



TCM Review Seminars NCCAOM Acupuncture Study Schedule

This study schedule is a suggested daily study schedule. It is based on studying 3 hours a day most weeks. Feel free to modify this schedule to fit your school, work and home life. The point is to spend between 18-24 hours a week studying the material. This does not include watching videos.

Studying can take many forms:

1. Watching and re-watching the videos
2. Spending time organizing the material
3. Creating study material and spending time studying those
4. Taking quizzes online

The best approach is to use a mix of these techniques. This is by no means an exhaustive list so please add your own preferred way to study. I'll talk more about ways to use this schedule on the next page.

This course is a jumping off point in your preparation for the NCCAOM Acupuncture Exam. I do my best to make sure that the course covers all topics of your exam. From time to time, new classes may develop as new information is gathered.

On your own: please be sure to review the Extra Points. This class is being developed and will be out shortly.



Tips for Using this Schedule

1. Day 1 for you is the day after you watch the class.
2. Make flashcards only for the material that you will be studying in each day of the schedule. You don't need to make all the study material for an entire section at once. 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/pasting it into index cards. Another option is to create online flashcards. If flashcards are not your preferred way of studying, please use the method that you are most comfortable with.
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 listen to the recording over and over again.
4. Take bite size bits of information and learn them completely before moving on to new information. Board study is a marathon not a cram session.
5. 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 created, then you won't need to make them. Find ways to create shortcuts for yourself. If it takes you three hours to create flashcards, then find another method for creating study tools. Everyone is different. Everyone learns differently.
6. This schedule does not account for weeks where we don't have a recorded class. Those will be your catch up weeks. Already caught up? Spend time reviewing the material you have learned. Memory is like a cow path, you need to review, review, and review to make the information stick. You can never review too much. You may also read ahead. It will help you if you have read through Maciocia before the test.
7. When reading, read smart. Preview the chapter and 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 way of studying.
8. Review everything you have learned previously before learning new material. Review everything you have learned at the end of each study session including all new information you have learned that day. Then, start the next study session with a review session first. Review everything that you previously learned before moving onto new material. The challenge of board studying is holding all the information from your entire education in your brain long enough to take a test. Discipline helps. Your brain is a muscle and its capacity to memorize will grow with regular study sessions.



Week: 1

Class: Single Points I

No. of Study Hours/Day: 3

Week 1 focuses on single points. Knowing single point functions and how points are used in actual treatment is essential for case study analysis. These point functions are based on textbook point prescription use and not their Deadman functions or indications. I have added the point location for these points. Point location is not something I will cover in detail in this class. It will be up to you to get those down on your own.

Objective: Master the single point functions, the dui xue (two-point combination), and the small point combinations. These are all handouts in your course book. Video class will cover the single points. Your goal is to memorize the single point RX Functions. There are also some Functions you want to know from Deadman. For these, there are quizzes on Classmarker.com developed for you to take.

Each day is divided into two activities: reading from the source text when available and creating study material from the material in class. Reading for this class has you pre-read for CAM point prescriptions and for Maciocia point prescriptions. The reading is not on single points. Don't let this confuse you.



Week 1

Day 1:

- **Read:** CAM 3rd ed. p. 401-410; Maciocia *FCM* p. 489-510
- **Review and create study material from the video class:** Lung points: learn the RX Functions and work through the functions from Deadman. The quiz for Deadman functions is on classmarker.com

Day 2:

- **Read:** CAM 3rd ed. p. 411-420; Maciocia *FCM* p. 511-528
- **Review and create study material from the video class:** Large Intestine points: learn the RX Functions and work through the functions from Deadman. The quiz for Deadman functions is on classmarker.com

Day 3:

- **Read:** CAM 3rd ed. p. 421-430; Maciocia *FCM* p. 529-546
- **Review and create study material from the video class:** Stomach points: learn the RX Functions and work through the functions from Deadman. The quiz for Deadman functions is on classmarker.com

Day 4:

- **Read:** CAM 3rd ed. p. 431-440; Maciocia *FCM* p. 547-563
- **Review and create study material from the video class:** Spleen points: learn the RX Functions and work through the functions from Deadman. The quiz for Deadman functions is on classmarker.com

Day 5:

- **Read:** CAM 3rd ed. p. 441-450; Maciocia *FCM* p. 564-582
- **Review and create study material from the video class:** Heart and Small Intestine points: learn the RX Functions and work through the functions from Deadman. The quiz for Deadman functions is on classmarker.com

Day 6:

- **Read:** CAM 3rd ed. p. 451-460; Maciocia *FCM* p. 583-602
- **Review and create study material from the video class:** Urinary Bladder points: learn the RX Functions and work through the functions from Deadman. The quiz for Deadman functions is on classmarker.com. However, this quiz also contains Deadman functions for Kidney. You can wait until next week to work on these as well.

