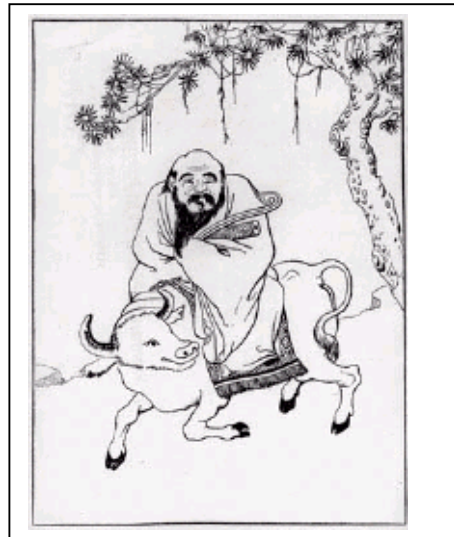


# ORIENTAL COLLEGE STUDYGUIDE



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## Our mission is:

- To present an academic overview of Chinese Medicines and martial arts in their intertwined setting of both ancient and modern practices;
- To support methodological training and study to those interested in what the Chinese suggested what the core foundation of their science and culture was;
- To bring medicine and sports training back to its roots of personal and moral cultivation;
- To build a community of dedicated sports and medicine people and combine the two where possible to create sound understanding of health and disease;
- To combine all the before and open new pathways for research and scientific exploration.

Our program is developed for those who have an interest in health and who want to contribute to this ancient yet modern system of Chinese Medicines. Do you recognize yourself in one or more of the following categories? Then read on and see what we can offer to help you with your ideals.

- people who want to study Chinese Medicines with an open perspective on history and culture and who wish to understand the health principles of Chinese medicine and not be constrained by modernist and simplified approaches growing rampant in east and west
- people interested to learn Wudang Gongfu and also learning its cultural and medicinal backgrounds
- sports, yoga, qigong, taiji and martial arts teachers and practitioners who would like to deepen their understanding of the Chinese sports and improve their personal stamina and understanding of fitness and health
- people interested in aesthetics medicine according to TCM principles
- people who are interested in Daoism and developing a Daoist lifestyle
- people who would like to study Chinese language and culture
- people who are interested in participation in research programs to open up ancient knowledge for a worldwide audience
- people who are just driven by curiosity or an urge to become good people and willing to contribute to a healthy, spiritual and peaceful internationalized world

You can study at the pace and as much and deep as is your wish for our programs are highly personalized. We also offer courses in Wuhan, China. We can also help you make up your own program, according to your wishes and possibilities. Those who have already completed a study in one of the Chinese Medicines or Gongfu's are welcome to contact us with regard to the expansion of their knowledge and skills.

## The structure of the program

The Oriental College offers University level educations in Chinese Medicines and sports, so the structure of our studies is adjusted to university demands. The programs consist of a Bachelor part and a Master part.

If you choose for a full program you will gain valuable knowledge, start a process of self cultivation and enter a world in which your possibilities can be fulfilled and expanded.

We use Qigong and/or Taijiquan for the process of self cultivation. The main point is that they are tools that help you to understand what you are, how you function and how you relate to your environment. So it is not so much a medical skill, but a cultural skill. A behavioural skill if you want. Yes, understanding and managing your health is important according to ancient Chinese thoughts for becoming a good person. But becoming a good person is the main goal. Being a good person means coming in a benevolent relationship to all of your environment, and making yourself modest and compliant to the needs of the community in stead of just yourself and a few close others. According to old teachings, we need to manage health but not body persé. We need to become healthy in body and mind and behaviour. When that is achieved we also can achieve the production of qi. In that sense the translation of Qi as energy is slightly of, although useful in many cases. Qi means doing things the right way. Qi therefore in most people is only present as a potential, and only the coarser qi's, closer to being body itself do manifest in greater or smaller efficiency measures.

It requires dedication and discipline, but there is always help and support. We ask of students to overcome their problems, to solve them, even though it might sometimes seem hard. In this way self cultivation leads to understanding reality and act upon it. You have the unique chance to take responsibility for your own life, your health and through this process become a beacon for others who seek your help.

But we ask more from our students. Students become part of the “Oriental college family” you could say. This means that you will be supportive to your fellow students and will act in an ethical, morally sound way. For instance at the end of each program you sign a moral code (see below). This is to ensure that the quality of instruction is continued, not only for you, but also for your fellow students.

### Open Court days

Open court days are days on which you get supervised/monitored training. You follow your own program and can choose what you want to study and train. We offer a wide list of possible subjects, in fact almost anything that is within the Daoist, Confucianist, Buddhist methods. Whether it is Taijiquan, or qigong or whether you want to work on a special skill, subject or problem, you can come to us and get a thorough individual training. You can choose for one day or several days. Every day of the week is possible (book in advance).

In the BA and Masterprograms open court days are included. The self cultivation in these programs start with practicing Zhongwujigong and in this way gaining insight in the functioning of body, mind and behaviour, exploring ways to improve this functioning and applying theoretical knowledge in the practical skills and studies.

