

Tips for Using this Schedule

- 1.** Preview what you are learning for that day. Day 1 for you is the day after you watch the class.
- 2.** Make flashcards only for the material that you will be studying that day not for the whole topic. Making flashcards is a form of learning. A good method is to make a few cards learn them and then move on. If you are spending too much time writing out flashcards consider making photocopies of the material and cutting and pasting on to index cards. Another option is to create online flashcards.
- 3.** If you are a reader, spend more time reading the material. If you are a tactile learner, spend more time creating study material. If you are an auditory learner, create audio recordings of you reading the material to memorize and then listening to the recording over and over again.
- 4.** Take bite size bits of information and learn it cold before moving on to new information. This is a marathon not a cram session
- 5.** Review everything you have learned previously before learning new material. Review everything you have learned at the end of the study session including all new information you have learned that day. Then tomorrow begin with a review session. Begin by reviewing everything that you learned the previous day. Then review everything you have learned thus far before moving onto new material. It might seem this is a slow method of study and memorizing. The first week will be slow but if you stick with it, you will see that your brain will love the discipline and will be able to remember information better.
- 7.** Don't forget that this is a general template for a study schedule. You can modify it to suit your needs. If you have already read the texts, then you don't have to do this again. If you already have flashcards then you won't have to make them. Find ways to create shortcuts for yourself. If it takes you three hours to create flashcards, then find another method for study tools. Everyone is different.
- 8.** This schedule does not account for weeks where we don't have class. Those will be your catch up weeks. Already caught up? Spend the time reviewing. You can never review too much. You may also read ahead. It will help you if you have read through CAM and Maciocia before the test. Especially don't skip over CAM chapters 17 and 18 on point prescriptions and Mac chapters 52-53 on 8 Extra Vessels.
- 9.** When reading, read smart. Preview the chapter, go over the questions at the end of each chapter in Maciocia before starting to read. Do an overview of the material. Skimming is okay. Highlighting the information is smart. Taking notes, circling information or using colored pens is also smart studying.

TCM Review Seminars Study Schedule (Canada)

Formatting:

Week: **Class:** **# of study hours/day:**

Objectives:

DAY	Material to create	Study Content
	Reading	

This course is a jumping off point in your prep for the Pan-Canadian Exam.

Make sure to read the suggested texts on the Pan-Canadian book list in addition to studying the material we have provided for you.

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Class 1: Foundations/Diagnosis I **# of study hours/day:** 3

Objectives:

- Set consistent study times for each day of the week. Create a study area.
- Review and memorize Foundations and Diagnosis from class 1.

DAY 1	Create Flashcards for Foundations 45 min	Yin/Yang; 5 Element Chart; Qi, Blood Body Fluids and Shen
	HB Kim, p. 1-15; Mac. <i>FCM</i> , chapters 1-2	
DAY 2	Create Flashcards for Foundations 45 min	Zang Fu Theory; Officials; Yin Organ Relationships; 7 Emotions; 6 Climates; Treatment Principles
	HB Kim p. 16-33; Mac. <i>FCM</i> , chapters 3-4	
DAY 3	Create Flashcards for Diagnosis 45 min	Face/Eye Diagnosis; Excess-Deficiency; 10 Asking Song; Types of Deficiency; Yang/Yin/Qi/Blood Differentiation
	HB Kim p. 34-70; Mac. <i>FCM</i> , chapters 5-7	
DAY 4	Create Flashcards for Diagnosis 45 min	Types of Phlegm; 6 Pathogens; 5 Element; Channels Pathology; Wen Bing; Shan Han Lun; 3 Burners
	HB Kim p. 71-118; Mac. <i>FCM</i> chapters 8-10	
DAY 5	Drill Flashcards from Week 1 Reading: Mac. <i>FCM</i> chapters 11-12	
DAY 6	Drill Flashcards from Week 1 Reading: Mac. <i>FCM</i> chapters 13-14	
DAY 7	DAY OFF! :) Rest and enjoy your day. Eat well, sleep well, and nourish your mind and body. Preparation is half the battle.	

Class 2: Diagnosis II # of study hours/day: 3

Objectives:

- Integrate new material from class 2; Learn and drill Tongue, Pulse, Zang Fu Patterns
- We have only included CAM and Mac on this schedule. Be sure to spend time study the other textbooks listed on the Pan-Canadian book list.