Day 7:

Day off! Rest up for next week's study session.



Week: 2

Class: Single Points II

No. of Study Hours/Day: 3

Week 2 covers the remaining single points. Knowing single point functions and how points are used in actual treatment is essential for case study analysis. These point functions are based on textbook point prescription use and not their Deadman functions or indications. I have added the point location for these points. Point location is not something I will cover in detail in this class. It will be up to you to get those down on your own.

Objective: Master the single point functions, the dui xue (two-point combination), and the small point combinations. These are all handouts from your course book. Video class will cover the single points. Your goal is to memorize the single point RX Functions. There are also some Functions you want to know from Deadman. For these, there are quizzes on Classmarker.com developed for you to take.

Each day is divided into two activities; reading from the source text when available and creating study material from the material in class. Reading for this class has you pre-read for CAM point prescriptions and for Maciocia point prescriptions. The reading is not on single points. Don't let this confuse you.



Week 2

Day 1:

- **Read:** CAM 3rd ed. p. 461-470; Maciocia *FCM* p. 603-623
- **Review and create study material from the video class:** Kidney points: learn the RX Functions and work through the functions from Deadman. The quiz for Deadman functions is on classmarker.com

Day 2:

- **Read:** CAM 3rd ed. p. 471-480; Maciocia *FCM* p. 624-642
- **Review and create study material from the video class:** Pericardium and San Jiao points: learn the RX Functions and work through the functions from Deadman. The quiz for Deadman functions is on classmarker.com

Day 3:

- **Read:** CAM 3rd ed. p. 481- 490; Maciocia *FCM* p. 643-662
- **Review and create study material from the video class:** Gall Bladder and Liver points: learn the RX Functions and work through the functions from Deadman. The quiz for Deadman functions is on classmarker.com

Day 4:

- **Read:** CAM 3rd ed. p. 491-500; Maciocia *FCM* p. 663-684
- **Review and create study material from the video class:** Ren points: learn the RX Functions.

Day 5:

- **Read:** CAM 3rd ed. p. 501-510; Maciocia *FCM* p. 685-701
- **Review and create study material from the video class:** Du points: learn the RX Functions and work through the functions from Deadman. The quiz for Deadman functions is on classmarker.com. It covers both Ren points and Du points.

Day 6:

- **Read:** Maciocia *FCM* p. 703-721
- **Review and create study material from the video class:** CAM Distal – Local and Symptomatic Points

Day 7:

Day off! Rest up for next week's study session or review what you learned this week. It's always a good idea to start each day with reviewing all the material you have learned so far from day one.



Week: 3

Class: Maciocia point Prescriptions

No. of Study Hours/Day: 3

This class covers Zang Fu patterns along with the point prescription. If you didn't study for Foundations with me, spend extra time on knowing what points are associated with which symptoms. Memorizing your Single Point RX Functions first will make this class easier to digest.

Objective: This is another heavy week for memorization work. You might not be able to get all this information down in a week time. However, do focus on completing your study material. You can master the material over the next few weeks. The memorization is broken up over two weeks for this material.

There are no reading assignments for this week.

Day 1:

- **Review and create study material from the video class:** Heart Deficiency patterns and Heart Excess patterns

Day 2:

- **Review and create study material from the video class:** Pericardium Deficiency patterns and Pericardium Excess patterns

Day 3:

- **Review and create study material from the video class:** Liver Deficiency patterns and Liver Wind patterns

Day 4:

- **Review and create study material from the video class:** Liver Excess patterns

Day 5:

- **Review and create study material from the video class:** Liver Combination patterns

Day 6:

- **Review and create study material from the video class:** Lung Deficiency patterns and Lung Excess patterns

Day 7:

Day off! Rest up for next week's study session.

Week: 4

Class: Maciocia Point Prescriptions

No. of Study Hours/Day: 3

This week, there is not a video to watch. Maciocia Point Prescriptions are quite dense. If you want to re-watch the video, go ahead.

Objective: This week spend time finishing up memorization for Maciocia point combinations. There is a lot to learn and most students cannot learn all the prescriptions in one week. Generally, the first pass takes a solid two weeks to get through. Realistically, learning the point prescriptions takes a good 4-6 weeks. Just keep reviewing the information until you have it down.

