

**Manual for attendants of the course
«Fundamentals of Su Jok therapy»**

***Cycle 1. «Standard correspondence systems
of hands and feet»***



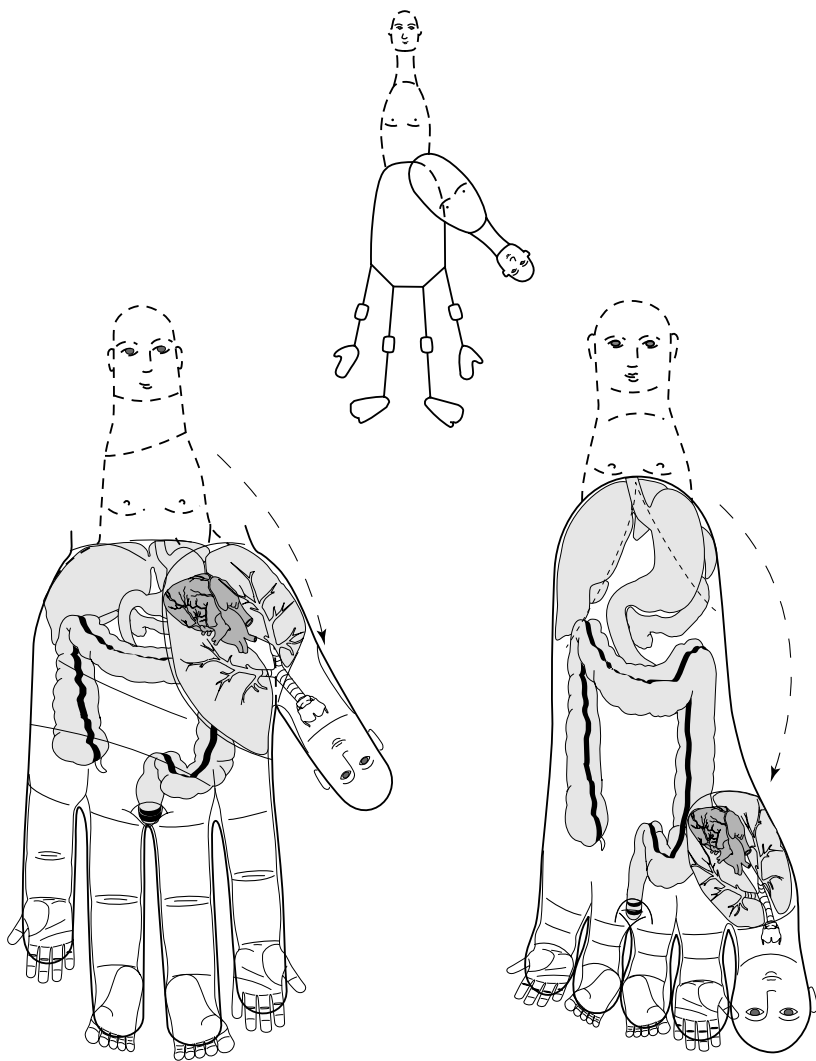
Moscow 2000

«The Great Spirit of Healing and Help — the Spirit of Love is revealed in hands and feet created similarly to the human body»

Prof. Park Jae Woo

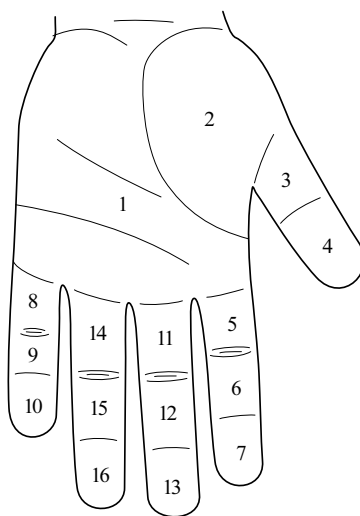
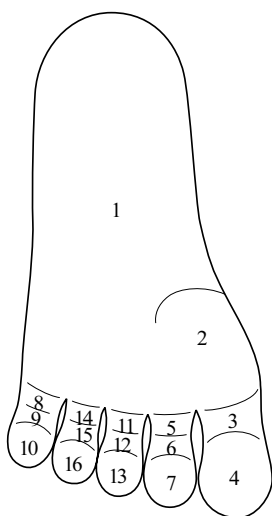
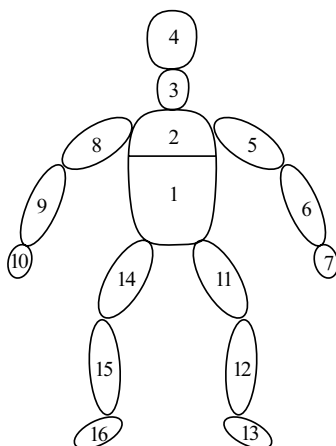
*HAND IS YIN,
FOOT IS YANG.
THE SIMULTANEOUS STIMULATION
OF HAND AND FOOT MAKES IT POSSIBLE
TO ACHIEVE YIN AND YANG HARMONY*

STANDARD BODY CORRESPONDENCE SYSTEMS ON HANDS AND FEET



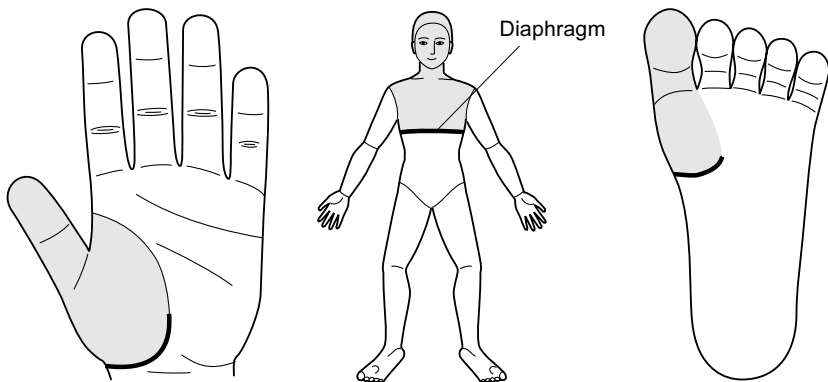
Su Jok therapy is a quick, effective and safe method of curative influence upon the body through its minuatire representations, located on hands (Su) and feet (Jok).

CORRESPONDENCE OF HAND AND FOOT TO THE HUMAN BODY

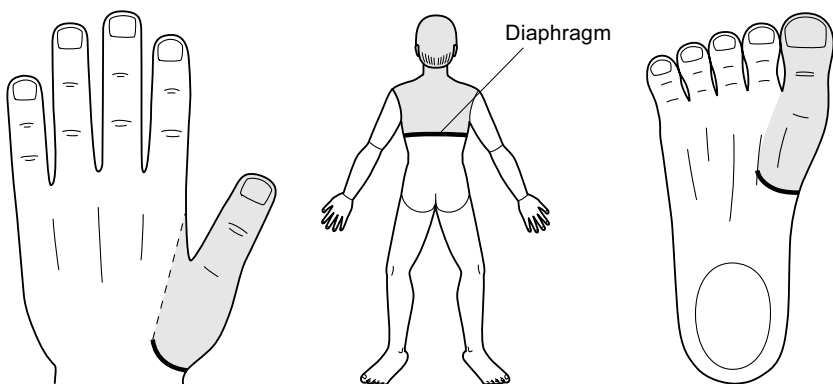


The human body is projected onto hand and foot in a standard posture — in standing position with arms directed downwards. Each part of the body corresponds to a certain part of hand and foot.

