

## Information & Demonstrations Included on 8 DVD set

### Lectures

Introduction & History  
Informing the Patient  
Avoiding Blisters  
Understanding the Buildup  
of Toxins and the  
Color from Cupping  
General Cupping Practices  
Kinds of Cups and Cupping  
Bamboo Cupping  
Running Cups  
Expectations & Aftercare  
Pain Thresholds  
& History of Trauma  
When to Avoid Cupping  
Cupping or Gua Sha on  
Children, Elderly and  
Sensitive Patients  
Cupping Yourself  
Sterilization

### Lectures—Cupping Patterns

Neck & Upper Back  
Upper Back, Scapula & Toxin Points  
Scapula and DT01 & 02  
The Toxin Points  
Flank  
Lower Back, Sacrum & Hip  
Deltoid & Shoulder Joint  
Temporomandibular Joint & Jaw

### Demonstrations

- Neck, Shoulder & Toxin Area  
First & Second Example
- Gua Sha of the Neck
- Deltoid & Toxin Area
- GB21, Upper Toxin & Scalenes
- Seven Star Hammer of the  
Toxin Area for Itching
- Overview of Cupping  
Lower Back, Sacrum,  
Coccyx, and Buttocks
- Cupping  
Lower Back, Sacrum,  
Coccyx, and Buttocks
- Lower Back and Hip
- Bamboo Cupping—Spine
- Flame Cupping—Flank
- Running Cups
- Jaw

### Handouts computer only

- 10 Specific Cupping Patterns
- Full Color Patient Brochure  
Explaining Cupping Process,  
Coloring and Aftercare
- Content Selections List  
for Lecture Movies

Susan Johnson, L.Ac. has been practicing and perfecting her cupping techniques since 1982. She teaches a one-day cupping course, with supervised practice, as a part of her Master Tung's Magic Points comprehensive class series. She maintains a private practice in Santa Cruz, California.



Photograph by Raven Lang

For more information on classes, books, DVDs, Susan Johnson, L.Ac. or the Acupuncture Association of America, visit [tungspoints.com](http://tungspoints.com).

The Ancient Art of Cupping by Susan Johnson, L.Ac.



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Association of  
America Presents

## The Ancient Art of Cupping

Lecture and  
Demonstrations by  
Susan Johnson, L.Ac.

### 8 DVD set features patterns, theory, tips & demonstrations

The ancient art of cupping is an extraordinary tool used by healers and lay people in many cultures. Cupping draws toxin buildup or muscle spasm out of the deeper tissues of the body, while simultaneously pulling in freshly oxygenated blood. In cases of blockage or stagnation, the proper use of cupping can reduce a patient's healing time by weeks and even months. This 8 DVD set provides very detailed instruction in the many uses of cupping techniques, including when, where, how and why we use cupping, as well as printable versions of ten different cupping patterns and a color brochure for patients. View close-up digital video cupping demonstrations and learn how to radically transform your practice.