There are no reading assignments for this week.



Week 4

Day 1:

- **Review and create study material from the video class: Spleen patterns**

Day 2:

- **Review and create study material from the video class: Kidney patterns**

Day 3:

- **Review and create study material from the video class: Stomach patterns**

Day 4:

- **Review and create study material from the video class: Small Intestine patterns**

Day 5:

- **Review and create study material from the video class: Large Intestine patterns**

Day 6:

- **Review and create study material from the video class: Gall Bladder and Urinary Bladder patterns**

Day 7:

Day off! Rest up for next week's study session.



Week: 5

Class: Bensky Point Combinations

No. of Study Hours/Day: 3

This week's video is short and sweet. It's only 20 minutes. After the last two weeks on Maciocia Point Prescriptions, you need a break. It might be that you are still memorizing Maciocia Point Prescriptions. This week there is plenty of time to play catch up.

Objective: Bensky's point combinations show up in case studies. This is a dense two-page handout. Memorization is broken up into manageable chunks so there is plenty of time to also review your point prescriptions from the last two weeks. Don't forget to review single point functions as well.

There are no reading assignments for this week.

Day 1:

- **Review and create study material from the video class:** Bensky points by location and by distal point selection

Day 2:

- **Review and create study material from the video class:** Bensky points by nerve root distribution and symptomatic point selection

Day 3:

- **Review and create study material from the video class:** Bensky points by symptomatic point selection

Day 4:

- **Review and create study material from the video class:** Bensky points by front and back combination and Yang and Yin channel points

Day 5:

- **Review and create study material from the video class:** Bensky points above and below, left and right side point combinations

Day 6:

- **Review and create study material from the video class:** Bensky points by local distal point selection

Day 7:

Day off! Rest up for next week's study session.



Week: 6

Class: CAM Point Prescriptions

No. of Study Hours/Day: 4

This week, you start studying CAM point prescriptions. CAM points are dense like Maciocia point prescriptions. You will have two weeks to learn the material. Watch the videos as much as you need to during this time. I recommend watching the entire video once through and then watch the video section that corresponds to your daily study (only if you need to).

Objective: CAM point prescriptions show up in case studies. CAM has a basic point prescription for each disease syndrome with supporting points that have specific functions. These are important to know for the exam. You don't always see the CAM point prescription in its entirety on the exam. Understanding how the points are used is more important than blindly memorizing the prescriptions with the hopes you can regurgitate them on the exam. The NCCAOM Acupuncture section requires that you can apply the correct point prescription to the case. Being familiar with the CAM syndromes (and Maiciocia Zang Fu patterns and points) and the point prescriptions is teaching you how to build point prescriptions based on the theory from these two authors. This is essential for passing your board exams. Become a master of the material. That is your goal!

The study time is set for 4 hours during this week. In addition to learning the CAM point prescriptions, you still need to review your single points and your Maciocia points. This is where I hear students do an internal groan. I know it seems like a lot of information and it is AND it is doable. I know many of you have not had to study like this your entire school career and I know it seems daunting and impossible. It is not. Less than 3% of my students fail their exams. That's because the schedule is designed for you to succeed. Start each 4-hour study session with a review. Review your Single points for 30 minutes. Review the Maciocia point prescriptions for 30 minutes. Then start to learn the new CAM prescriptions for that day. You can do it. Think of all the students who studied before you and were able to achieve this goal. You can do it as well.

Day 1:

- **Review and create study material from the video class:** CAM Syndromes: Wind Stroke, Syncope, Sunstroke, Common Cold, Malaria, Cough

Day 2:

- **Review and create study material from the video class:** CAM Syndromes: Asthma, Epigastric Pain, Vomiting, Hiccup, Abdominal Pain

Day 3:

- **Review and create study material from the video class:** CAM Syndromes: Diarrhea, Dysentery, Abdominal Distention, Jaundice, Constipation

Day 4:

- **Review and create study material from the video class:** CAM Syndromes: Prolapse of the Rectum, Edema, Nocturnal Enuresis, Urinary Disturbance, Retention of Urine, Impotence

Day 5:

- **Review and create study material from the video class:** CAM Syndromes: Insomnia, Palpitation, Manic Depressive Disorder, Epilepsy, Dizziness, Melancholia

Day 6:

- **Review and create study material from the video class:** CAM Syndromes: Headache, Facial Pain, Deviation of the Eye and Mouth, Pain in the Hypochondriac Region, Lower Back Pain

Day 7:

Day off! Rest up for next week's study session.



