- Inflamed tissue
- Tumors
- Varicose veins
- Pregnancy-sensitive areas

2 SPECIFIC CONTRAINDICATIONS

- Pregnancy precautions
- Needle phobia
- Hemophilia
- Severe psychiatric instability
- Severe weakness
- Pacemakers (electro-acupuncture)

3 UNTOWARD REACTIONS AND ACCIDENTS

- Needle shock
- Fainting
- Bleeding
- Bruising
- Stuck needle
- Bent needle
- Broken needle
- Pneumothorax awareness

4 CLEAN NEEDLE TECHNIQUE

- Disposable needles
- Sterilization principles
- Hand hygiene
- Sharps disposal
- Infection prevention

EMERGENCY RESPONSE PROTOCOLS

1. ASSESS: Check patient condition
2. STOP: Stop needling immediately
3. SUPPORT: Ensure airway, breathing, circulation
4. TREAT: Provide appropriate first aid
5. REFER: Seek medical help if necessary

SAFETY DEMONSTRATIONS

- Proper needle handling
- Safe insertion technique
- Sharps disposal demonstration
- Hygiene and infection control

SAFETY FIRST | DO NO HARM | BE PREPARED BE PROTECTED | RECOGNIZE & RESPOND | PREVENT COMPLICATIONS | PROTECT YOUR PATIENTS

SAFE PRACTICE. CONFIDENT TREATMENT. BETTER OUTCOMES.

Practical

1. Emergency response protocols
2. Safety demonstrations

PHASE 2 — ADVANCED CLINICAL LEVEL

Module 5: Sujok Advanced Therapies

Topics Covered

1. Seed therapy
2. Magnet therapy
3. Color therapy
4. Ring massage therapy
5. Moxa therapy
6. Elastic patch therapy
7. Energy balancing through Sujok

Practical

1. Seed placement
2. Magnet polarity application
3. Color application methods

MODULE 5

SUJOK ADVANCED THERAPIES

Advanced tools. Deeper healing.

TOPICS COVERED

1. SEED THERAPY

- Natural seeds on Sujok points
- Continuous stimulation
- Promotes self-healing
- Improves organ function

2. MAGNET THERAPY

- North (-) and South (+) polarity use
- Pain relief and healing
- Balances energy flow
- Enhances treatment results

3. COLOR THERAPY

- Use of therapeutic colors
- Balances body & mind
- Supports chakra system
- Enhances energy alignment

4. RING MASSAGE THERAPY

- Ring massage on Sujok points
- Improves circulation
- Relieves pain & tension
- Activates energy flow

5. MOXA THERAPY

- Warm stimulation
- Boosts yang energy
- Improves circulation
- Supports chronic conditions

6. ELASTIC PATCH THERAPY

- Fix seeds, magnets or points
- Long-lasting stimulation
- Convenient and effective
- Supports continuous therapy

7. ENERGY BALANCING THROUGH SUJOK

- Balances body energy system
- Harmonizes yin & yang
- Restores energy flow
- Enhances overall well-being

PRACTICAL

1. SEED PLACEMENT

- Locate the correct point
- Place seed gently on the point
- Secure with adhesive tape
- Instruct for daily stimulation

2. MAGNET POLARITY APPLICATION

- Identify therapy goal
- Select appropriate polarity
- Place magnet on the point
- Monitor response

3. COLOR APPLICATION METHODS

- Select color as per condition
- Apply on seed, magnet or point
- Use color stickers or dots
- Observe and evaluate effect

SAFE & NATURAL
 NON-INVASIVE TECHNIQUES
 BALANCE ENERGY
 SUPPORT SELF-HEALING
 HARMONY IN BODY & MIND

SMALL TOOLS, POWERFUL HEALING • BALANCE • HARMONY • WELL-BEING

PHASE 2 — ADVANCED CLINICAL LEVEL

Module 6: Clinical Treatment Principles

Topics Covered

1. Treatment planning framework
2. Root vs branch treatment
3. Local vs distal strategy
4. Tonify vs sedate
5. Acute vs chronic approach
6. Treatment progression
7. Session frequency
8. Follow-up evaluation