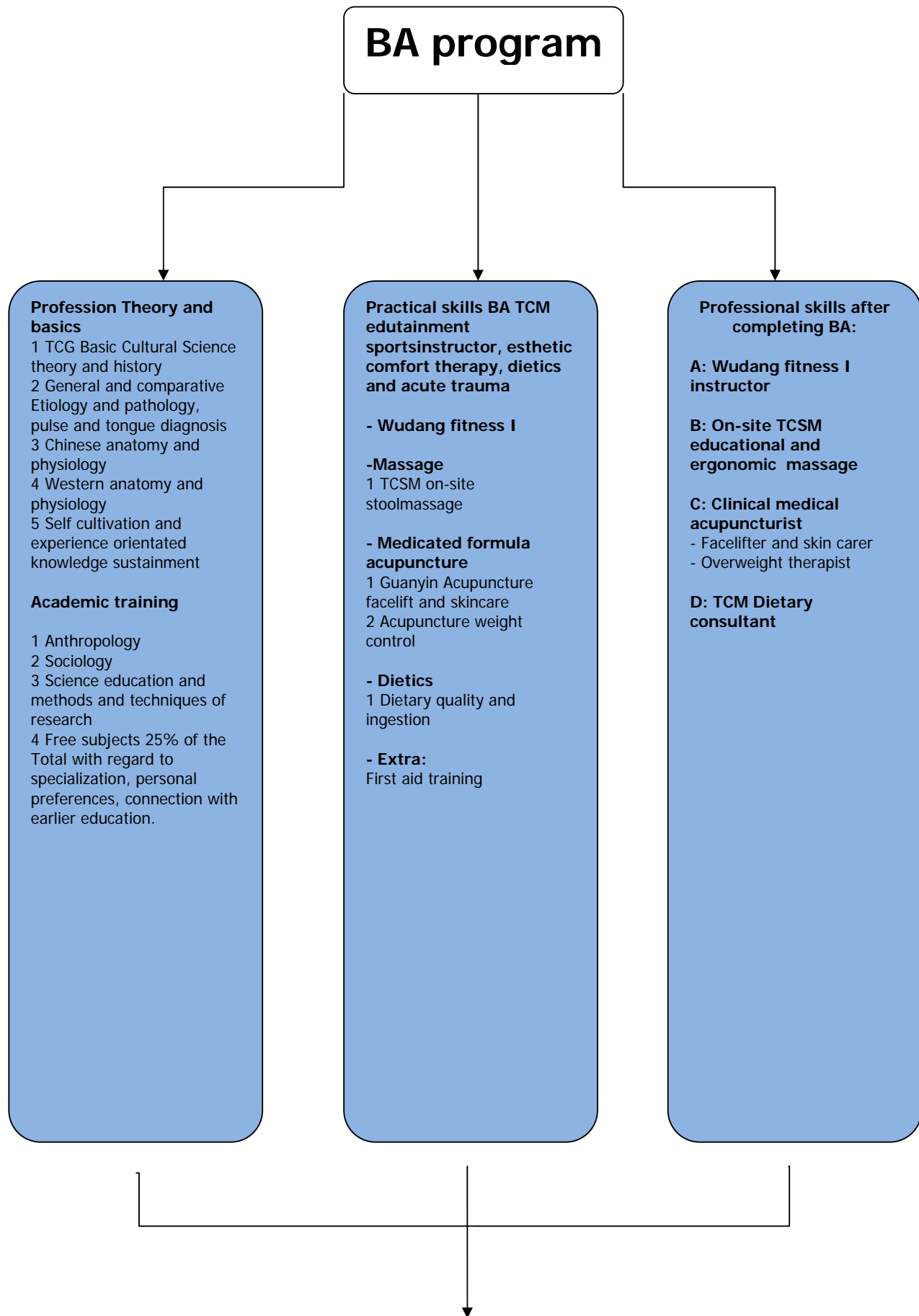
### The Bachelorprogram

The Bachelorprogram, which is the foundation of every other program has two major purposes.

1. Self cultivation practices through the study and training of Zhongwujigong in combination with theoretical studies
2. Building a foundation for Scientific thinking
3. Acquiring basic experience in Chinese Health and sports by a number of short courses that will lead to a certificate as instructor, chair masseur or clinical medical acupuncturist

Thus the program will consist of several components:

## FLOWCHART BA PROGRAM



## Masterprograms

**1 TCM and Medical Acupuncture and/or Tuina masseur**  
*Title: MA TCM Physiological Therapies*

**2 Chinese Dietics, Herbalogy and Pharmacology**  
*Title: MA TCM Medicational Professions*

**3 TCP Confucian, Buddhist and Daoist psychotherapeutic methodology**  
*Title: MA Traditional Chinese Psychology*

**4 Yi Jing counselling and research**  
*Title: MA Yi Jing sciences*

**5 Daoist religion and philosophy**  
*Title: MA Research Daoist culture, philosophy and religion*

**6 Qigong and Wudang Taijiquan Healthscience**  
*Title: MA Teacher Qigong, Yoga and Martial Arts*

**7 Meditation and Neidan Alchemy research and practice**  
*Title: MA Alchemical Meditation Science*

**8 Sancai Qi gong healing practice and research**  
*Title: MA Sancai Qigong Healing Science*



Supportive organisations		Self produced network
Foundation Transcultural Education- ideology culture as science	<b>International Oriental College</b> BA MA <b>Doctorate programs</b>	AN peer review
Intercultural Open University- Academic Support		China Hubei TCM hospital apprenticeship outplacement
Hubei University International School – academic support		OC press academic publishing
Sanfeng Wudang Gongfu school and performance institute- Wudang Gongfu quality support		International Federation Alternative Medicine – peer review

The overview below will give you an idea of the ideal sequence, but it is perfectly possible to choose your own sequence of modules.