Week: 7

Class: CAM Point Prescriptions

No. of Study Hours/Day: 4

No new videos to watch this week. You can re-watch the CAM videos but it's not required. You could also re-watch just the section that you are scheduled to study each day.

Objective: This week you are finishing up your study of the CAM point prescriptions. Good work getting through last week tasks. After this week, you will have mastered the points for case studies. This is the biggest and most challenging section of the exam. Continue with the study schedule but don't forget to study 4 hours a week not less than that. Make sure you are also reviewing all that you've learned so far. I can't tell you how many times students have felt accomplished that they learned all the Maciocia point prescriptions. However, it becomes an issue when they forget to review them daily. When they do go back to them, they don't remember any of it. That is even more frustrating and upsetting than having to learn them in the first place. Be diligent! You are layering on information when you study for the board exams. Go slow and review, review, review!

Day 1:

- **Review and create study material from the video class:** CAM Syndromes: Bi Syndromes, Wei Syndromes, Irregular Menstruation, Dysmenorrhea

Day 2:

- **Review and create study material from the video class:** CAM Syndromes: Amenorrhea, Uterine Bleeding, Morbid Leukorrhea, Morning Sickness, Prolonged Labor

Day 3:

- **Review and create study material from the video class:** CAM Syndromes: Insufficient Lactation (Lactifuge Delactation), Prolapse of the Uterus, Infantile Convulsion, Infantile Diarrhea, Infantile Malnutrition

Day 4:

- **Review and create study material from the video class:** CAM Syndromes: Infantile Paralysis, Mumps, Urticaria, Erysipelas, Boil and Red Thread Boil

Day 5:

- **Review and create study material from the video class:** CAM Syndromes: Breast Abscess, Intestinal Abscess, Goiter, Sprain and Contusion, Deafness and Tinnitus, Congestion: Swelling and Pain of the Eye

Day 6:

- **Review and create study material from the video class:** CAM Syndromes: Thick and Sticky Nasal Discharge, Epistaxis, Toothache, Sore Throat, Optic Atrophy

Day 7:

Day off! Rest up for next week's study session.



Week: 8

Class: Acupuncture Channel Theory

No. of Study Hours/Day: 3

This class covers channel theory. We go through all the pathways for each of the various types of channels. We also go through crossing points in this class.

Objective: The goal for this week is to understand the layers of pathways that make up the channel system in the body. Learn the functions for each of the channels, where they go and what organs they connect to. Crossing points do show up on the NCCAOM exam. Most students will see 1-5 questions on this on the exam. If you can memorize these, do so. If you are overwhelmed with the material, then focus on learning just the most important ones that I cover in class. Memorization this week is very manageable. Use the first hour of your study session to keep the single points and point prescriptions in review. Don't forget all the local, distal points by syndromes, etc. You might find that you are spending more time reviewing then actually learning new material. That is okay. The schedule is designed to this way so that at the end of the 12 weeks you are ready to test.

There are no reading assignments for this week.

Day 1:

- **Review and create study material from the video class:** Channel Theory Introduction and Cutaneous Needles and Muscle Channels

Day 2:

- **Review and create study material from the video class:** Luo Channels, Primary Channels Introduction and Crossing Points

Day 3:

- **Review and create study material from the video class:** Lung and Large Intestine/Spleen and Stomach Primary Channels

Day 4:

- **Review and create study material from the video class:** Heart and Small Intestine/Urinary Bladder and Kidney Primary Channels

Day 5:

- **Review and create study material from the video class:** Pericardium and San Jiao/Gall Bladder and Liver Primary Channels

Day 6:

- **Review and create study material from the video class:** Divergent and 8 Extra Channels

Day 7:

Day off! Rest up for next week's study session.



Week: 9

Class: NCCAOM Acupuncture

No. of Study Hours/Day: 3

In this class, we cover a few different areas in acupuncture: contraindicated and cautioned points, Korean Four Needle Technique, Big Picture Categories and Needling Depths

Objective: Contraindicated and Cautioned points and Needling Depths will take the most amount of time to learn. Big Picture Categories has a lot of little information that you want to get under your belt. There is not a lot of it in comparison to the other two categories. Take your time with the information. Don't forget to review the information you learned previously as you study the new information for this week. Most of it you know, like the Big Picture memorization. There are case studies on the quiz site to practice your Korean Four Needle Technique. Spend 1.5 hours learning new information and 1.5 hours reviewing the information from the previous weeks.