Practical

1. Designing treatment plans
2. Clinical reasoning exercises

MODULE 6

CLINICAL TREATMENT PRINCIPLES

Plan Smart • Treat Right • Heal Holistically

TOPICS COVERED

1 TREATMENT PLANNING FRAMEWORK

- Systematic approach
- Patient assessment
- Clear treatment goals
- Outcome focused

2 ROOT VS BRANCH TREATMENT

- Address underlying cause
- Long-term relief
- Prevent recurrence

3 LOCAL VS DISTAL STRATEGY

- Local for quick relief
- Distal for deeper healing
- Combine for best results

4 TONIFY VS SEDATE

- Tonify: Build, strengthen, increase energy
- Sedate: Reduce, calm, balance excess

5 ACUTE VS CHRONIC APPROACH

- Acute: Short, intensive treatment
- Chronic: Consistent, gradual approach

6 TREATMENT PROGRESSION

- Step-by-step improvement
- Monitor & adjust
- Track patient response

7 SESSION FREQUENCY

- Best results with consistency
- Adjust as per patient needs

8 FOLLOW-UP EVALUATION

- Review progress
- Reassess symptoms
- Modify treatment plan
- Ensure lasting results

PRACTICAL

1 DESIGNING TREATMENT PLANS

- Assess & Identify main pattern
- Set Clear Treatment Goals
- Choose Strategy (Local/Distal)
- Select Points & Techniques
- Plan Session & Follow-up

2 CLINICAL REASONING EXERCISES

- Case analysis
- Pattern identification
- Point selection reasoning
- Strategy decision making
- Outcome prediction

Structured Approach • Better Clinical Decisions • Effective Outcomes • Safe & Consistent Care • Holistic Patient Well-being

RIGHT PRINCIPLES • RIGHT STRATEGY • BETTER HEALING

PHASE 2 — ADVANCED CLINICAL LEVEL

Module 7: Pain Management Protocols

Conditions Covered

1. Headache
2. Migraine
3. Neck pain
4. Frozen shoulder
5. Back pain
6. Sciatica
7. Knee pain
8. Joint disorders

Practical

1. Full treatment demonstrations
2. Point combinations
3. Sujok integration

MODULE 7

PAIN MANAGEMENT PROTOCOLS

Relieve Pain • Restore Balance • Improve Life

CONDITIONS COVERED

1 HEADACHE

- Tension headache
- Sinus headache
- Point combinations

2 MIGRAINE

- Migraine relief
- Aura & non-aura
- Effective point protocols

3 NECK PAIN

- Neck stiffness
- Cervical spondylosis
- Local & distal points

4 FROZEN SHOULDER

- Shoulder stiffness & pain
- Range of motion support
- Point combinations

5 BACK PAIN

- Lower back pain
- Muscle strain
- Lumbar support protocol

6 SCIATICA

- Sciatic nerve pain
- Radiating pain relief
- Effective point sequences

7 KNEE PAIN

- Knee arthritis
- Meniscus support
- Pain relief protocols

8 JOINT DISORDERS

- Arthritis
- Joint stiffness
- General joint support

PRACTICAL

1 FULL TREATMENT DEMONSTRATIONS

- Step-by-step protocols
- Real-time treatment flow
- Clinical tips & precautions

2 POINT COMBINATIONS

CONDITION	KEY POINT COMBINATIONS
Headache	LI4 + LR3 + GB20 + Yintang
Migraine	LR3 + GB20 + ST36 + SP6
Neck Pain	LI4 + GB20 + SI11 + DU14
Back Pain	BL23 + BL25 + Yaoyan + GB30
Sciatica	BL25 + GB30 + BL40 + BL60
Knee Pain	ST36 + SP9 + GB34 + EX-LE2
Frozen Shoulder	LI15 + SJ14 + GB21 + SI11
Joint Disorders	LI4 + ST36 + SP10 + GB34

3 SUJOK INTEGRATION

Support & Enhance Treatment

- Seed Therapy
- Magnet Therapy
- Color Therapy
- Correspondence points
- Seed / Magnet application
- Color & ring therapy support
- Enhance results & reduce pain

REDUCE PAIN

IMPROVE MOBILITY

RESTORE FUNCTION

ENHANCE QUALITY OF LIFE

HOLISTIC & NATURAL HEALING

TARGET THE CAUSE • RELIEVE THE PAIN • RESTORE WELL-BEING

PHASE 2 — ADVANCED CLINICAL LEVEL

Module 8: Internal Disorders & Emotional Conditions

Conditions Covered

1. Digestive disorders
2. Stress and anxiety
3. Insomnia
4. Respiratory disorders
5. Hormonal imbalance
6. Fatigue
7. Emotional imbalance