POSITIONS OF HANDS AND FEET FOR THE SEARCH OF THE BODY CORRESPONDENCE AREAS LOCATED ABOVE DIAPHRAGM



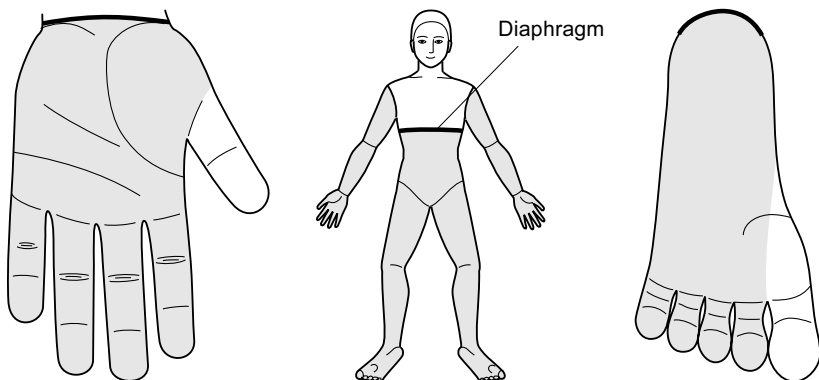
Yin-surface



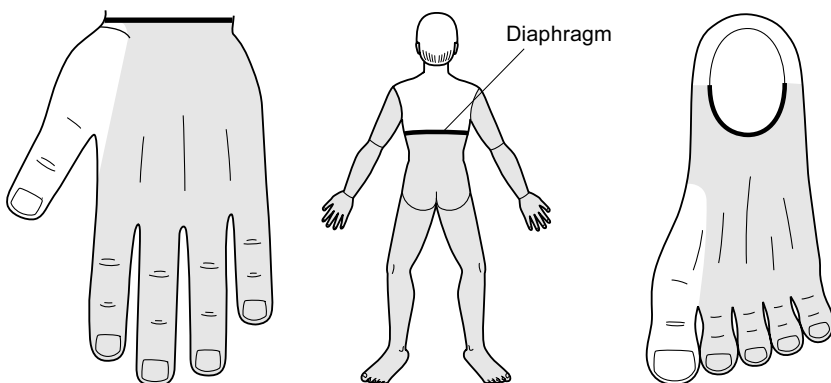
Yang-surface

Quest of the body correspondence areas located above the diaphragm is implemented in such position of a hand (foot) when a palm (sole) is faced to the front while a thumb(toe) is directed upwards (the first standard position).

POSITIONS OF HANDS AND FEET FOR THE SEARCH OF THE BODY CORRESPONDENCE AREAS LOCATED BELOW DIAPHRAGM



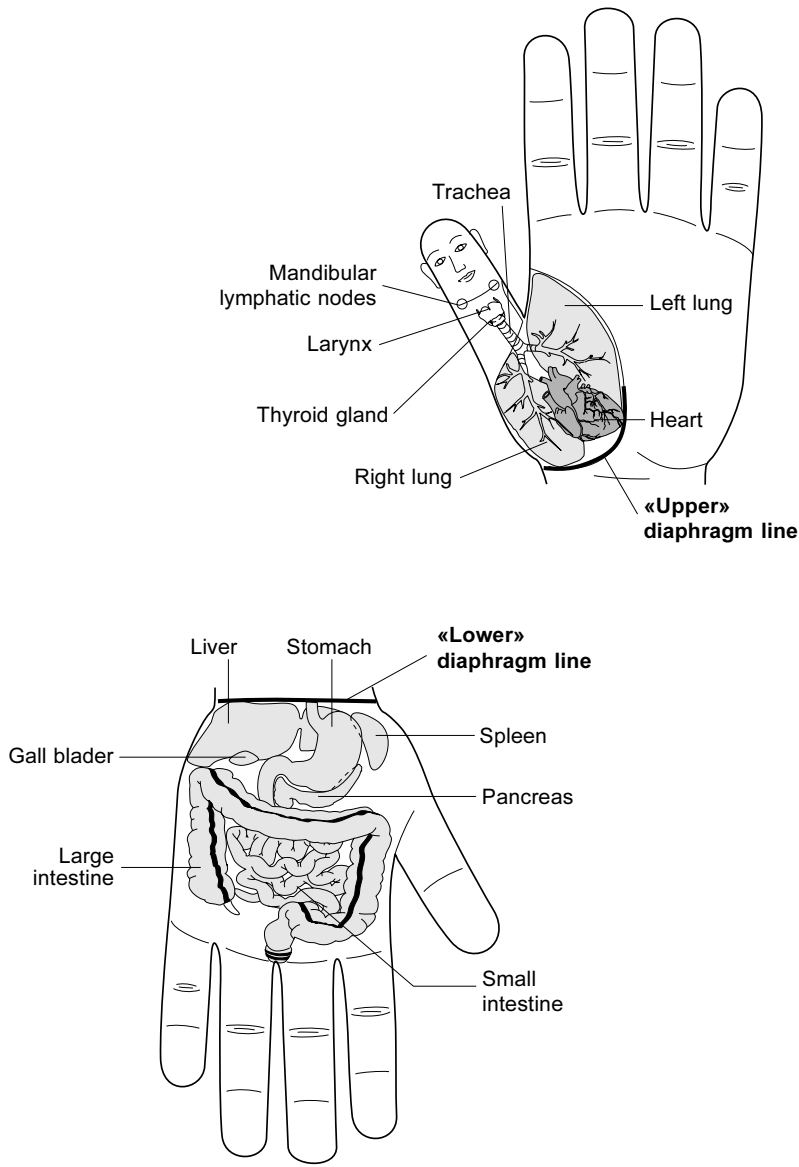
Yin-side



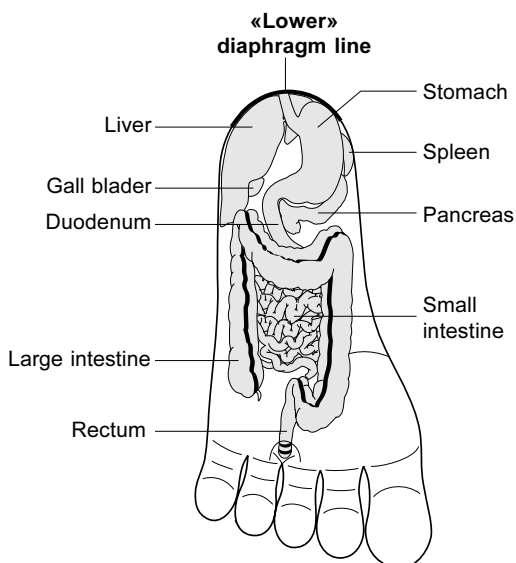
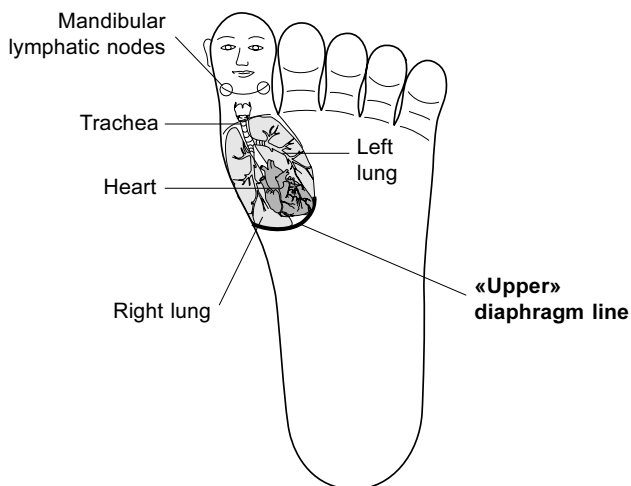
Yang-side

Quest of the lower body and limbs correspondence areas (below the diaphragm) is implemented in the hand (foot) with its palm (sole) faced to the front and all the fingers/toes directed downwards (the second standard position).