1 <sup>st</sup> year, 1 <sup>st</sup> semester	
Module	
Foundations of Chinese cultural thought and history	Basic theories, Yin Yang Theory, Wuxing, Yi Jing a.s.o., home course and discussion throughout the program, regular testing
Anatomy and physiology I	Theory, home course. Practice 5 days, 1 weekend organ massage, 1 weekend channel meditations.
Wudang fitness I instructor	Fast track, Strengthening the body by agility improvement Fast track, either Amsterdam or Wuhan *
Movement and awareness (Qigong and neidan)	Practice, 20 days open court in combination with 2 <sup>nd</sup> semester
Electives	
1 <sup>st</sup> year, 2 <sup>nd</sup> semester	
Foundations of cultural science	Home course and discussion throughout the program, regular testing
Movement and awareness	See 1 <sup>st</sup> semester
Sociology and anthropology introduction	Two weekends, Amsterdam only
Anatomy and physiology II	See 1 <sup>st</sup> year 1 <sup>st</sup> semester
Electives	
2 <sup>nd</sup> year, 1 <sup>st</sup> semester	
Food and Chinese medicine	Short course to show relation to food and health from Chinese perspective *
Anthropology	Two weekends, Amsterdam only
TCSM (Chinese chair massage)	5 days, fasttrack, learning to give in company chair massages *
Etiology and pathology	Home course and discussion throughout the program, regular testing
Electives	
2 <sup>nd</sup> year, 2 <sup>nd</sup> semester	
Sociology	Two weekends
Formula Acupuncture; Facial rejuvenation, Loosing weight,	Facial renewal acupuncture for refinement, Gao weight-loss formula treatment for acupuncture, Preparation for apprenticeship, introduction to clinical work with BA certification. Average 10 days
BA paper	3 types of rejuvenating and health improving self massage cycles. Fast track, either Amsterdam or Wuhan *
Apprenticeships acupuncture	
Electives	

\* Fast tracks Amsterdam: 5 days in Amsterdam within three months, 1 hour practice/study at home daily. Apprenticeship compulsory.

\*\* Module still under construction

The program will take 2-5 years to complete. The total cost is €780,--. You can pay either in one sum or in monthly installments (over 2, or exceptionally 3 years).

As the whole program (BA and master) is university level, this means that the BA program also has to contain elective courses, meaning courses that are profession related in the broadest sense. The total amount of these have to make up 25% of the total amount of credits for the BA program. A number of electives are offered within the Oriental College, but we also allow students to follow these elective course outside the Oriental College and have made a list of which courses will be accepted for credits. Courses not on this list will have to be submitted first to be evaluated by the Oriental college board.

Furthermore the scientific level will be supported by the modules of Anthropology(2), Sociology and Modern Scientific thinking.

At the end of the BA program the students in this way has a number of practical skills to enable him or her to start to work in the profession (albeit not independent from the Oriental College) and he or she has laid a proper foundation for the following of a masterprogram which will lead to independent practice within the network construction that is set up by the Oriental College.

As an extra we offer Western biology and medicine for naturopath therapists.

Although in the readers where it seems useful western medical scientific thinking is written about, we offer this separate course for those who later want to become a member of a Chinese medicine professional organisation. The course is home study with several days for feedback and questions.

## Individual guidance

Throughout your program you can depend on advice and help whenever you want it. Our courses are highly individual, but fellow students and teachers are always there to help.

This is one of the unique things in our school. You have the freedom to build your own program, go through it in the way you choose, with the mentoring and guiding of teachers and staf.

## Examination

Depending on the subject examination is either written, practice or oral. The theorymodules contain questions which require research and the answers also count for 50% towards you exam. At the end of the BA and master-program you are required to write a paper in relation to the subjects you have studied. Of course we will give guidance in helping you to choose a subject for your paper and in throughout the writing.

## Admission levels

Everybody can start studying at our school, provided you have a basic knowledge of the English language. For master-levels we require an educational level which is equal to our own BA program. For doctorate level we require a completed Chinese medicine education.

## Exemptions

If you have studied elsewhere before and did not finish your studies exemption from modules can be given. In that case you are required to send in full documentation of the studied subjects and take an entry-examination (€70 per module).

If you have studied other subjects but think they are useful in your BA program you can send in a request to get credits for this study or experience.

## Master degrees

With regard to the master programs we offer the following general directions for study:

**1. TCM General Anmo and Tuina masseur.**

You'll have a thorough understanding of the mechanisms and functions of body and mind, the pathogenic deviations there-of and the therapeutic solutions through Anqiao/Massage and body manipulation.

**2. TCM General Acupuncturist**

You'll have a thorough understanding of the mechanisms and functions of body and mind, the pathogenic deviations there-of and the therapeutic solutions through acupuncture. The acupuncturist is to select a methodological specialization field in which to graduate.

**3. TCP Behavioral Psychology**

You'll have a thorough understanding of the mechanisms and functions of mind and behaviour through study and application of Confucian, Neijing, Buddhist and Daoist theories. The emphasis will be on Daoist theory and application.

**4. Internal Alchemy: traditional Qigong teacher and or Yoga teacher**

You'll have a thorough understanding of the mechanisms and functions of body and mind, and how to improve health and vitality and personal development through exercises and dialogue. There will also be a thorough investigation in medical Qigong, application in different age groups, spiritual denomination and so on.

**5. Taijiquan teacher**

You'll have a thorough understanding of the health mechanisms and functions of body and mind through taijiquan practice, with emphasis on wudang Daoist styles; applications in self-defense, health building, sports and competition.