The more you learn, the more you know. Prepare for the worst. Hope for the best.

DAY 1	45 minutes creating flashcards	Tongue from HB Kim; Specific tongue differentiation for case studies
	HB Kim p. 38-43; CAM p. 51-58, Mac. FCM chapter 15	
DAY 2	45 minutes creating flashcards	Pulse from HB Kim; Specific pulse differentiation for case studies Damp vs. Phlegm
	HB Kim p. 56-64, CAM p. 51-58; Mac. FCM chapter 16	
DAY 3	45 minutes creating flashcards	Zang Fu Patterns; Integrate your knowledge of the patterns. Most of these you will know. Focus on key symptoms for each pattern + tongue and pulse
	HB Kim p. 85-104; CAM 280-284; Mac. FCM chapter 17	
DAY 4	45 minutes creating flashcards	Zang Fu Pattern Differentiation: LV, HT, and SP Pay attention to learning the key symptoms that will help you differentiate between syndromes. This will be essential to creating speed and accuracy. Memorizing this information will minimize confusion and wrong answers.
	Mac. FCM Chapter 18-19	
DAY 5	45 minutes creating flashcards	Zang Fu Pattern Differentiation: KD, LU, ST, LI
	CAM 303-324; Mac. FCM chapter 21	
DAY 6	45 minutes creating flashcards	Zang Fu Pattern Differentiation: Damp, Blood Stasis, Phlegm fire, HT vs. PC
	Mac. FCM chapters 22-23	
DAY 7	Drill and review from week 1 & 2 ***To learn this material effectively, you must know tongue, pulse and Zang Fu patterns. Know them COLD. Read: Deng, 131-268	

Memory is like a cow path. You must review, review, review for the information to leave a mark.

"Study Smarter, Not Harder"

Class 3: Case Studies |# of study hours/day: 3

Objectives:

- Master **TCM RS Memorization Method**. It will help you memorize quickly and effectively. Go back through the material from week 1-2 using the new memorization method.
- Practice TCM Quick Case Study Break Down**. Remember you have 1.5 minutes for each question on the Pan-Canadian. It's 50% knowledge & 50% test taking skills

DAY 1	NO PREP WORK	Drill material from week 1 & 2 Work through case studies
	Mac. FCM chapter 24-26	
DAY 2	NO PREP WORK	Drill material from week 1 & 2 Work through case studies
	Mac. FCM chapter 27-29	
DAY 3	NO PREP WORK	Drill material from week 1 & 2 Work through case studies
	Mac. FCM chapter 30-33	
DAY 4	NO PREP WORK	Drill material from week 1 & 2 Work through case studies
	Mac. FCM chapter 34-37	
DAY 5	NO PREP WORK	Drill material from week 1 & 2 Work through case studies
	Mac. FCM chapter 38-40	
DAY 6	NO PREP WORK	Drill material from week 1 & 2 Work through case studies
	Mac. FCM chapter 41-43	
DAY 7	Day Off!	

The journey of a thousand miles starts with a single step.

"Prepare to Pass"

Class 4: Single Points I # of study hours/day: 3

Objectives:

- Master the single point functions. This is the first step in learning your point prescriptions for the exam. Point functions are a compilation from CAM and Maciocia. They will help you understand the reasoning behind their inclusion in point Rx. Start making the connections between point/herbs and points/diagnosis. This will make it easier for you to get through the exam. Remember we have been teaching this material for going on 18 successful years. Trust the process! The point is to study smarter.
- Start becoming familiar with the formulas and their basic functions

DAY 1	Create Flashcards for LU/LI	Learn LU and LI channel points Drill and review material from weeks 1-3
	Read: Mac. <i>FCM</i> chapter 41-42	
DAY 2	Create Flashcards for ST	Learn ST channel points Review the LU and LI channel points Drill and review material from weeks 1-3
	Read: Mac. <i>FCM</i> chapter 43-44	
DAY 3	Create Flashcards for SP	Learn SP channel points Review the LU-ST channel points Drill and review material from weeks 1-3
	Read: Mac. <i>FCM</i> chapter 45-46	
DAY 4	Create Flashcards for HT/SI	Learn HT/SI channel points Review the LU-SP channel points Drill and review material from weeks 1-3
	Read: Mac. <i>FCM</i> chapter 47-48	
DAY 5	Create Flashcards for UB 1st half of the channel	Learn UB 1st half Review the LU-SI channel points Drill and review material from weeks 1-3
	Read: Mac. <i>FCM</i> chapter 49	
DAY 6	Create Flashcards for UB 2nd half of the channel	Review the LU-SP channel points Drill and review material from weeks 1-3
	Read: Mac. <i>FCM</i> chapter 50	
DAY 7	Drill and Review Day: Drill the information on the first 6 channels. Review the information on the first 6 categories of herbs. If you have time, go over the information from the first 3 weeks of class and do a quick drill of tongue, pulse, patterns, foundations, diagnosis	