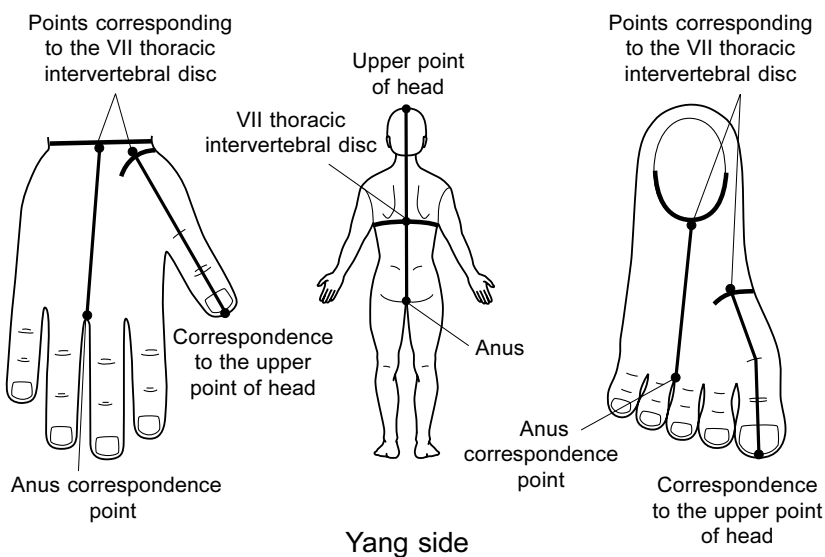
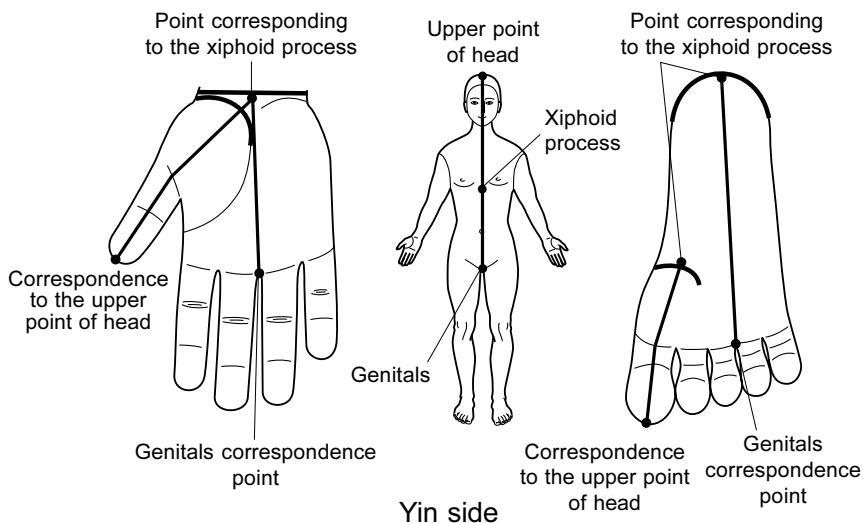
*CORRESPONDENCES TO THE NECK,
CHEST AND ABDOMEN ORGANS ON HAND*



CORRESPONDENCES TO THE NECK, CHEST AND ABDOMEN ORGANS ON FOOT



PROJECTIONS OF THE BODY CENTER LINE ON THE YIN AND YANG SURFACES OF HAND AND FOOT



STAGES OF CURATIVE CORRESPONDENCE POINTS QUEST

The first step. It is necessary to determine, in which of the seven areas of the body (head, four extremities, thoracic cavity or abdominal cavity) the pathological process is located, and find the area corresponding to it on the hands or feet.

The second step. Depending on the localization of the process (below or above the diaphragm) to give the hands or feet their relevant position (first standard or second standard).

The third step. To determine, on which surface, Yin or Yang, the pathological process is mostly projected. In doing so it is necessary to take into account the location of the pathological process in relation to the Yin- and Yang-surfaces of the body. If it is located closer to the Yin-surface of the body (for example, in the heart), one should search the points of correspondence on the Yin-surfaces of the hands and feet. If it is located closer to the Yang-surface (for example, in the kidneys), it is necessary to search the points of correspondence on the dorsal surface of hands and feet.

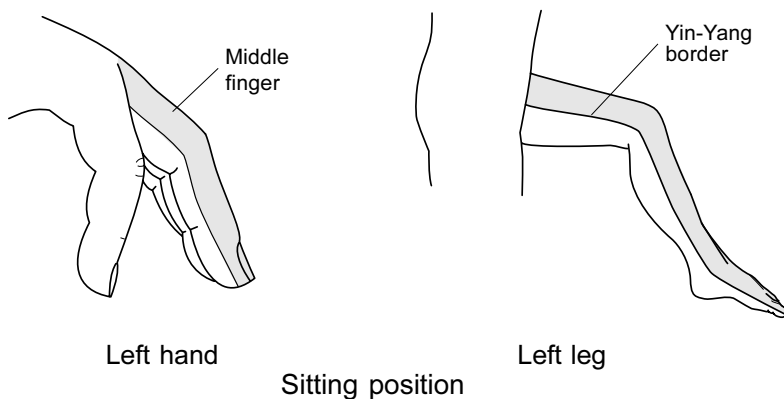
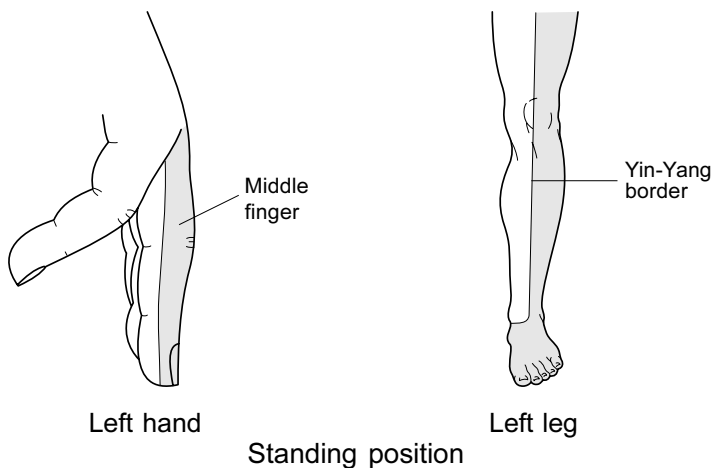
The fourth step. Further it is necessary to determine, in which half of body left or right the pathological process is located. If it is in the left, then the zones of correspondence should be searched for on the left side from the line of symmetry of hands and feet. If on the right, the zones of correspondence are located to the right from the line of symmetry.

The fifth step. If the pathological process is located on the trunk, the zone of correspondence is found by using additional imaginary lines: mid-clavicular, axillary, umbilical etc.

If the pathological process is located on the extremities, its correspondence is found by orienting to the joints and provisional additional imaginary lines.

The sixth step. Finally the right point is identified by its sharp painfulness, on checking all the points in the correspondence zone with the help of a diagnostic stick.