**6. Daoist studies**

You'll have a thorough understanding of the interaction between Chinese religions, and especially Daoism and its many manifestations with Chinese health practices and visions about deliverance, healing, curing and so on. The study will serve both people interested in research as well as those who seek a religious or spiritual vocation though Daoism. ,

**7. Yijing counseling and research**

You'll have a thorough understanding of content, form, language, context and application of the Yijing.

**8. Chinese medical and spiritual languages**

Study in Chinese and western languages in the application of medicine and religious and spiritual vocabulary at the behalf of research, communication and translation

The general outline of these programs will be like the following below. Notably there are exceptions depending on the individual necessities of a program.

<b>1<sup>st</sup> year, 1<sup>st</sup> semester</b>	
Module	
Science and Research I	Anthropological, social and scientific research methods in comparison with personal cultivation
Application theory I	Studies in professional application of classics in modern clinic
Apprenticeship Application	Practical application classes: the science of diagnostics and prognosis, setting out a trajectory, professional skills to be applied
Neigong, Jingong	Personal cultivation at the behalf of profession
<b>1<sup>st</sup> year, 2<sup>nd</sup> semester</b>	
Science and Research II	Applying Science and Research into the profession and its context
Application theory II	TCM theory and practice, including western representatives as Machiocia and Flaws in historical and methodical context
Apprenticeship Application	Practical application classes in clinic
Neigong, Jingong	Personal cultivation at the behalf of profession
<b>2<sup>nd</sup> year, 1<sup>st</sup> semester</b>	
Science and Research III	Preparations for master paper, compiling materials from previous years and discussing the context of goals of research to result in paper
Application theory III	Specific methodologies: specific methodologies that developed within the profession in east and west and their significance in clinic
Apprenticeship Application	Practical application classes
Neigong, Jingong	Personal cultivation at the behalf of profession
<b>2<sup>nd</sup> year, 2<sup>nd</sup> semester</b>	
Science and Research IV	On-site investigations and textual/historical research
Apprenticeship Application	Clinical application on site
Neigong, Jingong	Personal cultivation at the behalf of profession
MA paper	

Each of these programs takes two to five years to complete, depending on the amount of study and time you can put into it and requires an apprenticeship in accord with the regulations of the WHO. Combination of programs is possible, but you can also ask for other programs.

Students can also choose to make up their own program out of the modules that are offered or request additional training/ study in any of the subjects we also offer for open court training. Total of the credits for any masterprogram should be 126 and apprenticeship always in line with WHO regulations.

## Doctorate programs

A doctorate degree is the highest degree in a field of study of progression. It is required to have a doctorate degree to become a teacher in the field in any academic setting unless where no such title or qualification training is available. The doctor's or professors degree usually requires 3 or more years of work beyond the bachelor's degree and Master degree and an extensive dissertation (lengthy written work based on original research) to validate the quality of your professional and theoretical expertise. It can be done next to professional work. Ph.D. (Doctor of Philosophy) and LL.D. (Doctor of Laws) are 2 examples of doctor's degrees. Our degrees will be called Professor in the expertise field of your choice. (Do not confuse this degree with MD (Doctor of Medicine), which is a first professional degree in medicine). A common doctorate will be a combination of study fields or a particular specialization field of interest in negotiation with the study counsellor appointed for each case.

## Vocational studies

Even though our program is written for full time study, *[when we mean full time study, than we mean intense study and not the meagre hours often required by law, but the law as minimum standard. We believe that learning only happens when we make the subject of our learning into our lifestyle, so we help people immerse themselves into the subject of their study and its culture. This way we help the student also with her/his personal maybe even spiritual development and maturation as a professional]* all programs can also be partially followed on a open court day to day basis or a selective program to your choices. You choose the time table and the subjects and we help you study!

Partial study can be:

- to deepen your understanding of your profession or life
- recreative learning
- post graduate study
- up-grade study
- to introduce you with a topic
- to improve your health

## Teachers at the Oriental College

- **Rene Goris;** PhD Medical Anthropology with emphasis in Chinese medicines and culture , 15th generation Wudang Daoist monk, Zhang Sanfeng lineage, teacher and therapist Chinese medicines, teacher medical Philosophy and culture, Qigong en Taijiquan, head teacher Oriental College, holder Zhongwujigong lineage.
- **Daoshi You Xuande;** honorary headmaster, Daoist culture
- **Desiree Bardie;** Basic theories, History, Chinese anatomy and physiology, Introduction to culture of science, Zhongwujigong, Bamboo Formula Qigong, Basic Meditation, Massage basics, Acupuncture basics, Fitness, Yoga, Science
- **Drs Vita Revelli;** Anthropology, Woman's Medicine
- **Harmen Mesker;** Yi Jing History, analysis and praxis
- **Drs Patrick de Jong;** Sociology from a non western perspective
- **Proffessor Qi and Proff. Gao;** Chinese aesthetic medicine
- **Yuan Liming;** Wudang Gongfu and five animals Qigong
- **Professor Zhang Xin;** Daoist History and theory
- **Drs F. Elfrink, medical doctor** Western Medicine
- **Dr. P Voshol, physiologist** Western Medicine
- **Tian Lifang,** Chinese language studies, Children Gongfu
  
- **Advisory board:** Proffessor J. Hakemulder: You Xuande; Tian Lifang; Acupuncture Network NL, Jay Wang Hubei TCM university and Linda Jiang Anhui TCM university advisory board herbal medicine

## Overview career possibilities master studies

Note: Before you can start a master study the bachelorprogram has to be completed or a comparable level of knowledge or experience has to be proved.