Class 5: Single Points II

of study hours/day: 3

Objectives:

- Master the single point functions. This is the first step in learning your point prescriptions for the exam. Point functions are a compilation from CAM and Maciocia. They will help you understand the reasoning behind their inclusion in point rx. Start making the connections between point/herbs and points/diagnosis. This will make it easier for you to get through the exam. Remember we have been teaching this material for 10+ successful years. Trust the process!
- Keep studying the formulas. Become familiar with the formulas and their basic functions

DAY 1	Create Flashcards for KD	Learn KD channel points Review the LU-UB channel points
	Read: Mac. <i>FCM</i> chapter 51	Drill and review material from weeks 1-3
DAY 2	Create Flashcards for PC/SJ	Learn PC/SJ channel points Review the LU-KD channel points
	Read: Mac. <i>FCM</i> chapter 52- 53	Drill and review material from weeks 1-3!
DAY 3	Create Flashcards for GB	Learn GB channel points Review the LU-SJ channel points
	Read: Mac. <i>FCM</i> chapter 69	Drill and review material from weeks 1-3
DAY 4	Create Flashcards for LV	Learn LV channel points Review the LU-SJ channel points
	Read: Mac. <i>FCM</i> chapter 69	Drill and review material from weeks 1-3
DAY 5	Create Flashcards for DU	Learn DU channel points Review the LU-LV channel points
	Read: Mac. <i>FCM</i> chapter 69	Drill and review material from weeks 1-3
DAY 6	Create Flashcards for Ren	Learn Ren channel points Review the LU-DU channel points
	Read: Mac. <i>FCM</i> chapter 70	Drill and review material from weeks 1-3
DAY 7	Drill & Review: Drill the information on the 12 channels and go over the information from the first 3 weeks of class and do a quick drill of tongue, pulse, patterns, foundations and diagnosis. Don't forget to look over the rules for going through case studies.	

Class 6: CAM RX # of study hours/day: 4

Objectives:

- Prepare study material, study Maciocia Point Prescriptions
- TCMR reader class 6: **CAM basic Point RX Comparisons**. This hand-out will make learning the material easier.

DAY 1		CAM Rx: For the written exam, you don't need to memorize these prescriptions. Focus on reading Chapter 17-18 in CAM or just learning and understand how the symptoms present and how the points were selected
	Read: CAM 401-416	
DAY 2		CAM Rx: For the written exam, you don't need to memorize these prescriptions. Focus on reading Chapter 17-18 in CAM or just learning and understand how the symptoms present and how the points were selected
	Read: CAM 416-431	
DAY 3		CAM Rx: For the written exam, you don't need to memorize these prescriptions. Focus on reading Chapter 17-18 in CAM or just learning and understand how the symptoms present and how the points were selected
	Read: CAM 431-446	
DAY 4		CAM Rx: For the written exam, you don't need to memorize these prescriptions. Focus on reading Chapter 17-18 in CAM or just learning and understand how the symptoms present and how the points were selected
	Read: CAM 446-461	
DAY 5		CAM Rx: For the written exam, you don't need to memorize these prescriptions. Focus on reading Chapter 17-18 in CAM or just learning and understand how the symptoms present and how the points were selected
	Read: CAM 461-476	
DAY 6		CAM Rx: For the written exam, you don't need to memorize these prescriptions. Focus on reading Chapter 17-18 in CAM or just learning and understand how the symptoms present and how the points were selected
	Read: CAM 476-491	
DAY 7	Read: CAM 491-510 Drill & Review: Keep reviewing the material from week's 1-5.	