Practical

1. Pattern differentiation
2. Treatment protocols



MODULE 8

INTERNAL DISORDERS & EMOTIONAL CONDITIONS

Treat the Inside • Heal the Whole



CONDITIONS COVERED

1 DIGESTIVE DISORDERS



- Bloating, gas, indigestion
- IBS, constipation, diarrhea
- Stomach pain, acid reflux
- Strengthen spleen & stomach
- Restore digestive harmony

2 STRESS AND ANXIETY



- Calms mind & nervous system
- Reduces stress response
- Eases anxiety & worry
- Balanced emotions
- Promotes relaxation

3 INSOMNIA



- Difficulty falling asleep
- Waking during the night
- Light, restless sleep
- Calms shen (spirit)
- Promotes deep, restful sleep

4 RESPIRATORY DISORDERS



- Cough, cold, bronchitis
- Asthma, shortness of breath
- Allergies, sinusitis
- Strengthen lung qi
- Improve respiratory function

5 HORMONAL IMBALANCE



- Menstrual irregularities
- PMS, PCOS, menopause
- Thyroid support
- Balance yin & yang
- Regulate endocrine system

6 FATIGUE



- Physical & mental tiredness
- Low energy, weakness
- Qi & blood deficiency
- Boost energy & vitality
- Restore stamina & endurance

7 EMOTIONAL IMBALANCE



- Mood swings, irritability
- Anger, sadness, fear
- Emotional overwhelm
- Regulate emotions
- Restore inner balance & harmony

PRACTICAL

1 PATTERN DIFFERENTIATION

Identify the root pattern for accurate treatment

- Observe symptoms
- Analyze tongue & pulse
- Identify imbalance
- Determine pattern
- Choose treatment approach





Tongue Diagnosis

Pulse Diagnosis

Pattern Analysis

2 TREATMENT PROTOCOLS

Effective protocols for internal & emotional conditions

- Acupuncture point selection
- Sujok therapy integration
- Herbal & lifestyle support
- Emotional regulation
- Follow-up & progress tracking





Acupuncture Protocols

Sujok Integration

Supportive Therapies

 RESTORE BALANCE
  STRENGTHEN VITALITY
  CALM MIND & EMOTIONS
  SUPPORT INTERNAL FUNCTIONS
  ENHANCE ENERGY & WELL-BEING

BALANCE WITHIN • HEAL DEEPLY • LIVE FULLY

PHASE 2 — ADVANCED CLINICAL LEVEL

Module 9: Tongue, Pulse & Pattern Differentiation

Topics Covered

1. Tongue body analysis
2. Tongue coating analysis
3. Pulse qualities basics
4. Excess vs deficiency recognition
5. Heat vs cold differentiation
6. Organ pattern recognition

Practical

1. Tongue analysis exercises
2. Pulse feeling practice

MODULE 9

TONGUE, PULSE & PATTERN DIFFERENTIATION

See Clearly • Feel Deeply • Treat Accurately

TOPICS COVERED

1 TONGUE BODY ANALYSIS

- Color (舌): Pale, Red, Purple
- Shape: Swollen, Thin, Cracked
- Moisture: Moist, Dry
- Signs of internal imbalance

2 TONGUE COATING ANALYSIS

- Thickness: Thin, Thick, Sticky
- Color: White, Yellow, Grey, Black
- Quality: Greasy, Dry, Peeling
- Reflects condition of internal organs

3 PULSE QUALITIES BASICS

- Depth: Floating, Sinking
- Rate: Slow, Rapid
- Rhythm: Even, Uneven
- Strength: Strong, Weak
- Quality: Slippery, Choppy, Wiry, etc.