TWO WAYS OF THE YIN-YANG BORDERS LOCATION ON LEGS



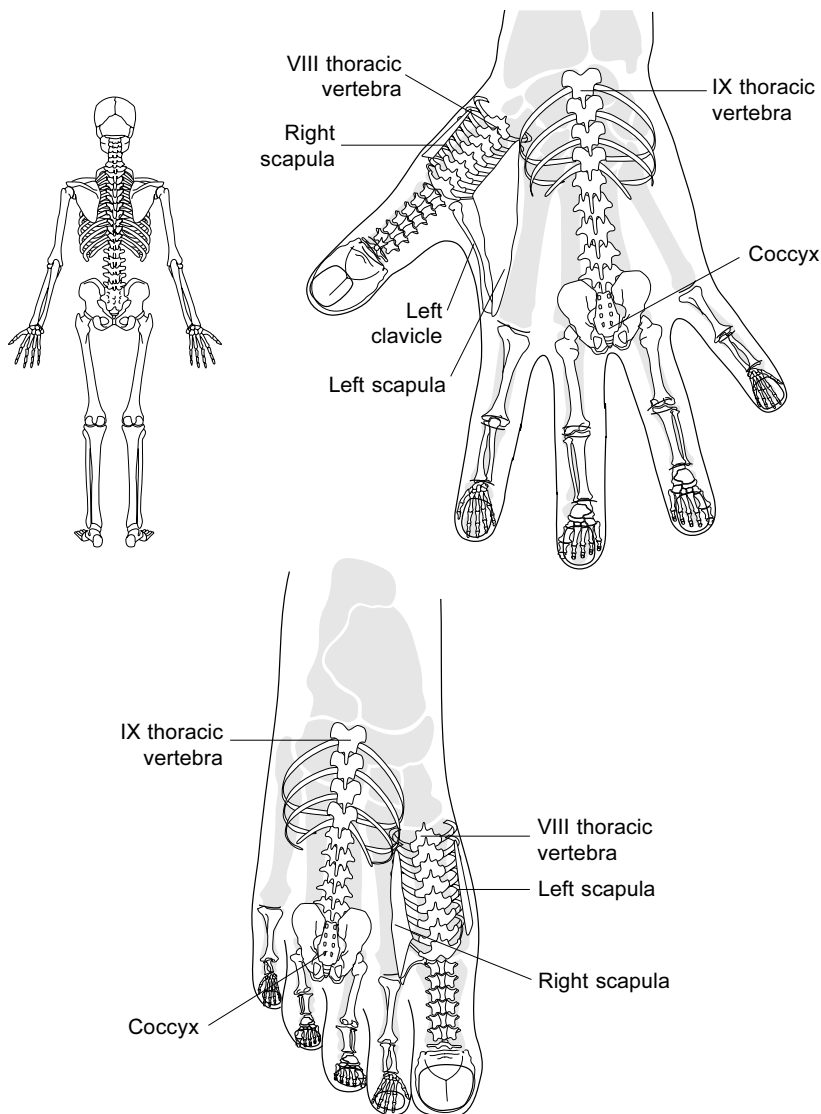
— Yang-border



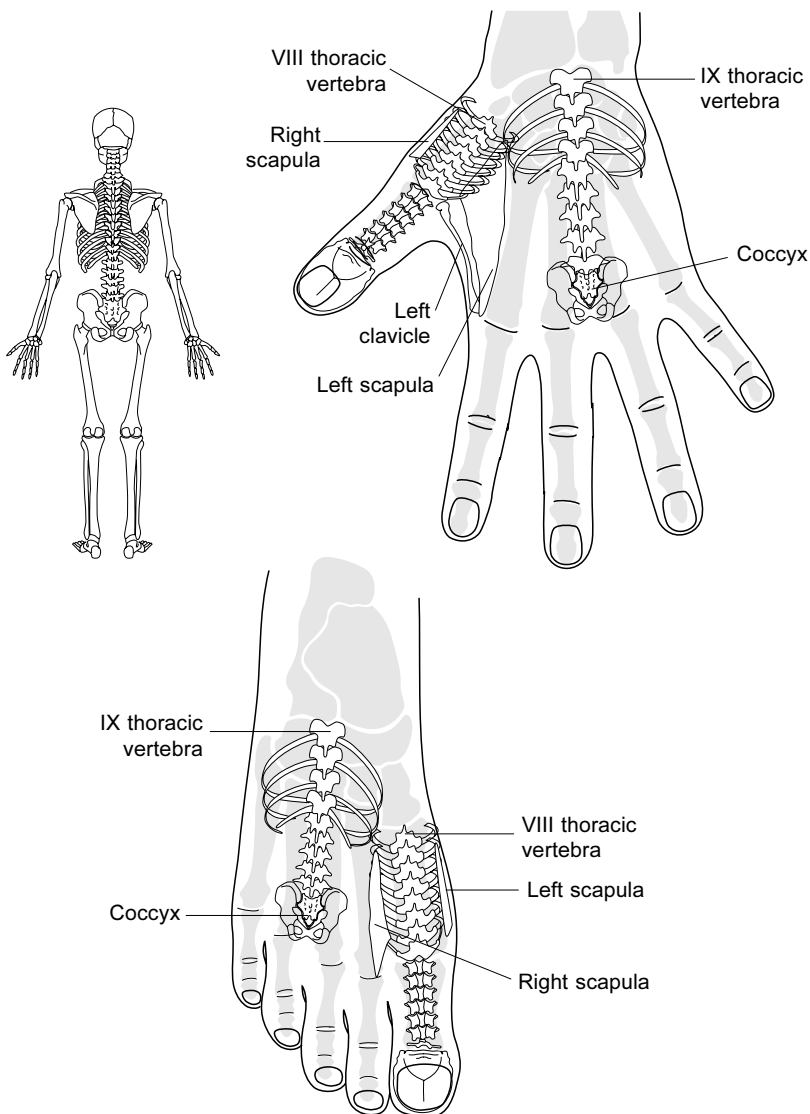
— Yin-border

Double correspondence to legs on the third and fourth fingers/toes results from existence of the two ways of Yin-Yang leg surface borders location: in standing position the outer surface of leg is Yang and inner is Yin; in sitting position the front surface of leg is Yang while the back surface is Yin.

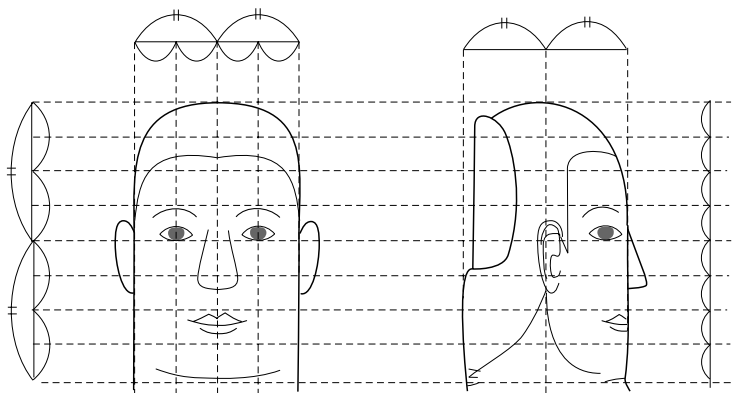
**PROJECTION OF THE MAN'S SKELETON
IN STANDARD BODY CORRESPONDENCE
SYSTEM ON HAND AND FOOT
(TYPE I, IN STANDING POSITION)**



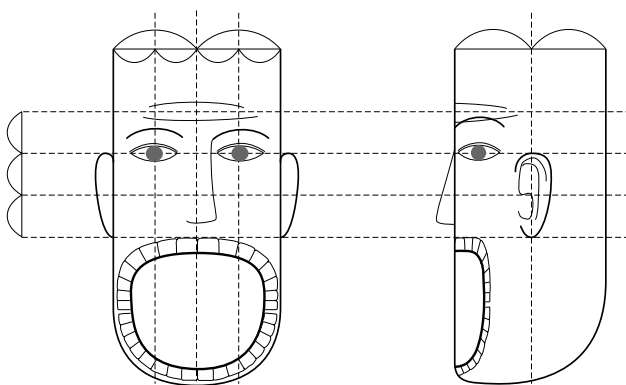
PROJECTION OF THE MAN'S SKELETON IN STANDARD BODY CORRESPONDENCE SYSTEM ON HAND AND FOOT (TYPE II, IN SITTING POSITION)



DOUBLE HEAD CORRESPONDENCE SYSTEM ON THE DISTAL PHALANX OF THUMB



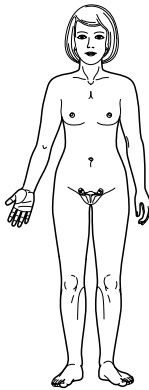
Type I — «head of a man»



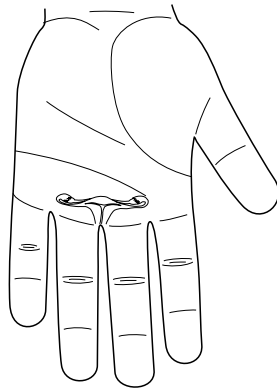
Type II — «head of an animal»

The main points used for the treatment of head and neck diseases in standard correspondence systems are presented on thumbs and big toes.