"Try Not. Do or do not, there is no try. - Yoda

Class 7: Maciocia Point Prescriptions**# of study hours/day: 4****Objectives:**

- Prepare study material, study Maciocia Point Prescriptions
- TCMR reader class seven- ***Maciocia Point Rx from course reader***

DAY 1		Maciocia Point Rx: For the written exam, you don't need to memorize these prescriptions. Focus learning and understand how the symptoms present and how the points were selected Please keep reviewing material from weeks 1-6
	Read: No new reading this week	
DAY 2		Maciocia Point Rx: For the written exam, you don't need to memorize these prescriptions. Focus learning and understand how the symptoms present and how the points were selected Please keep reviewing material from weeks 1-6
	Read: No new reading this week	
DAY 3		Maciocia Point Rx: For the written exam, you don't need to memorize these prescriptions. Focus learning and understand how the symptoms present and how the points were selected Please keep reviewing material from weeks 1-6
	Read: No new reading this week	
DAY 4		Maciocia Point Rx: For the written exam, you don't need to memorize these prescriptions. Focus learning and understand how the symptoms present and how the points were selected Please keep reviewing material from weeks 1-6
	Read: No new reading this week	
DAY 5		Maciocia Point Rx: For the written exam, you don't need to memorize these prescriptions. Focus learning and understand how the symptoms present and how the points were selected Please keep reviewing material from weeks 1-6
	Read: No new reading this week	
DAY 6		Maciocia Point Rx: For the written exam, you don't need to memorize these prescriptions. Focus learning and understand how the symptoms present and how the points were selected Please keep reviewing material from weeks 1-6
	Read: No new reading this week	
DAY 7	Drill & Review: If you are caught up then take a day off today. If not keep up your review. Focus on strengthening where you are weak in your knowledge.	

Class 8: Acupuncture Extra's

of study hours/day: 4

Objectives:

- Prepare study material, study and drill Maciocia Point Prescriptions, Study and Drill Acupuncture Extra's
- TCMR reader class seven– ***Maciocia Point Rx from course reader***

DAY 1	Create Flashcards 45 minutes	Cutaneous meridians, muscle meridians, Lou meridians, crossing points, channel distribution Review from weeks 1-7
	Read: HB Kim: p.121-128	
DAY 2	Create Flashcards 45 minutes	Channel Pathways, 8 Extra's, Divergent meridians Review from weeks 1-7
	Read: HB Kim p. 129-139	
DAY 3	Create Flashcards 45 minutes	Body measurement, point landmarks, points by areas Review from weeks 1-7
	Read: HB Kim p. 149-157 & 160-172	
DAY 4	Create Flashcards 45 minutes	Acu-anatomy, needling depth, extra points Review from weeks 1-7
	Read: HB Kim p. 173-188	
DAY 5	Create Flashcards 45 minutes	Needling insertions, angles, tonification and sedation, general precautions, 7-star, 3 Edge needles, intra-dermal needles, moxa, cupping Review from weeks 1-7
	Read: HB Kim p. 289-296	
DAY 6	Create Flashcards 45 minutes	Ear, scalp and electro-acupuncture Review from weeks 1-7
	Read: HB Kim p. 297-309	
DAY 7	Drill & Review: If you feel caught up with the video lectures and study material take a break. Otherwise, review all the material you have learned so far OR focus on the areas that you are weak.	

Class 9: Acu Extra's II + Nutrition # of study hours/day: 4

Objectives:

- Memorize and master all the information covered in class.

DAY 1		Korean 4 needle —Watch Videos on YouTube. Fill in Big Picture Page
	HB Kim p. 121-128	Start learning Big Pic Point Location Online Quizzes
DAY 2		Fill in Big Picture Page Continue learning Big Pic Point Location
	HB Kim p. 129-139	Online Quizzes
DAY 3		Point Location / Nutrition Fill in Big Picture
	HB Kim p. 149-157; 160-172	Continue learning Big Pic Point Location Online Quizzes
DAY 4		Review your Single Point Functions Fill in Big Picture Page
	HB Kim p. 173-188	Continue learning Big Pic Point Location Online Quizzes
DAY 5		Fill in Big Picture Page Start learning oddball point location
	HB Kim p. 289-296,	Online Quizzes
DAY 6		Fill in Big Picture Page HB Kim p. 157-172
	HB Kim p. 297-309	Online Quizzes
DAY 7	Day off (Only if you have been keeping up with the schedule)	

"There are no secrets to success. It is the result of preparation and hard work." -Anonymous

Class 10: Western I # of study hours/day: 6

Objectives: ○ Start memorizing and mastering the Western Information.

