

Beyond Four Gates — Clinical Alternatives for Moving Liver Qi

Course Syllabus

Course Information

Instructors: Nicholas Duchnowski, MSTOM, Dipl. O.M. (NCBAHM), L.Ac.
Robert (Patrick) Gittli, MSOM, Dipl. (NCCAOM), L.Ac.

Format: Self-paced online course (three conversational video lessons, downloadable PDF, practice worksheet, and final test)

Total Hours: 2.00

Enrollment Fee: Free

Accreditation and Approvals

NCCAOM/NCBAHM: Submitted for 2 PDA points in the AOM-AC recertification category; approval pending. Application No. NCC-CRSAPP-17649 (ADR ID NCC-ADR-2043), submitted 5/14/2026.

California Acupuncture Board: Course approval not yet submitted (Provider #1856).

Florida Board of Acupuncture: Course approval not yet submitted (Provider #50-62149).

Course Description

In this conversation-style course, two licensed acupuncturists take a fresh look at the classic point combination Four Gates (LV-3 + LI-4) and explore why it isn't always the best choice for moving Liver qi. The course discusses the history and application of Four Gates, then presents four alternative point pairs based on Wang Ju-Yi's Applied Channel Theory: LV-5 + PC-6, LV-2 + PC-7, GB-34 + SJ-6, and GB-41 + SJ-5. For each pair, the instructors discuss textbook usage as well as examples from their own clinical practice.

Instructor Bios

Nicholas Duchnowski holds a Master of Science in Traditional Oriental Medicine (MSTOM) from Pacific College of Oriental Medicine in San Diego (2012). He is a Diplomate in Oriental Medicine certified by the NCCAOM (now NCBAHM) and has been a licensed acupuncturist since 2012, with licenses held in California, Kentucky, and Colorado (currently practicing in Colorado). Nicholas served as adjunct faculty at Pacific College of Health and Science in San Diego (2018–2020, 2023), where he taught Chinese herbology, acupuncture, and point location and supervised students in clinical practice. He is the owner and instructor of TCMStudy.net.

Robert (Patrick) Gittli holds a Master of Science in Oriental Medicine from Pacific College of Oriental Medicine in San Diego (2011) and a Bachelor of Science in Biology from the University of Louisville (2006). He is a Diplomate (NCCAOM) and has been a licensed acupuncturist since

2012. Robert is the owner and operator of Meridian Acupuncture & Herbal Medicine in Louisville, Kentucky, where he provides acupuncture and Chinese herbal medicine alongside modalities such as Tui na, cupping, gua sha, moxibustion, and electro-stimulation. His clinical interests include stress reduction, women’s and postpartum health, digestive health, sports-medicine acupuncture, and immune support. He has an advanced command of Mandarin Chinese (Beijing Foreign Studies Institute) and regularly delivers educational lectures on Traditional Chinese Medicine.

Course Hours Breakdown

Section	Hours
<p>Part 1 — Four Gates (LV-3 + LI-4) History according to the Ode to Elucidate Mysteries and the Great Compendium; what makes these points special (location, categorization, and function); functions according to Wang Ju-Yi and Miriam Lee; and the clinical uses of Four Gates.</p>	1.00
<p>Part 2 — Jueyin Point Pairs (LV-5 + PC-6, LV-2 + PC-7) Functions, location, and categorization of each point according to A Manual of Acupuncture; functions and usage of each pair according to Wang Ju-Yi; clinical applications and situations where other point pairs may be more appropriate (e.g., LV-2 + KI-2, LV-8 + KI-10).</p>	0.50
<p>Part 3 — Shaoyang Point Pairs (GB-34 + SJ-6, GB-41 + SJ-5) Functions, location, and categorization of each point according to A Manual of Acupuncture and classics such as the Ode of the Obstructed River; functions and usage of each pair according to Wang Ju-Yi; clinical applications; additional points (Luo-Connecting, sedation, and Yuan-Source); and other needling techniques, including the Chain and Lock method.</p>	0.50
Total Course Hours	2.00

Notes:

Total course hours reflect the 2 PDA/CEU credit hours submitted for NCCAOM approval (AOM-AC category).

This is a self-paced course delivered as three conversational video lessons with a downloadable PDF. A practice worksheet and a final test (80% pass score) are included, and CEU/PDA credits are submitted on the learner’s behalf upon passing.