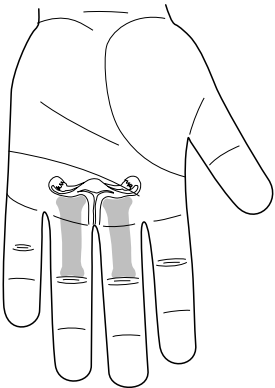
***SKIN AND BONE CORRESPONDENCES
OF FEMALE GENITALS ON HAND AND FEET***



Genitals location



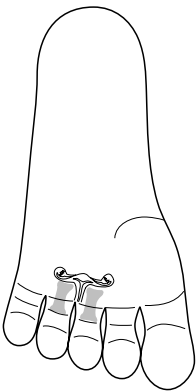
Skin correspondence



Bone correspondence

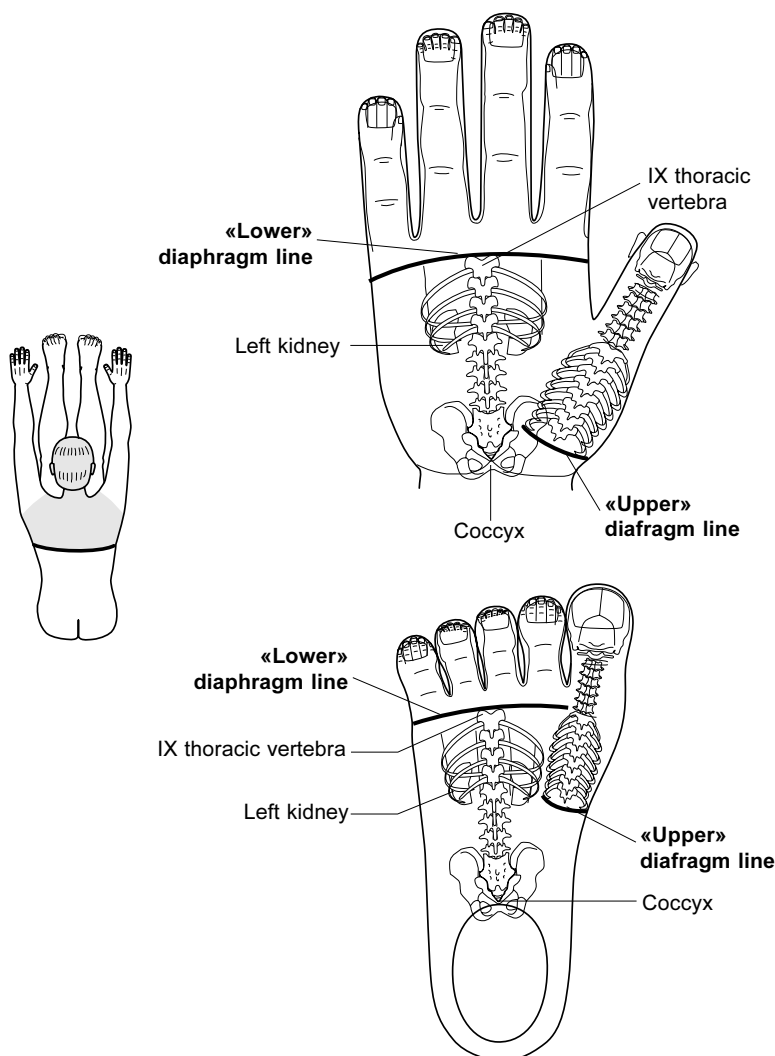


Skin correspondence



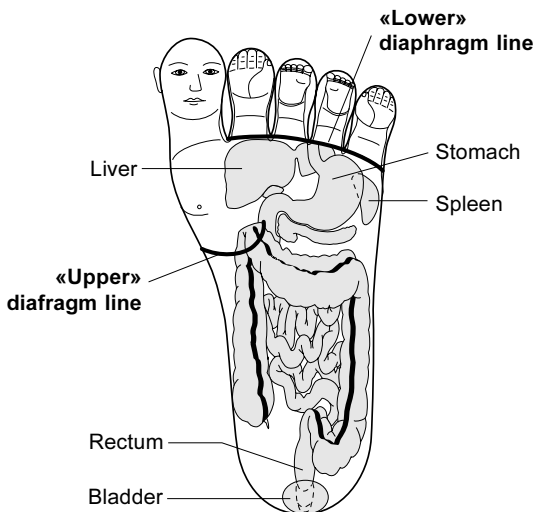
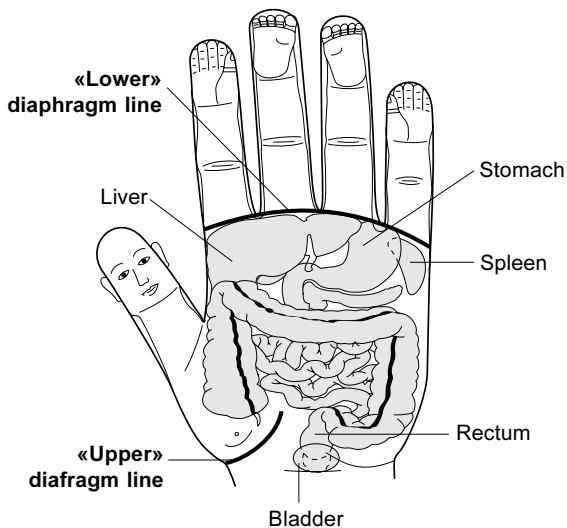
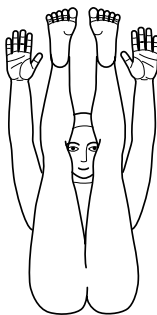
Bone correspondence

YOGA CORRESPONDENCE SYSTEMS ON YANG-SURFACES OF HANDS AND FEET

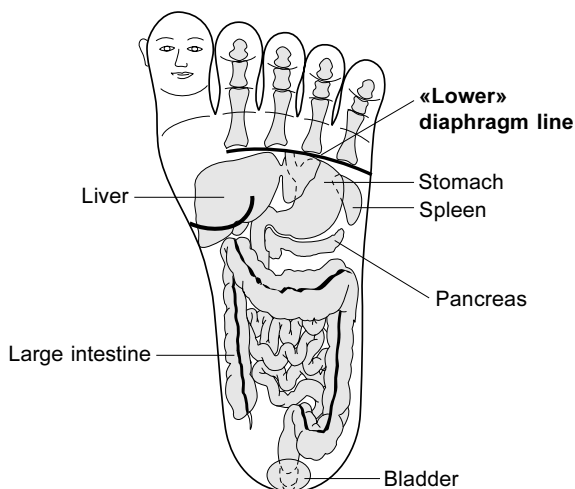
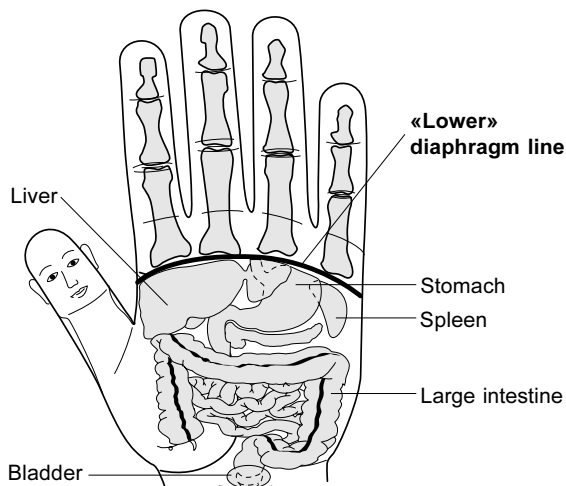


Yoga correspondence system is based on the Yoga position of the body, wherein the body becomes similar to hand and feet: the whole Yang surface is faced to one side, Yin surface — to another side.