DAY 1	Create Flashcards 45 minutes	Hour 1-2: 197-201 Hour 3: foundations, diagnosis, Shang Han Lun, Wen Bing, 3 Burners, Tan– Yin Hour 4: Tongue and Pulse, excess, deficiency, 6 pathogens, 5 elements, Hour 5: Damp Vs. Phlegm, Zang Fu Patterns Hour 6: Zang Fu Patterns,
	Read and review Western Medicine books on Pan-Canadian book list	
DAY 2	Create Flashcards 45 minutes	Western Medicine TCM Review course book Review weeks 1-10
	Read and review Western Medicine books on Pan-Canadian book list	
DAY 3	Create flashcards 45 minutes	Western Medicine TCM Review course book Review weeks 1-10
	Read and review Western Medicine books on Pan-Canadian book list	
DAY 4	Create flashcards 45 minutes	Western Medicine TCM Review course book Review Weeks 1-10
	Read and review Western Medicine books on Pan-Canadian book list	
DAY 5	Create flashcards 45 minutes	Western Medicine TCM Review course book Review Weeks 1-10
	Read and review Western Medicine books on Pan-Canadian book list	
DAY 6	Create flashcards 45 minutes	Western Medicine TCM Review course book Review Weeks 1-10
	Read and review Western Medicine books on Pan-Canadian book list	
DAY 7	If you have been keeping up with the schedule and are feeling good about the information, take the day off. If you have fallen behind, keep studying. Focus on learning what is missing or strengthening your weak areas.	

Class 11: Western II # of study hours/day: 6

Objectives: ○ Continue memorizing and mastering the Western Information.

DAY 1	Create Flashcards 45 minutes	Hour 1-2: Western Medicine TCM Review course book p. 226-230 Hour 3: Foundations Review/ Shang Han Lun/ Wen Bing/ 6 Pathogens
	Read and review Western Medicine books on Pan-Canadian book list	Hour 4: Zang Fu Pattern Hour 5: Tongue and Pulse/ Phlegm vs. Damp/ Tan Yin disorders Hour 6: Formula Review
DAY 2	Create Flashcards 45 minutes	Hour 1-2: Western Medicine TCM Review course book p. 231-235 Hour 3: Zang Fu Patterns
	Read and review Western Medicine books on Pan-Canadian book list.	Hour 4: Big Picture, Point Location, Hour 5: Ear Acupuncture, Scalp Acupuncture, Electro Acupuncture Hour 6: Formula Review
DAY 3	Create Flashcards 45 minutes	Hour 1-2: Western Medicine TCM Review course book p. 236-240 Hour 3: Zang Fu Patterns
	Read and review Western Medicine books on Pan-Canadian book list	Hour 4: Channels: Lou, cutaneous, muscle, divergent, host-guest, channel pathways, channel distribution, 8 extras, channel pathologies Hour 5: Moxa, Cupping, Contra's and Cautions, Korean 4 Needle Acupuncture Hour 6: Formula Review
DAY 4	Create Flashcards 45 minutes	Hour 1-2: Western Medicine TCM Review course book p. 241-245 Hour 3: CAM RX
	Read and review Western Medicine books on Pan-Canadian book list	Hour 4: Maciocia RX Hour 5: Body Measurements, Point landmarks, Point by Area (points on the ankle, points on the wrist), Crossing Points, Needling Depths Hour 6: Formula Review
DAY 5	No flashcards	Hour 1-2: Western Medicine TCM Review course book p. 246-249 Hour 3: CAM RX
	Read and review Western Medicine books on Pan-Canadian book list	Hour 4: Maciocia RX Hour 5: Diagnosis: Hearing, smelling, listening, palpation Hour 6: Formula Review
DAY 6	No flashcards	Hour 1-2: Review material from Western Medicine 1 and 2 Hour 3: Zang Fu Patterns
	Read and review Western Medicine books on Pan-Canadian book list	Hour 4: Nutrition Hour 5: Pulse and Tongue Hour 6: Formula Review
DAY 7	If you have been keeping up with the schedule and are feeling good about the information, take the day off. If you have fallen behind, keep studying. Focus on learning what is missing or strengthening your weak areas.	