

# THEORETICAL FOUNDATIONS ACUPUNCTURE

## Stage One Review

Know the Eight Principles and Eight Principle Diagnosis

Empty Heat, or False Heat, is associated with

What are the Six Essential Substances?

Jing (Essence) is stored where and the Post-Heaven Jing is .....

The Jin & Yeh fluids are .....

The Shen (Spirit) is housed in the .....

Pathology of Qi. Gu Qi is acquired through, Wei Qi is responsible for

Pathology of Blood, Jing is responsible for ....

Sea of Marrow (Sui) is also known as ....

Cyclical flow of Qi, Women and men.

The PO is the ..... Soul while the HUN is the ..... Soul

In the Cyclical flow of Qi in the Channels (Jing Luo), the Qi flows from the Stomach, to the Heart, to the Small Intestine.

According to the Horary Cycle, the Hours when the:  
Qi of the Lung, Spleen, Kidney, Liver, Heart is strongest at:

According to the Sheng cycle of the Five Elements,  
Fire, Metal, Wood, Earth, and Water is the Mother (Parent) of;

According to the Ko cycle of the Five Elements,  
Fire, Metal, Wood, Earth, and Water regulates or controls;

What are correspondence of WOOD, FIRE, EARTH, METAL, WATER?

The associated color, emotion, Orifice, Spirit, Body Part, of Earth Wood Water Metal Fire is...

The Zang Fu associated with the Earth Wood Water Metal Fire Element is...

What organs are associated with eg. TAI YIN, SHAO YIN, YANG MING, SHAO YANG, etc....

According to the Laws of the Five Elements, When an Element is in EXCESS or DEFICIENT .....

According to the Classics, "Qi is ..... of Blood, and Blood is ..... of Qi"

According to theory of Yin & Yang, Health could best be described as;

In order to build up your Jing (Essence), you must have a ..... and .....  
(more there is required to maintain all life functions) that flows unobstructed through all of your Channels and Organs.

What point is on the:  
mamillary line, in the sixth intercostal space, \_\_\_\_ cun lateral to the midline?

medial side of the lower leg, \_\_\_\_ cun superior to the, prominence of the medial malleolus, in a depression close to the medial crest of the tibia?

lateral aspect of the lower leg, \_\_\_\_ cun superior to the prominence of the lateral malleolus, at the anterior border of the fibula?

lower leg, \_\_\_\_ cun inferior to ST-37 (Shang Ju Zu), one finger breadth lateral to the anterior crest of the tibia?

What is the correct point location for San Jiao \_\_\_\_ (Ye Men)?

What point is in the:  
depression on the supraorbital margin, at the lateral end of the eyebrow

the lower leg, \_\_\_\_ cun inferior to ST-36 (Zu San Li), one finger-breadth lateral to the anterior crest of the tibia?

What Zang-Fu is associated with a point located \_\_\_\_ cun lateral to the lower border of the spinous process of the tenth thoracic vertebra?

What is the organ associated with the point \_\_\_\_ cun/lateral to the lower border of the spinous process of the second lumbar vertebra?

What point is located on the radial side of the tendon of flexor carpi ulnaris, \_\_\_\_ cun proximal to the wrist crease?

What point is located on the flexor aspect of the forearm, \_\_\_\_ cun proximal to the wrist crease, between the tendons of Palmaris longus and flexor carpi mdialis?

What point is at the corner of the forehead, \_\_\_\_ cun lateral to DU24 and \_\_\_\_ cun within the anterior hair line?

Know the eight confluent points, Xi- Cleft points, Front-Mu point  
Know the course of the all channel runs:

The points effective in treating febrile diseases are ....

lower back pain points according to:

all points found at the popliteal crease

Know the points on:

posterior to the lobule of the ear, in the depression between the mandible and the mastoid process?

on the cubital crease, on the radial side of the tendon of muscle Biceps brachii?

one finger breadth anterior and superior to the lower angle of the mandible where the muscle masseter attaches at the prominence of the muscle when the teeth are clenched?

1.5 cun lateral to the Du channel at the level of the lower border of the spinous process of the ninth thoracic vertebrae

in the depression between the medial malleolus and the tendo-calcaneus (Achille's tendon), at the level of the tip of the medial malleolus?

the depression anterior and inferior to the head of the fibula?

Know all Master & Coupled points of the Ren & Yin Qiao Channels, the Yang Wei & Dai Channels, etc...

Primary Yin meridians the He-Sea Point is always associated with:

Primary Yang meridians the Ying-Spring point is always associated with the:

What is the Influential Point of the Bones, Zang Organs, etc...

All Back-Shu point of all the organs

Know all cun measurements such as:

The length of the middle phalanx of the middle finger is approximately

The distance in cun from the anterior to the posterior hairline is approximately

The distance between the midpoint of the clavicles in cun is approximately

The approximate distance in cun between the umbilicus to the sterno-costal angle:

The approximate distance in cun between the anterior axillary fold and the cubital crease:

The approximate distance in cun between the cubital crease to the wrist crease

The approximate distance in cun between the upper border of the greater trochanter to the knee crease:

The approximate distance in cun between the medial malleolus and the knee crease:

According to proportional measurement, how many cun are there between the umbilicus and superior border of the pubic symphysis?

The most accurate way to locate points is to use ....., the distance between the mastoid processes is ....., the distance between the medial borders of the scapulae is ....., the distance between the tip of the acromion process and the midline of the body is....