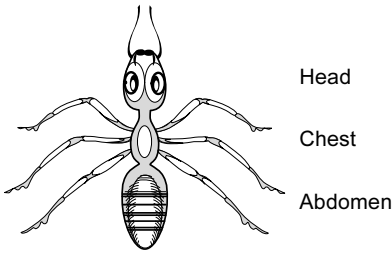
SKIN CORRESPONDENCE IN YOGA SYSTEM ON YIN SURFACES OF LEFT HAND AND FOOT



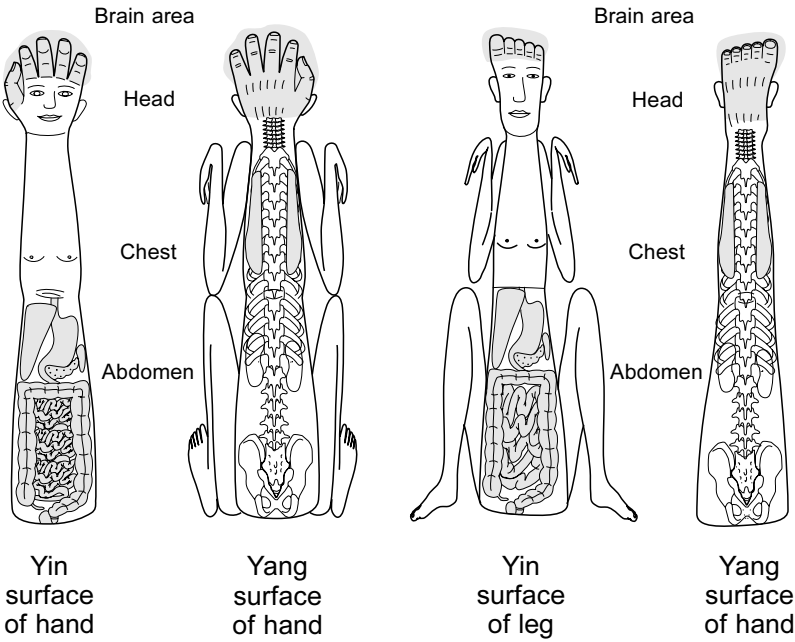
BONE CORRESPONDENCE IN YOGA SYSTEM ON YIN SURFACES OF LEFT HAND AND FOOT



*THREE-LEVEL BODY CORRESPONDENCE
SYSTEMS ON LEFT HAND AND FOOT*



The body structure of insect reflects the principle of three levels
«Sky-Man-Earth»

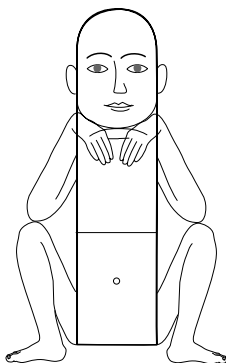


Each hand and foot is the location place of three-level body
correspondence systems.

STANDARD «INSECT» CORRESPONDENCE SYSTEM ON FINGER

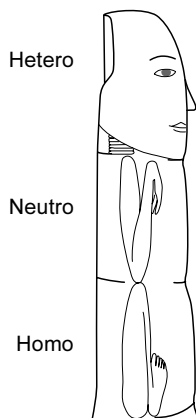


A

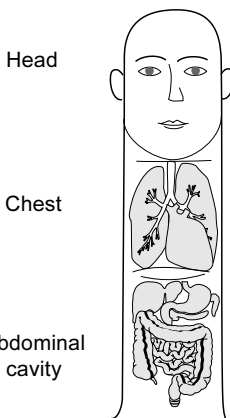


B

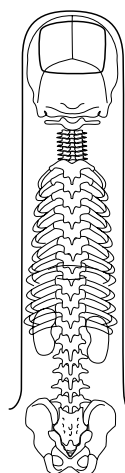
Location of the right (A) and left (B) limbs correspondences
in «insect» system



Right lateral
surface

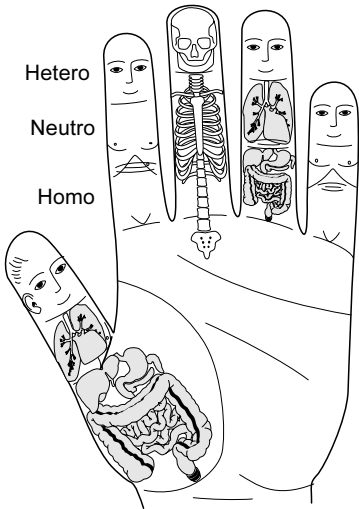


Yin-side

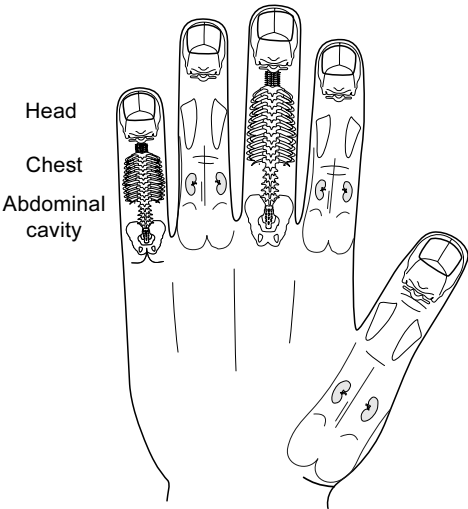


Yang-side

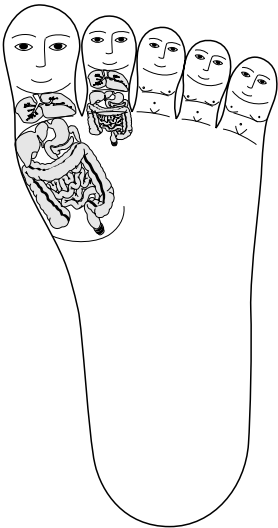
STANDARD «INSECT» SYSTEMS ON FINGERS/TOES OF LEFT HAND AND LEFT FOOT



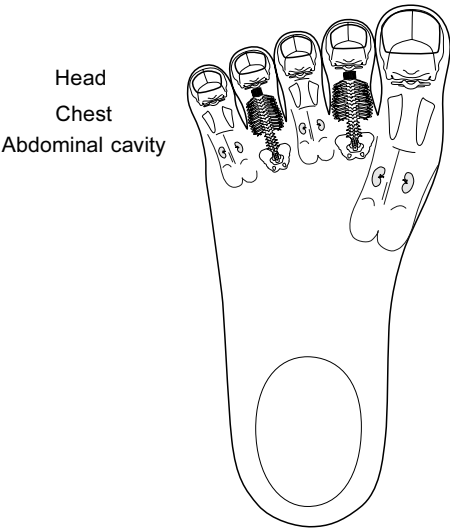
Yin-surface of hand



Yang-surface of hand

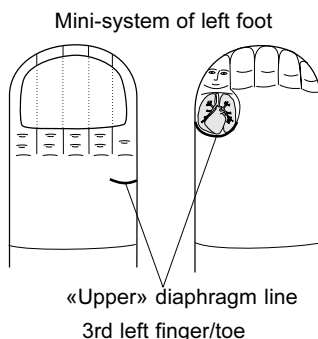
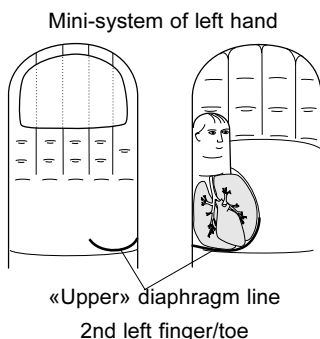


