



Saturday, March 28, 2026, 10:00 a.m.-12:00 p.m.

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OPTION B

Classic Acupuncture: Pulses Guided Acupuncture (Level1 Class)

Speaker: Shang Wang, R.TCM.P.

Pulse-guided acupuncture is a fundamental classical acupuncture technique that originated from the *Yellow Emperor's Inner Classic* and the *Classic of Difficult Issues (Nan Jing)*. The pulse can directly reflect the state of the body's qi and blood, and it informs us about disorders of the meridians and internal organs. Using the pulse as a guide can lead us directly and precisely to areas of energetic obstruction or deficiency, thereby achieving greater therapeutic effect with fewer needles.

Due to time limitations, this is a Level 1 class. However, the material covered in this lecture can be readily applied in clinical practice and will address most common clinical situations. We will study the underlying theories and practice hands-on techniques, including pulse-taking, diagnosis, secondary palpation of pulses and points, and needling methods such as long-needle techniques for the abdomen.

By the end of the workshop, participants will be able to:

- Describe the classical foundations of pulse-guided acupuncture as presented in the *Huang Di Nei Jing* and *Nan Jing*.
- Explain how pulse qualities reflect the state of qi, blood, meridians, and internal organs.
- Perform basic pulse-taking and pulse diagnosis to identify energetic obstruction or deficiency.
- Apply introductory pulse-guided needling strategies, including long-needle techniques for the abdomen, in common clinical situations.
- Use pulse feedback to assess treatment effectiveness and refine needling with fewer, more precise points.

Why it matters

- Pulse taking is an essential diagnosis method in TCM
- Directly reveals the disease mechanism (病机)

- It is convenient and easy to use.
- Usually less points are needed, which is also a relief to patients.
- Help us to understand human anatomy and physiology

Workshop Structure

Part I – Pulse guided acupuncture introduction (1 hr)

- The importance of using our minds (神专入静)
- Pulse taking review
 - i. 5-organ pulse (五脏脉)
 - ii. 6 pulse positions and “find the wrong position” (六部脉和“独处藏奸”)
- Pulse guided further palpation and point choosing theory

Part II – Hands-on Practice (2 hrs)

- Pulse taking and secondary palpations
- Basic needling and abdomen long needling

Bio:



Shang Wang graduated from the Chinese University of Hong Kong majoring in Chinese Medicine. She currently maintains clinical practice in Vancouver and holds a faculty position at Tzu Chi International College of Traditional Chinese Medicine. At the same time, she serves as the Classics Consultant in the Academic Department of the Young American Association of Acupuncturists (YAAA). She previously had internship at the Affiliated Hospitals of Guangzhou University of Chinese Medicine, and in 2025 undertook advanced training in the Oncology Department of Jiangsu University Affiliated Hospital.

Clinically, Shang Wang specializes in both common and refractory conditions, with a focus on tumor rehabilitation, neurological disorders, immune-related diseases, and a wide range of chronic internal conditions.

As for her teaching, classes are structured around the systematic study of classical texts, supplemented by case analyses and practical training, with the aim of cultivating in students' academic rigor and independent clinical judgment.