

TOYOHARI - JAPANESE NEEDLE THERAPY A NINE-MONTH, TWENTY-DAY POSTGRADUATE PROGRAM

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Toyohari is a form of Keiraku Chiryō - Japanese Meridian Therapy. It is a theoretically simple but technically sophisticated complete system of acupuncture. It is different from most other forms of acupuncture in that it uses a more delicate treatment method, placing great emphasis on the use of pulse diagnosis and palpation skills. The Toyohari Association has developed quite unique training and teaching methods that can accelerate the learning of skills that usually take many years of practice to develop. Many who have studied the Toyohari style of acupuncture have reported that it is more like what they thought they were going to be studying in acupuncture school.

The Toyohari Association was founded in 1959, evolving out of earlier developments in meridian therapy in the 1930s and 1940s. The Toyohari Association began as an Association devoted to Japanese meridian therapy for blind students and practitioners. Today it includes both sighted and blind practitioners. Many of the senior instructors in the Association are blind, and have considerable clinical experience. Toyohari is taught in Japan as a post-graduate training of 20 days over two years. Instruction in Japan is given through the highly organized, academic and hands-on clinical training methods of the senior members of the Association, utilizing the "Kozato-study method". The European Branch, the EBTA has developed a training program that follows the Tokyo based program. The late past President of the Association, Kodo Fukushima wrote a book available in English translation: "Meridian Therapy", which is required reading for this program. The book along with some supplies are included in the cost of the program.

Graduation from this 120-hour program entitles the graduate to join the Toyohari Association through one of its European branches and become a registered Toyohari practitioner. At present there are five branches, Dutch, UK, German, Swiss and Spanish. The principle purposes of the branches are to foster and improve clinical skills by providing ongoing study opportunities both in Branch study groups and study sessions with senior instructors in Japan and Europe. The European Branch of the Toyohari Association has been established to provide the structure for these educational opportunities. Graduates will receive a certificate signed by the EBTA and the Tokyo headquarters of the Association, and then be able to join the Toyohari Association through one of the EBTA branches.

Principle amongst the techniques used in the Toyohari system are:

- *Diagnosis*: focusing especially on pulse diagnosis and touch diagnosis;
- *Treatment*: very delicate supplementation technique; various draining techniques; harmonizing technique (waho); "contact" needling techniques (sanshin); warming moxa (chinetsukyu), direct moxa (okyu), cupping (kyukaku), bloodletting (shiraku), specialized treatment of the neck and inguinal regions to relieve symptoms (naso & muno), specialized use of the extraordinary vessels (kikei), specialized use of midday-midnight method (shigo).
- Graduates will considerably improve their pulse and tactile diagnostic and assessment skills.
- Graduates will also develop a greater sense of qi sensitivity through applying the needling techniques of the Association.
- Graduates will learn a range of methods specifically aimed at relieving symptoms.
- Graduates will be able to join ongoing study groups through joining the Toyohari Association.

This international Toyohari program is taught in Amsterdam in English. Two instructors with assistants give instruction each day of the program so that over 60% of the program is hands-on practice of the various methods and techniques. To ensure maximum hands-on training, the number of participants will be limited to 20. To qualify for this program you must have completed a training program in acupuncture.