Yin-surface of foot

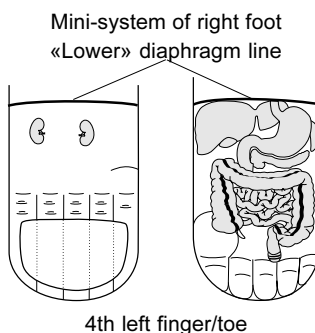
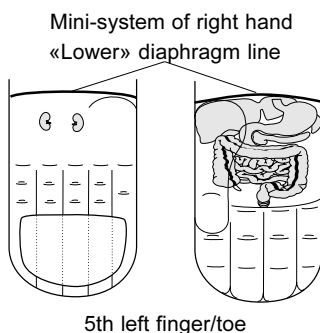


Yang-surface of foot

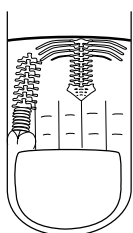
MINI-SYSTEMS OF BODY CORRESPONDENCE ON THE DISTAL PHALANX OF EACH FINGER/TOE



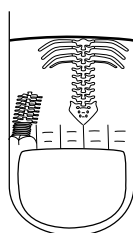
Correspondences to chest organs



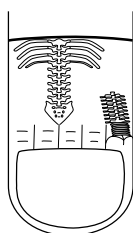
Correspondences to abdomen organs



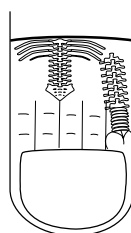
Index finger



Middle finger



Ring finger

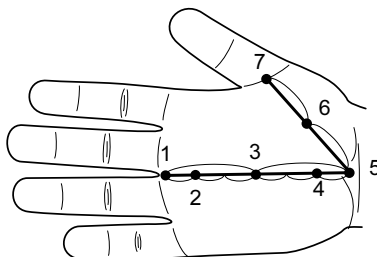


Little finger

Correspondences to spine

TOPOGRAPHY OF THE ENERGY (BASIC) POINTS OF HAND

A. Palm surface of hand



Point 1 — is located on the skin fold between the third and fourth fingers.

Point 5 — is located at the wrist joint in the center of the triangle formed by the thenar, hypothenar and the distal skin fold of the wrist joint.

Point 3 — is located in the middle of the distance between Points 1 and 5.

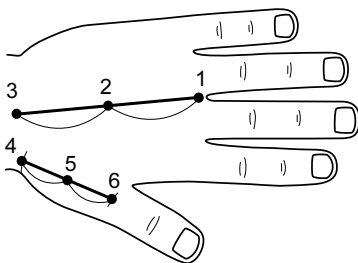
Point 2 — is located at a distance $\frac{1}{3}$ from Point 1 on the segment between Points 1 and 3.

Point 4 — is located at a distance $\frac{1}{3}$ from Point 5 on the segment between Points 3 and 5.

Point 7 — is located in the middle of the skin fold at the base of the thumb.

Point 6 — is located in the middle of the distance between Points 5 and 7.

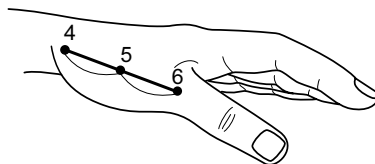
B. Dorsal surface of hand



Point 1 — is located on the skin fold between the third and fourth fingers.

Point 3 — is located in the middle of the wrist folds.

Point 2 — is located in the middle of the distance between Points 1 and 3.



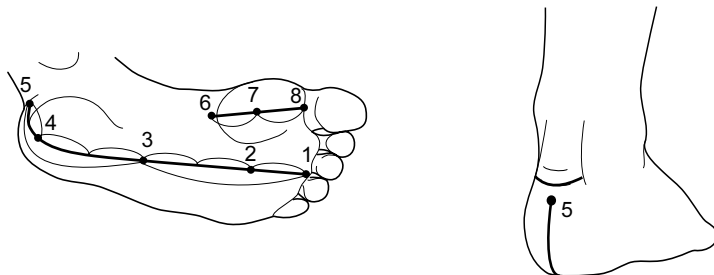
Point 4 — is located in the middle of the carpometacarpal joint of the thumb.

Point 6 — is located in the middle of the metacarpophalangeal joint of the thumb.

Point 5 — is located in the middle of the 1st metacarpal bone between Points 4 and 6.

TOPOGRAPHY OF THE ENERGY (BASIC) POINTS OF FOOT

A. Sole surface of foot



Point 1 — is located on the skin folds between the third and fourth toes.

Point 5 — is located below the line of the ankle joint (second projection of the «lower» diaphragm) on the Yin surface of the foot (in the area of the heel).

Point 3 — is located in the middle of the distance between Points 1 and 5.

Point 2 — is located at a distance $\frac{1}{3}$ from Point 1 on the segment between Points 1 and 3.

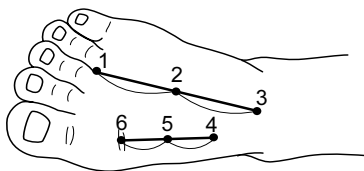
Point 4 — is located at a distance $\frac{1}{3}$ from Point 5 on the segment between Points 3 and 5.

Point 6 — is located in the middle of the 1st tarsometatarsal joint.

Point 8 — is located in the middle of the skin fold at the base of the first toe.

Point 7 — is located in the middle of the distance between Points 6 and 8.

B. Dorsal surface of foot



Point 1 — is located on the skin fold between the third and fourth toes.

Point 3 — is located in the middle of the transversal joint of the tarsus.

Point 2 — is located in the middle of the distance between Points 1 and 3.

Point 4 — is located in the area of the tarsometatarsal joint of the first toe.

Point 6 — is located in the middle of the metatarsophalangeal joint of the first toe.

Point 5 — is in the middle of the 1st metatarsal bone between Points 4 and 6.

RULES OF CURATIVE CORRESPONDENCE POINTS QUEST

— to carefully investigate all the supposed zones of correspondence so as to identify one, two or three most painful points;

— to press upon all the points with the diagnostic stick with equal force;

— not to hurry during a search for the patient to respond to each pressing;

— to chose the needed degree of pressing. It is individual and depends on the threshold of the patient's sensitivity to pain. If upon examination with the diagnostic stick all the points appear painful the force of pressing is too great, if none of the point pains it is too weak. The art of the doctor is to correctly select the force of pressure and thus reveal the most painful point in the supposed zone;

— the depth of pressure with the diagnostic stick depends on the depth of location of the pathological process. If it is located very deep, in the area of the joint or on the surface of the bony structures, the search is made by deep pressing the diagnostic stick taking into account the osteal correspondence. If the pathological process lies superficially, then to search the curative points mild pressing by the diagnostic stick is sufficient with taking in to account the dermal correspondence;

— pressing by the diagnostic stick is usually exerted by holding it perpendicular in relation to the investigated zone. In some cases especially in a search for points in the area of the joints, the angle of pressing can be changed according to the topography of the surface of the investigated bony structure;

— involuntary motor response of the patient can confirm the right choice of the point.