### 1. Acupuncture and/or Tuina masseur

Title: BA-MA Qigong based acupuncture/massage

career possibilities:

Massage therapist - TCM physiotherapist

Spa masseur

Acupuncturist

Revalidation professional (in combination with qigong and/or taiji teacher)

TCM Physiotherapeutic stress manager

Research worker Chinese medicine and Chinese medical culture

Teacher (after additional study)

### 2. Qi gong healing

Title: BA-MA Qigong healer

career possibilities:

Qigong healer

Qigong movement and attitude therapist

Research worker Chinese medicine and Chinese medical culture

Teacher (after additional study route)

### 3. Daoist psychotherapist

Title: BA-MA Daoist Psychotherapy

career possibilities:

CP psychotherapist

Research worker Chinese psychology and Chinese psychological and psychiatric culture

Teacher (after additional study route)

### 4. Yi Jing counsellor

Title: master or Yi Jing sciences

career possibilities:

Yijing Counsellor

Historian Yijing studies

Teacher (after additional study)

### 5. Daoist religion and philosophy

Title: Master or Daoist culture, philosophy and religion

career possibilities:

Research worker cultural aspects TCM &TCP

Research worker Chinese religions

Teacher (after additional study)

### 6. Qigong teacher

Title: Master or Qigong (medical applications of movement therapies based on Chinese health principles)

career possibilities:

Teacher Chinese healthy sports a

Wudang Fitness instructor I, II, III

Research worker attitude and movement and applications

Revalidation professional (in combination with Tuina massage)

**7. Taijiquan teacher**

Title: Master or Taijiquan

career possibilities:

Teacher Chinese health sports

Wudang Fitness instructor I, II, III

Revalidation professional (in combination with tuina massage)

Research worker posture, movement and applications

**8. Meditation teacher**

Title: Master of meditation

career possibilities:

Teacher general meditation

Teacher specific meditation

Research worker meditation techniques and cultures

**9. Wudang yoga teacher (new!)**

Title: Master or Wudang yoga

career possibilities:

Teacher Wudang yoga

Research worker yoga techniques and cultures

**10. In general:**

career possibilities:

Research worker culture and cultural medicine studies

Consultant traditional Chinese cultural sciences

Publicist

All aforementioned study directions can be followed in several combinations.

In all studies is included a training for medical anthropologist. Career possibilities: work in research projects, independently or in organisations like for example: hospitals, government institutions, pharmaceutical companies, food industrial companies a.s.o

## The Wudang Office and School

Our mission:

- To broaden and deepen the understanding of Daoist Gongfu and Daoist Medicines, Daoist culture, science and the many other practices;
- To support the development of Daoist lifestyles, medicines and Gongfu in the west; to help build a large international Daoist community;
- To support the clarification of Daoist thought;
- To bring wider understanding of the works of Zang Sanfeng and to make sure that visitors of the area are having the opportunity to come into real close contact with their subject of study

We are:

Our headmaster is the world renowned Daoist Gongfu master You Xuande. The office is managed by Tian Li Fang (from China) and You Li Ou (from Europe and the International Oriental College). We have a large team of renowned Gongfu masters (under supervision of Yuan Li Ming) available for teaching Gongfu, we have both Chinese and international teachers available for Wudang sports, therapeutic exercise, Neigong and Daoist medicines and the other subjects at hand.

Most of the Fastrack courses in the BA program are also available in Wuhan as a 3-week intensive, so students can combine a trip to China with part of their studies.

## ELECTIVES OVERVIEW

Here is an overview of the electives that the Oriental College currently offers. The offer is continuously in development, courses are scheduled regularly. Electives can furthermore be taken outside the Oriental College. If you want to do so, please submit the intended study, with specifics about content and your idea of how this would fit in to your studies. You then get either a yes or no, with an assignment and the amount of credits it will get you.

### Daoist psychology introduction.

Colourbreathing, Colourbreathing and qi self massage and Communication qigong practice and theory. This is an intense way to clean yourself internally, and get a better relationship with your surrounding. Also it trains a specific way of healing minor or major problems through the contact with your internal organs. It is meant only for yourself and no teaching permission is given after the first level.

### Daoist healing

Daoism is an important source for Chinese medicine, Taijiquan and Qigong. But more and more it is “discovered” as a useful tool for healthy living in many fields. Many books nowadays are published having the word Tao in the title. But what does it actually do for our everyday life. How will it influence our society, outlook on health systems and religion?

### Chinese Language studies.

Basic level, Advanced level and specialization..

The courses at the Oriental College are given in cooperation with WW-BD Practical Chinese Training Centre Europe. All their teachers have been trained and qualified by their teacher training program from Peking University, which means that you have highly qualified teachers and use up-to date study material.

In combination with WW-BD Practical Chinese Training Centre Europe we organize language study trips where you will stay in residence in Beijing for the time of your study. (ask for more info)

### Fasttrack instructorcourses (see also next chapter)

Maximum 2 of the offered instructor-courses. The other instructor-courses that you follow will be added to your CV, but will not result in study-points (credits).

### Tao Hongjing's 6 sounds principles

The six healing sounds are often referred to, but rarely understood. Tao Hongjing's method is the only one that roots in the neijing. This course gives the method and the tools for movement, handform (mudra) and sound combinations.

### Culture travels

The Oriental College also organizes trips to China with cultural plus value through combining cultural visits with practice of Daoist Qingchen and Wudang mountain Qigongs and Wudang daoist Taijiquan, these are powerful methods for health development and self defence.