	Floating
	Sinking
	Slow
	Rapid
	Slippery
	Choppy
	Weak
	Tight

4 EXCESS VS DEFICIENCY RECOGNITION

EXCESS (SHI)	VS	DEFICIENCY (XU)
• Full feeling • Strong pulse • Red tongue • Thick coating • Acute onset • Symptoms worsen with pressure		• Empty feeling • Weak pulse • Pale tongue • Thin coating • Chronic course • Symptoms better with pressure

5 HEAT VS COLD DIFFERENTIATION

HEAT	COLD
• Red tongue • Yellow coating • Rapid pulse • Thirst, restlessness • Prefer cold • Sweating • Constipation	• Pale tongue • White coating • Slow pulse • Aversion to cold • No thirst • No sweating • Loose stools

6 ORGAN PATTERN RECOGNITION

Organ	Signs & Symptoms
LIVER	Irritability, headache, red eyes, poor sleep, wiry pulse
SPLEEN	Bloating, poor appetite, fatigue, loose stools, weak pulse
LUNG	Cough, shortness of breath, weak voice, white coating
KIDNEY	Lower back pain, fatigue, frequent urination, deep weak pulse
HEART	Palpitations, poor sleep, red tongue, rapid pulse

PRACTICAL

1 TONGUE ANALYSIS EXERCISES

Observe: Color, shape, moisture

Assess: Coating: color, thickness, quality

Identify: Imbalances & root cause

Practice regularly to develop a trained and accurate eye.

2 PULSE FEELING PRACTICE

POSITION

Three positions: Cun (wrist), Guan (middle), Chi (near elbow)

THREE LEVELS

Light – Floating (Fu)
Medium – Middle (Zhong)
Deep – Sinking (Chen)

FEEL & INTERPRET

	Depth
	Rate
	Rhythm
	Strength
	Quality

Consistent practice builds sensitivity, accuracy and confidence.

OBSERVE CAREFULLY | FEEL DEEPLY | ANALYZE ACCURATELY | DIFFERENTIATE WISELY | TREAT EFFECTIVELY | HEAL NATURALLY

UNDERSTAND THE PATTERN • RESTORE THE BALANCE • HEAL THE ROOT

PHASE 2 — ADVANCED CLINICAL LEVEL

Module 10: Case Studies & Clinical Assignments

Topics Covered

1. Case-taking process
2. Clinical documentation
3. SOAP notes basics
4. Treatment charting
5. Consultation flow

Practical

1. Mock consultations
2. Case study assignments
3. Treatment protocol writing

MODULE 10

CASE STUDIES & CLINICAL ASSIGNMENTS

Learn • Analyze • Apply • Transform

TOPICS COVERED

1 CASE-TAKING PROCESS

- Build rapport & trust
- Chief complaint
- History of present illness
- Past history
- Lifestyle & habits
- Tongue, pulse & observations
- Patient expectations

2 CLINICAL DOCUMENTATION

- Accurate & clear records
- Patient information
- Assessment findings
- Diagnosis & pattern
- Treatment plan
- Progress notes

3 SOAP NOTES BASICS

S	Subjective What the patient says
O	Objective What the practitioner observes
A	Assessment Pattern diagnosis & analysis
P	Plan Treatment plan & follow-up

- Structured & effective
- Easy to track progress
- Enhance clinical outcomes

4 TREATMENT CHARTING

Example Chart

- Tonify
- Sedate
- Local Point
- Distal Point

- Point selection
- Needling technique
- Depth & angle
- Retention time
- Remarks & response

5 CONSULTATION FLOW

```

graph TD
    A[Greet & Connect] --> B[Case Taking]
    B --> C[Assessment]
    C --> D[Diagnosis & Plan]
    D --> E[Treatment]
    E --> F[Aftercare & Follow-up]
    
```

PRACTICAL

1 MOCK CONSULTATIONS

- Simulated real-life scenarios
- Practice interviewing skills
- Improve diagnostic accuracy
- Build confidence & communication

2 CASE STUDY ASSIGNMENTS

- Analyze real case scenarios
- Identify patterns & root causes
- Design effective treatment plans
- Evaluate outcomes

3 TREATMENT PROTOCOL WRITING

- Write clear & structured protocols
- Customize treatments
- Ensure consistency in care
- Track & evaluate effectiveness

ENHANCE CLINICAL SKILLS
 IMPROVE DECISION MAKING
 BETTER PATIENT OUTCOMES
 PROFESSIONAL GROWTH
 CONFIDENCE IN PRACTICE

APPLY KNOWLEDGE • THINK CLINICALLY • HEAL EFFECTIVELY