METHODS OF CURATIVE CORRESPONDENCE POINTS STIMULATION

1. *Massage by diagnostic stick*

In emergency cases when diagnostic stick is not available one can use a pen, a match, a non sharpened pencil etc.

2. *Surface stimulators*

Metal or magnet stars, magnets along with natural stimulators (stones, prickles, seeds of plants) are attached to skin into correspondence point by plaster. Acute painfulness arising from even gentle pressure can confirm the right choice of the point.

3. *Rollick and tube massagers, elastic rings*

Applied for massaging vast correspondence zones.

4. *Heating by mini - and micromoxas*

The smallest in the world moxas are used in Su Jok therapy.

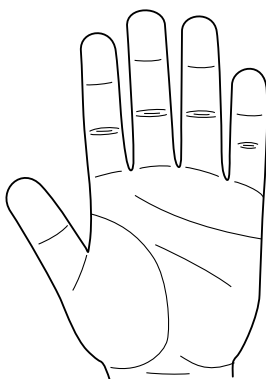
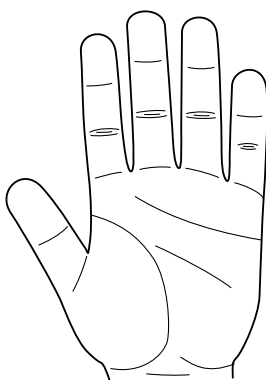
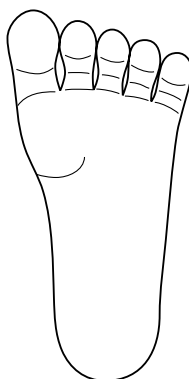
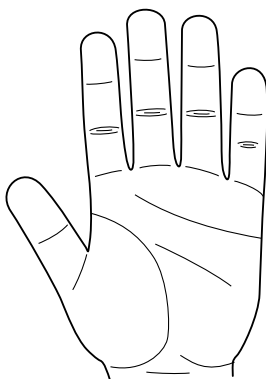
5. *Needle therapy*

Gravitational injector is used for inserting needles. Acute pain in the moment of inserting needles accompanied by involuntary motor reaction of the patient can confirm the «correspondence ball» correctly hit by a needle. Right after the needle is put, the painful sensation disappears.

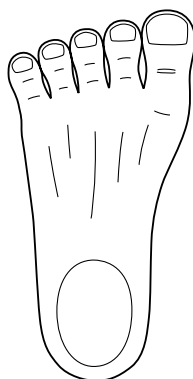
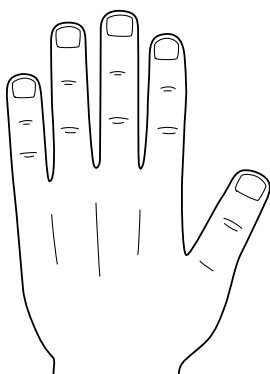
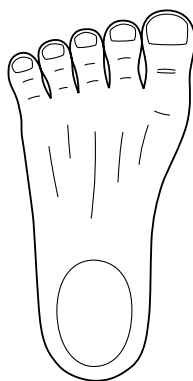
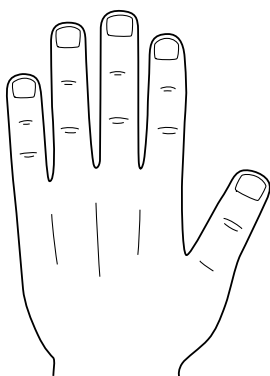
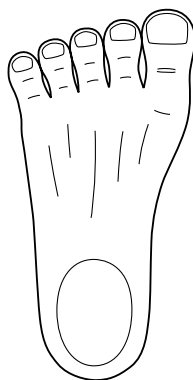
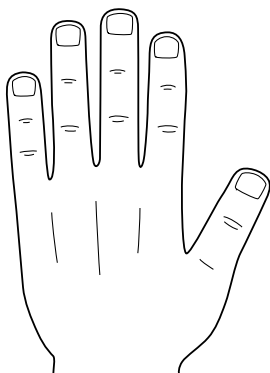
6. *Other methods of stimulation of correspondence points*

Special electrical, vibromassage, laser, heat or light appliances are used for treatment in correspondence systems.

For notes



For notes





Prof. Park Jae Woo

The author of the method is Professor Park Jae Woo, who graduated from Seoul National University (1968, Korea). At present he is President of Korean Su Jok Acupuncture Institute, International Su Jok Acupuncture Association, International Public Foundation «ONNURI» and Su Jok Academy in Moscow. He is also honorary President of Indian Su Jok Academy (since 1992), Belarussian Su Jok Acupuncture Institute (since 1995), and honorary Professor of Georgian Pedagogical University, honorary Doctor of Physical Education University (St Petersburg, Russia), visiting Professor of Physicians Retraining Institute of Kazakhstan State Medical University and Academician of the International Academy of Sciences (since 1994). He is the founder of ONNURI College.

Prof. Park Jae Woo has developed a number of scientific theories, such as Six Ki theory, Homo system theory, Homo-Hetero theory, Eight Origins theory (Eight Origins Table), Trorigin theory, Diamond Energy System theory and M Particle theory.

Following his scientific achievements, Prof. Park has written many books in the field of acupuncture and alternative medicine.

*Recommended literature
for attendant of the course
«Fundamentals of the Su Jok therapy»:*

Park Jae Woo. «Su Jok for Everybody»

Park Jae Woo. «Onnury Su Jok Therapy». vol. 1, 2

Park Jae Woo. «A Guide to Su Jok Therapy»

Park Jae Woo. «Su Jok Seed Therapy»

The magazine «Onnuri Medicine». Su Jok Academy Publishers

Programme of Su Jok Therapy Seminars

International Su Jok Therapy Association offers a training in Su Jok therapy based on the educational programs approved by the originalator of the method, Professor Park Jae Woo. The entire curriculum includes 6 courses (two independent 25-hours cycles).

Attendants have an opportunity to choose the course or separate cycles they are interested in.

Course I. Fundamentals of Su Jok therapy

Cycle 1. The standard correspondence systems of hands and feet.

Cycle 2. Treatment by Energy Flow.

Course II. The Onnuri Reflexology. Diagnostics and Treatment

Cycle 3. The Onnuri Reflexology (Homo-system of the body).

The Onnuri Head therapy, Onnuri Scalp therapy and Onnuri Iris therapy.

Cycle 4. The Onnuri Auriculotherapy.

Course III. The Theory of Six Energies (6 Ki). Meridian and Chakra Energy System

Cycle 5. The theory of Six Ki: diagnostics and treatment by the meridian energy system.

Cycle 6. The theory of Six Ki: diagnostics and treatment by the chakra energy system.

Course IV. Advanced Six Ki Therapy

Cycle 7. Treatment approach using the time-related energy.

Pulse diagnostics of the 6 Ki.

Cycle 8. Psycho-emotional treatment.

Course V. Diagnostic and Treatment Techniques Based on the Eight-Origin Theory

Cycle 9. Treatment and diagnostics approach based on the Eight-Origin theory.

Cycle 10. Onnuri Diagnostic and Therapeutic Techniques Based on the Diamond Energy System.

Course VI. Diagnostic and Treatment Approaches based on the Trirorigin Theory and Methods of Onnuri finger therapy

Cycle 11. Diagnostic and treatment approaches based on the Trirorigin and the Eight-Origin theories.

Cycle 12. Onnuri finger/toe therapy (nail therapy, joint therapy, mudra therapy, numerology).

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