We cooperate with some of the finest teachers in China, for more information please contact us. Special trips available or available as opportunity to follow one of our Fasttrack programs in China in combination with cultural sightseeing and studies. For language travels please look under Chinese Language studies.

## **Longmen Qigong**

Longmen is one of the branches of Quanchen Daoism. It's ideas are connected with the cleaning of the heart, but also sun and moon practices are part of it. There are 5 weekends in this cycle. To be counted as an elective all five have to be attended, but the weekends can also be followed separately.

## **Dao De Jing Lectures**

Series of lectures on the chapters of the Dao De jing, with accompanying meditations. Emphasis on original meaning, historical background and how the lessons in the Dao De Jing can be used in this time and age for self cultivation, dealing with problems and functioning as a better individual and member of society.

## **Yi Jing Studies.**

The world-famous book of (ex)changes, the Yi Jing, is the most consulted book globally in the search for insight and wisdom. There are numerous translations and interpretations in almost every language. There are however many aspects of the Yi Jing that get little attention. The Yi Jing gives you a better understanding of life, nature and the underlying organizational principles and relations, thereby providing you with tools to improve your life and help you with difficult choices.

## **Handforms (mudra's)**

Series of workshops on the handforms as used in Daoist practices, the exercises for fingers and hands to make them supple to perform the handforms in the right way and the historical and medical background.

## **Daoism in Europe**

Daoism is as Chinese philosophy well known in the Western World. It's original meaning however is strongly rooted in Chinese culture and society. How to use the valuable lessons it offers us in our western and modern world is the subject of these lectures. 2 weekends

## **Guest teachers:**

At regular intervals we have guest teachers from different cultures, medicine systems and/or religions. Prices vary. Among the regular teacher are Native American Ron Evans and Kundeling Rimpoche, Tibetan Buddhist.

## **Chakra workshop:**

Although Chakra's are not used in Chinese medicine the system of chakra's is used in other healing methods. This workshops deals with what chakra's are, why they are not used in Chinese medicine, but are a part of Daoist thought and what you can do with them. Theory and practice, 1 weekend

## Gongfu, Taijiquan and Qigong workshops

At regular intervals we organize qigong, Taijiquan or other Chinese sports workshop weekend. Under certain conditions it is possible to have these counted as an elective. A paper is then required. For more information you can contact the teacher of the workshop concerned. The workshops are always open to not/oc students.

## Relevant work-experience or previous study

Elective are profession related studies that help you to understand the matter that you study within a relevant context. Previous experiences in a profession or study can therefore in some cases count as elective. If you want to use your experiences send in a request with detailed information about your experience or study and why you think it relevant.

## SHORT COURSES THAT LEAD TO AN INSTRUCTOR CERTIFICATE

The Oriental College offers a number of short courses which can be followed independently from any program. Most Fasttrack courses are available in Amsterdam and in Wuhan.

- *Wudang fitness level I: flexible health*
- *Wudang fitness level II: strong controlled*
- *Wudang Breath Yoga level I: concentration, strength and happiness*
- *Wudang Breath Yoga II: alchemical start*
- *Bamboo formula Qigong: relaxation and fierceness*
- *Wudang Taiji 13 form*
- *Wudang Taiji II, Zhan Zhuang*
- *Wudang Taiji III, applications in Wudang 13*
- *TCSM: Chinese Chair massage*
- *A choice of long term extension programs*
- 

And immediately start a healthy career in the Fitness/Sport sector that directly contributes to your future students!

### Why Healthysports?

- Teaching Healthy-sports is a perfect way to keep yourself healthy and in a perfect shape
- Only about 10% of people practices sports for health reasons, that means 90% does not practice sports yet. As a result Sports and Fitness are a growing market where many career opportunities can be found
- The Fast Track Instructor program is also a stepping stone towards an education in TCS Health Sports, TCM Medicines and TCP Psychology
- All International Oriental College programs help people liberate themselves from machine dependency and therewith from bodily monoculture. Our programs are fully natural, require low investment, bring large revenues and satisfaction scores and are completely safe

- All programs contain application practice, a theory program and an instructors manual, and they are concluded with a practical and theoretical examination that will lead to the procurement of an IOC Fast Track Certificate<sup>1</sup>
- You'll have a view on fitness you will not get anywhere else, and you really support and help people!

Cost: €400 per module in Amsterdam, prices in Wuhan not yet available.

Time investment:

Amsterdam: 24 contact hours, 96 self study hours practice and theory

Wuhan: 3 weeks 4 hour intensive training and practice

## **Wudang Fitness I**

Didn't you always think that doing fitness with rhythmic music is too military? Don't you agree that machine and dumbbell sports submerge you into a bodily monoculture? Is fitness not the development of health freedom and both inner and outer beauty? Is fitness not the development of adaptability, developing full movability and strength of your bodily apparatus, learning how to prevent to become exhausted in effort, prevent heart problems or depressions due to overdosage of serotonin? Quite right, true fitness is acquired through intelligent, playful and attentive sporting.

By looking at legendary sports from China we have developed a program that is varied, healthy to perform, gives fast results and is also educational!

## **Wudang fitness II**

Fitness is also becoming strong, not in the sense that you develop big muscles, but in the sense that you can coordinate body-movement within the right construction of the body to be able to use your whole body. Whereas in WF I the movements are fast and used with breathing, in WF II the movements are very often extremely slow, to investigate all the forces from within and outside that influence our bodily strength.

