

TCM Review Seminars Study Schedule (NCCAOM Foundations)

- Suggested study time: 3-4 hours daily for 4-6 weeks

Formatting:

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

DAY	Material to create	Study Content
	Reading	

Week: 1 **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.

This course is a jump-start to prepping for the NCCAOM Foundations Exam.

Make sure to read the suggested texts on the NCCAOM Foundations book list in addition to studying the material provided in this review course.

Take advantage of our partnership with TCMtests.com and sign up for subscriptions.

DAY 1	Create Flashcards for Foundations 45 min	Yin/Yang; 5 Element Chart; Qi, Blood Body Fluids and Shen
	HB Kim p. 1-15; CAM 1-49	
DAY 2	Create Flashcards for Foundations 45 min	Zang Fu Theory; Officials; Yin Organ Relationships; 7 Emotions; 6 Climates; Treatment Principles
	HB Kim p. 163-33; Mac. FCM p. 1-50	
DAY 3	Create Flashcards for Diagnosis 45 min	Face/Eye Diagnosis; Excess-Deficiency; Organ Clock, Hara diagnosis; 10 Asking Song, Types of Deficiency; Yang/Yin/Qi/Blood Differentiation
	HB Kim p. 343-70; Mac. FCM p. 51-94	
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. 713-118; Mac. FCM p. 95-147	
DAY 5	Drill Flashcards from Week 1 Reading: Mac. FCM p. 148-204	
DAY 6	Drill Flashcards from Week 1 Reading: Mac. FCM p. 205-250	
DAY 7	DAY OFF! :) Rest and enjoy your day. Eat well, sleep well, and nourish your mind and body. Preparation is half the battle.	

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

Objectives:

- Integrate new material from Class 2; learn and drill Tongue, Pulse, Zang Fu Patterns
- This review schedule only includes CAM and Mac. Be sure to spend time studying the other textbooks listed on the NCCAOM Foundations 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. <i>FCM</i> p. 263-306	
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. <i>FCM</i> p. 310-314	
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	
DAY 4	45 minutes creating flashcards	Zang Fu Pattern Differentiation: LV, HT, SP; Pay attention on learning the key symptoms, which 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. <i>FCM</i> 353-369	
DAY 5	45 minutes creating flashcards	Zang Fu Pattern Differentiation: KD, LU, ST, LI
	CAM 303-324	
DAY 6	45 minutes creating flashcards	Zang Fu Pattern Differentiation: Damp, Blood Stasis, Phlegm Fire, HT vs. PC
	Deng 1-130	
DAY 7	Drill and review from weeks 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"

Week: 3 Class 3: Case Studies I # 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 weeks 1-2 using the new memorization method.
- Practice **TCM Quick Case Study Break Down**; as an added resource, we recommend joining TCMtests.com

DAY 1	NO PREP WORK	Drill material from weeks 1 & 2 Work through case studies and online quizzes
	Read MAC Foundations Book pages: 457 – 498	
DAY 2	NO PREP WORK	Drill material from weeks 1 & 2 Work through case studies
	Read MAC Foundations Book pages: 499 – 533	
DAY 3	NO PREP WORK	Drill material from weeks 1 & 2 Work through case studies
	Read MAC Foundations Book pages: 534 – 568	
DAY 4	NO PREP WORK	Drill material from weeks 1 & 2 Work through case studies
	Read MAC Foundations Book pages: 569 – 603	
DAY 5	NO PREP WORK	Drill material from weeks 1 & 2 Work through case studies
	Read MAC Foundations Book pages: 604 – 638	
DAY 6	NO PREP WORK	Drill material from weeks 1 & 2 Work through case studies
	Read MAC Foundations Book pages: 638 – 678	
DAY 7	DAY OFF!	

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

“Prepare to Pass”

Week: 4 Class 4: Case Studies II # 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 weeks 1-2 using the new memorization method.
- Practice **TCM Quick Case Study Break Down**; as an added resource, we recommend joining TCMtests.com

DAY 1	NO PREP WORK	Drill material from weeks 1 & 2 Work through case studies
	Read MAC Foundations Book pages: 457 – 498	
DAY 2	NO PREP WORK	Drill material from weeks 1 & 2 Work through case studies
	Read MAC Foundations Book pages: 499 – 533	
DAY 3	NO PREP WORK	Drill material from weeks 1 & 2 Work through case studies
	Read MAC Foundations Book pages: 534 – 568	
DAY 4	NO PREP WORK	Drill material from weeks 1 & 2 Work through case studies
	Read MAC Foundations Book pages: 569 – 603	
DAY 5	NO PREP WORK	Drill material from weeks 1 & 2 Work through case studies
	Read MAC Foundations Book pages: 604 – 638	
DAY 6	NO PREP WORK	Drill material from weeks 1 & 2 Work through case studies
	Read MAC Foundations Book pages: 638 – 678	
DAY 7	DAY OFF!	

"Do or Do Not. There is not TRY!" - Yoda