



HOLMEZEN

MANAKA

Manaka System Acupuncture (MSA) & Ion Pumping Cords (IPC)

When Subtle Stimulation Creates Profound Change
A specialised course for trained acupuncturists

Are you ready to expand your toolkit with a unique Japanese approach that combines meridian theory, neurology and gentle treatment? Then we invite you to an intensive, hands-on course in Manaka System Acupuncture (MSA) & Ion Pumping Cords (IPC) – a method based on the work of Dr Yoshio Manaka, offering you new and effective possibilities in your clinical practice.

Date: 23 - 25 January 2026
Location: Holme Bygade 16, 8400 Ebeltoft
Instructor: Dr Stephen Birch
Target Group: Qualified acupuncturists



WHAT IS MANAKA SYSTEM ACUPUNCTURE (MSA) ?

Manaka System Acupuncture (MSA) is a Japanese treatment method developed by physician and researcher Dr Yoshio Manaka (1911–1989), who combined classical Eastern medicine with modern Western research in neurology, physics and physiology. His system differs from traditional Chinese acupuncture in being precise, gentle and evidence-informed.

The Manaka system works with the body's energetic circuits and seeks to restore balance between different areas through subtle yet effective techniques. Instead of focusing solely on symptoms, the goal is to identify and treat the root imbalance in the body.

One of the most characteristic tools of the system is the use of Ion Pumping Cords (IPC) – small wires with electrodes that are connected between acupuncture points to create an energetic flow. This is done without electrical current and often without needles. The technique can address stagnation, overactivity or deficiency in specific meridians.

Treatment typically involves:

Gentle stimulation using specialised tools such as the teishin (a blunt metal rod)

Magnetic plasters or small press needles

Feedback from the body through palpation (touch and sensing), especially of the abdomen and pulse

Manaka System Acupuncture is particularly suited for:

Stress, insomnia and exhaustion

Pain and tension – both acute and chronic

Hormonal and digestive imbalances

Nerve-related and functional disorders

Treatment of children and needle-sensitive patients

The Manaka method is precise, respectful and based on cooperation with the body.

Many find it both effective and pleasant to receive.

WHO WAS YOSHIO MANAKA ?

Dr Yoshio Manaka (1911–1989) was a Japanese physician, surgeon, researcher and acupuncturist who left a significant mark on modern Japanese medicine. He was one of the first to combine traditional Eastern knowledge with Western science – creating a unique system where philosophy, neurology, physics and clinical experience come together seamlessly.

Originally trained as a surgeon, he worked for many years in university hospitals and research. But his interest in the body's subtle regulatory systems led him to acupuncture – and later to developing his own system, which includes Ion Pumping Cords (IPC), abdominal diagnosis and specialised tools like the teishin and hammer.

Manaka was known for his scientific approach: he systematically tested his hypotheses, experimented with the body's electrical circuits and developed a logical yet poetic holistic view of health and illness.

His major work Chasing the Dragon's Tail was published posthumously and is now considered one of the most influential books on modern Japanese acupuncture. His methods have inspired generations of acupuncturists across both East and West.

Dr Manaka was described by his students as both humble and brilliant. He did not view himself as a guru – but as an explorer of the body's mysteries.



DR MANAKA'S 4-STEP TREATMENT SYSTEM

Manaka's system is brilliantly simple, with the first three steps focusing on what is called root treatment (Ben):

- **Step 1:** Use Manaka's diagnostic methods for abdominal palpation. We use needle techniques and his unique Ion Pumping Cords (IPC) to work with the extraordinary meridians.
- **Step 2:** Work with back-shu points, using both needles and moxa on the needles.
- **Step 3:** Instruction in a simple yet effective Sotai exercise (stretching), helping release tension – especially in the upper body and legs.
- **Step 4:** Learn how to handle specific symptoms and reactions, using intradermal needles, press-tack needles and direct moxa (okyu-direct moxa).

WHAT CAN AN MSA COURSE OFFER YOU ?

- **Understanding of Manaka's Theory and Method.**
Learn about the X-balance model, which underpins diagnosis and treatment.
Focus on pressure and light stimulation – not just needles – providing gentle treatment options.
- **Specific Techniques**
Use of hammer and needle (teishin and enshin) for non-penetrative stimulation.
Application of Ion Pumping Cords (IPC) and magnetic plasters.
Techniques to balance meridians and stimulate neuro-reflex points.
- **Diagnostic Skills**
Palpation (sensitive diagnostic touch) of the abdomen, back and pulse to determine energetic imbalances.
Emphasis on feedback-based treatment – where the body “tells” you when treatment is correct.
- **Expanding Your Clinical Repertoire**
New tools especially suited to sensitive patients, children, the elderly and those afraid of needles.
Complementary to both TCM and Western medicine, offering a unique angle in your practice.
- **Personal and Professional Development**
Sharpen your intuition and tactile sensitivity as a practitioner.
Gain insight into Japanese medical philosophy, which often takes a more minimalist and precise approach than Traditional Chinese Medicine (TCM).

ABOUT STEPHEN BIRCH

Your instructor for the course is Stephen Birch. Stephen is an exceptionally experienced practitioner, having worked with Japanese acupuncture for over 40 years. He studied directly with Dr Yoshio Manaka and co-authored Chasing the Dragon's Tail. Stephen has also trained with several legendary masters, and his deep expertise has led to multiple books on acupuncture, including Shonishin and Japanese Paediatric Acupuncture. He holds a PhD in acupuncture research and is an Assistant Professor at Kristiania University College in Oslo.

His approach is rooted in Manaka's perspectives on meridians, qi and the body as a whole. If you truly want to explore the depth and applications of Japanese acupuncture, this MSA course is a unique opportunity.



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COURSE PROGRAMME

Friday, 23 January

Introduction to the course and an overview of the content.

A brief history of acupuncture in Japan and a conceptual model of the meridians.

Deep dive into Manaka's 4-step system and diagnostic methods – focusing on abdominal palpation and the eight diagnostic patterns.

Introduction to the extraordinary meridians, Ion Pumping Cords (IPC), and hands-on practice.

Saturday, 24 January

Hands-on training in the first steps of the system.

Introduction to kyutoshin (moxa on the needle) and back-shu points.

Demonstration and practice of Japanese moxa techniques – a central aspect of treatment.

Step three: Sotai structural adjustment – a method that addresses both physical and energetic patterns.

Introduction to intradermal needles for pain control.

Sunday, 25 January

Further practical training in all four steps.

Learning to use chishin (gentle needling technique) in treatments.

Continued practice with intradermal needles.

Introduction to Pyonex press needles, moxa treatments, and a comprehensive review of all techniques.

WHERE, WHEN, PRICE & REGISTRATION

Holmezen

Holme Bygade 16

8400 Ebeltoft

Danmark

Date: Friday to Sunday, 23 – 25 January 2026.

To ensure quality and in-depth learning, places are limited – early registration is recommended.

Price: DKK 2,800 – with full payment by 22 January 2026.

Early bird (10%): DKK 2,520 – with full payment by 1 November 2025.

The price includes the 3-day Manaka System Acupuncture (MSA) & Ion Pumping Cords (IPC) course, coffee, tea and snacks during teaching days.

Registration: <https://holmezen.dk/2025/06/10/manaka-system-acupuncture-msa-jan-2026/>

Please note: Your registration is confirmed only upon receiving a confirmation email with payment details.

Accommodation: Available on-site at a reasonable rate – contact Lars Schuster at schuster@akupunk-tur.dk.

Questions ?

Lars Schuster

Email: schuster@akupunk-tur.dk

Phone: +45 42 21 88 88