## **Wudang fitness III (standing pole)**

Wudang fitness III again emphasises strength but this time in yet another way. Through a series of standing exercises you learn to change the functionality/physiology of your muscles. This results in a more efficient way of muscle use and strength. The exercises are mostly know from one famous exercise called embracing the tree, but this is only one of a whole method for health and posture improvement.

## **Wudang Breathing Yoga I**

Ordinary hatha yoga's focus strongly on stretch en torsion and uses breathing mostly to allow you to relax and stretch in the used muscle groups. Wudang Breathing Yoga uses breath to investigate the whole of the internal tissues of your body, to soften them and to strengthen them. At the same time Wudang Breathing Yoga helps you to lift up your sense experiences towards a higher comfort level during the generation of higher stress levels to your body. Both the muscles and joints as well as the mind are this way optimally conditioned for stress resilience and strength development. Think about the kickbacks that will bring in your daily living!

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<sup>1</sup> The IOC Fast Track Certificate makes you member of the IOC Instructors Network . By this you are insured of permanent support in your area of professionalism and a continuing involvement with the developments of profession and commerce.

## **Wudang breathing Yoga II**

In Wudang breathing yoga two the results of Wudang breathing yoga I are taken further to develop. From the breathing is in the openness of the body the right condition created for the small circulation and the development of qi, which in further exercises is used to enhance the body and mind even more. Wudang breathing yoga II thus is more alchemical in nature.

## **Bamboo formula Qigong**

This gentle and quiet form of fitness uses breathing and rhythmic movement according to an easy to learn formula, that teaches how to directly release superfluous tensions. From this process a natural suppleness and fitness will develop that can not be obtained in ordinary aerobic sports. Because the prime target is the procurement of health and vitality, it is suitable for people with lots of sports experience, but also for people recovering from weakness, disease, subjected to mood swings, stress or back and joint pains. This form is specially directed towards general vitalisation and is a superior addition to every treatment method or sport program. It harmonizes to make the inner and outer person with each other and develops a radiation of fierceness.

## **Wudang Taiji 13 form**

In the Wudang mountains Taijiquan was developed as health-practice as well as fighting art. The Wudang 13 form has all the elements of traditional Wudang Taijiquan. This short form can give the student insight in the principles of taijiquan. The course leads to an instructor-certificate.

## **Wudang Taiji course III, applications Wudang 13**

For those who want to know more about the Taiji 13 form we have developed this course in applications. With this added module you will be able to create a more complete instructor-program. Wudang Taiji 13 for and Wudang Taiji II, Zhan Zhuang are required before you can participate.

## **Daoist Self massage**

In Daoist thought self cultivation plays an important role. Self cultivation means bringing yourself into a perfect condition, be it physically, mentally, emotionally or morally. Take good care of yourself so as to be able to take good care of others. In this courses you will learn three methods of traditional self massage which you can instruct to others. The self massage leads to a feeling of comfort and vitality.

## **TCSM**

Our innovative yet traditional method of chair massage differs from the Shiatsu based chair massage in that the client is asked to take an active part in posture correction. With this the client also learns how to prevent discomfort and complaints due to a wrong posture. Furthermore you learn to make a quick evaluation of the clients problems and give a comforting relaxing massage, which is not a formalised one, but comes from your understanding what needs to be done.

What is TCM, TCP and TCS?

TCM is traditional Chinese Medicine

TCP is traditional Chinese Psychology

TCS is traditional Chinese Sports

For more information about those study fields contact office@orientalcollege.org or phone +31(0)20-4081228

## OUR MBO-LEVEL COURSES

The Oriental College also offers shorter courses on MBO-level. These courses take approximately 6-10 months including apprenticeship and will make it possible to start working in your chosen profession after that, with the knowledge that you are well trained and can give quality treatments. We have several courses ranging from esthetic acupuncture to dietary consultant or TCS Health-sports instructor.

1. Acupuncture facelifter
2. Assistant acupuncture facelifter
3. TCM facelift manager
4. TCM Dietary consultant A
5. TCS Health-sports instructor

### 1 and 2 Acupuncture Facelifter and assistant facelifter

Choice of:

Half year course

€1500,-- or 5 months €320,--

Three month intensive course

€1700,-- or 3 months €600

Do you want to extend your knowledge in natural cosmetics? We offer a course in acupuncture facelift techniques which will teach you to rejuvenate people's faces in a natural and efficient way using ancient acupuncture needle techniques from China. The techniques are adapted to modern thin needle methods that make excellent treatment possible without the risk of subcutaneous bleeding and muscle, nerve or skin damage. The acupuncture facelift is meant for complementary use in beauty parlors, spa's and facelift clinics. It is a safe, healthy and completely natural alternative for botox and surgical treatment. It is also possible to go on studying to become an acupuncturist and TCM therapist.

Requirements:

- 1 Acupuncture facelifter: cosmetic schooling or comparable
- 2 Assistant Acupuncture Facelifter: no previous diploma required

What does it entail?

The course contains theory and practice. After the exam an apprenticeship period will be required. After successfully completing the course you will get a certificate. Yearly postgraduate schooling is required for maintaining and development of quality. The facelifter gets a combined STE-IOC seal and a plaquette which remains the property of the IOC

At 1: The acupuncture facelifter has a diploma facial care or cosmetic care and gets the certificate TCM beauty treatment.

At 2: The assistant acupuncture facelifter has no previous schooling in the field but wants to work in a beauty parlor or spa/clinic and so create a new career With acupuncture and esthetic treatment. The certificate is for assistant facelifter and can be upgraded to acupuncture facelifter after following the applicable schooling.