There are no reading assignments for this week.

Day 1:

- **Review and create study material from the video class:** Contraindicated and Cautioned Points – (Practice writing out the Big Picture)

Day 2:

- **Review and create study material from the video class:** Contraindicated and Cautioned Points – (Practice writing out the Big Picture)

Day 3:

- **Review and create study material from the video class:** Needling Depths – (Practice writing out the Big Picture)

Day 4:

- **Review and create study material from the video class:** Needling Depths – (Practice writing out the Big Picture)

Day 5:

- **Review and create study material from the video class:** Big Picture Categories – (Practice writing out the Big Picture)

Day 6:

- **Review and create study material from the video class:** Korean 4 Needle Technique and Mother Child Points – (Practice writing out the Big Picture)

Day 7:

Day off! Rest up for next week's study session.



LEADERS IN ACUPUNCTURE BOARD REVIEW

Week: 10

Class: NCCAOM Acupuncture Modalities

No. of Study Hours/Day: 3

In this class, we go over the main acupuncture modalities. The remaining will be covered in the CNT class.

Objective: Moxa and Cupping, Scalp and Electro Acupuncture will be fairly easy to learn and memorize. This information is from a few different textbooks. Please remember to integrate this information with the information you will be learning next week in the CNT class. Ear Acupuncture is dense. This will be the more challenging topic to cover. You have 4 days to master it. This is more than enough time to conquer Ear Acupuncture and still have time to review the material you have learned so far.

There are no reading assignments for this week.

Day 1:

- **Review and create study material from the video class: Moxa and Cupping**

Day 2:

- **Review and create study material from the video class: Scalp and Electro Acupuncture**

Day 3:

- **Review and create study material from the video class: Ear Acupuncture: Anatomy of the Ear, Contraindications, Cautions, How to Needle the Ear**

Day 4:

- **Review and create study material from the video class: Ear Acupuncture points**

Day 5:

- **Review and create study material from the video class: Ear Acupuncture points**

Day 6:

- **Review and create study material from the video class: Ear Acupuncture points**

Day 7:

Day off! Rest up for next week's study session.



LEADERS IN ACUPUNCTURE BOARD REVIEW

Week: 11

Class: NCCAOM CNT

No. of Study Hours/Day: 3

CNT is dense. You want to focus on the first part of the textbook that covers the modalities and clinic procedures. The communicable diseases are more important for the Biomedicine exam.

Objective: CNT is an easy read and you should not miss these points on the test. The book looks dense but actually most of it is research information. Focus on knowing what is in the boxes paying special attention on accident prevention.



Week 11

Day 1:

- **Reading:** CNT 7th Edition p. 1 - 19
- **Review and create study material from the video class:** Acupuncture and Acupuncture Safety

Day 2:

- **Reading:** CNT 7th Edition p. 24 - 46
- **Review and create study material from the video class:** Moxa, Cupping and E-Stim

Day 3:

- **Reading:** CNT 7th Edition p. 48 - 67
- **Review and create study material from the video class:** Therapeutic Blood Withdrawal, Gua Sha, Plum Blossom Needling, Press Tacks and Intradermal Needles, Ear Seeds, Tui Na and Other Related Tools

Day 4:

- **Reading:** CNT 7th Edition p. 68 - 90
- **Review and create study material from the video class:** CNT Protocol, CNT Basic Principles, CNT Office Setting, CNT for House Calls/Travel Setting

Day 5:

- **Reading:** CNT 7th Edition p. 91 - 113
- **Review and create study material from the video class:** CNT in a Community Acupuncture Clinic Setting or NADA Setting, CNT in a Public Health Setting, Best Practices: Moxa, Heat Lamps

Day 6:

- **Reading:** CNT 7th Edition p. 114 – 129; p. 237
- **Review and create study material from the video class:** Cupping, Therapeutic Blood Withdrawal, Plum Blossom/Seven Star Needle, Gua Sha, Acupuncture Injection Therapies, Appendix C: Acupuncture Points that Require Special Skill

Day 7:

- **Reading:** CNT 7th Edition p. 131 – 236; This section is not generally on the exam. However, it is in the NCCAOM exam and it can be a bit unpredictable. At this stage, you've conquered learning the material. Put in that last bit of extra effort to go from Great to Extraordinaire. You can do it!

Best of Luck on your exam. Drop me a line and let me know how you did on the test.