What will you learn?

The course consists of simplified theory and speeded up practice studies, which prepare to for immediate work in the field. Theory:

- Foundational knowledge of Yin Yang and Wuxing theory and anatomy and physiology according to traditional classic Chinese and Western science.
- Extending knowledge specifically aimed at treatment plans and procedures like choice of needles and the insertion of needles.
- Contra indications
- EHBO., First aid

Practice: preparing rejuvenation treatments, the treatments themselves A and B; after treatment, learning how to use needles, assistant procedures, cure methods and refreshing methods.

Career possibilities

With this course you can start working under guidance of a TCM acupuncture facelifter.

And then.....?

There are many ways to extend your education. You can choose one of the other professional MBO courses or follow a complete program to become an acupuncturist, masseur or teacher Chinese health sports.

### **3 TCM facelift manager (professional esthetic facietreatment manager)**

Choice of:

Half year course

€1500,-- in one sum or 5 months €320,--

Three months intensive training

€1700,-- or 3 months €600

Complementary course for acupuncturists who want to work as manager of a clinic for esthetic acupuncture as an extension of a TCM clinic or as a partner or contract worker in a cosmetic clinic or spa.

The study concentrates on management qualities, facelift procedures and methods, esthetics, contra indications and corrective and refined treatment, dermatological problems, developing treatment plans, communication to beauty specialists, knowledge of cosmetic products and complementary treatment methods

Required:

A diploma in TCM or participating in Oriental College BA healthsports, esthetic clinical acupuncture, dietics and on-site masseur through which professional development can be guaranteed.

What will it get you?

The course contains theory and practice. At the end there is an exam and there will be an apprenticeship. After successful completion you will get a certificate management esthetic clinic TCM.

Yearly postgraduate schooling is required for maintaining and development of quality. The facelift manager gets a combined STE-IOC seal and a plaquette which remains the property of the IOC.

What will you learn

The course contains theory and practice.

Theory: practical management, facelift methodology, dermatological treatment, foundational knowledge facial esthetics and plastics, introduction cosmetics and complementary treatment methods.

Practice: Acupuncture facelift course, TCM routine dermatological clinical skills, First aid.

Career possibilities:

With this course you can start as acupuncture facelifter or acupuncture facelift manager.

### **4 TCM Dietary consultant A**

Choice of:

Half year course

€1500,-- in one sum or 5 months €320,--

Three months intensive course

€1700,-- or 3 months €600

General course for dietary advice founded on Chinese ideas on food and food preparation to work in a health centre, acupuncture practice, spa or beauty parlor/clinic. The course prepares for consultancy in

learning to eat better, highlights in preparing food and choice of food for the purpose of a better quality of life using healthy food.

Requirements:

None

What will it get you?

The course contains theory and practice. At the end there is an exam and there will be an apprenticeship. After successful completion you will get a certificate TCM Dietary consultant A.. Yearly postgraduate schooling is required for maintaining and development of quality. The dietary consultant gets a combined STE-IOC seal and a plaque which remains the property of the IOC.

What will you learn?

The course consists of simplified theory and speeded up practice studies, which prepare to for immediate work in the field. Theory: anatomy and physiology according to traditional classic Chinese and Western science.

- Extension of foundational knowledge is concentrated on food and food-supplements in relation to theory and possible effect on our bodies and gives a guideline in determining what is healthy and not healthy with a critical eye to laws on food. There is also attention for allergies and other contra-indications. First aid is also included.

Practice:

Taste methods and procedures, learning to instruct "Eating with pleasure and health". With, amongst other things, food preparation in TCM, learning to enjoy food, taste and smell, cleanness, instruments for food and their effect on food experience.

Career possibilities:

Cooperating in a health centre, acupuncture practice, spa or beauty parlor as Dietary advisor and instructor TCM dietics.

And then.....?:

You can extend your knowledge by following the BA program at the oriental college followed by a master course TCM food, herbs and pharmacy.

## 5 TCS Health sports instructor

€2000,-- or 10 months €210,--

This course will give you the possibility to develop yourself into an all-round sports instructor. You can find work in Fitness centers, spa's, council sport centers or in company sports instructor. Next to this it can be used for professional development as YYC franchise participant.

Health sports are build on Chinese internalized martial arts and learn instructors to help people develop and maintain in a diversity of fields better stamina and general condition.

Central in health sports is the sporter as human being and not as a machine, and how quality can be achieved in a natural way for everybody, no matter what age.

Requirements:

Good health

What will it get you?

The course contains theory and practice. At the end there is an exam and there will be an apprenticeship. After successful completion you will get a certificate Chinese health sports instructor Yearly postgraduate schooling is required for maintaining and development of quality. The Health sports instructor gets a combined STE-IOC seal and a plaque which remains the property of the IOC.

The course consists of simplified theory and speeded up practice studies, which prepare to for immediate work in the field. Theory:

- Foundational knowledge of anatomy and physiology according to traditional classic Chinese and Western science.
- Comparative knowledge of Chinese, Indian and western views on breathing and functionality of body and mind.
- Contra-indications

Practice:

- Classroom methods for giving instruction in Wudang fitness I and II, Wudang Yoga I, Bamboo formula Qigong, Self massage, Wudang Taiji 13 form
- First aid

Career possibilities:

Freelancer or on contract as instructor in a sports school/fitness centre or with companies/organizations.

And then.....?:

- You can extend your knowledge by following the BA program at the oriental college followed by a master course TCS sports
- YYC-franchise taker